

# LEMURIAN PHILOSOPHY

## LESSON 4

# TRANSMUTATION

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LEMURIAN  FELLOWSHIP  
*Balance. Purpose. Enlightenment.*



## LESSON FOUR

### CONTENTS

|  |    |
|--|----|
| Life Progression and the Origin of Humankind . . . . . | 1  |
| The Law of Transmutation . . . . .                     | 13 |
| Our Vital and Astral Bodies . . . . .                  | 27 |
| The Vital Body Gives Life to the Physical . . . . .    | 32 |
| The Astral Body Reflects the Emotions . . . . .        | 36 |
| Transmuting Our Emotions. . . . .                      | 39 |
| Health . . . . .                                       | 47 |
| Exercise and Its Importance to Health . . . . .        | 62 |
| Rest and Recreation. . . . .                           | 65 |
| Transition . . . . .                                   | 69 |
| Biblical Quotations . . . . . Following page           | 76 |



## LIFE PROGRESSION and THE ORIGIN OF HUMANKIND

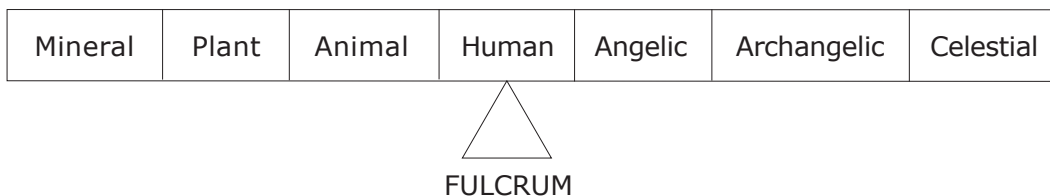
All life is bound up in a single consideration, and this, broadly speaking, is advancement. Without a universal forward movement, hope would ultimately die, for life would have no purpose, and civilization no goal.

We are all children in the School of Life. Having mentally expressed the desire to learn, minds which previously failed to recognize and doubted their existence become receptive to universal principles. The sincere student finds it logical to believe that through gaining knowledge, we progress from the layman to the Initiate, through various Initiations to Adeptship, and through even more Initiations to Mastership. It is logical and satisfying to accept that the mind and soul grow with experience to elevate and become part of the Ego or spiritual aspect of the human being.

Even a child observes the obvious fact that a flower grows from a seed, becomes first a seedling, then a plant, and finally reaches fruition. We know we begin as infants, grow into children, adolescents, and finally adults. As we pass through various phases of school, we find ourselves advancing in understanding and knowledge, too. With practice, our abilities along any chosen line can grow from those of the apprentice to the skill of the experienced workman or professional. These are simple and common examples of growth and development, yet they show the progress to be made by humanity in fulfilling its egoic purpose.

### *The Seven Life Waves*

You learned in Lesson Three that life essence (cosmic root substance — cosmic root energy) vibrates at seven distinct rates, each one unique to a certain plane or dimension of existence and all expressing God at different levels of consciousness. Matter is the lowest level and spirit the highest. Starting with the lowest of vibrations, life essence develops and advances through seven progressive planes or dimensions of existence until it reaches the highest of vibrations, when it becomes one with God. The seven vibrational rates of life essence are referred to as *waves of life*, or *life waves*, illustrated by the following diagram.



This drawing will help you visualize the seven progressive states or life waves through which life essence passes. You will observe the increasing rate of its vibration, starting with the very lowest and gradually intensifying until it reaches the highest when it becomes one with that expressing on the Celestial life wave. We suggest that you refer to this diagram from time to time as you study the following.

### *The Mineral Life Wave*

The form through which life essence first expresses and begins its progress is mineral. Mineral is the densest of matter, the life essence composing it vibrating at the lowest nutational frequency and expressing merely a state of "being." This is the *mineral life wave*. Starting as rock formation, time and the action of air, sunshine, water, freezing and thawing gradually change the rock to soil. This change in physical substance, plus the consciousness of "being" made possible through embodiment in form, ultimately result in an increasingly higher vibration for the life essence identified with this life wave.

### *The Plant Life Wave*

At the proper time the development made enables the life essence to function on the *plant life wave* through various plant forms. Its higher vibrational rate now makes it possible for the life essence to operate on both the *Physical* and *Etheric* Planes. On the previous life wave, its rate of vibration restricted it to the Physical Plane only. Operating as they do on the Etheric Plane, plants — the forms now used by the life essence — can grow and produce their kind.

### *The Animal Life Wave*

When the life essence has accomplished the necessary growth on the plant life wave, its vibration will have increased to a still higher nutational frequency so that it operates on the Physical, Etheric, and *Astral* Planes. This life essence now uses animal forms that grow, reproduce their kind, and express simple emotions and desires.

### *The Human Life Wave*

The growth gained on these three life waves is all preparation for the most important forward step the life essence has taken so far. Having accomplished all that is to be gained on these life waves, the life essence is now ready to advance to the *human life wave* where, using human forms, it will function on the Physical, Etheric, and Astral

Planes while *learning and finally perfecting the ability to consciously function on the Mental Plane*.

When these Egos have increased the vibrational rate of their being to the point of becoming Masters or Elder Brothers — the highest state attainable on the human life wave — they progress to the *Angelic* life wave. In due course, when the vibration of the life essence reaches the desired level, these Egos become part of the *Archangelic*, and finally, the *Celestial* life wave.

### *Progression of the Life Waves*

It's important to understand that progression from one life wave to the next is made *only as the life wave as a whole is ready to advance*. This becomes clearer as you read the following.

An individual Ego who has mastered everything that is to be learned from the Physical Plane, while *ready* to advance to the Angelic Plane and become part of that life wave, can't do so until *most* of the Egos comprising *this* life wave are ready for such advancement. This is essential to maintaining the life wave intact. Otherwise, there would be such a commingling of Egos of varying degrees of advancement that orderly progression would be impossible, and chaos would result.

Unfortunately, this means that many highly advanced beings are held back from further progress awaiting the growth of those who have not yet "made the grade." On our life wave, for instance, the Elder Brothers or Masters, who were created as Egos *at the same time all the rest of us were created*, but who used every opportunity to grow and develop, must continue to be part of this life wave until the rest of us do what is necessary to reach Mastership. At that time, this human life wave will become the Angelic life wave and advance to the Angelic Plane.

### *A Limiting Time Element*

God does not intend that those Egos who have learned all there is to learn on the Physical Plane should be delayed indefinitely from furthering their progress to the Angelic Plane. So when the next great cosmic progression occurs and this life wave advances, those who have failed to make the necessary progress will be left behind. They will not retrograde to the animal life wave, though, for once created, Egos never lose their identity. They will be left behind to await the formation of the *next* human life wave when they must start again

with the newly created Egos of that life wave. Even now, the time is growing short, which accounts for the help being extended by the *Lemurian Brotherhood* so that all possible may achieve the required advancement and be spared the need to start over again on a succeeding human life wave.

#### *Life Waves Advance Intact*

Neither can a portion of a life wave *lower than the human* pass on to become part of the next one. The entire life wave must be ready and the surge forward be made *simultaneously* by all the life essence comprising it. For example, none of the life essence that leaves an animal form at death becomes part of the human life wave, nor does any of that leaving a plant become part of the animal life wave. So when we talk about a life wave progressing, we refer to all the life essence composing it going forward to become a higher life wave.

In life waves below the human, where no Ego is involved, when leaving a physical vehicle, the life essence passes into a vast reservoir of life essence of similar character. Here it intermingles with other life essence of its life wave that has used forms, and from time to time, portions of this essence occupy still other forms as they come into existence. This is accomplished again and again until all the life essence of that life wave has used many forms and incorporated within itself everything necessary to the next step in its progress.

#### *Life Waves Beyond the Physical*

The Angels who make up our present Angelic life wave constituted the human life wave before our own. At that time these Egos occupied a physical plane in much the same way we do now and while using physical bodies, gained the experiences necessary to acquiring souls. They succeeded, and now are functioning on the Angelic Plane.

Still more advanced are those Egos who comprise the Archangelic life wave and who occupy the Archangelic Plane. This life wave made the same progression as did the Angelic, starting on the physical plane developing souls, and advancing to Mastership as human beings. As a life wave, They then progressed to the Angelic Plane, learned all that was to be learned there, and are now operating and furthering Their advancement on the Archangelic Plane.

Beyond this is the Celestial Plane to which the next advancement is made. This is the culmination of all the progress made by the life essence, for here, as Egos, and expressing its most rarefied state, it becomes one with God.



### *The Lords of Venus and Mercury*

You may wonder how the Lords of Venus and Mercury, who helped in the early phases of the first civilization on this planet, fit into the grand universal plan of progression. To comprehend Their status, you must understand that Earth is not the only planet on which a series of life waves has evolved and is evolving. The Lords of Venus and Mercury are Angels whose advancement corresponds to that of our Angelic life wave, whose field of activity is our moon. But at the time the first steps in building the Mukulian Empire were taken, Their knowledge concerning organization and management of a civilization was superior to that of *our* Angelic life wave. For this reason, They extended Their help to those early people.

### *Progress Beyond the Human*

To the point of advancement to the Angelic Plane, the life waves advance singly. However, when the time arrives for the next great cosmic step forward, *all* the Angelic life waves of the planets of our solar system will coalesce and become one on an *Archangelic Plane*. In other words, the Angels or Lords of Venus and Mercury, as well as those Angels related to other planets of our solar system, will advance together with "our" Angels to form the next Archangelic life wave.

Widening our horizon still further, we take in the many other solar systems such as ours which make up the universe. Similar processes of progression operate in these, so that when the Angels of the planets comprising each of them take the next forward step, They coalesce on *Their* particular Archangelic Planes, just as do Those of our solar system.

The next step in progression is the coalescence of *all Archangelic life waves* from *all the solar systems of the universe*, and the united advancement of all these Great Ones to the Celestial Plane where They become part of the Celestial life wave.

Contemplating the majestic overall pattern, we are able to see that the universe is in a state of gradual and continual progression toward the ultimate goal of perfected unity! Perceiving this, there comes some beginning realization of the almost boundless progress that must be made before our vibrations may be raised to the stage when we may eventually become one with God.

This is a process that must be taken a step at a time, and while it is very wonderful to know about and try to imagine something of this

magnificent forward movement, we should not lose sight of the fact that our progress necessarily starts from our present field of operation. So let's return to thoughts of the Physical Plane. Here, continued incarnations provide opportunities for Egos of this human life wave to learn all that is to be known about it and to develop our minds until we are in complete control of all that relates to it. Having fulfilled our purpose on this plane, we will be *ready* to advance to the Angelic Plane.

### *Angels Precipitate Life on Earth*

The same achievements must be accomplished by *all* human life waves. So those Egos who were of the human life wave before ours and who are now the Angels of the Angelic life wave, have knowledge of all that concerns physical existence. As a result, They were able to create the new planet Earth on which we are gaining *our* experience. They did this by precipitating the mineral substance composing it from the life essence pervading all seeming space.

When this had evolved to the point where it would sustain life, the Angels drew from the vast reservoir of life essence that had been the mineral life wave *when They were human* for the life essence necessary to start our present plant life wave. In time, as this began to flourish, it became fit for the support of animal life. The Angels then drew on the great reservoir of life essence of the *preceding* plant life wave to start our present animal life wave.

Millions of years passed as this took place. Yet, because operations beyond the human life wave are timeless, these periods are designated as "days," much as we now speak of "ages," such as the Paleozoic, Pleistocene, glacial, and others. We mention this only to clarify a point that has often been the cause of misunderstanding. This entire matter will be further explained in a later lesson. At this time, we are giving you all the average student can comprehend, for it is extremely deep. Give it good thought, for this information will form the necessary background for the further explanation you will receive later in the course.

### *Precipitating Human Life Forms*

As soon as the animal life wave was established and prospering, the Angels began the evolution of *a body for the use of the Egos* who were to make up what is now our human life wave. While we don't know the exact type of physical vehicle used by our present Angels when They

were humans, it is reasonable to assume that They wanted to make the ones we were to use superior to those They had used.

Over eons of time and with infinite patience and care, these physical vehicles were evolved from the *present* animal life wave. Animal form after animal form was developed, experimented with and improved on, even to the extent of combining the best points of many of the animal creations.

Just as we develop a machine from comparatively simple prototypes, combining them with parts from many different types of such equipment until a highly complex and superior machine is produced, so the Angelic host experimented, finally evolving a physical body that would enable the Ego to cope with the problems it must meet. The last phase in the evolution of this human form was the addition of the larynx, giving the Ego who was to use the body an easy means of expression to communicate with and learn from other Egos.

Studying this section carefully, you may have wondered about the source of the life essence used in the creation of the Egos themselves! Earlier, you learned that upon advancing to the human life wave, the life essence used human forms. But more than human forms are required to develop the ability to consciously function on the Mental Plane. *Minds* are necessary to develop the ability to think and these became an attribute of life essence only as it became Egos!

With the understanding that the Angels drew on the reservoirs of mineral and plant life essence of Their time to start the plant and animal life waves of *our* time, we realize that the reservoir of life essence which had been the animal life wave of that time must also have been given the opportunity to further its progress. That this life essence should have become the Egos of our present human life wave is only logical in the progression being made.

### *The Creation of Individual Egos*

As you learned from Lesson Three, the life essence which was to become the Egos of our life wave and occupy human bodies "passed through a process of refinement and division that resulted in individual spiritual beings known as Egos." (See the chapter, "The Ego.") This refining process took place on the Archangelic Plane. When the life essence had attained a perfectly pure state, it was taken to the Celestial Plane. Here it was endowed with mind — the potential power to think, remember, and reason.

Following this, it was divided into two parts, one portion negatively polarized and the other positively polarized, becoming what we may think of as male and female life essence. Each of these portions was then divided into Egos, or *individualized* portions of life essence capable of making conscious advancement through the power of mind, which is an attribute of God.

When physical forms the Angels believed would best serve the purpose of these Egos were finally evolved, the Egos were returned to the Angelic Plane to await incarnation, or birth, into these bodies, and become our human life wave.

### *Evolution and Involution*

As they incarnated into the recently evolved human forms, these newly created Egos had no knowledge, and other than being absolutely pure as the result of the cleansing process the life essence had undergone, were in no way highly spiritual. They were pure and innocent, much as we think of a newborn child being pure and innocent. Beginning with its first incarnation in a human form, the Ego moves from a state of innocence to a state of virtue when it will be good, not because it knows no better, but *because, through experience and the acquisition of knowledge and wisdom, it will have developed a soul and wants to be good.*

This growth and advancement is called *involution* and continues until the Ego reaches its highest possible expression when it becomes one with God. Science considers only the development or evolution of the form structure, failing to give thought to the involution of the *life* that permeates the form. On the other hand, religion usually considers only the spiritual side of human existence, although seemingly having little understanding of the progress spirit must make before reaching perfection.

If both could appreciate the complementary nature of the two and realize that while the human *body* has *evolved* to its present state of being, the human *spirit* has *involved* to its present level of life expression, they could facilitate a balanced forwarding of the two processes.

In life waves prior to becoming Egos, life essence was not responsible for its own development, its growth being guided from the higher planes. But after becoming Egos, each of these individualized portions of life essence is accountable for its own growth and advancement. Having been endowed with mind, the purpose of each is to

become aware of the great ultimate goal and to make conscious effort toward this supreme end. Keep in mind that an Ego never loses its identity but continues as such even when becoming part of the Celestial life wave.

*We Are Both Physical and Spiritual Beings*

Observing the logic and coordination of all the information given in this chapter, you are becoming more keenly aware that you are not just a physical being as is commonly believed, but a spiritual being as well. When Egos develop their fullest potential, they become one with God, for God is the beginning and end of everything. To accomplish this, the Ego must pass through various stages, and ultimately come to know as much about everything in the universe as does God, be able to accomplish the same things God accomplishes and be, in all respects, Godlike!

To start the progress necessary to mastering the Physical Plane, Egos require bodies. Yet, while knowing that we use a physical vehicle evolved from that of the animal, it's important to understand that a human being is not an animal. As Egos, we are endowed with mind and have the ability to reason, to create, and to remember. We have a continuity of experience, extending from one incarnation to another, from which we have the capacity to benefit. We also have a larynx, making it possible for us to communicate with others.

With the exception of a simpler larynx, animals have none of these characteristics. They have no minds, but are governed by "group spirits" according to the species and type. This results in what we call "instinct." Their powers of communication are limited to inarticulate sounds and the senses of sight, hearing, smell, touch, and taste. In only the most limited way can they communicate their experiences to one another, and since there is no continuity of individual life in the animal kingdom, the experiences and training of one lifetime cannot be passed on to the next.

We know, for example, that if we could place a dog in human form, it could and would not function as we do, and dogs are among our most intelligent creatures. During all the eons of time since man first incarnated, no animal has acquired a like body. We might think of the body of the ape, yet crossbreeding between the anthropoid and the human is not possible. Since animals of like species, such as the horse and the donkey, can crossbreed, and animals of different species, such as the horse and the cow, cannot, there can be only one conclusion.

Apes use a form which did not make the grade in the process of evolving a human body, and when the Angels decided on our present vehicle as being what they desired for us, the process of evolution in this respect was discontinued. With the advent of the Egos in these physical forms, the chain was deliberately and permanently broken. This is the reason why those accepting the Darwinian theory of evolution have never been able to find the so-called "missing link."

### *The Planes and Associated Vehicles*

In the section of Lesson Three discussing the various planes, you learned that the Ego not only uses a physical body, but an etheric or vital body on which the physical is integrated, as well as an astral, and an elementary mental body. With advancement to the Angelic and then the Archangelic life waves, the Ego uses bodies of increasingly higher vibration and in keeping with the plane on which it is involuting. Only when it becomes part of the Celestial life wave does the Ego transcend the need for a medium through which to learn and express itself. At that time, it is pure spirit, possessing all the attributes of God gained through eons of experience on all planes of existence.

As you think of yourself at your present stage of development, think of the millions and millions of years involved in bringing the life essence to the state which has finally culminated in you — an Ego. All this vast time so that you and all the rest of us of this human life wave might be prepared for this period of our development!

### *Your Opportunity Now*

Think of how few minds are open to accept and understand the great purpose of their existence! Think of what *you* should have accomplished on this life wave since you became human. For instance, do you use your mind to the fullest so you can gain all that you *must* gain? Do you take advantage of opportunities to live by cosmic principles in this incarnation? Are you taking hold now of the greatest of all as presented by the Lemurian Philosophy? Can you afford to waste the opportunity for advancement that it offers?

At our present level of unfoldment, each of us is among those who are holding back this life wave from progressing to the Angelic Plane and retarding those who are now Elder Brothers from making the progress rightfully theirs. Remember that they will not have to wait forever and when the next great progression occurs, all who are not ready to go forward with it must start over again on the *next* human life wave to

undergo much of the experience had in this one! This thought is offered not to dismay, but as an encouragement to see what more you can do.

We encourage you to *think on these things* and determine to take the Lemurian Philosophy to heart, studying faithfully, and applying the principles it teaches so conscientiously that it becomes *your way of life*, never very far from your thoughts and apparent in all you say and do.







## THE LAW OF TRANSMUTATION

Life waves advance on an ascending spiral, those making up each cycle being more advanced than those of the cycle preceding it. At the time of its start, our present human life wave was a little higher on the scale than was the previous human life wave. In other words, we have advantages not possible to "our" Angels when They began as humans. Those of the present Angelic life wave also gained knowledge beyond that possessed by the Angels who had been instrumental in *Their* creation.

This does not mean, of course, that we had any of Their knowledge and wisdom when we began, but rather that we had the potential to *acquire* knowledge with greater ease than was possible for Them when They were a human life wave. On the other hand, because this is true, we will have to be farther along than They were when *our* life wave becomes the next Angelic life wave and we become Angels! Present High Adepts are probably as far advanced as were the Angels when They progressed to the Angelic Plane.

It's important to remember, though, that the Angels have continued Their growth during all the time that earth and its four life waves have been developing. As a result, They are still at least as far ahead of us as They were on the day the first Egos of our life wave incarnated. Beyond the fact that the Angels were sufficiently balanced and understanding to have created the planet Earth, started the present mineral, plant, and animal life waves on their way, and evolved the human body for the use of the Ego, we do not know what else could be necessary to Their advancement to the Archangelic Plane. Our main interest and that of the *Lemurian Brotherhood* at this time is the advancement of members of *this* life wave so that as many as possible may ultimately transcend the Physical Plane and conditions unique to it.

### *Use of the Mind*

*It is of greatest importance that you become conscious of yourself as an Ego and of your true purpose in life. It is essential that you come to fully realize that you possess a mind capable of acquiring the knowledge that will enable you to master your environment, for the mind has the power to establish thought patterns on the Etheric Plane. Your ability to change your environment is limitless, for you can actually create, or precipitate, anything for which you have the ability to create a perfect etheric pattern.*

The extent of human knowledge and control of environment is limited only by the desire to learn, to assimilate, and to profit from the lessons our experiences are designed to teach us. So it is through experience that you will ultimately recognize that your environment is the exact material arrangement of your own thinking. True, a study of the Lemurian Philosophy will cause you to become *aware* that this may be the case, but experience is necessary before you can *know*. *When you are able consciously to relate your own thinking to effects manifesting in your life and affairs, then you have taken an important forward step.* Continuing to do this, you may gather knowledge of what is for your best good to the degree equal to your adherence to cosmic principles.

### *Converting Information Into Knowledge*

In Lesson One, you learned that cosmic credits are essential to one's present and future well-being. What are you doing toward converting this information into knowledge? Are you striving to bring your finances and your thinking regarding them into better balance by keeping a Personal Lemurian Record as explained in Lesson Two?

So that you might begin to gain some knowledge of creation as far as it is possible on the Physical Plane, Lesson One explained the Law of Precipitation and how to go about using this principle. You were encouraged to practice bringing simple conditions and objects you desired into your life. Because you may have failed in your first attempts doesn't mean you can't develop this ability. You can! By conscientiously following all the steps and practicing patience, you will succeed.

If you've had a successful precipitation, don't stop there, but *strengthen* the ability by working at other precipitations. Surely, you hope to develop this power to the fullest degree possible, not only so you may ultimately enjoy the good in life, but because the knowledge gained through the development of this ability is essential to becoming an Initiate and ultimately an Elder Brother.

One's first amateurish attempts to play a musical instrument or work with wood don't immediately make him a skilled musician or cabinetmaker. To become the first, he must practice constantly until hands become strong and fingers supple. He must also study and work to improve his tone qualities so these grow increasingly finer. A good cabinetmaker is also the result of practice in fashioning and polishing wood as well as of a good understanding of woods. Neither art is accomplished unless there is an intense desire to improve, and concentrated thought and work to achieve the necessary skill.

### *Using Your Mind to Transmute*

Advancement along the path is also an accomplishment not achieved just by wishing or reading. You must work with and *cultivate* all the essentials to it if you are to enjoy its benefits.

First among these essentials is, of course, the use you make of your mind. Among the many potentialities of the mind is its capacity to *transmute* conditions and things already created. Depending on our point of view, we can change the appearance of an object or condition for better or for worse. Since it is the desire of all studying the Lemurian Philosophy to improve their environments, the following explains the Law of Transmutation and how it may be used to improve and enhance previously created but undesirable circumstances and surroundings.

### *Transmutation — a Thought Process*

Instead of adding to or subtracting from your environment, or materially altering its creation, through the use of the Law of Transmutation you cause it to *appear* more nearly *as you desire it to be*. It begins to *look* different even though no physical change has taken place. The *aspect* has changed because you have applied certain provisions and qualifications to your surroundings that color your view of them just as a filter will affect an image that is being captured in a photograph. The lens you use to create this effect is your *mind*, and your thoughts determine, not *what* you see, but *how* you see it.

Transmutation, as we use it in this training, is a thought process which acts to enhance one's environment with a *finish* that stems from spiritual considerations. To transmute one's creation is not a matter of changing the *composition* of one's environment, but of changing the *manner in which it is viewed*. By regarding it constructively, you change it for the better.

### *An Example of Transmutation*

We *create* a house, but we *transmute* the house into a home.

Let's consider two identical houses supplied with identical furnishings by the owner. Two families move into them and, aside from the occupants, the average person would consider them identical homes. But *are they?*

A few months after the families move in, visit them. In one house, you will feel comfortable and at ease; in the other, you will feel constrained

and restless. Yet each couple is glad to see you and does their best to make you welcome. While each family may have arranged the furniture to conform to its tastes and likes, you feel sure this does not account for your different reactions in each case. What is this difference?

The fact is that one house radiates peace and love, those spiritual qualities which, even in the most humble surroundings, transmute them into serene and comfortable places where one is happy to visit. The other reflects the fact that those living there lack these qualities. In each case, the true inner state of mind of the occupants is mirrored in their environments. As a result, we find palaces that are colder than ice, and huts in which there is warmth and contentment that come from the harmony and loving understanding of those living there.

It's interesting to realize that as an integral part of your environment, the atmosphere of your home is typical of your family's and your mental activity and spiritual ideals. Whether it is a furnished room in a modest apartment building or a mansion, begin now to consciously transmute it into a haven of love and serenity by keeping your thoughts about people, situations, and things always constructive.

### *The Effects of a Negative View*

In the perfectly natural and right desire to improve ourselves and our environments, we give too much thought to personal and environmental inadequacies. As a result, we fall prey to our own negative thinking, becoming discouraged, and unhappy with what we now are and have. Once this frame of mind is built up, the most supreme effort is needed to overcome it. And there can be no doubt that building up a negative frame of mind is one thing we can do without the slightest trouble! One negative thought in the morning, and we are off, and if we don't immediately discipline ourselves, it leads to another and another until a mountain of resentment, fear, or other destructive emotions spoils the entire day.

Until negative thinking has become less of a habit, it's difficult to avoid that first harmful thought. But you *can* control those that follow. By being conscious of the inevitable result of allowing destructive thinking to persist, you can make the first such thought the last of its kind, at least for that period, by immediately substituting thoughts that are selfless and good. We realize that at such times, *what* to think often presents a problem, although the repetition of any variation of the affirmations given in Lesson One can guide your mind into more wholesome channels. For example, repeating "I am

constructive thought, God in action, manifesting in and through my life and affairs now and forevermore" is always helpful, or "I am peace, God in action, manifesting in and through my life and affairs now and forevermore."

Not only does something like this help start your day more happily, but practiced often, it can break down the old habit of negative thinking while at the same time *establishing a new habit of constructive thinking*. Students will find those first insidious and harmful thoughts intruding less often as they practice regularly sending positive thought energy to the Lemurian Power Reservoir as explained in Lesson One.

### *The Elder Brothers Enhance Our Efforts*

Keep in mind that our environment, being the direct result of our own thinking, might not have been as good as it is except that the Elder Brothers have transmuted many of our erroneous thoughts so we need not suffer the *full* repercussions of all of them. Poor as an individual's environment may be, but for the help of the Elder Brothers, it might have been much worse. If for no other reason than for the love and help that has been extended us, we should express appreciation for what is ours. After all, when we put ourselves out to please and serve another, appreciation of our efforts makes us feel good, doesn't it?

We encourage you to take a few moments here and there throughout each day to mentally observe some of the good that is yours and before falling asleep at night, think of these with joy and appreciation. If the day has been difficult, transmute your troubled thinking by reading your Philosophy, listening to music you enjoy, repeating and thinking of some moving poem or verses from the Bible that have always renewed your faith. Activities like these bring positive mental responses which not only contribute to the power in the Reservoir, but insure a better night's rest for you and ultimately transmute or ease the disturbing situation itself.

### *Looking for the Good*

To precipitate anything, you must hold the thought of it constantly in the crucible of your mind. By giving too much thought to the shortcomings of your environment, you employ the same principle with the inevitable result that you *support and hold* yourself in these conditions. Knowing that this is not what you want, you can transmute your thinking and begin looking for the good that is *already* a

part of your environment so you precipitate more and more of it into your life.

A small room over a garage can become a more restful place for someone thankful for the shelter it offers than a well-appointed mansion where there is no appreciation or love. *Your* house might seem to be the peak of luxury to the person who lives over the garage, yet if there is resentment or bitterness there, it could cause him to prefer his own quiet dwelling.

A luxuriously furnished apartment may appear more desirable than your own modest home, yet when you consider the advantages of what you have, compared to the room over the garage, it will assume a new appearance and take on added value in your eyes. This can prove to be the stepping-stone to, and not the stumbling block in the way of, what you most ardently desire. This is transmutation. In using this law, you set causes into motion that will ultimately produce the effects you want to achieve.

Each of us must glorify our own miniature world, transmuting dissatisfaction, anxiety, and unhappiness into contentment and a sense of security. As you learn to properly use God's wonderful gift to mankind — the mind — you gradually accomplish this change. Only patient, persistent thought and application of cosmic principles will bring the desired results, but these results can seem as miracles!

Remember always that you, an Ego, must ultimately exercise dominion over all phases of physical existence. Yet *you must start from where you are now*, gradually gaining the ability through working with conditions as they confront you.

Your thoughts about physical work can transmute it into a satisfying occupation. Become interested in what you're doing, and no matter how you may have regarded it at first, you will soon find yourself entering into it with pleasure. This is another form of transmutation. The use of the same principles mentioned in transmuting a house into a home can bring a beneficial change in your job.

Be grateful always for the opportunities your present position offers in enabling you to serve and to grow, viewing any troublesome situation as holding some lesson from which you may benefit. If everything were perfect, there would be little chance to develop strength of character and to advance. Be glad for the challenge these situations offer; study them and decide how you may best handle them for the greatest good of all concerned.

If you are observant, Nature will present many examples of transmutation. For example, when the sun shows its shining head above the horizon, night is being transmuted into day. The food you eat and assimilate is transmuted into energy. Water is transmuted into steam, and steam is transmuted into power.

Have you ever noticed a gradual and subtle change taking place in a young couple from the time of their first meeting up to and through their courtship? Their mutual interest and the alchemy of Nature are such that each sees only the good in the other, and qualities of kindness and consideration become increasingly apparent. Especially when they are together, this love actually seems to shine through them, their physical beings taking on a radiance that transforms their rather common appearance. This is a form of transmutation.

With the continuation of that love over the years after they become husband and wife, not only will they begin to look alike, but their appearance will actually have changed so that they seem almost beautiful. Kind and considerate thoughts, integral parts of true love, can and do transmute the physical body.

A temporary change of pace will transmute the sense of fatigue that so often settles in when we have been working at a particular job for several hours. Many businesses have come to recognize that coffee breaks, naps, or exercise sessions enable their employees to perform more effectively. They relieve tensions and transmute physical and mental fatigue into renewed energy. No doubt you have experienced a lift many times after taking a few minutes from a confining job to take a brief walk, listen to music you like, or talk with friends. Without your being conscious of what was occurring, transmutation of some stress was taking place.

Once a desolate and barren desert, Imperial Valley in Southern California has been transformed, or transmuted, into a garden spot, supplying vast quantities of dates and other fruits and vegetables of superior quality. But this valley didn't come into flower overnight. The first hardy pioneer to settle in that heat-ridden desert inferno had courage, patience, and *vision*. With only a tiny spring, he laid out a garden as large as he dared. His reward from this small patch of irrigated ground was vegetables of such size and quality as he had never dreamed!

So too must *you* be content to start in a small and practical way, transmuting seemingly inconsequential and trivial happenings of your everyday living. As you do so, what may now seem to be a boring or



mundane life — a veritable desert — will come alive with beauty, contentment, and rare happiness.

### *Steps toward Contentment*

Although the instructions that follow may seem almost too simple to be effective, we encourage you to think about them carefully, and *use* them — not occasionally, but more and more often. As is true in the development of all mental activities, this requires that you exercise self-discipline in which *willpower* plays an important part. You will learn in time that this study is not just a “reading course,” but a *training* essential to attaining Initiation and citizenship in a new way of living where a measure of self-mastery will be a requisite quality.

*The first suggestion* in transmuting your environment is to have a cheerful word or smile for everyone you meet. If you are inclined to regard this suggestion as trivial, one day’s sincere trial will convince you of the effort often required as well as of the positive benefits. How far-reaching a smile or friendly word may be in transmuting some unhappy life into one of hope and cheer, none can say. Each of us knows the effect they have on *us*, though, and while the help may be only momentary, none of us can afford to overlook these opportunities to serve another. A simple smile or a little word of cheer may earn cosmic credits beyond calculation.

*Secondly*, if you have started the day “on the wrong foot,” take a minute to figure out why. If after reflection you feel some action is needed, determine what you want to do to turn the negative feelings around. Then transmute your disgruntled, edgy, and out-of-sorts feelings into calmer and happier ones. This, too, requires deliberate effort, but believe it or not, by doggedly whistling, humming, singing, or using positive affirmations, you can transmute an unhappy, angry mood into one that is bright and cheerful. Regularly practiced, you will be amazed at the effect. The value of this sort of transmutation can never be measured in material ways.

By viewing disappointments as opportunities to use the strength of character so essential to Initiation, and getting busy with something you enjoy doing, the shock of failing to achieve an expectation is dissipated, at least for the time being. Negative feelings may return, but each time they will be less compelling, easier to set aside, provided you don’t nurture them. Nothing will be gained by clinging to ideas of what might have been. So it is only common sense to do your best to transmute by focusing your mind on some occupation you enjoy which may also give pleasure to others.



Sorrow can be transmuted in the same manner, for by doing something previously considered interesting, thoughts of sadness gradually grow less poignant. Time heals all things, and if we don't insist on clinging to thoughts that give us pain, but use our mental ability to transmute these, the sooner will we find peace. It isn't a matter of ignoring or suppressing but trusting that all will work out for the greatest good. You open the way for this through your positive thoughts. And as you do, you become more worthy in the sight of God and the kindly, compassionate Elder Brothers who understand what you're going through.

*The third suggestion* is the one often given throughout the training of looking for the good. "Seek and ye shall find" is more than a promise. It is a statement of cosmic law, and if you will seek the good and beautiful in all things, the good and beautiful are what you will find. ". . . we know that all things work together for good to them that love God . . ." (Romans 8:28)

### *Even Challenges Have a Positive Purpose*

People you dislike have many fine qualities. Transmute your attitude toward them by looking for and thinking about these characteristics instead of what annoys or displeases you. Also transmute your thinking regarding conditions that appear to you to be all wrong. Circumstances may seem very bad, but if you look for the lessons that could be learned through encountering them, you will find that even they have a positive aspect because they offer opportunities to help you grow and advance.

What seem to be our most trying situations frequently offer the solution to other and even more important problems. By studying these conditions carefully, always looking for the good to be gained from each, you find many opportunities to transmute unpleasant circumstances into beneficial ones. The Elder Brothers spend much of their time with this type of transmutation, converting our errors into benefits for us. But as you have learned, this extends just so far, and then it is up to us.

### *Controlling First Reactions*

Many of us find our peace of mind threatened often during the ordinary course of events. If, instead of being hurt or becoming rebellious when these incidents occur, you immediately start thinking of something good that happened earlier, you can transmute what could be an unpleasant situation into a happy one. It may be a fishing trip you

remember; that special increase in salary; the praise you received for some job well done; a good night kiss from someone you love. It may be something as simple as that excellent pie, strawberry shortcake, or the banquet at your club or fraternity. Or it may be more life-changing, like the recollection of the day when you learned a loved one's illness was in remission.

We must learn to transmute negative effects we have created into good and constructive ones if we hope for advancement. Ultimately, we will have to stand on our own two feet just as the Elder Brothers do, able to create our own circumstances and ready to help others striving as we strive now. The most hopeful thought is the fact that *anything you are capable of envisioning can be made a reality if you want it enough.*

### *The Combined Efforts of Many*

Through the application of principles presented in the Lemurian Philosophy, you will find you can so transmute your habits and way of thinking that you can entirely change an inharmonious environment. Practiced among hundreds of thousands of aspirants, this thinking will be an important factor in the establishment of the New Order.

The New Order will be a new order of *thinking*, and the object of these lessons is to teach you to think for a purpose — the purpose of so developing your mind that you become *worthy of Initiation and citizenship in the New Order*. If we are to rise above the destructive tendencies so general in the world today, each aspirant must necessarily establish a new order of thinking *within himself*, for obviously, only those skilled in the art of constructive thought will be able to enter and become part of the Kingdom of God here on earth.

### *Transmuting to Benefit Others*

Up to this point, we have discussed transmutation as it applies personally. Now let's extend the application of this principle into broader fields, for if the brotherhood of humankind is to become a reality, we cannot concentrate solely on ourselves. We must think of the well-being of others. Although we may not precipitate for others or operate in their environments directly, we can do a great deal toward transmuting unsatisfactory conditions affecting them generally or in groups.

For example, are you interested in local, state, national, and world affairs? Do you use your voting privilege? If you vote, do you study

each issue with an open mind, giving thought to both sides and relating them to what you believe to be the most cosmically sound approach? Or do you feel it is too much trouble to think through the various issues and go to the polls even though pains have been taken to see that one is located in your vicinity? It was this kind of apathy on the part of the proletariat of the Mukulian Empire concerning *their* responsibility to the civilization that contributed so significantly to its ultimate downfall.

Have you often shaken your head about some condition you felt should be fixed, but after mentioning it, let it go at that? If instead of stopping there, you give thought to *how* it might be corrected, you, at least, would have benefited because your mind had been given some measure of exercise in the process. And there is always a representative of your government you can write, offering your ideas concerning the matter. This often results in transmuting a dismaying situation into a beneficial one.

### *Improvements Begin with One Person*

Every improvement in living conditions that has taken place first emanated from the mind of some individual. You may wonder what one person can do. But there are countless examples throughout history and all around us today of the far-reaching goodness that began with one person's idea or effort. Like the parable of the loaves and fishes, good seems to have a positive multiplying effect.

Your idea may help to transmute only a neighborhood or community problem, but if it contributes to the solution of some need, the world is a better place to live because you used your mind to think of and do something about it. We see in organizations such as the Boy Scouts, Girl Scouts, YW and YMCAs, 4-H Clubs, Parent-Teachers Associations, support groups like Alcoholics Anonymous, and service clubs, such as Rotary, Kiwanis, Lions, Optimists, as well as the many programs for the benefit of the underprivileged, the result of worthwhile *ideas* originally conceived by *individuals* for solving local problems and which later branched out to become nationwide, and in some cases, worldwide.

All would like to see the space on each side of our highways clean and free of trash, yet for as long as cars have been driven, people have been tossing all kinds of undesired articles out of car windows. Since the cost to taxpayers for picking up this litter runs into a considerable sum of money, much publicity was given the matter, and a drive was begun to control this. To help in transmuting the thoughtless-

ness that prompts so many to carelessly dispose of their trash along the highways, community efforts to keep stretches of highway clear of debris work well.

For example, service club volunteers working with the state highway departments have made an impact in some highly traveled areas. "Adopt a Highway" programs have been successful in some places. As a result of this thinking and effort, less tax money is needed to maintain the appearance of the highways, neighborhoods, parks and beaches. And countless people who previously had never given the matter any thought have transmuted their thinking in this way; for them, care and consideration have replaced carelessness.

In much the same category is the tremendous cost to the taxpayer for fighting fires caused by the thoughtless tossing of cigarettes from car windows and failure to fully extinguish fires made and used when camping or picnicking, to say nothing of the devastating loss of lives and homes resulting from such fires. Many years ago, some individual devised the idea of Smokey the Bear, which has been helpful in transmuting careless public thinking in this regard. And when children are engaged such as through tours of fire stations, they can be very helpful in cautioning parents to use care where fire is concerned. Fire Safe Councils have sprung up in wildfire areas, often run by volunteers who pool ideas to make their neighborhoods more fire safe.

We are not making any specific recommendations as to what *you* may do in transmuting an undesirable condition. So many situations need correction in today's world, yet no matter how hopeless any one of them may appear, it can be transmuted into something beneficial. The trouble has been that too few realize this. Failing to recognize such possibilities, most people tend to accept unsatisfactory conditions and let them go at that, just as some place the blame for their unsatisfactory personal environments on someone else.

You may feel as an individual that there really is little you can do, but may find that how you use the Lemurian Philosophy, the depth of your faith in the unfailing goodness of cosmic laws, has an unexpected impact on others. Just the kindness you show to someone, your willingness to pitch in rather than walk away from a difficult task, or quiet strength in the face of a troubling experience, helps others in unspoken ways.

Since any social order is necessarily composed of individuals, what applies to one is also true for the society. So let's broaden our perspective and, through increased understanding of the almost limitless

ramifications and application of cosmic law to the welfare of all human beings, do our part in contributing to the building of the world of tomorrow, the New Order of the Ages.



## OUR VITAL and ASTRAL BODIES

From time immemorial, people have searched for a fountain of youth in the hope of attaining physical immortality and avoiding death, the seeming end of all things. As you realize, such an escape is impossible except as the Ego, a spiritual being, reaches the status of Adeptship when her knowledge of matters concerning the Physical Plane enables her to transcend the need for transition or rebirth. Only the Ego is immortal, and while the Great Ones (Adepts and Elder Brothers or Masters) have the ability to perpetuate the bodies they may be using, the average individual is considered young or old depending on the age and condition of the physical vehicle.

### *The Purpose for Physical Life*

As we come back to the basic reason for life on the Physical Plane we can understand why an immortal body at our stage of development would not be in keeping with universal progress and egoic advancement. If we as Egos are to learn how to control our physical environment — the physical bodies through which we are functioning being essentially a part of this environment — *we must acquire knowledge regarding this phase of life that will enable us to keep these vehicles in such good condition that we may use them efficiently and continuously.*

Just as long as Egos do not have full knowledge concerning the physical body and the laws governing changes in it, it will be subject to aging. The only way this understanding and knowledge may be gained is through *using* these vehicles, working with them, and finally perfecting them. The more we as Egos develop the mental ability to properly use the cosmic principles governing the functioning of our body, the more we may gain control over it.

From a purely material standpoint, there is no reason why the human body should not live forever. Physiology proves that over each period of seven years, every cell of a body is completely renewed, not all at one time, of course, but gradually. Every thought you think breaks down a certain number of cells of your brain, every breath you draw, every move you make, breaks down cells of your body which, if they were not renewed, would soon cause it to disintegrate. That the body does not disintegrate while the Ego occupies it proves the cells are being continually renewed. Obviously, if each cell is replaced with one equally good or better, the body could conceivably live forever, even improving with the passing of time.



Also, medical science tells us that aside from physical abuse of the body, old age is due to organisms and chemical compounds — the same elements considered responsible for disease — gradually destroying tissues or robbing them of their powers to recuperate. Yet, in almost the same breath, they admit that if the human body functioned perfectly, these bacteria, fungi, unstable chemicals and cells could not harm us because the normally healthy body will develop conditions that destroy them or nullify their effects.

So what causes the disintegration that results in a person growing old?

### *The Role of the Mind*

In recent years there has evolved an increasing awareness that the *mind* plays an important role in governing the conditions of the body. For example, it has long been known that in most medical classes studying the symptoms of various diseases, a number of students end up suffering from many symptoms of the disease being studied! Though these are usually termed psychosomatic, the students' suffering is just as acute and real as though actually afflicted. If caught in time, and before the students become convinced that the disease has taken hold, turning it from its purely imaginative stage to one of reality, this process can usually be stopped.

Since ideally, it is possible to stop the trouble in its beginning stage, it follows that establishing a proper line of thought can be equally effective in treating the *real* disease. Many people facing serious illnesses, such as cancer or multiple sclerosis, are encouraged to engage their minds and emotions to bring a sense of well-being enabling the body to more effectively meet the challenges of the disease. At our level of unfoldment there is much learning involved in a health condition we may face and it is not always possible to effect a total cure. Yet, by doing all we can to precipitate a sense of peace, have faith in the experience, and turn to the Elder Brothers, we set up positive conditions that help our body and our recognition of a valuable purpose for our health problem.

Ultimately, each may come to understand that if we have the power to think ourselves *into* a diseased condition, we have the power to think ourselves *out* of it. It's logical, then, to believe that as we advance and can more effectively create a proper mental attitude we can *prevent* it in the first place — our minds have the power to make us immune to disease when we learn to use them properly.

That is a far-reaching goal at our present level of unfoldment, but through seeking to create this condition we may gain a measure of



advancement because of the use we make of our mind. Since the average individual has not developed to the point of controlling what will and will not occur in his immediate environment, most people are subject to disease and injuries requiring the services of a doctor or other health care provider. As every honest and sincere doctor will admit, however, he can merely assist you to cure yourself. A cure is possible only with your help.

This does not minimize the service a professional is able to perform which is often invaluable at our present stage of development. But in no instance is it possible for the physician to effect a cure unless your basic way of thinking is positive. Sometimes, too, a health condition may continue despite our best efforts and when this occurs, we can know there may be deeper learning needed. A physician may assist, but the outcome is for the Ego to work through and learn from, adding to her own unfoldment.

In the case of physical injuries such as broken bones and dislocations, Nature heals, yet skill and knowledge of the human structure are required to adjust the break or set the dislocated bone or joint so that deformity does not follow. Once this is done, your own proper mental attitude can and will materially speed your recovery.

### *There Are No Accidents in Nature*

We are always in the right place at the right time, that "right place" being predetermined by our thinking. There are no accidents in Nature, so if we are where we can be and are injured, we have placed ourselves in this position by our own thought processes. The correct use of the mind in this or a previous incarnation would have prevented our being so placed as to be affected. There are very few who always think properly, and one of the purposes of this instruction is to teach you how to reduce negative thinking to a minimum. Right thinking produces right conditions, and what better time to start than now? Try to be patient, for negative habits of thought that have been built over many lifetimes are not easy to reverse. But this training can help you make a solid start and observe a gradual change taking place as you think more constructively.

In His infinite love and wisdom, God has provided a means by which you can *transmute* the effects of destructive causes that may have been set in motion previously. Through the performance of excess selfless service, you can accumulate so many excess cosmic credits that the repercussions of destructive thought and action may be greatly reduced, and in many cases completely nullified.

Ideally, of course, it would be far better and much simpler never to institute causes that result in physical imperfection and other unfortunate circumstances than to try to atone for them *after* the repercussions have started. It is important that aspirants for citizenship in the New Order work toward the prevention of future ill effects by correcting their thinking and through unselfishly offering excess but discriminating services.

While it is possible to keep the body in such good condition that it would not display the drawbacks of old age, we have a long way to go before we will have transmuted our thinking processes into those that are a credit to us as spiritual beings and performed the excess selfless service necessary to canceling karmic obligations previously incurred. Once a start in this direction is made, though, we shorten the period during which we must endure physical and mental suffering.

### *The Creation of Physical Vehicles*

The physical vehicles into which we, as Egos, first incarnated and as developed by the Angels, were perfectly coordinated and balanced. The component parts functioned so harmoniously that all operations of these bodies were practically automatic. This is the normal action of the physical body and is essential to perfect health. Yet, they did not continue to function harmoniously for long, because when we first incarnated, we were without previous experience of any kind and had no knowledge of what was required to maintain these physical vehicles in perfect condition.

This understanding, together with much additional knowledge, was to be acquired through the use we made of our minds. Being newly created, we did not recognize how to use them; in fact, we did not know we had such power or its purpose. This, too, was knowledge we were intended to gain through experience, acquiring souls, which are the essence of what we have learned from our many and varied experiences while incarnated on the Physical Plane.

### *How Egos Learn*

As we began life here on Earth, we were all very much alike in that we were newly created spiritual beings — Egos — incarnated into physical forms and possessing minds with many potential abilities, but at that time absolutely untouched by impression of any kind. Yet, we did not continue to remain alike, for with the first elementary and involuntary uses of the mind, we began to create diverse circumstances in our environments, which we proceeded to face in various ways.

Because of this, no two Egos developed in quite the same way. With different experiences and the various causes instituted then and throughout incarnations since, a wide variation exists among all of us in karma accumulated, mental development, soul growth, and egoic advancement.

Throughout the process, some learned to associate their experiences with their adherence or lack of adherence to cosmic principles. By giving thought to these matters, they slowly began to bring their thinking into balance until they were able to nullify the effects of past incorrect thought that was responsible for less-than-ideal bodies, and so trained their minds that they ultimately transcended the *need* for physical vehicles.

As you know, these Egos are now Elder Brothers or Masters. To an important degree, Adepts also have developed their minds to the point of having good control of matters related to the Physical Plane, and in a much more limited sense, Initiates are able to govern their thinking and to a commensurate degree, their physical environments.

The vast majority of humanity has not advanced to the place where it associates circumstances with past and present mental activity. Yet, with the expanding knowledge of Nature as it pertains to the *material* aspects of life, it is clear that many are beginning to probe more deeply into its spiritual phases and are coming to discover this relationship. If they can readjust their thinking, it is possible that they may eventually make themselves invulnerable to negative karma.

A considerable number of Fellowship students have experienced something of this prompting, and through their study of the Lemurian Philosophy have begun to recognize there is a connection between their thinking and their circumstances in life. They are reaching out for the deeper understanding which will enable them to bring about an increasing balance between their spiritual, mental, and physical natures essential to greater control of their personal affairs.

### *The Bodies Used for Advancement*

To properly care for and maintain our physical bodies, an expanding knowledge of ourselves as human beings is most important. Since good health contributes importantly to our sense of well-being and enthusiasm, we must *acquire* knowledge regarding this phase of life so we can keep these vehicles in good condition. This knowledge is also essential to our ultimate advancement to the Angelic Plane when we will become the creators of the physical forms to be used by the *next* human life wave.

From your study of "The Planes," in Lesson Three, you learned that our physical body is closely related to a vital body, and that we also possess an astral as well as a mental body, although in most cases, the latter is quite embryonic. When these bodies are sufficiently developed, the Ego functions or will function on the Physical, Etheric, Astral, and Mental Planes with which they are associated.

Just as the Physical, Etheric, and Astral Planes are inseparably related, so too are our physical, vital, and astral bodies, the condition of the latter two having an important bearing on the health of the physical. But since the mind has a marked influence on the functioning of all three, its use determines to a major degree the condition of this vehicle. To better understand these relationships, you need further information about the vital and astral bodies and the part the mind can play in bringing about increasing cooperation between them and the physical.

### *The Vital Body Gives Life to the Physical*

You learned that the Etheric Plane is a field of force where patterns are created on which all forms are integrated. In the case of a living thing which is to be reproduced — a plant, animal, or human — the already established etheric pattern is contained in the seed. (This cannot be seen, of course, because it is an *etheric* pattern.) Since living things must have the ability to grow and reproduce themselves, and since some must also be able to move around, more than just the lines of force forming the etheric pattern are needed. For a living organism to result, there must be a *life* or *vital body* on which the physical body can be integrated.

You will recall the experiment in which the pattern of the magnetic force is made distinguishable by the use of iron filings. In the same way, the etheric pattern of a living creation is given vital form which permeates the physical body. You might think of its first action as something like a cohesive spray on the iron filing pattern of the magnetic field of force, binding it together so it would take some strength to break up the pattern.

The vital body gives life to the etheric pattern of the seed or embryo and it is on this life form or vital body that the physical body is integrated, the process being completed at the maturity of the plant or animal. Other than giving life to the etheric pattern, it acts as a coalescing medium for the physical body and all its component parts, maintaining its physical functions as long as the organism lives.

Because the etheric *pattern* and the vital *body* are so closely associated, the coordination existing between them is often referred to as

the etheric body, but this is a misnomer. Actually, the *vital body* is made up of both the pattern and the ethereal substance on which the physical body is formed.

Much more is involved in this process as it relates to the human, for as you now know, humans are spiritual beings *using* physical vehicles or bodies. Yet, while the body is integrating in the mother's womb, it is merely a vitalized chemical structure, the Ego not being part of the fetus. It takes possession at birth when the body emerges from the mother's womb and as the child takes its first breath.

An Ego does not take over a body by chance, and as you learned in "The Ego," in Lesson Three, this is an ordered procedure, planned for in advance. While the Angels manipulated the first few incarnations of Egos, the time came when each of us was left to decide when we wished to incarnate and under what conditions.

In other words, you decide to incarnate, and determine what you hope to accomplish while using a physical body. You select parents who will provide some of the necessary characteristics and whose environment will be helpful in achieving your purpose. All these steps require that you as an Ego use your God-given power of mind. This is a definite departure from the circumstances under which plants and animals come into being!

Also, beginning at the time of conception and continuing until birth, as an Ego you work on the etheric pattern of the forming child through the embryonic and fetal stages, causing it to conform to any particular purpose you have in mind. If an Ego wishes to develop along musical lines, for example, changes may be made in the etheric pattern so that the fingers will grow long, or if the child is to be a singer, the Ego will strengthen the larynx and vocal chords. For an athlete, the physical frame would be made capable of withstanding the stresses placed on it by unusual muscular activity. If the Ego has in mind specific character growth, service to others or atonement for a karmic situation, and this may best be accomplished by using a disabled body, changes will be made in the etheric pattern to include this.

The vital body adjusts itself to the etheric pattern as it is shaped, and since the physical body is integrated on the vital body, this vehicle develops as the Ego wishes.

There are a number of indications that the vital body of the human is not complete at birth or for some time afterwards. The infant's physical body does not have the same proportions as those that are evident

later. An infant's head is about one-third the length of the body; later, it is one-eighth the length of the body. Also, the features of a young child are not as well defined as they will be when she reaches the age of seven when the vital body is complete. The infant rarely has teeth and requires special feeding because her digestive organs are immature. The bones, too, are still in a more or less gelatinous state so that the bone structure is not capable of supporting the child's weight. Only as the vital body develops will they become strong enough to do this.

### *A Direct Relationship to Your Health*

To better understand the relationship of this information to your health, we suggest that you bear the following in mind:

1. The physical body is integrated on the vital or life body.
2. The physical grows only as the vital grows.
3. Anything that affects the vital body affects the physical body.

These three points pertain to the physical forms of all plants and animals, but in considering the human being, we must again think of the operation of the mind and the effect of mental activity on the health of the physical vehicles we are using.

All life essence is subject to mental activity, and since anything on the Etheric Plane vibrates at a higher frequency than anything on the Physical Plane, the vital body is the first to be affected and through it, the physical body.

To help you comprehend this, we'll use a purely vibratory demonstration that you can perform. Sprinkle the surface of a piece of ordinary window glass with a coating of fine sand. Vibrate the glass by drawing a violin bow across its edge. Notice that the sand assumes a geometric pattern, its exact form being dependent on the intensity of the vibration created.

Now compare the vital body to the glass, the physical body to the sand, and the mind to the bow. The stronger the mental action, the more intense the vibration of the vital body, and the stronger the reaction on the physical. Just as a too violent application of the bow on the glass will create a violent disturbance in the sand, *so will a too violent mental or emotional activity upset the normal vibration of the vital body with corresponding disturbance of the physical.*

Intense fear, hatred, anxiety, and other violent negative mental activity tend to cause the vital body to vibrate excessively and as a result, the physical equilibrium is upset. Physical pain, such as headaches,

tension, and nervous stomach may result, for anything that affects the vital affects the physical.

On the other hand, gentler, but equally powerful thoughts like those that come from love, faith, hope, charity, and devotion harmonize and strengthen the vital body so the physical body experiences a positive and beneficial reaction. When accompanied by quiet periods as when concentrating on sending positive thought energy to the Lemurian Power Reservoir, strength is built into the vital body.

If the physical body is not functioning in perfect harmony, properly directed thought energy applied to the vital body will do a lot to restore the normal vibration needed for perfect health. Without right thinking, the vital body does not vibrate properly and can't be healthy, and unless the vital body is healthy, the physical will suffer.

### *The Sun Is Our Sustenance*

More than right thinking is necessary to maintain the health of the vital body, though. Just as the physical body requires food and drink to live, the vital body also requires its own sustenance to function to best advantage. The food required is solar energy which adds vigor to and stimulates this body and when not interfered with, keeps the chemical structure of the physical body soft and pliable.

Solar energy (sunlight) is the synthesis of all the colors of the solar spectrum. When refracted through a prism, seven colors are predominant — red, orange, yellow, green, blue, indigo, and violet. Of these seven, red, green, and violet are considered primary because they are the first to appear when refracted through the prism. When a rainbow is clear, you see the seven colors, and as it fades, may observe that red, green, and violet are the last to disappear. Incidentally, when water is broken up into drops, it acts as a prism and sunshine is resolved into its basic coloring in the rainbow.

The physical body is composed of chemicals, each of which is identified with certain colors. Since sunshine is composed of all colors, it has been generally believed that exposure to it stimulates the various chemicals of the body, breaking down the sunshine and absorbing from it the color characteristics of the chemical in question. The truth is that the vital body contains, in a rarefied form, the *basic* chemical constituents of the physical body, and it is *here* that the sunshine is broken down and absorbed. The vital body absorbs the color rays directly, and the beneficial reaction of this "food" results in the better health of the physical vehicle.



No doubt you have observed the exhilarating effect of sunshine, especially after being confined inside during a cold or rainy season. You may have noticed how much more susceptible you are to disease during these periods — a condition that passes rapidly with the first days of warm sunshine and more outdoor activity. Also, few people don't feel the depressing effects of a dreary day. Let the sun be hidden by clouds for even a few hours, and spirits and ambitions droop. The vital body feels the need for sunshine, the physical is affected, and as a result, you may feel more or less dejected.

On the other hand, too much sunshine may easily throw the vital body completely out of balance with a harmful effect on the physical. It's important to practice moderation and protect sensitive skin from intense sun rays.

### *The Astral Body Reflects the Emotions*

The astral body is merely a shell that reflects the emotions. Only as the growing child develops more defined and consistent emotions does this body become mature enough really to be classed as such. This occurs at about fourteen, the average age of adolescence, the emotions expressed before then being effervescent and of the moment only.

### *Auras*

You have learned that the Astral Plane is a realm of color, so it is not surprising that the astral body should emanate color that outlines and envelops the physical body. This is known as the aura. You may have seen pictures of Christ showing a golden aura around the head although actually, a pure white light appeared about His entire body.

Auras are of many colors, from the murky brownish, grayish, and dark ones of people whose desires are base and emotions very negative, to the brilliant and almost transparent pastel shades of those far along in their advancement and whose desires and emotions are noble and good.

After fourteen, everyone has an aura that reflects his or her natural state of mind, but until the Ego is well advanced and in control of its emotions, its color is influenced to a marked degree by the individual's feelings at different times. So, while one's normal aura may be a translucent and light yellow, blue, or green, which are all good, if the Ego becomes angry, the aura becomes charged with streaks of vivid red, and if violently angry, the entire aura becomes glaringly red. With the passing of the anger, this color subsides, and the aura goes back to its normal coloration.



Because of its association with anger, red has been considered by many as indicating negative characteristics. This is not the case as is shown by its many beautiful manifestations in Nature. All colors as seen in the spectrum are good as long as they are clear, and there is no reason why red should be seen negatively because of some supposed "occult" significance.

Any of the various shades or mixtures of color may be normal to the individual, or they may occur in the aura from time to time as the result of strong emotion, or as an indication of a health problem. As explained, the physical body is composed of certain chemical elements, each identified with certain colors. When these elements are in perfect balance, good health results. When they are out of balance, illness takes place. Obviously, then, the color of the aura as occasionally seen *cannot* be the basis for judging the character of an individual, as some believe.

An excess or deficiency of chemicals is not the only cause of poor health, for as mentioned in the discussion of the vital body, the effect of the emotions is a most significant factor. For example, while a severe shock may not have an immediate effect on the physical body, it starts a chain reaction, affecting first the vital, and eventually, the physical body. Since the emotions are reflected in the astral body, the gradually changing colors of the aura indicate the effect in process, and if more were known concerning these matters, these colors could be observed and corrective steps taken before the physical body reflected the full result of the shock.

### *How Strong Emotions Affect Us*

It is true that under stress, strong emotions help one perform feats of strength, speed, and bravery that would be impossible under normal conditions. If too prolonged, though, they agitate the vital body, often resulting in serious physical imbalance. Glandular functions are especially susceptible to emotional stresses; the secretions of the endocrine glands particularly may become so intensely poisonous as to be fatal. Since few of us are not subject to expressing one or more negative emotions to a certain degree, everyone knows something of their weakening aftereffects on the physical body.

To diagnose physical disturbances through reading the aura and attempting to offset the effects of wrong thinking before they influence the physical body, requires specialization of a high and extraordinary nature. It necessitates that the diagnostician be well-balanced and have full understanding of the physical, mental, and spiritual aspects

of human beings and how they should be coordinated. This Ego must also have a thorough understanding of the human body and the operation of its many parts and be well informed regarding its chemical components, just as would be true of a good doctor.

In addition, a complete understanding of colors and their relationship to the colors of the astral body as they correspond to destructive emotions is essential. But most important of all, *the practitioner must have the wisdom enabling him or her to differentiate between those who may be helped and those who have important egoic lessons to learn.* Obviously, such an individual must be *well advanced*.

On the other hand, each of us must overcome our negative emotions sooner or later and so, to an increasing degree, become our own physician. To come to understand our emotions and how to deal with them is essential not only to our physical well-being, but to our advancement as well.



## TRANSMUTING OUR EMOTIONS

Of the hundreds of human ailments known today, psychosomatic illness — physical problems brought on by anger, fear, frustration, worry, and other negative emotions — is by far the most common.

With strong negative emotions, muscles tighten causing tension that results in pain at the back of the neck. Nervous headaches follow and when muscles of the stomach tighten, severe ulcer-like pain is experienced. Extreme anger can cause the blood vessels in the heart to contract and bring on a heart attack that can prove fatal. Among other problems that may be emotionally induced are severe backaches, constipation, gas, dizziness, skin disease, and asthma, to name a few.

Obviously, when we become victims of our negative emotions, we don't just *think* we are sick; we *are* sick and find it impossible to "snap out of it" without help.

Since psychosomatic illness can be prevented, we look for its basic cause and find that emotions are prompted by our way of thinking. As you have learned, our thinking creates the etheric pattern on which the vital and physical bodies are integrated, so they are influenced by it for better or for worse. To create and maintain a more perfect etheric pattern for these vehicles, we need to develop the ability to think *constructively* so that the tendency toward negative and destructive emotions gradually lessens.

As we do this more and more while also living by cosmic principles, we begin to enjoy better health while at the same time making considerable egoic advancement.

This doesn't mean that one should *suppress* negative emotions as they come up, for to bottle them up within one's self distorts the etheric pattern and will result in suffering for the physical body. Refrain-

ing from venting negative emotions does not rid the individual of the *thoughts* seething within her mind, for they become stronger and more destructive when they have no outlet. And it is *these* that have a disastrous effect on the etheric pattern and vital body.

The best solution to mental upheavals is to do something physical that will take the mind off the troublesome situation — something that requires physical effort. Walk energetically around the block until the mind is clear and you feel invigorated. Or, if you have a punching bag, work on it, letting *it* take the brunt of your anger, resentment, frustration, or whatever emotion you're struggling with. Jog in place until you get tired. Play golf or tennis, spade up your garden, rake the leaves, change the beds, make a cake. Do anything that causes you to use determined physical effort, and you will be amazed at the results!

Even more helpful, do something nice for someone else. Making some cookies to share, picking up trash in your neighborhood, shoveling snow from your walk or a neighbor's, all can transmute your emotions through the mental and physical energy you use. Thinking of others is a natural transmuter.

While sudden mental disturbances may be handled in these ways, it is far better to learn to control your thinking so that they no longer occur. To attain our ultimate goal on this Physical Plane — to become Elder Brothers or Masters — we must develop the ability to master self. Some measure of self-mastery is also necessary to attain the First Degree of Initiation as well as greater peace of mind.

Because the elimination of negative thinking means so *much* to one's progress on the path, and because such thinking is a long-established habit with most, although unrecognized as such, a lot of self-discipline is required. Yet, if you are sincere in your desire to overcome and enjoy the results of doing so, the following simple suggestions will be of greatest help when faithfully applied.

- a. *Cultivate an optimistic spirit.* Act cheerful and you will *be* cheerful.
- b. *Develop constructive thinking* about your family, your job, and your associates. A happy family is important to emotional well-being and subsequently, to good physical health. The same may be said of your job, so train yourself to like it or see the value in your service, because then you will not experience the tensions that come with disliking it. (If you really dislike what you are doing, get a different job — one you can enjoy.)

c. *Practice liking people.* Overlook their foibles just as you want them to overlook yours. You also have them, you know. Don't look for what may be wrong, and stop attacking people or situations, for you can't see the entire picture. Look for the good in both and you will find it, for it is always there.

d. *Stay busy.* The happiest people are those who keep busy, giving themselves little chance to think negatively or to imagine that something is wrong. So keep occupied, either mentally or physically.

e. *Learn to relax.* Be satisfied with what you can't change. Become interested in a hobby. Also take time to send constructive thought energy to the Lemurian Power Reservoir. Both can be relaxing.

f. *Don't make mountains out of molehills.* When you realize a negative emotion is about to overcome you, stop to think and analyze it for what it is.

g. *Rein in negative thoughts.* If you tend to look on the dark side of things and to expect trouble, or are inclined to feel anxiety about matters that don't really concern you, recognize that this is negative thinking, and control the inclination.

h. *Stop thinking about your aches and pains.* Never make them the subject of endless talk with others. Both leave impressions on the etheric pattern that create negative physical reactions. Consult a doctor about your ailments. A simple examination will show whether they are real or imagined. If needed, give them medical attention; otherwise, transmute your thinking by using positive affirmations and being cheerful.

In today's changing world, everyone lives under stresses of one sort or another, but some people adjust better than others. Once you understand what is involved and use your God-given power to think positively, you, too, will be able to adjust.

### *Adjusting to Emotionally Demanding and Difficult Changes*

There are times in our lives when we face very difficult adjustments — the transition of a loved one, divorce, or the terminal illness of someone close to us, to mention just a few. It's reasonable to expect that it will take time and effort to heal and return to normal or settle into the new "normal." When there are crises in our lives that touch us deeply, more outwardly emotional individuals may not control their feelings as readily as ones who hold their emotions within. Either type of person

will be helped by searching the Lemurian lessons for ideas about how to view such situations.

Each of us has our own pace and way of working with such a grieving/adjustment period and coming to grips with the new reality. Being patient with ourselves and knowing that in using the many helps included in the Lemurian lessons to cope with such periods, the impact on health and peace of mind can be lessened. And more than that, in the process of working through the problem, with the analysis and thinking use of Lemurian principles this entails, new insights can be gained into the egoic lessons a part of such a time.

We can be comforted in knowing there is a purpose to even the most heart-wrenching experiences and ultimately be glad for the knowledge we may gain. Most helpful is to know that the Great Ones are aware of these deeply troubling times and are as near as our thoughts, offering whatever solace and comfort is for our best good to make bearable an otherwise most demanding situation. With practice and study, such disturbances can be transmuted more quickly and completely.

### *Dealing with Fear*

Fear is the most powerfully destructive of all emotions. It can paralyze a person's ability to think rationally and cause her to become almost frantic. Yet, the fear produced by the problem is often greater than the problem itself. We fear most what is vague and uncertain, intangible and often imaginary, as well as groundless. Fear of what *might* happen to us causes most of our worries, for our imaginations are quite active when it comes to assuming the very worst in certain situations. And it is this unreasoning fear that tears down the vital and physical bodies and forces discord into our environments.

Fearing a thing, we concentrate intently on it, unintentionally forcing the condition into our lives. In Lesson One, you learned of the part played by the crucible of the mind in the process of precipitation. Release the pressure in the crucible and the power to precipitate is lost. Since you certainly don't want to precipitate into reality the thing you fear, you must *release the pressure*. You can do this by talking over what troubles you with someone you can trust and feel will understand.

If you don't want to confide in some family member or in a good friend, you may always write the Fellowship. As you should know by this time, we are always glad to help you analyze your difficulties and find a solution when it seems beyond your present ability to do so for yourself.

The goal is to learn to help yourself by applying what you are being taught, for in the final analysis, this is what you must be able to do if you are to become an Initiate. Yet, we realize that for a time, solving major problems may be beyond the capacity of the student to accomplish alone, and when fear is present, it sets up a powerful obstacle to success. So we suggest that you write and let us help.

Perhaps you may feel you do not want to do this. In that case, you might write out the entire situation — everything you can think about it until you have it “off your chest.” When you have done this, shred or burn what you have written. Destroy it as you would dissipate the fear that has troubled you.

When you confide in another, keep in mind that it should not be sympathy you wish, for with sympathy, not only you, but the person in whom you have confided, concentrate on your fear. At the same time, the latter draws your trouble into his own environment and the situation is made worse than ever. So you must not look for sympathy, for your objective in talking out your troubles is to *dissipate the pressure in the crucible of your mind*.

### *Our Fears Hold Opportunities*

When confronted with a situation that causes you to fear, keep in mind that life, as encountered on this plane, is only a means to an end. Certain lessons must be learned that will enable us to master some phase of our present environment, and as with the difficult lessons we were given in school, we must simply “dig in” *and learn them!* It’s a good thing! After all, each trying situation is an *opportunity* to use the principles taught in the Philosophy. Through their use, we grow into stronger, nobler people, developing, advancing, and fulfilling the purpose of our existence.

If any one of these situations is considered as just another case of “fate” or bad luck over which you seemingly have no control, it will happen again and again. That you have troubles and worries shows that you don’t yet know how to handle certain situations and conditions. As a result, you are afraid of the consequences you may suffer. *Until you have gained some control over them, the peace and harmony of your life will continue to be disturbed.*

There is no way to dodge a problem once it has been presented. As long as you fail to face and try to solve it to the best of your ability, you will find it recurring, each time seeming even worse because of what your fears have added.



Solve the problem and it will never again arise to trouble you. Yours will be the incomparable joy of true accomplishment and acquired power for, though the recollection of the incident may leave you, the *knowledge* gained from the experience will not. Its essence will have become part of your soul to be yours for all time.

### *We Are Never Tested Beyond Our Endurance*

Realize, too, that we are never tested beyond our endurance, and that God has provided us with the strength and fortitude to meet the real and truly serious troubles. Also remember that *no one has the power to act in your environment unless you give him that power*. To fear a person or an influence is to give that individual or influence power to act in your life and affairs.

In working toward overcoming a fear do not concentrate your thought on the trouble, but deliberately find something to keep your mind *off* it. When responsibilities, worries, illness, frustration beset you and there is seemingly no help, don't dwell on them but use your energies in some occupation that ordinarily you enjoy. Let yourself become absorbed in your hobby, in reading an interesting book, or listening to soothing music. By concentrating your attention on a pleasant, constructive undertaking, you divert the sense of panic brought on by fear.

If the event you fear lies in the future, start by realizing that others have also faced this challenge. How did they do it? There are magazine and newspaper articles about such incidents and the personal stories of people going through them. The Internet provides an easy way to look up personal experiences on any subject and learn what worked for others. Just knowing we are not alone can have a calming effect.

Affirmations in which you repeat that you have no fear, that you are not suffering when pain is intense, or that you have no financial problem when you are out of a job and the rent is due, instead of dissolving the fear, intensify it. Instead, use positive affirmations like those given in these lessons, rewording them to suit your situation. As constructive thinking becomes a habit, you acquire faith and gradually cease to anticipate heartbreaking or other difficult experiences. Your mind becomes freer with a stronger desire to discover a solution to your challenging circumstances.

During periods of untroubled quiet and calm, build up a sustaining mental reserve of happy, comforting moments to recall and think over when fear seems to overwhelm you, to reverse your thinking. Also reread and ponder the chapter, "The Law of Transmutation."



### *The Elder Brothers Are Nearby*

Those who earnestly try to understand and use universal principles so they may advance and become more worthy in the sight of God are never alone through periods of stress. The ever-understanding and compassionate Elder Brothers are always aware of distressing circumstances you may be experiencing. They are near in thought, and it is possible to tell them what troubles you and ask that they help you have the strength and courage to bear up under it, work with it, and learn the lesson it is designed to teach you. Then *believe* you are receiving this help!

We are told that all things that are impossible for man are yet possible with God. There is a vast realm beyond the physical that we sense only marginally, but must learn to believe in. If we don't pray consistently and think about the Elder Brothers working in our lives, we forget them and find it hard to imagine them helping when we need help. We may think because we forget them, that they must forget us. Yet, they are always aware of what we are doing. They have been with us through many incarnations. We are important to them. In fact, our progress is one of the primary reasons they remain on the physical plane. They want as many as possible to make the advancement needed to go on with our life wave.

We suggest that you reread the last few paragraphs of "The Brotherhoods" in Lesson Three as well as the final paragraphs of "The Lemurian Power Reservoir" in Lesson One. The thoughts in these two chapters can be very helpful in writing out a short prayer that you may like to read over and over during times of stress to help you gain courage and strength.

The Bible contains many statements which when read or repeated quietly and thoughtfully cause one to relax, allowing the mind to work calmly along constructive lines and become receptive to ideas for the solution of the problem. We refer specifically to John 14:27, Proverbs 3:5, Luke 18:27, Psalms 55:22, Psalms 46:1, and Mark 11:20-24, although there are many others that may be used for this purpose.

So that they may be more readily available to you, a printed copy of these quotations may be found following the last section of this lesson. Concentrating on quotations of this kind sends valuable thought energy to the Lemurian Power Reservoir, so when you ask for help from the Elder Brothers, this energy may be withdrawn for your benefit.

One of the Council of Seven in charge of this Work has stated, "Cease to worry. Worry is but a circle of inefficient thoughts whirling about a pivot of fear."

How very true this is, for as stated previously, once we allow a negative thought to enter our minds, many more hurry to join it, none of them of any value and all inefficient. They go round and round until we can no longer think effectively and are unable to do anything about the situation that troubles us. To transmute the first one *immediately* is best, but when unable to do so and there is an accumulation, transmute them all by following the suggestions made earlier.

From time immemorial, mothers have transmuted childish emotions following some physical hurt in much the same way. When her little one hurts his knee as he stumbles over something and comes crying to her for comfort, after a glance to determine the extent of the injury, mother usually kisses the hurt. Then, looking out the window, she draws the little one's attention to the neighbor's cat on the fence, or starts telling him about the picnic being planned for the following Sunday.

What happens? The sobs cease as the child's interest is aroused in these entrancing subjects, and the pain is forgotten even as mother is binding up the hurt. While this is taking place, the healing process on the knee has begun, for with the pleasurable thought brought into play, positive mental activity repairs the damage to the vital body and consequently to the physical.

We who are adults must direct our own thoughts into pleasurable and constructive channels when hurt or troubled. By so doing, we give Nature a chance to begin the healing process without the hindrance of our negative thinking. Try it, and you will be surprised to find, as with the child, that the mental or physical pain is quickly reduced. When the conviction grows on you that nothing can harm you except the discord within your own consciousness, you will correct many physical disturbances and begin really to advance. Eradicate that discord by constructive thinking, for this use of the mind also contributes importantly to the development of your mental body.

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Remember always that this is a training for a new way of life released by the *Lemurian Brotherhood* in an effort to help each one who sincerely desires to do what is necessary to find greater happiness and peace of mind. Give yourself over for a time to being completely receptive to their worthwhile Teachings, and you will never wish to discontinue the practice. Accept and use the principles taught with a full heart, knowing that something so tremendously important and wonderful has come into your life that all else is but a background for it.

## HEALTH

### *Health and Human Progress*

Nothing is more precious to the physically embodied Ego of this human life wave than good health. Anything short of the best health one can achieve and maintain works against the realization of important life goals, such as success in business, meaningful personal associations, emotional balance, the fulfillment of egoic purpose, and the rewarding satisfaction of spiritual unfoldment. Nothing deters the quest for advancement more than poor physical health, because it saps one's vital energy and drive, and turns the normal desire to help and serve others into dominant self-concern. Poor health, because of the attention it demands, inhibits balanced progress.

Setting aside for the moment factors such as karma and the need for an Ego to learn important health-oriented lessons in life, it is obvious that the physical bodies we acquire at birth are vehicles of outstanding perfection. Given proper care and consideration, they should serve us well throughout our lives. Yet often they don't, one reason being that we are inclined to take health for granted.

Somehow we believe we are immune to indiscretions that are contrary to good health practices. We abuse our bodies to satisfy momentary pleasures which contribute little or nothing to our physical well-being, and we don't think too much about it, hoping that any temporary ill effects will disappear, leaving us as good as new. This is rationalization. In fact, from the day we are born, we unwittingly begin affecting our physical bodies with overindulgence and neglect to the point where the need to reverse this pattern has become a major challenge for much of humanity.

### *Moderation and Balance*

The Lemurian Philosophy stresses moderation and balance in all departments of life. Too much or too little of anything, no matter how good it may be basically, is an extreme, and extremes should be avoided. Balance is the watchword. It is also the key to greater advancement. Of course, at our stage of unfoldment, we are likely to find both excesses and deficiencies occurring from time to time; yet, if we can learn to bring extremes under control, we may sooner reach the degree of balance that the Great Ones expect of all who hope to qualify for citizenship in the New Order.

Important for us as spiritual beings using physical vehicles is the balance between *mind* and *body*. As pointed out in the section on the vi-

tal body, we cannot separate mental and physical health. Any physical disease or discomfort we experience likely has both mental and physical causes that should be looked for and worked with to bring desired changes. Bear this in mind as you study all that follows about practical ways of working with health.

### *Seeking Reliable Health Information*

Anyone who seeks advancement should embrace the opportunity to improve physical health just as he would wish to correct his spiritual shortcomings. To learn all we can about good health habits such as diet and nutrition, exercise, rest and relaxation, is highly recommended. Persuading students to adopt a particular diet or health program is not the purpose of this lesson, for each individual must decide for himself what he wants to do to improve and maintain his health, and to help with this, there are countless books, magazines, newsletters, Internet sites and other sources of information available to those who wish to study the subject.

Many of these resources treat various aspects of health in a clear and informative manner, although good discrimination is always important when the reader is being urged to buy a certain product or follow a particular health regimen. And of course, in weighing the opinions of others, there is always the problem of sifting the true from the false, the good from the bad, the reasonable from the extreme; realizing what works for another may not work for you.

### *Guidelines Abundant — Followers Scarce*

During the past century or more, millions of words have been written on health subjects. Diet and nutrition have long been favorite topics; exercise has its place in the pursuit of good health as do rest and recreation; environment, stress, and the influence of the mind are coming under increasing scrutiny. Virtually all factors known to affect human health are being explored, tested, and evaluated, with a steadily growing range of alternatives in how we may choose to work with our health available to more and more people. And there have been encouraging trends in recent years as many have given up smoking, begun regular exercise programs, and become interested in eating more healthfully.

But many people find it hard to follow advice that tends to disturb their comfort or interfere with their satiety. How many will voluntarily forego the pleasure of nutritionally nothing foods for the sake of proper nourishment? At present, these seem in the minority. Too many people today simply are not discipline oriented. They prefer the ease and comfort of a relaxed life to one which involves elements of

sacrifice. Before any significant change can be made, the desire to improve one's physical well-being must be greater than his contentment with conditions as they are. Also, one's willpower must be strong enough to overcome long-standing habits which need to be changed. The accomplishments of those who feel a deep satisfaction in studying the Lemurian Philosophy indicate that gradual, encouraging change is not only possible, but self-motivating as well.

### *Food and Its Role in Egoic Unfoldment*

To keep in perspective the importance of the food we take into our bodies, let us ponder Christ's words to His disciples in Mark 7:15-19:

*There is nothing from without a man that entering into him can defile him . . . because it entereth not into his heart, but into the belly, and goeth out into the draught . . . but the things which come out of him, those are they that defile the man.*

A reasonable degree of physical balance is essential to Initiation, yet health depends on far more than the food we consume, and no one yet has succeeded in eating her way into Heaven. To attempt the body's spiritualization or refinement through eating habits alone is putting the cart before the horse, for until we have perfected our *thought processes*, spiritualization will not begin to manifest. When we have advanced ourselves mentally and materially to the point where our habits of thought more nearly approximate those of the Elder Brothers, the physical refinement will have taken care of itself and with the changes this brings about, our tastes, desires, and physical needs will adjust themselves accordingly, and *not vice versa*.

It may help to think of this next time you find yourself focusing excessively on outward means of attending to health without the balance of considering the effect of your thought, emotions, and even your egoic pattern.

### *Individual Requirements Differ*

In the matter of food, common sense is of utmost importance. Make yours a balanced diet with not too much of this or too little of that at any meal. Practice moderation: eat what is necessary to your needs, recognizing that each person has his own food requirements. Everything depends on the nature of the individual — his age, his physical makeup, the influence of his upbringing, level of physical activity, day-to-day eating habits, metabolic efficiency, and especially his mental attitude toward theories and practices that may differ from what he is

used to or wishes to follow. The diet best for a person can be determined only through experimentation and adherence to some recommended plan. The results will prove its value.

Those who seek to gain the utmost from existence on this earth plane should have a clear and basic understanding of all that is involved. We must all maintain open minds, exercise tolerance for the ideas of others, and patience unlimited, for a closed mind and preconceived opinions will never gain anyone true advancement.

Eat what experience proves to be best for you, and allow others to eat as they think best. What may prove most beneficial to you, could prove toxic to another's system. Live and let live, for it is a cosmic law that no one has the right to act in another's environment unless given the right by that individual. To do otherwise brings its inevitable repercussion.

### *Natural Foods Versus Empty Calories*

Natural foods — those which have not been altered or tampered with — are generally best suited to human needs. Yet with food processing, which has made foods widely available in convenient and time-saving forms, all of us have strayed from the more natural diet of fresh vegetables, fruits, nuts, grains, meat and fish. Instead we have come to rely on an endless variety of processed foods such as dry cereals, pie and cake mixes, instant dinners, chips, snacks, cookies, soft drinks, and countless other palate pleasers which actually have little to offer from the standpoint of food value. So it is up to each of us to balance our desire for convenience with an understanding of basic nutrition and to choose a diet that will enable us to live vigorous, healthy lives that we may more readily fulfill the purpose of our time on earth.

### *The Conditioning Effect of Thought and Attitude*

More than we may realize, the way we think about food conditions us favorably or unfavorably toward its acceptance and assimilation. Even with the ability of so many to travel to various parts of the world and sample food native to a new environment, still, what is unfamiliar may be very unpleasant. Unless the digestive system can be prepared — partly through one's thought — to receive food pleurably, and with assurance that the body will benefit from it, there is not much point in eating it, for the good to be gained will be meager.

No matter how advantageous a food may be, if we think negatively about it, we definitely limit the benefits that could come from its eating. On the other hand, if we insist on eating foods that please us simply because they taste good, yet are lacking in food value, no amount

of constructive thinking will enable us to gain healthful nourishment from them since there was not much present to begin with. We would be surprised to discover how many of our personal food problems and eating habits can be traced back to one or the other of these causes.

### *Back to Basics*

In this transitional period when change is about the only sure thing we can depend on, it seems logical that we return to the simplest of health rules and allow each student to pursue her own course of health care — to discover and use what works for her. We believe no one can disagree with the statement that the Angels are wiser than any human being on our life wave, so let's see how They constructed us for our existence on this plane.

### *The Body the Angels Created*

Since we have a physical body with certain chemical requirements essential to its maintenance, the Angels provided us with the means for meeting these needs through ingestion, digestion, assimilation of food, and the expulsion of the wastes from these processes. First, a nose, sensitive to various scents so that we might, before anything enters our mouth, determine whether it appeals to us. Next, a mouth into which we place the matter necessary to our well-being. Taste buds tell us whether what we introduce there is tasteful or distasteful to us. If it appeals neither to our sense of smell nor our sense of taste, a certain series of impulses is generated. If it appeals to our tastes, the digestive juices start to flow in readiness for its arrival in our stomach.

Before this initial step in digestion occurs, we find it necessary to bite and chew. The front teeth are designed for cutting; with them we bite off whatever amount our mouth will contain comfortably. These are incisors and cuspids, or tearing teeth, much like — on a refined scale — those of the tiger and other meat-eating animals that must tear the meaty food from the bones. Then, the bicuspids and molars or grinders are shaped in varying ways to handle both meat and plant foods. Saliva was provided to help reduce the bite to a semi-liquid form before it is swallowed.

The stomach, merely an enlarged portion of our intestine, has certain glands which secrete acid and enzymes to further help in breaking down and liquefying all we take in during a meal, completing the work begun in the mouth. These juices also prevent fermentation during this process. If the food is distasteful or really harmful to us, the probabilities are that these juices are not secreted properly, and a re-



verse peristalsis occurs. Otherwise, gases due to fermentation begin to accumulate and acute discomfort follows.

People are quite hardy, though, so that even poorly digested food may finally be passed along to the small intestine where additional powerful digestive secretions are mixed with it and actual digestion begins, and later, assimilation. In the average normal person, these juices, both in the stomach and the intestines, are amply strong for a mixed diet of meat, plant, and fruit. In the stomach, for example, we find hydrochloric acid which, in the dog or tiger, is strong enough to dissolve bits of bone.

Next come the intestines themselves. In a normal individual, the intestine is about thirty-three feet long, while in the purely herbivorous cow, it is forty-five feet long, allowing for a much longer digestive process. In the tiger, which is purely carnivorous, it is only eleven feet in length since it does not require as long for meat to be digested. This is another indication of humans' being constructed for a mixed diet. Add to this the statement of an Elder Brother: "Man is so constituted that he can live wherever flora and fauna (plant and animal life) flourish."

Nourishment for the body is absorbed through the walls of the small intestine. If one is constipated, this becomes lined with fecal matter and waste which decomposes and hardens along its walls, and it is through this that all nourishment must pass before the body can use it. Nourishment thus absorbed can be neither pure nor normally beneficial.

Until evacuated, all waste from the digestive process is stored in the large intestine. The appendix, near the point where the small intestine enters the larger, is for the purpose of lubricating the waste matter in order that it may be kept soft for proper evacuation.

The lower end of the large intestine is normally quite flexible and heavily veined. When constipation is present and the fecal or waste matter is hard and much force required to expel it, these veins undergo a heavy strain, become engorged like varicose veins, and are often dragged into the rectum forming hemorrhoids. So a proper diet should contain plenty of liquids, especially water, and enough fiber and lubricating material to prevent hardening of the waste material as it accumulates. For those whose diets consist largely of fast foods, canned or ready-to-eat meals, supplementing with some fiber, such as raw fruits and vegetables or packaged vegetable fiber, can be most beneficial.

There are certain elements in vegetation essential to the maintenance of health and proper nourishment of the body. However, our digestive juices are not sufficient to extract these from much raw vegetation in a form we can assimilate, while overcooking impairs the food value of



many vegetables. These improperly digested elements must then be thrown off by the kidneys principally, placing an unnecessary burden on them. On the other hand, the cow and other cud-chewing animals, with their long digestive processes, are able to extract these elements which are stored in the flesh in a form which the human organism can assimilate and use.

### *Whether to Eat Meat*

Some truth students appear to believe that meat has no place in the human diet, and countless theories have been advanced by well-meaning individuals in an effort to convince people that eating the flesh of animals is a cruel and totally unnecessary practice. Perhaps the main argument behind these theories is the mistaken belief that it is morally wrong to take the life of an animal, and so, ingesting meat is the same as killing and eating a younger brother. This concept is as incorrect as the doctrine of transmigration, or the passing of the human Ego into the body of an animal after death.

By now, you understand that a human being, on an entirely separate life wave, has nothing in common with an animal beyond certain physical similarities. The great difference lies in the fact that the highly perfected human body is used as a vehicle through which the Ego expresses itself and accumulates experience in its successive incarnations. The animal, on the other hand, does not accrue or carry experience forward. When an animal dies, its life essence is drawn back into the reservoir of life essence from which it emanated. The experience gained by animals as they encounter life in the physical world serves to refine the life essence of the animal kingdom, helping to carry out the evolutionary process.

Whether to eat meat or not is a decision for each person to make. The important thing is not so much a matter of abstinence, as it is *why* one refrains from eating meat. The Lemurian approach considers the matter of health from the standpoint of what is generally natural and best for a person's overall well-being physically and spiritually, and takes into account the fact that, just as our egoic backgrounds and patterns are unique to each of us, so does each have different physical requirements.

In real life, there are exceptions to all things. Just as an occasional person has her heart on the right side instead of the left, it is not uncommon to discover people with intestines longer than thirty-three feet, and usually with the corresponding digestive juices essential to a vegetarian or plant diet. For these people, a purely vegetarian diet is likely to be far better than a mixed one, provided they can get suf-

ficient protein and B vitamins for their needs. Then, too, we find those with appreciably shorter intestines where a straight plant diet proves to be extremely distressing. Notice, though, that the normal individual requires and can assimilate *more* plant food than meat.

These statements, of course, are general and must not necessarily be taken as all-inclusive and applicable to everyone. Also, we must always take into consideration the marvelous adaptability of the human organism and its capability for adjusting itself to conditions beyond the ordinary.

It is most important that drastic changes not be made all at one time except under the guidance of competent advisors. For example, it is seldom a good plan for one accustomed to a heavy meat diet to switch abruptly to a vegetarian one, or vice versa. Give the body a chance to adapt itself gradually to such changes.

As we have seen, the Angels equipped the human organism for a mixed diet, but with moderation. In bulk, two-thirds of a meal should normally be made up of plant food, leafy stock such as lettuce, spinach, or other "greens" predominating. Every meal, even in hot weather, should contain at least one dish or drink that is hot. This prevents the stomach's being chilled and aids in the digestion of fat.

Unfortunately, too many people overeat, placing unnecessary stress on both the digestive and eliminative organs. In eating, moderation must be carefully exercised. The safest guide is always to stop while a bit hungry and never eat until you are "stuffed."

### *Beverages*

Pure water is unquestionably the best beverage we can drink, and few consume the eight or so glasses a day the average person needs.

There has been much debate about coffee and tea, and while both contain potentially harmful substances, recent research has also pointed to definite benefits, especially in teas. Properly made, tea and coffee should have boiling water in contact with the leaves or grounds only long enough to extract the flavor. If tea is boiled with the leaves, tannin is drawn into the beverage and the tea is then harmful, while coffee boiled or left too long in contact with the grounds releases excessive caffeine which can cause sleeplessness and other undesirable effects. When freed from contact with the leaves or grounds as soon as the flavor is extracted, tea and coffee are generally beneficial in stimulating the digestive juices and keeping the stomach content warm, in addition to helpful antioxidants found in both drinks.

Speaking of beverages, the following recipe may be of interest to Lemurian students. It became part of the "Health" section of Lesson Four many years ago and, we believe, is just as enjoyable today:

A most satisfactory and refreshing drink, especially for people of advanced years, may be prepared by mixing one quart of pure, unadulterated, unsweetened, unfermented Concord grape juice with that of three ripe oranges and one and one-half lemons. To this, add sufficient distilled or spring water to make a full half gallon. Do not mix more than you can use in twenty-four hours as it begins to sour and lose its value. This mixture is best when taken on an empty stomach, a glassful upon arising, another at about ten o'clock, another about four in the afternoon, and another just before retiring when the stomach is normally empty.

### *Nutritional Supplements*

Modern advances in agriculture, sanitation, and distribution have made possible a greater variety and quality of food available to more of earth's people than at any other time in commonly accepted history. If the health and well-being of its citizenry were a high priority with all governments, and if each individual tended to make sound nutritional choices, there would be little need to consider supplementing one's diet.

Much could be said in support of Mother Nature's way of accomplishing things, as contrasted with people's incessant urge to find shortcuts and to "improve" on natural processes. Although it is likely that for years to come the majority of people in developed countries will be eating synthetically fertilized food, the increasing availability of organically grown produce and meat, and new high standards organic growers are observing, are encouraging trends as a concerned public influences food growers and processors enough that they are beginning to act in terms of food value as much as market value. But until health and fitness goals play a larger role in our diets, and with our refined, chemically fertilized foods and the loss of freshness and wholesomeness that occurs between the time of harvesting and when foods reach your kitchen, there is ample reason to supplement our diets with natural vitamins and minerals.

This brings up the question of what kind of food supplements are necessary and in what quantities. As mentioned earlier, because individual requirements and goals differ so widely, it is best that each of us determine for ourselves whether or not we wish to supplement our diet with added nutrients, and to what extent. There is considerable information on this subject available to all who are interested, and the wis-

est procedure for you as a Lemurian student would be to investigate the matter and be guided by whatever seems right and best for you.

One suggestion seems apropos: Try not to go overboard by taking supplements in excess of your needs. Most vitamin and mineral supplements are not whole foods and should not be used in place of basic food products. Think of them as *supplements* compounded to furnish nutritive factors that may be lacking in today's foods or an individual's diet. They are meant to compensate for nutritional or physical deficiencies — and that's all.

There are many new products being compounded and marketed today, including hormones, extracts, and combinations of vitamins, minerals, and herbs that may be essentially untested and unproven. The promotional literature for these substances often sounds very promising, but it may take years of experience to determine their real benefits (or cautions) in human nutrition. Meanwhile, the closer we can balance our nutritional intake with what our bodies actually require, the better our health will be and the more we will be working in harmony with the purpose of life.

#### *Health Recommendations Change With the Years*

Recommendations (and fads) in nutrition understandably shift from generation to generation as more is learned about health, with foods that were once considered as health-building (such as whole milk) falling into disfavor, while those formerly thought to be poisonous (such as tomatoes) now highly recommended. For example, saturated fats have been condemned because they are believed to increase the risk of heart attack, while polyunsaturated fats were recommended for many years because it was felt they helped to decrease fatty deposits in the arteries, helping to prevent cardiovascular disease. More recent research suggests that *monounsaturated* fats, present in olive, flax, canola oils and avocados, may be more desirable and promote a better balance among nutritional fats.

#### *The Problem of Weight Control*

Particularly in America, millions of men, women, and children are constantly searching for a quick and easy way to take off excess pounds so they will look better, feel better, have more energy, and be more socially acceptable. Unfortunately, most people who want to lose weight secretly hope to find a plan that will enable them to get rid of their bulges, yet still enjoy the indulgences and pleasures that led to their present dilemma. To think that there could be such a magic solution is

obviously unrealistic. Something has to be curtailed. Some sacrifices must be made before any permanent improvement can be realized.

Since poor eating habits and the lack of sufficient physical activity are the principal causes of overweight, here is where correction must begin. Overweight — excess fat stored in the body tissues because it was more than was needed to take care of the body's expenditure of energy — is almost always a self-created condition which is capable of being reversed by controlling the factors that brought it about in the first place.

The other side of this problem is severe underweight, a potentially life-threatening condition that is unfortunately encouraged by extreme, unrealistic fashion standards, and sometimes emotional issues requiring the help of a professional counselor who understands this problem.

### *Signs of Imbalance*

Often, extreme obesity or an extreme underweight condition stems from the way a person has thought about his body over many years. Just as with mental and physical conditions that lead to dangerous underweight, there are perceptions about self and others that may support one's tendency to remain overweight. Before you begin a program to take off an extreme amount of weight — 100 pounds or more — it would be good to consult a doctor about seeing a qualified therapist to help you discover what may lie beneath your tendency to remain in an unbalanced state in spite of the dangers of doing so.

Some people use an overweight condition as a shield to hold other people at a distance, or because they are self-conscious about working directly with others. Some use food like a drug with which they attempt to escape from looking squarely at other issues in their lives. It can be helpful to explore such ideas ahead of undertaking a plan to moderate weight, so one may know what she is working with.

Too often, the desire to gain or lose weight is accompanied by worry or even desperation, leading to discouragement about the seeming inability to achieve and maintain the desired weight. We have only to look around us to know that people come in a wide variety of sizes, shapes, and weights. Few of us fit into an arbitrarily determined "ideal" category, and the more we can accept our *egoic* purpose in having and working with a physical vehicle, the less appearances may trouble us.

How can we gauge whether our physical bodies are serving their purpose for us? By how comfortable we feel in them; whether we have enough energy and stamina to manage the demands of life and are

generally healthy or free of conditions that indicate a need for change. Part of our lessons for an incarnation may revolve around accepting the conditions we find ourselves in, including the physical vehicles we have incarnated into.

Of course, a seriously overweight or underweight condition is a signal that something is out of balance. Some phase of the person's life is being given either too much attention or too little. Yet, bringing this under control will eventually reflect in a more normal appearance and an improved state of health. To allow an extreme overweight or underweight condition to go unheeded, or to accept it in a this-is-the-way-I-am manner, is to deny the opportunity for egoic advancement that greater balance could bring. It overlooks the fact that one's physical body is the product of his thought and action, and there is a lot that can be learned from examining these and taking steps to make a positive change.

### *Beware of Fad and Crash Diets!*

"Get rid of unwanted fat with this quick and safe reducing plan . . ." "No need to go hungry; take off pounds automatically . . ." "This simple diet successfully followed by thousands of people who thought they could never reduce . . ." And so the bold print reads — acres of it — enticing an idealistic, ever-hopeful, overweight populace to try yet another diet that soon will be discarded with the rest.

For years people have pursued all sorts of fad and crash diets, literally starving themselves until they get weak, upset, and irritable. Sometimes they succeed in losing a few pounds, but as soon as they abandon the prescribed routines, their weight jumps right back where it was before and the cause is lost. Not only is this true with self-inflicted diets but of "medically approved" diets as well.

Drastic weight reduction, where the objective is to lose a large number of pounds fairly rapidly, should be under the guidance of a competent physician. Following some of the popular diets that are so intriguing because they promise so much, often does more harm than good. Try to see your efforts as a long-term process, a life change, and take it a step at a time.

### *The Most Effective Approach to Weight Control*

Overeating, poor nutrition, and reduced physical activity are the main reasons why most people put on weight. And as we age, our metabolism changes. If you eat more food than your expenditure of energy requires, the body will store the extra calories in the form of fat. These

facts can work *for* you as well as against you: Either *decrease* your food intake (total calories), or *increase* your expenditure of energy to burn up more calories. Or better yet, do *both*. For many years, this idea has been expressed simply as: eat less; exercise more. And this is a good basic starting point, but as many who have struggled with their weight can attest, it is not as easy as it sounds, and it may not be enough. Much evidence points to the fact that the nutritive value of the foods we choose has an impact on how the body uses them.

More important, if a student can look back over his life to see what patterns may have carried through that have resulted in the current over- or underweight condition, he may begin to see how the problem can best be dealt with. The more you know about why keeping weight under control is important to your growth as an Ego and understanding of balance, the greater can be your motivation to work with this challenge. And the Law of Precipitation remains a vital Lemurian tool that can help you make some encouraging progress with this or any other health concern. As with any precipitation that's important to you, if you will turn to the Elder Brothers you may see a deeper opportunity in the challenge before you and be encouraged by your efforts. It isn't all about how you look, but your strength and character within.

#### *Extra Pounds Add Extra Problems*

An overweight person invites a number of serious health problems, such as diabetes and heart disease, to name just two. Serious as it is to be overweight, the condition can be controlled provided the desire is sufficient to generate the required self-discipline *and* willingness to learn enough about sound nutrition to understand fundamental causes of weight problems. Without that willingness to sacrifice a few of life's pleasures and comforts for the greater rewards of fitness and health, there is little one can do to avoid unnecessary physical decline.

#### *A Word About Medicinal Drugs*

Medicinal drugs help many people cope with difficult health problems, maintain a degree of balance and ability to do their jobs or live their lives comfortably. It is best to avoid the *indiscriminate* use of drugs and medicines, asking reasonable questions about those prescribed by doctors as well as those readily available over the counter. While the latter may be considered "harmless," no drug is truly harmless — even aspirin or sinus medication, which in many households are synonymous with "comfort" and "relief," can have effects that may not be helpful to everyone.

Drugs that alleviate one disorder sometimes produce another. Present-day "magic bullets" such as antibiotics, cortisone, tranquilizers,



barbiturates, antidepressants, and thousands of others now being dispensed in tremendous quantities, while helpful to some, may pose problems for others and bring about detrimental effects. Yet, there are times when a drug may be the most helpful, even the only answer we can find to a health crisis. In the past, people were inclined to trust what they were told was for their best good, seldom questioning the possible consequences, content with the disappearance of pain or other unpleasant symptoms. Today, most of us are better informed about health and realize there are many choices we can pursue in seeking to learn the lessons health challenges may teach us.

The most reasonable advice the Fellowship can give its students about medicinal drugs is to use them with thought and discrimination (especially over-the-counter kinds or those chosen on the basis of persuasive advertising). Remember, the best defense against disease is a healthy, well-nourished body. Work toward this and you will be more likely to avoid the problems and complications of modern medicine.

### *Substance Abuse and the Need to Escape*

Apart from the medicinal use of drugs is the problem of drug and alcohol abuse. It embraces a spectrum of "fun" activities from childhood experiments with smoking and teenage beer parties through marijuana and the latest drug fad, which often are followed by a more compelling involvement with amphetamines, barbiturates, hallucinogens, and finally, hard, addictive drugs like cocaine and heroin as well as newer, less well-understood substances.

It may take decades, or in some cases centuries, for the full effects of these escapes to be understood. For instance, tobacco has been in use since at least the 1600s but it took over 300 years before convincing, scientifically based arguments began to mount against its use. We now know it is bad for the lungs, often leading to emphysema and cancer. It is bad for the heart, blood pressure, nervous system, eyes, and brain function. Nicotine is a harmful substance and the residue of poisons sprayed on tobacco leaves by the growers compounds the toxic effect. Beyond this are the tars that coat the lungs and may be more dangerous irritants than nicotine.

Finally, the many arguments against the use of tobacco are well-known to most of us, yet once begun, this is a compelling habit that many find very difficult to give up. Yet, the reduction in smoking in the United States over the last few decades has been one of the success stories in public health, and is credited with an encouraging turnaround in lung cancer mortality rates.



If you smoke, reexamine the reasons why you turn to this habit for comfort or relief. Perhaps you will find that the support for not using tobacco far outweighs the pleasure it affords. It is much easier to sustain one's health than to regain it once it has been lost.

Alcohol has also been around for many years, yet is often abused, and while wine seems to offer health benefits for those who are able to use it in moderation, many individuals find alcohol addictive and are better off without it. The long-term effects of alcoholism are well-known and its damage to one's health and human relationships cannot be denied.

Those who are serious about their health and egoic advancement will avoid using addictive substances. Regardless of what may appear to the contrary, and no matter how cleverly one may rationalize involvement with drugs of this nature, the basic motivation behind such abuse lies in the desire to escape something in life. It may be boredom, insecurity, loneliness, lack of communication, resistance to authority, domestic inharmony, fatigue, health problems, financial troubles — anything he would rather not cope with.

Today, some equally compelling and complex escapes/addictions involve excessive gambling, shopping, the Internet, video games, and for some young people, even cutting themselves to relieve intense and troubling feelings. For those seeking to earn the First Degree of Lemurian Initiation, recognition of a serious struggle with any of the above escapes should be a sign that there is a pressing need to set new causes in motion to precipitate a more balanced condition.

There have been invaluable tools offered in the lessons so far with the Law of Precipitation and the Law of Transmutation. And for those who are parents, you will want to thoughtfully observe the example you set for your children and how they handle the stresses that come into their lives. The stresses are many in today's more complex world of TV, Internet, increased population and the many changing factors that are a part of their environments.

Students of the Lemurian Philosophy are more fortunate than those who know little or nothing about the purpose of life. Because we are here to solve our personal problems and learn to control our environments, there is really no such thing as escape. The most we can do is postpone or delay the lessons we need to learn, but eventually we must come face to face with our problems and work with them until they are solved or under satisfactory control. There is no other way. No form of escape can offset "one jot or one tittle" of what each of us must learn — and *do* — if we truly hope to advance.

## EXERCISE AND ITS IMPORTANCE TO HEALTH

### *Good Nutrition Plus Proper Exercise Builds Health*

No matter how well-balanced and nutritious your food intake may be, or how conscientious you are about introducing only what is healthful into your system, you are only partly fulfilling the requirements for becoming a healthy person if you overlook the need for exercise. On the other hand, a life of physical activity without good eating habits and energy-giving food can't possibly result in a high level of health and fitness. Diet and exercise each play a key role in building healthy bodies; together with a healthy lifestyle, they enable us to cope with the tension and stress of today's world.

### *Health and Muscle Not Necessarily Synonymous*

Not so many years ago, good health was generally equated with sheer strength — the ability to lift weights, do push-ups, pull-ups, sit-ups, and perform other muscular feats. No longer is this the criterion, although "core strength" — back and abdominal fitness — is recognized as important. Now endurance, or stamina, is more of a concern for exercise physiologists. Even skill exercises such as golf, tennis, bowling, and volleyball are not ideal from the standpoint of fitness, because such activities call for explosive bursts of energy which increase the risk of heart attack and injury — especially in untrained, unfit people. But sustained rhythmic movement gradually raises the pulse rate, strengthens the heart action, and improves the blood circulation throughout the entire body. Walking, jogging, bicycling, and swimming are considered safer and more effective exercises for improving the function of the heart and vascular system, while any exercise that gets you up and moving is better than nothing.

### *Youth and Physical Activity*

Young people who are generally active during their school years probably don't need special exercise programs to maintain reasonably good health unless they are overweight. But those who spend a lot of time in front of the computer or TV may need special attention to their exercise requirements. A pediatrician may be a helpful source for understanding if a child is getting enough of the right kind of exercise, or if there is a growing problem of seeking out TV or computer games to excess.

When young people settle down to the business of earning a living, as they marry and begin raising a family, the stress and pressure of day-to-day existence can increase rapidly. Tension accumulates when it does not have adequate release, and since our push-button society

is constantly moving toward greater ease and comfort, the need to release tensions through physical exertion grows critical.

If we ignore the symptoms of overstress, we invite trouble which can manifest in countless ways — headaches, backaches, heart disease, compulsive eating, chain-smoking, drinking, compulsive spending, indigestion, ulcers, irritability, quick temper, and many others. But if we work out our tensions by releasing them through regular exercise, we will be well on the way toward earning good health and genuine peace of mind.

### *Middle Years and Physical Activity*

People in their 40s and 50s — and particularly those who lead sedentary lives — should avoid strenuous, momentarily demanding physical activity, because it puts a lot of strain on the heart and can result in serious illness. To offset this risk, physiologists recommend daily exercises that emphasize stretching muscles, limbering joints, and reducing tension. Beyond this, those who are able to do so could engage *regularly* in some kind of cardiovascular exercise such as walking, jogging, bicycling or swimming as mentioned above. For middle-aged and older adults, light to moderate weight-lifting or resistance exercise is helpful to sustain muscle strength and retain bone mass.

### *Seniors and Physical Activity*

Aging is a natural part of egoic unfoldment and we do need to make allowance for some “worn parts” — shift our thinking and know that our physical effort may not be as vital to our ongoing as our positive, absolute commitment to constructive thought. There is nothing permanent in life but change, and those who want to help the Lemurian Work move on must be flexible enough to seek changing opportunities to serve.

Yet it is true that many people in their 60s, 70s, and older suffer back, posture, and joint problems, overweight, and countless other ailments which commonly stem from insufficient attention to recommended health practices. As a result, many older persons are putting up with pain, discomfort, and limited performance, much of which could be averted.

Some people grow “old before their time” because they accept as true certain ideas and beliefs without questioning their truthfulness. For instance, there are those who believe physical exertion is incompatible with advancing age, and that to exercise regularly in later years could injure a person’s health, even shorten life. Nothing could be further from the truth. The concept has no physiological basis of support for normally healthy individuals. What makes it *appear* valid at times is

that we are viewing the *effects* of long-term precipitation — the result of unthinking *acceptance* of the premise that we must save ourselves by taking life easy during the twilight years.

Of course, we are not suggesting that a 60-year-old should act like a teenager. But we are saying that people should recognize the need for exercise and physical activity throughout their lives. Older students who may not be up to some of the more active suggestions can usually walk or swim. Rather than exhausting exercise routines, find the ones you can use with moderation to contribute to your good health and well-being.

Walking at a brisk pace is one of the most beneficial exercises and, fortunately, one which can be pursued when activities like bicycling or jogging might be too strenuous. Practically everyone can exercise to some extent, even the infirm, which includes people who have suffered heart attacks. In such cases, though, any exercise program should be carefully supervised by a physician or a qualified exercise physiologist.

To have any lasting benefits, an exercise program must be consistent. When exercise is built into a solid routine, even simple walking of a mile or two each day, the body adjusts to this work and reapportions weight as muscles are strengthened to make the exercise as easy as possible on the body. This process can take months, but it will happen with enough regular exercise.

Whatever our age, and whether or not we participate in physical exercise regularly, most of us want to maintain good health and fitness. Yet for the Fellowship to make specific exercise recommendations for persons of different ages, backgrounds, physical characteristics, and fitness levels would be unwise — perhaps even detrimental to your health.

Any program or procedure must be varied according to the needs, abilities, and current state of fitness of *each individual*. It is for this reason that we suggest consulting your doctor — hopefully one who is fitness-oriented — *before* beginning any exercise program to improve your general health and well-being, especially if you have not exercised regularly for some time.

We hope what is written in this section will help you plan an overall exercise program to fit your particular requirements. You may want to begin by checking your public library or the Internet for information on exercises that promote joint flexibility and reduce neuromuscular tension.

One final thought: If you are out of condition or not as fit as you would like to be, try to remember, it took quite awhile for you to become what you are. So don't expect an overnight miracle. If you sincerely want

to enjoy the best possible health, you can bring this about by employing the six steps of precipitation, and by exchanging your bad habits for good ones. Time and Nature are on your side, so let them work for you. Have faith that the Law of Cause and Effect will work for you.



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## REST AND RECREATION

### *Rest Requirements Differ Widely*

Not everyone thrives on eight hours of sleep at night. Some require nine or ten hours; others get along on six or seven. Some people supplement a few hours of sleep at night with a nap during the day. It's all a matter of discovering what suits you best and then adhering to that pattern. Yet with today's pace of life and all that people try to accomplish in a day, the general tendency is to skimp on sleep. And over time, this can impair the immune system just as surely as poor diet or lack of physical activity.

Another marked difference in people which affects their rest requirements is whether their greatest energy and productivity manifest in the daytime or at night. A night person finds it difficult to wake up in the morning. It may take hours — and perhaps several cups of coffee — to get going. The daytime hours are often hard-fought, but when evening comes, and others begin to yawn, these people come alive and frequently work productively into the wee hours of the morning.

Day people, on the other hand, awake with the birds. In a matter of minutes they are ready and eager to start their day. Accomplishment is greatest in the morning, gradually tapering off as the day wanes. After dinner they are ready to relax, or engage in pursuits that are



not mentally demanding. Most day people retire early enough to give them a good night's rest before getting up early the next morning.

### *Study Your Own Rest Habits and Needs*

Don't try to pattern your rest schedule after someone you admire, or after what you would like to follow. Your rest requirements are based on your physical needs, your health, your ability to recover from worry and tension, from mental and emotional stress, from physical exertion. Some do this rather quickly; others don't. You should study your personal habits and needs to discover what is ideal for you. Then try to follow that optimum. Proper rest is essential to good health. To ignore it is to bring on repercussions which could be difficult to offset if the pattern is prolonged. Strive for consistency and balance and your body will doubtless forgive an occasional departure.

### *Controlled Change: The Secret of Recreation*

No one can spend her entire time working (or for that matter, playing) and expect to become a balanced person. She must have some respite, some change, some time to recoup her vital forces and renew her incentive and enthusiasm for whatever she is trying to accomplish. Sometimes the change from a task can be as simple as a refreshing drink, a walk around the block, talking with a neighbor, a nap, or a few minutes of relaxing exercise. At other times — particularly when concentration has been intense and sustained — greater change is needed. The nature of the change required depends a great deal on the person's attitude toward what she is seeking a change from.

For instance, a person who has little interest in his job or the work he does to earn a living is certain to tire more quickly than one who enjoys the same kind of work and looks forward to it as a challenge and an opportunity. People who dislike their jobs, and who endure them only because they provide the necessities of life, have chosen a difficult path. Feeling as they do about their work — or work in general — finds them thinking about recreation in terms of escape rather than as a change, a diversion, or a rest that will enable them to return to their work with renewed energy.

On the other hand, people who have a positive attitude toward work, and are happy because they are performing a useful function, can often find relief from the stress of their jobs by doing an entirely different kind of work for a short period. Gardening, painting, washing the car, housecleaning, would be examples of changes from mental work such as writing, teaching, accounting, or consulting.

Most people think of recreation as boating, fishing, swimming, hiking, cycling, skiing, as well as various competitive sports. Yet, recreation does not have to be confined to fun and games. If a break from one's occupational work routine can be productive of accomplishment, this is also worthwhile. At least it might help to lessen the weekend madness that crowds our highways as millions of distraught, overworked, overtired people fight their way to and from the beaches, mountains, and playgrounds of our world.

The best kind of recreation, of course, is activity aimed at pleasing someone else. Helping your children with homework or a project can seem like work, but may provide the most memorable moments of a life together. Choosing to talk to someone who has few friends can be a source of recreation that builds understanding and appreciation for another Ego. Working in a flower or vegetable garden can be not only refreshing to the mind, but a source of credits if the flowers or vegetables are shared with others.

As simple a thing as opening a door for a stranger can have lasting reverberations that stay with you throughout the day. Doing a service for another can brighten one's outlook and do more for the giver than the receiver. It's been proven that people who are happy are more attractive to others, and it's difficult to be unhappy when you are voluntarily doing something for another.

### *Consider the Role of Recreation in Growing More Balanced*

Try to reconstruct your thought on what recreation is meant to do for us. Those who have come to recognize and understand the twofold purpose of life surely know that humans progress only through what they accomplish. As we grow weary of striving — and we all do from time to time — we must recharge our energy, re-create ourselves so that we can continue to work for greater advancement. Rest and recreation are certainly a part of the Plan, but let's not forget that the path to Initiation and citizenship in the New Order is an uphill course that can be negotiated only by steady effort and some hard work. True, there are necessary pauses on the way, but we can't afford to overindulge in these if we are to make the most of our opportunities in this lifetime.





## TRANSITION

### *The Passage of the Ego*

The experience of losing a friend or a loved one or facing the end of our own life is rarely easy. Like many self-created fears resulting from ignorance of the truth, death is an event often looked at with apprehension. Yet, it is actually not an end, but the passage of the Ego from one state of existence to another and in the Lemurian Philosophy is referred to as *transition*. It is true that in giving up the physical body, the Ego no longer functions on the Physical Plane for an indefinite period, but this is not the end, for the Ego continues to exist on the Astral Plane using an astral body.

This closing of one incarnation and preparation for another is a very beautiful occasion for the Ego, and it is contrary to the expression of a just and kindly, tender and compassionate Father in Heaven that giving up the physical vehicle should be the cause of fear and uncertainty.

In the discussion of the Astral Plane in Lesson Three, you were told that it is possible for the Ego to leave the physical body during sleep and use the astral body to become active on the Astral Plane. During these visits, the Ego frequently receives instruction that will help in coping with problems associated with the physical environment when returning to the sleeping physical vehicle. When transition occurs, the Ego passes from the physical to the Astral just as painlessly and as gently as happens when falling asleep, the only difference being that one does not return to the same physical body.

It was explained that halfway between the lowest and highest division of this plane was one where all Egos regain consciousness immediately after transition. This is a place of transcendent beauty and serenity where, relieved of the restraints of the physical body, one feels gloriously unhampered and free.

Because they have passed through transition does not mean Egos have lost interest in loved ones who were left behind. That would be unnatural. So, because it is known when a loved one reaches the point of transition, relatives and friends who had passed on previously will often be on hand to guide and help during the period of adjustment to the new condition. The fact that the various divisions of the Astral are a matter of different vibration and not of geographical location makes this possible.

To the Ego making the transition, nothing appears strange, and all he feels is a sense of comfort and well-being. It is much as if he had

reached a distant and beautiful land and was being welcomed by loved ones who had arrived earlier.

Actually, everything takes place so naturally that the average Ego does not at first realize that he is no longer using a physical vehicle and is on a different plane of existence. While the Ego can see those on the Physical Plane who were so recently a part of his environment, they cannot see *him* because he is now using a body of less density — an astral body. The Ego does not wish loved ones to grieve and may try to explain that he is there with them but that all at once he feels wonderfully happy and at ease in mind and body. Those who have suffered a long illness feel a welcome sense of freedom from the worn out physical vehicle. Instead of being in pain and tired, the spirit is clothed in a body that looks and feels very much like the one inhabited in life, but younger, vibrantly alive and at the peak of health.

Unable to sense the presence of the one who has just gone through transition, the grieving ones do not know of his closeness or attempts to comfort them. Having little or no understanding of what has *really* taken place, some believe the Ego's existence is entirely completed. These ideas and their own personal feelings of loss cause these loved ones to grieve, and as would be true were the Ego still using a physical body, the one who has gone on tries to bring them some measure of comfort by continuing to hover nearby.

Instead of giving herself over to learning what is essential to functioning in this new Astral environment, the Ego may feel bound to these grieving friends and relatives, not yet able to completely enjoy this new-found source of peace and happiness. For the average Ego merely to *comprehend* the new condition requires time and the understanding help of those dear ones who had made the transition previously. If those still in incarnation understood what had taken place, they would accept a brief period of grief, and then go on with life and living, knowing they are allowing their loved one to become established in her new life.

### *There is No Timetable for Grief*

The ability to work through a period of grief is a highly individual and personal matter. We can't "force" ourselves to let go of a loved one sooner than we are ready. Yet, the information the *Lemurian Brotherhood* has provided can help you think of the loving service it is to one you have cared deeply for to do your best to leave him or her free to move on, not hold on longer than necessary or in ways that may make it more difficult for you or your departed loved one to move on with the next phase of life and existence. In time you can rejoice that this

Ego has accomplished a life's purpose and is ready for this next step in egoic unfoldment. Whether the relationship was positive or one that was difficult, if you can think of your association from the standpoint of what you learned that made you stronger, you may find yourself able to work through any difficult feelings that may remain and let these and this particular Ego go.

When the true nature of egoic unfoldment and the reasons for transition are more commonly understood, countless numbers of Egos will immediately enjoy the blessed freedom and peace to be found when passing on to the Astral Plane, readily comprehending what is taking place and quickly adjusting to the new state of existence.

### *The Period of Retrospection*

Following transition, the Ego passes through a period of retrospection during which all the experiences of the past lifetime are reviewed, beginning with the last one of the incarnation just ended and finishing with the first experience of that incarnation. The entire lifetime passes in reverse order, making it possible for the Ego to see an overall picture of what he accomplished or failed to accomplish during the time the recently discarded physical body was used. This process usually requires a period of three days.

Later, the Ego studies these experiences, analyzing the causes he set into operation and the ensuing effects. It is a chance to evaluate where there were failures to use to best advantage situations that might have brought a measure of advancement, and also observe those instances that were handled well and brought some measure of soul growth. Through this process an Ego comes to recognize the lessons he incarnated to learn and the evidence as to whether or not he benefited as a result of his last physical lifetime.

Opportunities neglected; opportunities used; all are weighed and studied. This is the work of the Ego while on the higher divisions of the Astral Plane. How avidly one enters into it depends, of course, on the degree of desire to advance. Since this is an individual matter, none can say how long it will take.

### *The Silver Cord*

While in incarnation, the Ego is attached to the physical body by what is known as the Silver Cord, which is composed of etheric substance invisible to the physical eyes. When the physical body is asleep and the Ego travels on the Astral Plane using the astral body, this Cord trails along after it. If the physical body is disturbed during the absence of the Ego,

an electrical impulse or warning immediately passes along the Cord, and quick as thought, the Ego is back in the physical vehicle.

As long as the Silver Cord connects the Ego to the physical body, and the physical body is in its natural state, the Ego can always return to it. When decomposition takes place after transition, however, this is no longer possible. Nor is it possible after the body is embalmed.

Since embalming is often performed soon after the body is pronounced dead, the Ego may be denied the opportunity for the necessary retrospection, continuing to be "bound" to this physical vehicle by the Silver Cord and unable to reincarnate until it is fully disintegrated. The same is true when the body is buried without embalming, but the artificial preservation may greatly prolong the period of decomposition.

As these matters become more widely understood, modern mortuaries are being equipped with special refrigerating arrangements so that bodies of the deceased may be kept for three days without the need for embalming. This allows the time necessary for retrospection to occur while the body and Silver Cord are joined and the former is in its natural state. When followed by cremation, the Silver Cord is severed and the Ego is no longer bound to the physical vehicle.

When a body is embalmed for shipment as often occurs, and is then cremated, the Silver Cord is severed with the cremation, and the Ego freed to reincarnate when this is desired. If they have not had the opportunity for retrospection after transition, these Egos usually reincarnate immediately after the disintegration of the physical vehicle for the purpose of passing through this period. This explains many cases of infant mortality.

Because many students have family and loved ones who may have had traditional embalming and burial, there has been concern about this subject, so the following assurance was offered by the Direct Emissary of the *Lemurian Brotherhood*. If a three day retrospection period followed by cremation was not accomplished for some reason — such as not being acceptable to family members, or other unexpected circumstances — and embalming and the orthodox procedures of burial were followed, he made it clear that in such cases the Elder Brothers would handle things in the most judicious way. All would be well with your loved one's transition because of your association with the Work of the *Lemurian Brotherhood*. Any additional help required would be assured.

### *The Concepts of Heaven and Hell*

After completing the retrospection, as explained in the previous lesson, the Ego leaves that division of the Astral Plane where she first arrived, to gravitate to a division of the lower or higher Astral that most nearly corresponds to her manner of thinking and vibration.

For the one who has passed on, the new environment is much like the one here on earth, for the Ego has developed patterns of thinking that follow into this new realm. Those who are friendly and loving, hard-working and honest, gravitate to others much like themselves. Those who are evil and conniving find themselves surrounded by others of similar mentality and disposition. This is where ideas of heaven and hell have their origin. The greater influence of our thinking and desires, whether selfless or selfish, actually creates our own "heaven" or "hell."

This is just as true on earth as in the life between incarnations. As you have learned, individuals live in an environment created by their own thinking. On the Astral Plane, since time means nothing, a thought is no sooner formed than it materializes. Because the lowest division of the Astral is inhabited by those motivated by the most destructive emotions, thoughts of hatred, jealousy, resentment, vindictiveness, and lust are prevalent. Being in no way controlled, the thought forms emanating from this destructive thinking permeate everything, and all is dark confusion. A similar condition prevails in varying degrees on the other divisions of the lower Astral.

As long as those occupying divisions of the lower Astral persist in loathsome thoughts, they hold themselves in their miserable environments and in the company of other individuals on the same level of thought or vibration. Yet, the instant an Ego feels a desire for something better, the surrounding darkness becomes commensurately less dark, and he immediately moves to a slightly higher division of the astral. Continuing in this way, he can gradually raise his consciousness, leaving the lower Astral behind and becoming part of the life on a division of the higher Astral.

On the other hand, Egos whose thoughts have been predominantly kind and good while on the Physical Plane gravitate to the division of the higher Astral that most nearly corresponds to *their* way of thinking. Here they will find themselves among others of like vibration. Because they have tried to be good people regardless of their environments in the past incarnation, they are now surrounded with a commensurate degree of peace and beauty. It is important to understand that advancement on the Physical Plane can occur only through how



the Ego meets experiences *on the Physical Plane*, for it is here that one earns credits, learns the required lessons and gains wisdom.

### *Instruction on the Mental Plane*

Among the vast numbers making transition are those comparatively few Egos who have been unusually responsive to opportunities for advancement and whose past incarnation has been outstanding in soul growth. The Elder Brothers are especially interested in these Egos and are eager to help them to still greater understanding so that with the following incarnation, they may continue to advance and be in position to render valuable service in aiding others on the Physical Plane to do the same.

In these cases, when Egos discard the astral body after retrospection, they do not take on another astral form, for they are now to receive instruction on the *Mental Plane*. For this purpose, they will require the use of their mental body. Those taking full advantage of the training now being offered by the Lemurian Fellowship may well be among those Egos who will be selected by the Great Ones for this remarkable opportunity.

### *The Purpose for a New Incarnation*

Until we have gained control of our environments and the physical vehicles that are such a vital part of them, transition will continue to be essential. Being of physical substance, these bodies are vulnerable to the ravages of time, surroundings, and the self-inflicted conditions we impose on them. Over time they cease to be of value in the experiences essential to our egoic progress and must be discarded and new ones taken on.

This does not mean, though, that our bodies are discarded only as they are greatly impaired or as old age creeps on. An Ego often comes into incarnation for a very particular purpose and when this is accomplished, gives up the physical vehicle. Even specific purposes have their basis in the necessity for egoic development, though, for an Ego always incarnates in order to make some advancement and while still on the Astral Plane decides upon experiences that may aid in the process.

An Ego may have in mind some service he ardently wishes to perform, or greatly desires to undo some terrible wrong, either of which could result in giving up his physical vehicle early on. Or, as explained earlier, the Ego may reincarnate quickly after transition to enter into his retrospection, after which he gives up the infant or child body that made this possible. Desires of this kind are sufficiently intense to be impressed on the Etheric Plane. So, while the individual may not be consciously aware during the current lifetime what he had committed



himself to before incarnation, circumstances so shape themselves that there is an opportunity to fulfill the specific purpose intended.

The same thing is true when, after analyzing one's past life while on the Astral, the Ego decides it is best to eliminate certain undesirable characteristics and develop others that will contribute to greater advancement. To accomplish this more readily in the next incarnation, the Ego selects parents whose environment and personal traits provide opportunities for this to take place.

Since there is no conscious awareness of this on the part of the average Ego when in incarnation, few *voluntarily* work with the opportunities they asked to experience. As a result they find themselves being forced to learn the lessons involved through difficult and often bitter experience. But as a Lemurian student, you are in a unique position now to know you chose certain lessons and a purpose for your lifetime. So, as challenges arise you may see them less as hindrances and more as chances to gain advancement.

### *Egoic Patterns*

Along with the idea of *etheric patterns* created by our thinking, which you learned about in Lesson Three, a similar pattern-building process occurs when planning for physical life. You will recall from the chapter, "Our Vital and Astral Bodies," that when the Ego decides to incarnate and what he hopes to accomplish, he selects parents and an environment most conducive to the desired learning. In short, this is a significant precipitation. As with any precipitation, an etheric pattern is created. More intelligent Egos, especially those desiring spiritual progress, create an extensive pattern covering many phases of life including the effects of good and bad karma. These life patterns are referred to as *egoic patterns*.

While the purpose of life tends to be more or less obscure in our modern material world, this purpose again becomes most important for Egos when we exit physical life. Fulfilling this purpose lies at the very heart of the desire to incarnate, and as with all else that is created on the Physical Plane, physical life is modeled on a pattern — an *egoic pattern* — which is a visualization by the Ego, with help from the Elder Brothers, that projects ahead to accomplishments needed to gain the desired advancement.

Do you recall the individual mentioned in Lesson Three who chose to work on humility during an incarnation? This Ego would have thought long and carefully about the kinds of experiences that would be helpful in gaining a measure of humility. With the Great Ones' aid, he

would decide the type of physical vehicle, mental characteristics, family make-up, economic situation, and physical location. Then, during the ensuing physical life, selected challenges would arise in this Ego's environment at intervals throughout the lifetime.

Egoic patterns in no way reflect the concept of *predestination*. While the Ego chooses certain life challenges he wishes to encounter during an incarnation, each also has the God-given right of self-determination to either embrace or postpone these experiences. Actually, until we are advanced enough to see the value in our egoic pattern, we take many wrong turns and deviations from our chosen path during a lifetime, spending relatively little time in actual spiritual advancement.

In view of the explanations given in this chapter, it is not difficult to understand why *transition* and *reincarnation* are essential to the fulfillment of our purpose here on the Physical Plane. It is the creation of a loving Father, the Creator of all, that we have these opportunities to experience life, not once, but over and over to gain a fuller understanding of life's true purpose. That purpose involves not only mastering ourselves, but also our thinking, our environments, and being of help to others. All life — both the physical and the spiritual — is connected. Recognizing the connection we have to all around us, and transition's true purpose, eases the momentary pain of what is merely a temporary loss of contact with physical life.

#### *A New and Hopeful View*

Children of tomorrow who are the product of those earnestly striving for Lemurian Initiation today will never cling to life through any fear of what lies beyond. The true version of transition will have become part of their thinking early in life so they will see it as a serenely beautiful experience, coming about as naturally as falling asleep when tired.

Rereading Lesson Three will add greatly to your understanding of this important matter so we recommend that you review the paragraphs concerning reincarnation in the chapter, "The Ego," as well as the entire section, *The Astral Plane*. Also, the *Lemurian Viewpoint*, "The Continuity of Life" provides helpful insights into transition. As you correlate the information given with that of this lesson on transition, it will all take on greater significance for you. In fact, these related subjects should all be studied together for the fullest understanding.

## BIBLICAL QUOTATIONS

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:27)

"Trust in the Lord with all thine heart; and lean not unto thine own understanding." (Proverbs 3:5)

"The things which are impossible with men are possible with God." (Luke 18:27)

"Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved." (Psalms 55:22)

"God is our refuge and strength, a very present help in trouble." (Psalms 46:1)

"And in the morning, as they passed by, they saw the fig tree dried up from the roots.

"And Peter calling to remembrance saith unto him, Master, behold, the fig tree which thou cursedst is withered away.

"And Jesus answering saith unto them, Have faith in God.

"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

"Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." (Mark 11:20-24)



