

Rosicrucian Digest

September/October 1988 • \$1.50



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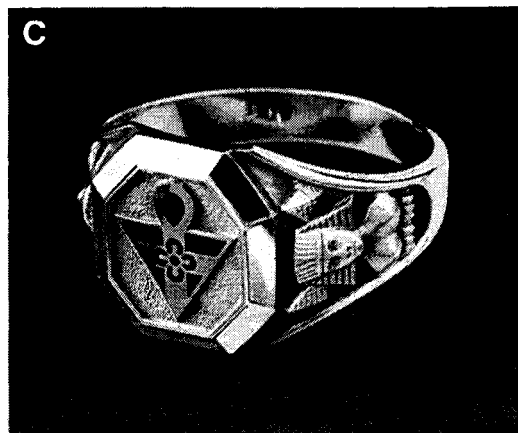
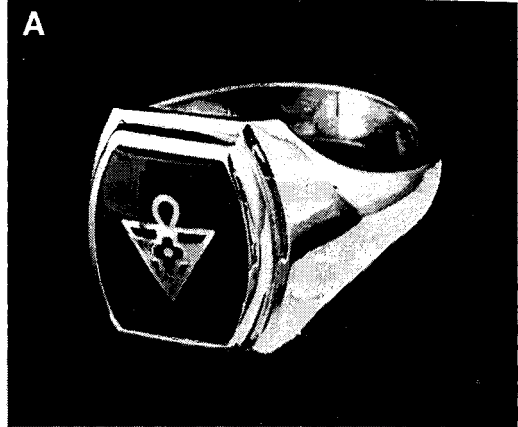
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(AMORC)

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Rosicrucian Digest

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Robin M. Thompson, Editor

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Temple Pronaos



On the slopes of the Himalayas overlooking Katmandu Valley, Nepal, is this tranquil garden pronaos, the outer courtyard of a Buddhist temple. The tomblike stupas, found in the gardens, are said to contain sacred relics of Gautama Buddha, who was born in Nepal.

(Photo by AMORC)

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THOUGHT OF THE MONTH

by the Emperor

R.C.U.I. Update

An Open Letter From the Emperor

Fratres and Sorores:

The following letter is in response to the many concerns voiced by various members with regard to the planned expansion of RCU, now known as Rose-Croix University International.

There isn't one aspect of life in which mysticism is *not* at the foundation. Mysticism is equally viable to business as it is to culture and education. Many people are not aware of this, but Rosicrucians *know* it because of what we are.

Mysticism is *Service*—Service to humanity by giving of ourselves. One function of Rosicrucianism is to *apply* what we have learned from mysticism to all walks of life. What would happen to our educational system in this country if professors began to realize the importance of mysticism as a foundation? If you look at what is being done in academia today, you will find the "ivory tower" of intellectualism becoming more and more selective and removed, and fewer people are able to attain "proficiency." Those who obtain "proficiency" are so specialized that "thinking out of their field" is difficult if at all possible. In the meantime, universities are offering fourth-grade level reading, writing, math. When I was attending university, I watched the Philosophy Department be reduced from twenty professors to five because funding was being reapplied to offer more remedial courses to students who could not read. The basis for sound judgment is lacking.

Further, when I was a student, I did student teaching in logic and philosophy. At the same time, I was well into the Degrees of AMORC and found that my strength came from mystical training and my successes were a result of their application. My dissertation was entitled "Transition of Systems" and was designed to introduce an intuitive-based logic founded on mystical insight. Elements of the paper are being taught by my adviser in higher-order logic classes.

The point is, early in our monographs, when we speak of interdependency, we learn that when two people speak with one another, a third condition is generally created that modifies both people's beliefs and opinions. This is the

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principle in effect at RCUI. I know Rosicrucian students. They are well trained in mysticism and see from a mystical perspective where there is only strength. A good professor or teacher, as my adviser was, *learns* from his or her students. When RCUI offers courses taught by non-Rosicrucian professors, I am not so concerned with what our members learn, even though they will acquire much. I am more concerned with what our members *teach!* When these professors go back to their normal teaching duties, we hope that the Order has influenced them in a very positive way. I already know that has happened in our first Metaphysiology Symposium.

It is important first to understand that RCUI courses do *not* constitute the teachings of the Order. Our monographs do that. Second, we have two types of courses offered—those for members only, which deal specifically with Rosicrucian subjects, which require membership, and which are taught only by Rosicrucian instructors; and general courses open to the public and which may be taught by specially selected and qualified individuals who are open to mystical concepts but may or may not be members.

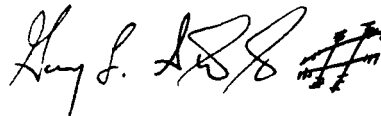
It has always been true that the Rosicrucian spirit is only inside of those who are real Rosicrucians and who are capable of tapping into the hierarchical *égrégoire* of the Order. How else could the spirit manifest without a vehicle? H. Spencer Lewis is reputed to have said that there is a good possibility

that the Order in the United States for this cycle would go underground earlier than the cycle dictates. If indeed H. Spencer Lewis did make this statement, then the early termination of the Order's activity for this cycle would happen because our members would have done *nothing* by way of Service to Humanity, thereby allowing the Forces of Darkness to let political and religious persecution manifest. Fortunately, very few of our members would allow such a thing to happen. The only cosmic plan I am fulfilling is Service to the Order, Service to Humanity, or in other words, Service to Light.

The fact of the matter is that we want to expand course offerings, but we have limited space and time. The same courses cannot be offered year after year. There has to be a sharing; therefore, if your favorite course has not been scheduled for the upcoming session, this does not mean that it will not be scheduled in the future.

With best wishes for Peace Profound, I am,

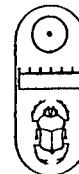
Sincerely and fraternally,
ROSICRUCIAN ORDER (AMORC)



Gary L. Stewart
IMPERATOR

SUPREME TEMPLE CONVOCATIONS

The beautiful and inspiring ritualistic Convocations of the Supreme Temple will resume on Tuesday evening, September 20, at 8:00 p.m. All active members of AMORC are eligible to attend. Doors open at 7:00 p.m. and close promptly at 8:00 p.m. We look forward to seeing you there.



AMORC EMERGES VICTORIOUS IN NIGERIAN LIBEL LAWSUIT

Rosicrucians Everywhere Jubilant!



by Kenneth Idiodi, F.R.C.
Grand Regional Administrator
Nigerian Administration



CALABAR, NIGERIA—In 1984 the Rosicrucian Order, AMORC, in Nigeria had cause to go to court for libels published in a religious magazine called *Today's Challenge*. These multiple libels were run in three issues of the magazine—namely the March/April, May/June, and July/August 1984 issues—and these serials were purported to be excerpts from a book being readied for publication that was to be called *Searchlight on the Rosicrucian Order, AMORC*.

Immediate action was necessary to counter this move, unprecedented in Nigeria.

The Registered Trustees of the Rosicrucian Order, AMORC, in Nigeria with the approval of the Supreme Grand Lodge decided that they would not sit down and fold their arms while the good name and reputation of the Order was being smeared. This culminated with the appearance in court of one Henry O. Awoniyi, writer of the articles; Gabriel O. Abikoye, editor of the articles; Evangelical Churches of West Africa, publishers of the articles; and Caxton Press (WA) Limited, printers of the articles.



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AMORC's team of counsel in the Nigerian libel lawsuit included (from left) Barristers Anthony Dafe, T. Owihonda-Wopara, Chief Chuks Muoma (leading attorney), Ifeanyi Eke, Patrick Andem, and Pat Onegbedan photographed outside court building. Barrister Louis Anyaduba was not present for the photo.

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Chief Chuks Muoma, leading counsel for AMORC in Nigerian libel trial.

This matter had dragged on for four years and on May 23, 1988, judgment was handed down. Hon. Justice Edem E. Kooffreh, Chief Judge of the Cross River State in Nigeria, sitting on the Calabar High Court, ruled that the facts contained in those articles were libelous of the Rosicrucian Order, AMORC. He asserted that members of the organization have never been known to cause trouble anywhere in the world, including Nigeria, and that there was nothing secret, sinister, satanic, devilish, demonic, and evil about the numerous books and monographs of the Rosicrucian Order which were produced in court—as charged by the defendants in the suit to back up their allegations.

Unproven Allegations

Earlier during the trial, the defendants had alleged that the Rosicrucian Order, AMORC, was "a secret, satanic, devilish, demonic, evil cult." In Nigeria, these words bear negative interpretations and were very grave reflections on the Order since many members of the public started viewing members of the Order with suspicion. The defendants had also alleged that the aims and objectives of AMORC were similar and compatible with the aims and objectives of "confirmed secret societies" like the

Ogbonis and Oddfellows in Nigeria. Fortunately, the law required strict proof of each and every allegation—which they failed woefully to prove and substantiate. In fact, they even made the ridiculous allegation that members of the Order use human skulls and bones and blood for worship!

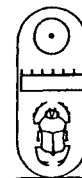
In the serialized articles published in *Today's Challenge* the defendants relied on the opinion of one R. Swinburne Clymer who for several years in the United States had attacked the Rosicrucian Order and its Emperor but was later found to be a notorious fraud by the American Medical Association and subsequently condemned in a court action successfully instituted by Dr. H. Spencer Lewis in 1933.

False Propaganda

Prior to and throughout the four years' duration of the present trial, the defendants campaigned in all of their numerous churches in Nigeria to create the impression that the lawsuit was a battle between AMORC and Christians. In their futile determination to destroy the Rosicrucian Order in Nigeria they condemned books by Dr. H. Spencer Lewis, namely *The Mystical Life of Jesus* and *The Secret Doctrines of Jesus*, which they declared to be an attack on Christianity. Their aim was to attract moral and financial support to succeed in defaming the Order through more publications which were already embarrassing AMORC members who belong to several church denominations as elders, pastors, priests, and even bishops.

The false propaganda was so well orchestrated that AMORC members were ridiculed in their various religious sects, and the Rosicrucian Order suffered loss of membership in Nigeria. As no Rosicrucian will have anything to do with devilish or satanic practices, some of our members simply stopped attending church to avoid being the subject of the day's sermon. It was a most trying period for the Order and its members in Nigeria.

However, it is interesting to recall that the encyclopedia which the defendants tendered to show that the Rosicrucian Order is a secret brotherhood also confirmed earlier





Frater and Soror Idiodi in victorious warm embrace following the judgment. From far left, AMORC Nigerian Administration Secretary/Treasurer E.U. Akpan gleefully celebrates court's decision with Barrister Ifeanyi Eke, the Idiodis, Barrister Anthony Dafe—all surrounded by beaming AMORC members and friends.



AMORC members who watched the historic judgment joyously emerging from the court room.
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evidence presented by us in court to the effect that Socrates, Aristotle, Plato, and Jesus Christ were Rosicrucians. Naturally they were shocked and upset because all previous efforts by them to prove us wrong similarly backfired. The court has declared that "the Rosicrucian Order, AMORC, is not a secret society, and has found nothing satanic, demonic, or devilish in the books and monographs of AMORC." In the words of the judge, the multiple libels in the defendants' published magazine is "unparalleled in the legal history of Nigeria." It was obvious from the judgment that AMORC is not in conflict with any religion and that the books written by Dr. Lewis were not an attack on Christianity but a revelation of historical facts.

Accordingly, the judge ruled that the scholarly books written by Dr. Lewis "should exist side by side with the Bible as complimentary works."

A Most Valuable Service to Our Order

The following seven fratres volunteered to serve the Order as counsel in the just-concluded lawsuit: Chief Chuks Muoma, Leading Counsel; Louis O. Anyaduba, Esq.;

Patrick Andem, Esq.; Pat Onegbedan, Esq.; Anthony Dafe, Esq.; T. Owihonda-Wopara, Esq.; and Ifeanyi R. Eke, Esq. These brilliant gentlemen assisted the Nigerian National Board of AMORC in defending the integrity of the Order and they all deserve our congratulations. Our board members, comprising Kenneth U. Idiodi, President; Johnson A. Ladipo, Vice-President; Eyo U. Akpan, Secretary-Treasurer; Dabaye A. Amaso, Member; and Haruna M. Sabo, Member, were all present in an unprecedented crowded court session on that historic judgment day.

Apart from the three board members who testified, Dr. Juliana Okpapi as well as Professor Ulo K. Enyenihi, a university teacher and member of AMORC's International Research Council, also testified as witnesses for the plaintiff. Also on the side of plaintiff witnesses was Frater William O. Sowande, a foundation member of the Rosicrucian Order in Nigeria who served as Master of the H. Spencer Lewis Chapter of Lagos in the years 1936-1939.

Rosicrucian Order Triumphant

In a judgment read by Chief Judge Koofreh for seven hours, he held that the Rosicrucian Order, AMORC, is not satanic, not devilish, not demonic, not secret, not evil, but rather an organization which has promoted mutual understanding and peace in all countries of the world. The defendants, who had earlier shunned all letters from our lawyers requesting an apology to enable us to settle out of court, had boasted that their defense consisted of truth, fair comment, justification, and qualified privilege. They failed miserably on all grounds to establish their defense. Throughout the four years of this trial they failed woefully to substantiate any of the wild allegations they deliberately made in their reckless efforts to destroy the Rosicrucian Order.

It has now been judicially established that we have no connection or similarity with the Oddfellows, Ogboni fraternity, or any cult or movement. Our independent status as a cultural, philosophical, and scientific organization was highlighted in the judgment.



In joyous ceremony at the recent AMORC International English Convention Frater Kenneth Idiodi, along with Nigerian convention delegates, present to Imperator Gary L. Stewart the certificate of judgment in favor of AMORC concerning the libel lawsuit. The certificate is a bonded certified true copy of the final judgment handed down by the High Court of Justice in Calabar, Nigeria.

One Million Naira Awarded

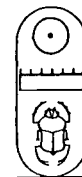
The judge ruled that 2,000,000 Naira would not have been too much for AMORC as damages, but because "the times are hard" the court ordered the defendants to pay 1,000,000 Naira to the Rosicrucian Order, AMORC, as general damages. In addition, the court also awarded 405 Naira as out-of-pocket expenses and 500 Naira as cost against the defendants.

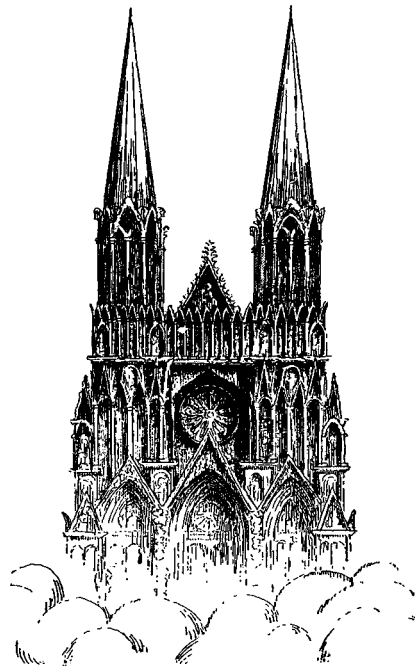
All of the defendants were also restrained either by themselves or through their agents, servants, and privies by a court order of perpetual injunction restraining them from further writing, editing, publishing, and printing similar or other libel or releasing the proposed book of and concerning the Rosicrucian Order, AMORC.

May I also use this opportunity to congratulate our fratres and sorores worldwide for their good thoughts and moral assistance which have culminated in this victory of the greater Light over the lesser light—the triumph of Truth, Tolerance, and Justice over narrow-mindedness, bigotry, and blackmail.

Once again, history repeats itself. The Rosicrucian Order, AMORC, remains triumphant!

△
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The Celestial Sanctum

Balance

by Dennis Kwiatkowski, F.R.C.

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A SUBJECT constantly emphasized in Rosicrucian teachings is the need for balance in our lives. In this regard, the Rosicrucian approach is one of moderation in all things. And yet, how many people can truly say that they practice this approach? How many can say that they are truly moderate? How many incorporate the principle of *balance* into their lives?

This concept of balance is not only needed in our present-day culture, but is actively being sought by more and more people in Western Civilization. An outward manifestation of this search is the

growing interest in holistic health, nutrition, fitness, and individual self-improvement.

In fact, the recent popularity of a somewhat revolutionary nutritional approach to eating stressing careful combinations of foods eaten in conjunction with naturally occurring cycles in the body, is yet another example of this increasing interest in balance.

This dietary approach, which emphasizes vegetables, fruits, grains, and nuts and minimizes heavy meals, large amounts of proteins, dairy products, and processed foods, would have been considered unthinkable 30 years ago. However, extensive nutritional research and a raised consciousness in people have resulted in a serious inquiry into this and other dietary approaches as people strive toward a more balanced physical state.

This desire for balance is also suggested by the results of two surveys conducted 15 years apart by the popular magazine, *Psychology Today*, and reported in a recent issue of *Men's Fitness*. The survey was conducted in 1972 and again in 1986 and consisted of questioning people about their satisfaction with their body image. The results were most interesting.

Lack of Harmony

In 1972 the survey revealed that 15% of the people questioned were dissatisfied with their overall appearance. In 1986 this figure rose to 34%. In 1972, 35% of the people were unhappy with their weight. In 1986 this figure rose to 41%. The earlier survey showed that 36% disliked dimensions of their midsections. The later survey found this figure to increase to 50%. Twenty-five percent were displeased with their muscle tone. This figure increased to 32% in the later survey.

In addition to these findings, 20% of those surveyed in 1986 were now found to be dissatisfied with their faces as opposed to only 8% in the earlier survey. Twenty-eight percent were unhappy with their upper torso as compared with only 18% surveyed 15 years previously. Twenty-one percent were now dissatisfied with their lower torso

as opposed to only 12% in the earlier survey.

Now why should these somewhat mundane statistics be of interest? Simply because they point to the fact that increasing numbers of people are not experiencing a harmony within themselves in regard to their body image, which points to the lack of a balanced condition in their lives.

Body-Image and Psychological Well-Being

We know that people's feelings about their own personal appearance can exercise a substantial impact upon their lives as a whole. It should not surprise us to find that the survey found that a strong relationship exists between a person's body image and his or her degree of psychological and social well-being.

A further analysis in this situation showed that those people who had a poor body image or were upset with their appearance tended to try to compensate for this in other areas of their lives. Many tried to excel in intellectual accomplishments, business pursuits, or achieve success in other endeavors to make up for areas in which they felt that they lacked. And yet, it was also found that those people who were physically attractive or beautiful—spending the majority of their energy in developing the physical beauty of their bodies to an obsessive degree—were often deficient, undeveloped, in other areas such as the intellectual side of their natures. Additionally, it might also be found that they were out of touch with their emotions and feelings simply because they did not give attention to the development of these areas in their lives.

Achieving Balance

Now this topic is of interest to Rosicrucians because the problem in the lives of these people surveyed, and in the examples given, is one of balance. To develop or give importance to one area of our lives to the exclusion of other important areas is to create a condition of imbalance. Our teachings not only encourage a well-rounded, moderate, and well-balanced approach to life, but we also know that our Inner Self,

through mystical attunement, *will reveal to us* those areas of our lives which are in need of balance. Our inner selves will also stimulate us more in the direction of harmony and Peace Profound.

We are a mixture of many selves: physical, intellectual, emotional, interpersonal, social/cultural, psychic, etc. In addition to this, there is the divine part of our real nature. Does each of these selves have an opportunity to express itself in our lives? Each of these selves is important. There is no aspect of our lives which should be neglected. Each area of our being should find healthy and harmonious expression. Do we allow for this?

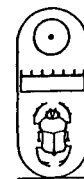
As human beings, we tend to take the easy way out. We tend to concentrate on and develop those areas of our lives and ourselves with which we are successful and which come easy to us and please us. We also tend to avoid and leave undeveloped those areas which are awkward or uncomfortable for us. We also avoid the emotional parts of our lives which are difficult for us.

An Integrated Personality

Yet the divine essence of our nature, the inner part of our being, craves a balanced and integrated unification of our personality. There are many areas in our personal lives which we have left underdeveloped and which have caused an imbalance. It is to our distinct advantage to be receptive to our intuition and inner guidance as to what areas in our lives need more attention.

It is also important that we accept all aspects of our lives as being important. This means we do not negate the importance of our appearance nor do we give it a puffed-up status. This means we are able to accept our flaws and frailties as well as our strong points. It means we can willingly admit and even comfortably admit that there are others who can do certain things better than we.

Actually, as mystics and serious students of life, we have an advantage in that we are not caught up in the frantic and maddening sense of competition which plagues so many people in the everyday work world.



Our very outlook, our philosophical approach to life is particularly balanced and harmonious in that we do not pursue material ends only.

The integration of our personality makes for balance. This means attending to the emotional when proper. Attending to the intellectual . . . the social . . . the spiritual. Those people who value integration, the development of all areas of their lives, including health and fitness, will always be more satisfied with the quality of their lives than those who value appearance and the material aspects above all.

To the mystic, balance and wholeness are of great importance. Thus are the inner and outer aspects of our nature satisfied. In this way, the various parts of being are blended

into one harmonious, vital, integrated, and divine expression of human life.

The Celestial Sanctum

is a cosmic meeting place. It is the focal point of cosmic radiations of health, peace, happiness, and inner awakening. During every day, periods for special attunements are designated when cosmic benefits of a specific nature may be received. Nonmembers as well as Rosicrucian students may participate in the Celestial Sanctum Contacts. Liber 777, a booklet describing the Celestial Sanctum and its several periods, will be sent to nonmembers requesting it. Address Scribe S.P.C., Rosicrucian Park, San Jose, California 95191, stating that you are not a member of the Order and enclosing twenty-five cents to cover mailing.

This Month's Cover

Our cover features the Banner of Peace flying proudly with the American Flag over Rosicrucian Park, San Jose, California. Designed by the visionary artist, writer, explorer, and archeologist, Nicholas Roerich, the Banner of Peace is a universal symbol depicting the unity of Science, Art, and Religion within the Circle of Culture. These concepts reflect the high ideals of the Rosicrucian Order, AMORC, in its commitment to advancing the cultural evolution of mankind.

In 1933 AMORC was the first organization in the United States (other than the Roerich Museum in New York City) to fly the Banner of Peace, and this is the first time in fifty years that the Banner of Peace is being raised on a permanent daily basis.

For more information on Nicholas Roerich—his life, ideals and philosophy—please see the accompanying article on page 14.

(Photo by Jerry Chapman)

International Recognition

(Continued from p. 13)

the Rosicrucian Order in its mission of service, advancement of culture, education, and harmony among all peoples throughout the world.

Present at the ceremony were Officers of the Order from the United States and abroad, AMORC staff members, and local Rosicrucians. In brief remarks preceding

the presentation, Frater Raymond Bernard of France, Personal Consultant to the Emperor, spoke of the Rosicrucian Order's role in the emergence of a new spirit "in the difficult world where we must all share our love and brotherhood." All Rosicrucians join in congratulating Frater Stewart on this wonderful occasion.

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Imperator Receives International Recognition

Two African Nations Honor AMORC

GARY L. STEWART, Imperator of the Rosicrucian Order, AMORC, was the recipient of two of the highest honors given by the African Republics of Gabon and Cameroun on June 10 in a special ceremony in the Art Gallery of the Rosicrucian Egyptian Museum.

"The National Order of the Equatorial Star" (*Commandeur de l'Ordre de l'Etoile Equatoriale*) was conferred upon the Imperator by representatives of the Gabonese government, and "The National Order of Valor" (*Commandeur de l'Ordre de la Valeur Camerounaise*) was conferred upon Frater Stewart by Camerounian government representatives. Both honors were conferred in recognition of the Rosicrucian Order's educational and cultural activities in these African nations.

At the ceremony Gabonese President Omar Bongo was represented by Marcel Sandoungout, President of the Council of State of Gabon, in the presentation of the Equatorial Star. Just as with the French Legion of Honor, the National Order of the Equatorial Star is a principal Order bestowed by the Gabonese government. It is awarded to prominent Gabonese for service to their country, and on *rare* occasions the Order is also presented to foreign dignitaries and heads of state for services to Gabon, or for service to mankind in general.

In a short speech prior to the presentation, Mr. Sandoungout stated that "The Rosicrucian Order, AMORC, occupies a very important and prominent place in my country—Gabon—where there are a considerable number of Rosicrucians." He lauded the Rosicrucian Order's role in the development of his nation and the true values and objectives followed by the Order in its furtherance of world peace. He further explained that Gabon is honoring Imperator Stewart because "He is carrying forward



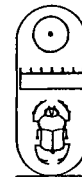
Imperator Gary L. Stewart honored by the presentation of the National Order of Valor of Cameroun, flanked by Doctor Titus Edzoa, Minister to the President of Cameroun (left); and Frater Raymond Bernard, Personal Consultant to the Imperator.

the important work of Ralph M. Lewis toward furthering world peace and harmony."

Obviously moved by the presentation of the Equatorial Star, Frater Stewart stated, "The mind is passive as a flow of energy from the heart manifests, and this passivity becomes in its own right an active principle of mysticism. So it is from the heart that I humbly acknowledge and accept this recognition on behalf of myself and the Work of the Rosicrucian Order, AMORC."

At the same ceremony Doctor Professor Titus Edzoa, Minister to the President of Cameroun—Paul Biya—presented Frater Stewart with the National Order of Valor. Dr. Edzoa talked briefly about the high regard held for the Rosicrucian Order in Cameroun and of the Order's contribution to the advancement of world peace and harmony. Following the presentation, Frater Stewart spoke of his appreciation for this great honor and the recognition it brings to

(continued on previous page-p 12)



The Great Teacher of Culture



by Dale Jordan, F.R.C.
Curator, Rosicrucian Egyptian Museum

I WISH to speak to you about a great, masterful servant of Light and Culture, as his ardent efforts to generate world Peace and Unity through Beauty are still of continuous importance to mankind. His profoundly creative character and worldwide cultural accomplishments during this century are worthy of our highest admiration and emulation. His name is Nicholas Roerich.

The immeasurable phases of his extraordinary creativity bring to us not only the image of a master artist, but also the images of a scholar, scientist, writer, archaeologist, creator of unique humanitarian projects, and an interpreter of our epoch.

"In Beauty We Are United"

Nicholas Roerich, in his constant striving to bring Beauty and Unity to the peoples of the world, bestowed immeasurable spiritual gifts to mankind through great sacrifices and complete selflessness. He was constant in his labor for the general good. He spoke of Peace but accomplished more through the power of ceaseless work for Good which he himself affirmed as the direct Path of Light, of Beauty, of Wisdom—the Path to the Highest for which all people strive. He sent messages of Peace to all parts of the world, to purify the space, to help the growth of human consciousness, because "his very being radiated peace." He created the universally known Roerich Pact and Banner of Peace because he foresaw grave calamities before they descended upon humanity, and he warned, with great sorrow in his heart, against a third universal disaster. He taught those near him to serve culture and love the joy of service, and [14]

through *culture* to battle for Peace, for all humanity, for all times.

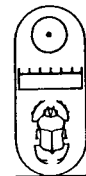
Culture means the cult of Ur—the cult of Light. As Professor Roerich wrote in *Realm of Light*, "This is not an abstract light; but the Light of Reality, as the Sun itself which warms the human heart and out of the past directs us or turns us only to the Future. Culture is reverence of Light. Culture is the love of humanity. Culture is fragrance, the unity of life and beauty. Culture is the armour of Light. Culture is salvation. Culture is the motivating power. Culture is the heart. The understanding of Culture, according to the meaning of the root itself, directs one's striving towards self-effacing study, perception and accumulation of all searchings which uplift and refine the consciousness."

In the booklet *The Roerich Pact and the Banner of Peace*, Culture is shown to possess "omnipotence as the sole instrument for permanent world peace." It is the means for us to secure the knowledge necessary for the mutual understanding of our global neighbors. Informing others regarding a people's constructive genius is the basis of the ageless adage, "Know thy neighbor." Esteem and appreciation of this Culture can ensure the common understanding necessary to unity and permanent peace.

Truly, "Culture belongs to no one man, group, nation or era. It is the mutual property of all mankind and the heritage of generations. It is the constructive creation of human endeavor. It transcends all obstacles, prejudices and intolerances. It is the highest perception of Beauty and Knowledge. Without Culture there is no truth, no



the great mother of peace
by nicholas roerich



unity, no peace." In the same breath Culture must be taught to and sponsored by all mankind and generations. It must be made sacred and inviolate to the human mind and hand. It is to the fulfillment of this beneficent goal that humanity must dedicate itself.

This is the purpose of the Roerich Pact and the Banner of Peace and we affirm it today as well as honor its fifty-third anniversary. Its need is ever-present. We must enter upon the path of peaceful construction, discarding all which belittles human dignity or creates disunity. This ideal must continue to its complete fulfillment.

President Franklin D. Roosevelt in 1935 said of the Roerich Peace Pact, "This treaty possesses a spiritual significance far deeper than the text of the instrument itself." Then Secretary of Agriculture, Henry A. Wallace, in a statement to the press concluded: "Its acceptance signifies the approach of a time when those who truly love their own nation will appreciate in addition the unique contribution of other nations and also do reverence to that common spiritual enterprise which draws together in one fellowship all artists, scientists, educators and the truly religious of whatever faith. I believe that the Roerich Pact is in conformity with the deepest, most sacred laws of the Universe and that it has become an international reality at an especially propitious time."

In "Beauty and Wisdom," Nicholas Roerich wrote: "Humanity is facing the coming events of Cosmic Greatness. Humanity already realizes that all occurrences are not accidental. The time for the construction of future Culture is at hand."

"In Beauty We Pray"

Humanity has become accustomed to the sign of the Red Cross. This beautiful symbol has penetrated life not only in times of war, but has afforded to all existence an affirmation of the concept of humanitarianism. The Banner of Peace, symbol of the same great humanitarian ideal presented in the Roerich Pact, provides in the field of mankind's cultural achievements the same guardianship as the Red Cross provides in alleviating the physical sufferings of man.

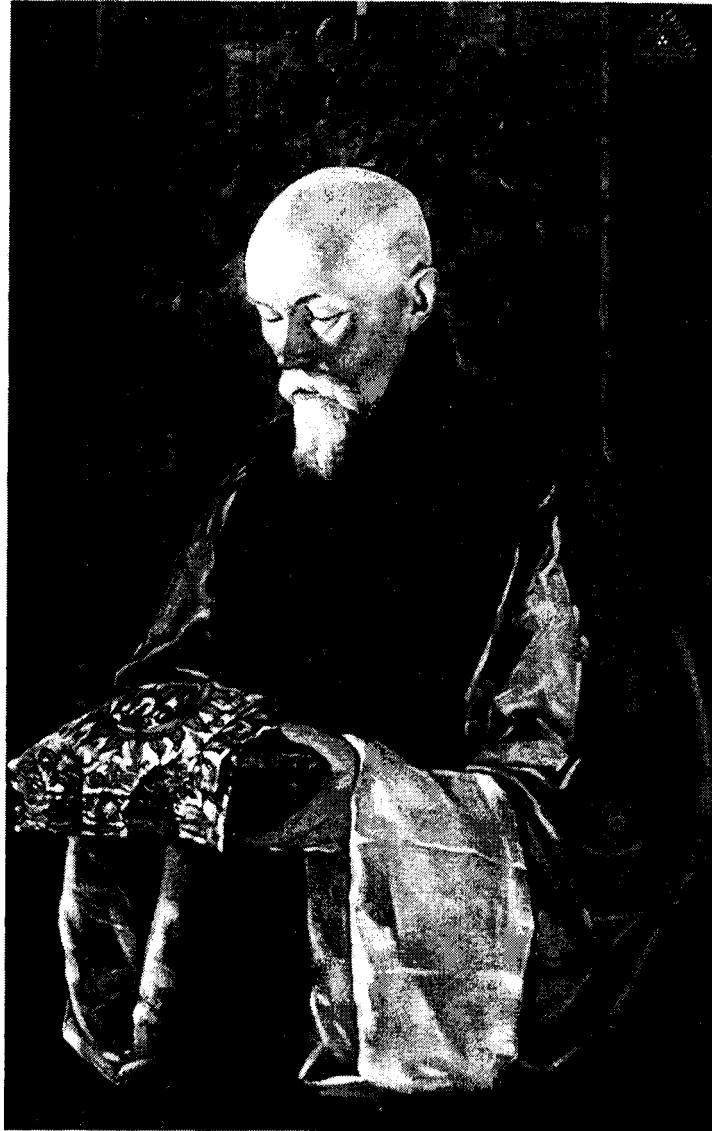
[16]

The protection and respect of our artistic, educational, and scientific institutions, as promulgated in the articles of the Pact, would achieve the peaceful prosperity and health of spirit which the Banner symbolizes, just as the Red Cross symbolizes protection to the physically wounded and distressed. All cultural centers throughout the world should proclaim ceaselessly the call to Peace—the beauty and ideal contained in the Banner and Pact—thus eliminating the very possibilities of war. The text of the Roerich Peace Pact is a *Cultural Covenant* which is the welding force necessary to world Unity and Peace. Under the Banner of Peace mankind would proceed towards the one Supreme Culture in powerful and peaceful union—in Brotherhood.

Surely within our hearts we have felt a silent prayer arise for Oneness, for Brotherhood and Peace. With Beauty this can be done, at this moment, here. In daily life can we establish Peace through Culture. *Pax Cultura* was Roerich's motto—his Way. It can well be ours, too. We need merely to embrace it with our minds for it is already in our hearts.

"Through Beauty We Conquer"

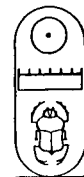
How do we begin to manifest this cultural Covenant? Each one of us has certain opportunities of spreading this pan-human idea. Every one of us can say a useful word about that on which the evolution of humanity is based. We can think more beautifully. We can teach children about the significance of cultural values and about safeguarding them. We can teach them to strive for quality, for Beauty which unites us. The light of Culture *will* illumine young minds. In the words of Professor Roerich: "The Great Tree of Culture is nourished by an unlimited knowledge, by enlightened labor, incessant creativeness, and noble attainment. By study, esteem, and admiration we become real co-operators with evolution, and out of the brilliant rays of supreme Light may emerge true knowledge. This refined knowledge is based on real comprehension and tolerance. From this source comes the great understanding. And from the great understanding and refining, enthusiasm for Peace."



nicholas
roerich

The signs of a new evolution are knocking at all doors. The human mind will realign itself with renewed powers of the spirit by laboring to attain the sacred goal of Humanity—Culture and Peace. We affirm this by honoring the great artist, teacher, scientist, philosopher-humanitarian who put these principles into the world through his constant efforts for the general welfare, for the Common Good.

The exalted Beauty Professor Roerich speaks of emanates from the Highest Source, yet it must find expression in daily life by human labor. It serves to refine and unite mankind—to educate mankind with Harmony and Meaning. To this end Professor Roerich established numerous great institutions, societies, and centers of United Arts both in the United States and abroad. Roerich stressed the appropriate and essen-



tial unity of the Arts and Music, both in action and education, as inseparable, by including all forms of creative expression in the schools he founded. With great wisdom he pointed the way for the new evolution.

The fundamental doctrine underlying all the educational institutions founded by him is best summarized in his own words:

To educate does not mean to give a record of technical information. Education, the forming of world consciousness, is attained by synthesis, not by the synthesis of misfortunes, but by the synthesis of perfection and creativeness. The true knowledge is attained by inner accumulations, by daring; for

the approaches to the One Knowledge are manifold. . . . The evolution of the New Era rests on the cornerstone of knowledge and beauty.

We can effect the evolution of world consciousness by our own efforts to attain the One Knowledge, by our own labor to create Beauty and Unity. Remember, Culture is the motivating power—the unity of life and beauty in the heart. Live then from the Heart and create Beauty knowledgeably. Let us affirm this in our own lives that we may assist to carry forward both the Banner of Culture and the Flame of Beauty which Nicholas Roerich ignited upon the Altar of Unity. △



Nicholas Roerich Exhibit at Museum . . .

This summer the Rosicrucian Egyptian Museum was privileged to present a major exhibition of the extraordinary paintings of Nicholas Roerich, the great Russian artistic and spiritual genius and toiler for humanity. This was a special exhibit, on loan from the Nicholas Roerich Museum in New York City.

Expressing the infinite in Art and Truth, Roerich's paintings portray an indescribably beautiful realm of majestic mountains, azure skies with perfect clouds, and "great spaces of cosmic significance" peopled with workers, heroes, legendary messengers, and saints. These awesome and magnificent paintings transfix the viewer with their inherent power and majesty, opening the perception and acceptance of Beauty "as one of the highest expressions of the human spirit." The cultural work of Nicholas Roerich, his wisdom, and his ardent labor to generate world peace and unity through Beauty are still of continuous importance to mankind, and the Rosicrucian Order, AMORC, was thrilled to be able to bring this superb exhibit—*Nicholas Roerich: Messenger*—to the Bay Area.

The exhibit was popularly attended, and on the weekend of July 15-16, Daniel Entin, Director of the Nicholas Roerich Museum, was on hand to present a program and gallery talk explaining Roerich's life and philosophy, and the significance and cultural importance of the twenty-five paintings on exhibit.

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The 1988 Rosicrucian International English Convention Report

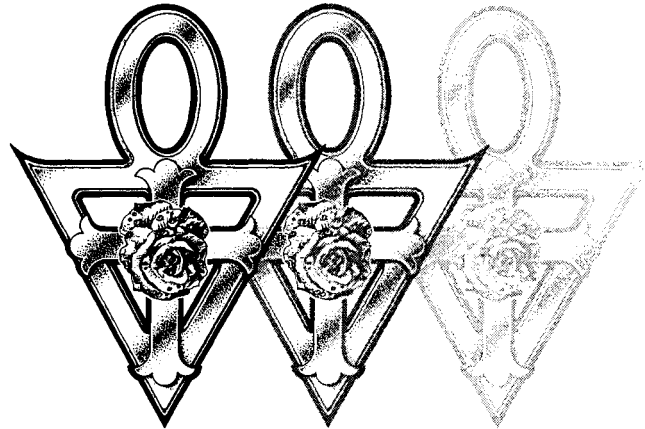
Prepared by the Convention Committee

"**E**XPERIENCE the Tradition, Live the Vision" was the exciting theme of the 1988 Rosicrucian International English Convention. And for three days in early July, more than 1500 English-speaking Rosicrucians from all continents gathered within the new and spacious Santa Clara Convention Center—just minutes from AMORC's International Headquarters—to experience the tradition of the Order's past and live the vision of AMORC's future as discussed by Imperator Gary L. Stewart.

Organized and hosted by the English-speaking Grand Lodge, whose officers and dignitaries were assisted by their international counterparts in providing Convocations, discourses, and dramas, the Convention offered participants a varied selection of information and ideas to assist them along the path to mystical unity.

Prior to the formal opening ceremonies, the International Research Council presented papers on the subject of Polarity. A surprise inclusion at the the IRC Conference was a presentation of the Chinese discipline of Qi-Gong. This discourse was presented by Doctor Cai Qui Bai under the auspices of the Imperator.

At the beginning of the Convention a formal opening Processional warmly introduced the participating dignitaries to the general members. Convocation discourses by Imperator Gary L. Stewart, English Grand Master Dennis Kwiatkowski, and Supreme Legate Christian Bernard highlighted the Temple events. Many other inspiring mystical, educational, and cultural events occurred over three wonderful days, culminating in an exciting Banquet and Rose Ball.

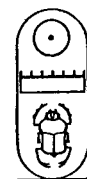


On the day following the Convention nearby Rosicrucian Park was filled with Convention attendees taking time to visit the Rosicrucian Egyptian Museum and Planetarium, take part in initiations and special events within AMORC's Supreme Temple, and just enjoy the beautifully-landscaped and peaceful grounds of Rosicrucian Park under a warm California sun.

Many Convention attendees chose to spend additional weeks at Rosicrucian Park, either before or after the Convention, due to an expanded Rose-Croix University International curriculum which featured courses in three languages.

Business meetings for all Grand Lodges preceded the Convention; and, all reported positively on the growth and welfare of the Order. During the meetings, plans were finalized for two future conventions. A bilingual (French and English) Convention is scheduled in Montreal in May of 1989; and a Spanish language Convention is scheduled for San Jose, California, in August of 1989.

For a photographic visit to the 1988 Rosicrucian International English Convention, please turn the page.





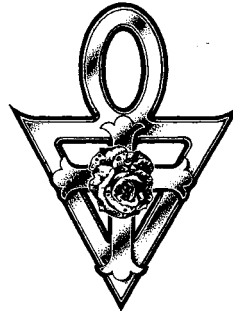
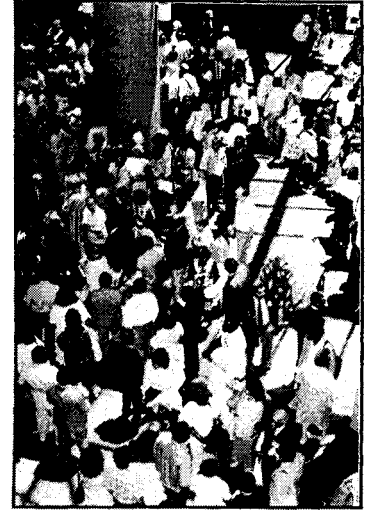
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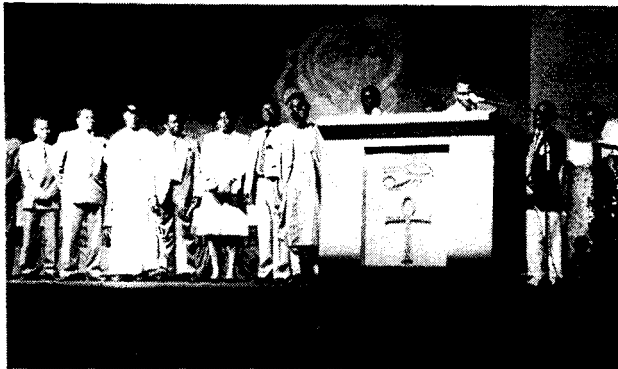
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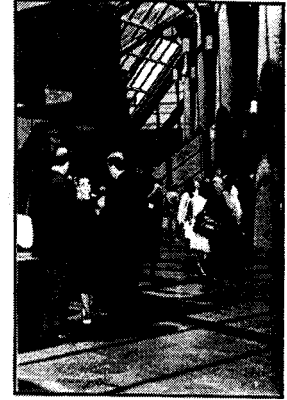


ion!



left): Emperor Stewart poses with Nigerian ritual team that served in vocation; Emperor answers questions at Supreme Grand Lodge Forum; tion Center lobby. Middle Row (from left): AMORC technical crew monitors s; Chaplain Dale Jordan (right) assists in Installation of Grand Master of padakis, reading to him the Sacred Oath of Office; International Research s; Emperor Stewart talks with Convention delegates on main floor; the n logo; statuette from "Mirrors of the Gods" Shamanistic Art Exhibit. Bottom AMORC Grand Masters; Junior Order members help at information desk; Christian Bernard (center) with Nigerian Grand Regional Administrator nd Soror Idiodi; Frater Idiodi and Nigerian Delegation prepare to present decision to Emperor; Emperor Stewart installs Frater Nikos Papadakis as Greece.





P. Civelli



Santa Clara Convention Center



D. Aguilera



Photos: J. Chapman

From top left, clockwise: Emperor, Grand Masters, Supreme & Grand Lodge Officers, and other ritual team members serving in Greek Grand Master Installation; Convention Center's grandly soaring architecture and gallery-like lobby complement Convention; Brazilian Grand Master Charles V. Parucker chats with Frater and Soror Idiodi of Nigeria; red-sashed Convention Volunteers receive recognition for outstanding service to Convention; Lively steel band plays Convention Reception; the Convention Center; cast of "The Discovery & Opening of the Tomb of C.R.C.,"—allegory by Ralph M. Lewis.

**And We'll Never Forget
Convention '88!**

AMORC's Junior Convention

A Wonderful Experience for Children & Adults

ALONG with the Rosicrucian International English Convention for adults, a lively and creative Junior Order Convention occurred. Children of Convention attendees from throughout the world took part in this well-planned three-day event. The Convention planners took great care in correlating the children's physical senses with the emotional and spiritual ones. The youngsters participated in a full schedule of activities, and the various groups demonstrated exciting creativity and attentive interest in the many thought-provoking projects.

On the first day of Junior Convention the children enjoyed tours of Rosicrucian Park. The Rosicrucian Planetarium provided special shows for the different age groups, and these programs alternated with tours of the Supreme Temple and the Rosicrucian Egyptian Museum. During the temple and museum tours the children were treated to informative and interesting lectures. On the Convention's second day the Colombes joined the Junior Order for an exciting day and lunch at San Francisco's unusual Exploratorium. The final day's activities included a magic show, intriguing lectures, various activities, and a profound closing.

Our Grand Lodge Junior Order presented a splendid play featuring "Integration" as its theme, with the audience involved both on and off stage. The play was written and directed with wonderful humor by Jack Rees, our Co-Director of the Grand Lodge Junior Convocation.

Phyllis Stewart, Cindy Swanson, and Jack Rees planned and presented this wonderful Convention experience for the



Some of the Rosicrucian adults and children involved in the exciting and lively Junior Convention.

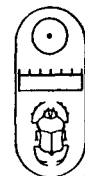
Junior Order, while Bob Baxter and Roberta Ellarae provided nutritious and tasty lunches and snacks. Our heartfelt "Thanks!" and appreciation go out to all the invaluable and generous volunteers—visiting members, local members, and employees alike. Our gratitude and special appreciation go to William Hennen for helping long hours with the myriad of details throughout the Convention, and Wilfrid Cosser for taking on the major duties of registration and communications with the other volunteers.

Forty-three children registered for this Convention. We would like to thank each of you for making Junior Convention a successful and rewarding experience. Here's hoping we see you again next time and we extend warmest wishes for more Junior Order members to join us.

—Roberta Ellarae, F.R.C.

Now I see the secret of making the best persons. It is to grow in the open air and to eat and sleep with the earth.

—Walt Whitman



Creating Your Future

by Dr. H. Spencer Lewis, F.R.C.

THIS is undoubtedly a period in the lives of many thousands of persons when the past becomes a memory and the future looms as a serious question mark. Such persons seem to feel that they are standing on the edge of a great abyss. Back of them are fields, mountains, and valleys over which they have traveled with more or less safety and with considerable pleasure and happiness mingled with periods of sorrow and grief. These now seem inconsequential as they face the great abyss before them filled with the terror of the unknown and presenting a serious obstacle to their future progress.

As they face this wide chasm, it seems that nothing but a miracle will help them to get across the great open space and prevent them from falling into the dark recesses below, thus bringing an end to their careers.

In the early days when the pioneers first traversed this continent in an attempt to reach the gold fields and fruitful valleys of California, there were many occasions when hordes of them in covered wagons and on foot came face to face with similar situations. It seemed that the journey's end was at hand and yet the goal of their desires was far from them. For days, they camped at the edge of an abyss or canyon and wondered how they would ever cross that great space with its depths of thousands of feet, and continue their journey on the other side toward the distant goal. They were face to face with real engineering problems, and yet had neither the skill nor the materials with which to bridge such gaps.

The history of the progress of the pioneers shows that eventually these groups found a way of getting to the other side and continuing westward, and their success will ever be a monument to the prowess of the human mind. Ingenuity, prayers to the Cosmic for inspiration, determination, will power, and an undaunted faith in Providence helped them to solve their problems.

They could not turn backward, for they had been months on their way and had traversed desert spaces where there was neither food nor water, and their supply of these things being exhausted meant that they must either go onward or remain where they were and starve. Surely, these persons faced greater obstacles than do the thousands of persons today who think that their problem is one that cannot be solved.

Crossing the Abyss

The abyss which these persons face at the present time is a mental one and not a physical one. The obstacles which they have to overcome are more mental than physical in every sense. It is undoubtedly true that these persons stand on a material rock and at the present moment have material obligations and conditions to contend with, but the great chasm that lies between them and the future progress in their lives is not a material one that must be bridged with material things.

The incentive that encouraged the early pioneers to face their problems and solve them was the fact that the future was quite definite and appealing, and in every way alluring. They had no doubt about the joy, the happiness, and success that awaited them if they could cross the great abyss. It was this picture of future prosperity and the enjoyment of the greatest blessings in life that strengthened their determination to solve their problems.

The thousands today who feel depressed and who stand at the edge of the abyss in

Since thousands of readers of the *Rosicrucian Digest* have not read many of the earlier articles of **H. Spencer Lewis**, first Imperator of the present Rosicrucian cycle, periodically one of his outstanding articles is reprinted so that his thoughts will continue to be represented within the pages of this publication.

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doubt and hesitancy do not have the alluring picture of the future that would encourage them to meet their problems. They cannot see a bright and happy future and they cannot see the goal of their desires waiting for them just beyond the horizon.

For this reason, they hesitate and wonder whether the effort to overcome the present obstacles is worth while, and whether anything in the future is worthy of supreme sacrifice at the present time. This is where they are in error. And this is really their greatest problem, for they must remove from their minds the doubt about the future, and they must have a glorious picture of what lies beyond in order that they may be strengthened to tackle their present problems and overcome them.

Visualization

The early pioneers knew nothing of the future except through the reports that had reached them and the pictures they had built in their minds. For many months before they started from their Eastern homes and during the many months of suffering and privation while traveling, they had re-created, repainted, and rebuilt the mental pictures of what the future held. In their hours of loneliness, privation, cold, hunger, and intense suffering from storms and other conditions, they eased their bodies and their minds by rejecting the present and the past and living mentally in the beautiful picture of the future which their minds preserved and held before them as a rich reward for all suffering and effort.

The future became so real to them, so actual, so near, and so tangible in its every element that they were able to bridge the gap of the present and move out of the past into the future in the twinkling of an eye. Their daydreams and their nightdreams were lived in the land beyond the horizon where everything would be what they had made it in their mental pictures. They created homes, new estates nestled in fertile valleys or on the side of picturesque hills. They filled caskets with gold and boxes with fruit.

They visualized new life, new strength, temperate climate, and an abundance of the necessary peace, happiness, and contentment. They enjoyed these things daily, and

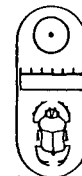
hourly before they ever reached the Western border. They were making a new world in their minds and this new world constituted their future. As the picture was completed and all of its marvelous details finished, they drew themselves into that picture and became living, vibrating parts of it so that nothing of the present, no obstacle, no barrier, no charm could prevent them from stepping from the present into the future and realizing all that they had visualized.

In the same manner must the present thousands of hesitating, doubting individuals create a new future and a new life beyond the present horizon. They must look upon all of the sufferings and the joys of the past as mere experiences enabling them to select the good from the bad as elements to put into the new picture, the new future, and the new life. Every experience has its lesson, every one of the joys and sorrows of the past and of the present are but illustrations to teach us what we should create and what we should not create for the future.

Actual Realization

The future for each of us can be precisely what we make it. But we must not wait until we are in the future or until we stand in the new valley of the new land, and then begin to make our plans for the estate, the home, the gardens, the orchards, the mines out of which we shall draw our wealth and our necessities. We must visualize each detail, paint each part of the picture, and keep adding to it our dreams and meditations until it becomes a living thing in our lives not of the future but of the present. We should look upon ourselves as standing at the very border of this picture about to step into it, and to begin to enjoy all that we have created.

If we do this, the obstacles that now seem insurmountable and which appear to rise before us will be overlooked and negated in our ambition, our determination to step across the borderline from the present into the future, and live in the picture we have made. Such visualization and creating gives us not only the allurements and fascination which is tempting but the urge and determination, the faith and the power, to go beyond the present obstacles.



There is no limitation to what the mind can create in its imagings. No castles are too high, no homes too large, no estates too great, and no parts of the country too beautiful or too bountiful for the mind to visualize. The world is yours when it comes to painting mental pictures of what you want and what you should have. Furthermore, the history of civilization proves that there is no limitation to man's material creation of the things he has visualized. The whole history of man's achievement since the beginning of the world proves that what he has mentally visualized, he can bring into actual realization.

The dreams of men of yesterday that seemed vague, indefinite, and impossible are surprisingly presented to us today in concrete realities. We awaken from our state of doubt and incredulity to realize that while we questioned and hesitated some other master mind turned a dream into reality and the impossible things of the dreamer are the material things offered to us today. And as we analyze the creations of man and his accomplishments, we are impressed with one great outstanding fact: namely, that he who never dreamed or never painted a mental picture did not create in the world of realities a single thing.

Follow Your Vision

Around us are those who have accomplished and built for themselves the things they are enjoying. There are the others who are in want or are without even the actual necessities, who had no vision, who never attempted to create in their own minds a single thing, but had depended upon the creations of others and the gifts that might come to them through charity.

Which do you want to be, the creator of your life and the builder of the things you

want to enjoy, or the one who must take what is left over in the bounties of the lives of others and which are given in exchange for the hardest labor or denied to you altogether? Do you want to be the serf and the hireling who accepts at the hands of a master the things he has made and he no longer wants or the things he in a charitable mood is willing to share with you partially or incompletely? Or, do you want to be the creator and make the things you want and bring them into realities in your life so that you are not dependent upon anyone or anything except the great creative power that resides within you?

God has given you the same creative power that He possesses, and He has made you equal with Him in making this world beautiful and happy for all living creatures. This gift is your birthright and you alone determine whether you shall use the power or ignore it.

Come, step back from your close view of the obstacles that seem to surround you. Close your eyes to them for a while and create a new picture. Leave the past and the present out of your consideration and make a new life, a new day, beginning with tomorrow. Build it up part by part in your mind and in your conversations and contacts with those around you until you have a perfect picture of the future that is just beyond today's horizon. Then step forward bravely into this picture; and with determination start your journey along the line that leads to the new estate, the new home, and the new pleasures of life. You will find yourself master of the picture and of those realities, and you will find in it the greatest happiness and rewards, and every effort, every thought devoted to it. △

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CONSTITUTIONAL GUARANTEES

The Rosicrucian Order, AMORC, operates under constitutional rule. This assures each member certain rights and privileges in connection with his membership. We feel that every member should be aware of these rules as set forth in convenient booklet form. The latest edition of the *Constitution and Statutes of the Grand Lodge of AMORC* is available for \$1.50*. Order from the Rosicrucian Supply Bureau, San Jose, California 95191, U.S.A.

California residents, please
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Rosicrucian Principles of Life, Health, and Healing

Kansas City, Missouri, Area
Labor Day Weekend, September 3 - 4

Dr. Albert T. Doss, Rosicrucian Psychiatrist and Healer, will be the instructor for this fascinating two-day class. Time: 9 AM to 4 PM, registration at 8:30 AM. For more information, contact Mr. Paul Whittemore at (816) 231-1637.

PAST IMPERATORS' DAY

October 14, 1988

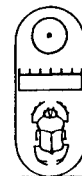
This year on October 14th, Rosicrucians the world over will be celebrating "Past Imperators' Day" for the first time. All Lodges, Chapters, and Pronaoi will conduct a special meditation in recognition of the great contributions of the beloved past Imperators for the present cycle, Frater Harvey Spencer Lewis (1883-1939) and Frater Ralph Maxwell Lewis (1904-1987). The traditional commemorative date of August 2 will be superceded by this celebration of their lifetimes of service on October 14. In addition to this celebration, those who wish may also conduct a private meditation on November 25, the birthdate of H. Spencer Lewis, and on February 14, Ralph M. Lewis' birthdate.

Medifocus



Medifocus is a special humanitarian monthly membership activity with which each Rosicrucian is acquainted. On the first Sunday of each month, at any hour you select, you will enter into a five-minute period of meditation, focusing your thought upon a specific troubled area of the world. The part of the world you select will depend on which troubled area is particularly significant to you as an individual. This may change from month to month, or it may remain important to you for a longer period of time.

The Rosicrucian Order is *not* a political organization. The basic purpose of *Medifocus* is a humanitarian effort directed toward world peace.



Walking Away Your Worries

by Dianne-Jo Moore

SIX HOURS following back surgery for a herniated disc, two nurses helped me from my hospital bed and insisted I walk several steps. The next day I walked down the hospital corridor as part of my post-operative treatment and continued this activity during the remaining ten days of hospitalization. My neurosurgeon enthusiastically explained that *walking* was to be my best tonic. It would prevent blood clots, strengthen muscles, and, in general, speed up the entire mending process.

As I continued my walking program in the succeeding months, a strange phenomenon occurred. Not only did my strength return, and my aches and pains subside, but my spirits soared. As I strolled down a quiet residential street, I forgot about my financial worries, bodily complaints, boredom, and depression. Often solutions to plaguing problems popped into my head, and upon returning from my jaunt, I felt mentally alert, exhilarated, yet relaxed. I literally seemed to walk away my worries.

In today's world stress is a common response to existing problems. Unemployment, financial strain, personal conflicts, sexual dysfunctions, noise, distressing relationships, world problems, are only a few of the conditions that provoke worry. In turn, chronic worry leads to physiological reactions; the individual who is burdened with conflicts in the home or on the work scene will tighten the muscles, speed up the heart rate, and increase the blood pressure without conscious awareness. If the stressful situation remains unresolved for long periods of time, the end result is fatigue, irritability, depression, and more.

People from age 5 to 99 agree that walking can go a long way toward eliminating worry and reducing tension. "Unhappy businessmen," declared philosopher and social critic Bertrand Russell, "would increase their happiness more by walking six miles a day than any conceivable change of philosophy."

[28]

Agreeing with philosopher Russell, Dr. Fred A. Stutman, author of *The Doctor's Walking Book*, states, "One simple, healthy way of dealing with stress is simply to get out of your home or office and walk the tension away."

An experiment by endocrinologist and world-leading authority on stress, the late Dr. Hans Selye, highlighted how walking quells tension. In a laboratory study at the University of Montreal, rats subjected to a month-long stress test involving earsplitting noises, piercing lights, and electric shock all died, whereas rats *exercised* on a treadmill before the same stress test was administered were alive and in good health at the end of the experiment.

Walk Away Your Stress

Likewise, Dr. Herbert de Vries, an exercise physiologist at the University of Southern California, conducted a study with a group of men fifty years or older, all of whom suffered from migraine headaches. After a week of regular exercise the men's headaches disappeared. In still another experiment, de Vries found that a fifteen-minute walk had greater effectiveness in alleviating neuromuscular tension than did tranquilizers.

How does walking reduce worry? "The part of the brain that makes us walk, the motor cortex," says Gerald Donaldson in his book *The Walking Book*, "lies only a few millimeters away from the part of the brain strata that deals with the association process, thought, and feeling. The proximity of the two means that walking, which mobilizes the motor cortex, has a parallel effect on thinking and feeling."

According to Dr. Stutman, an increased oxygen supply and reduced carbon dioxide in the blood are two physiological changes that occur when exercising. "The increased oxygen supply improves your thinking ability and your memory, lengthens your con-

centration span and heightens the clarity of your thoughts (during walking).

"Recent studies also indicate that exercise may increase the concentration of two different groups of chemicals in the brain known as endorphins and norepinephrines," continues Stutman. "These substances appear to have a mood-elevating effect and tend to give you a sense of well-being."

Says a spokesman from the Footwear Council in New York, "You can walk to think or (better still) walk not to think. It can lift the spirit, lower the blood pressure, make you feel better, smooth out tense muscles, and improve your figure—to say nothing of the pure joy it offers." Foot power, then, is literally the step toward a changed, healthy life.

To gain the most benefit from walking, however, it is best to follow a few simple rules. If you overexert or ignore a sensible walking program, you may replace worries with wounds. Below are some tips from *The Complete Book of Walking* by Charles T. Kuntzleman and the editors of *Consumer Guide* that will guide you toward an effective walking program.

Start Off Your Program Positively

If your health is questionable, or you suffer from heart disease, kidney or lung problems, back pain, or any physical anomalies, check with your doctor before implementing any exercise program. An exercise stress test or electrocardiogram may be required before you embark on a walking program.

Posture and Breathing

When walking, keep your head high, spine straight, and arms relaxed and swinging in the opposite direction from your leg movements. Each step should find your heel touching the ground first, then rolling your weight toward your toes. Distributing your weight in this manner helps avoid leg, foot, and other orthopedic problems. Breathe easily and naturally with your mouth opened or closed, whichever is most comfortable. Assume a comfortable stride.

How Fast Should You Go?

There is a technique called the Talk Test which helps you gauge the speed of your gait.

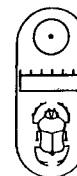


As you and a companion walk, you will notice your steps keep pace with the liveliness of your spoken words. If you stroll alone, carry on a conversation with yourself in your head. Kuntzleman suggests that if you do not feel like talking, you are most likely walking too fast for your age and fitness level.

Finding Your Heart Rate

The most trustworthy monitors for a safe walking program are knowing your maximum heart rate and pulse rate. The average heart rate is approximately 220 less your age. For example, if you are a thirty-year-old, your maximum heart rate would be 190. Physiologists suggest that individuals can exercise seventy to eighty-five percent of their maximum heart rate and be assured of a safe exercise program. Using the example of the thirty-year-old, seventy to eighty-five percent of her 190 maximum heart rate would fall between 133 and 162. This means she should keep her pulse rate within this range when she walks.

Learning how to take your pulse is a simple procedure. Place your second, third, or



fourth finger on your wrist just below the thumb. Count the beats of your pulse for ten seconds, then multiply that number by six. Strive to keep that pulse rate within your maximum heart rate range when you exercise. This may take practice at first, but in time you will be able to gauge this without much difficulty.

Discover Your Own Pace

When you first begin your walking agenda, start out slowly, increasing your routine as your body adapts. Doing too much too soon can be disastrous. The average walking speed is approximately three miles an hour on level ground.

Consumer Guide suggests a starter program to be twenty minutes a day four times a week or fifteen minutes a day six times a week if your heart rate is below the target zone. The program is then increased to include twenty-one levels, exercising on each level for a minimum of one week, with the final level at 120 minutes four times a week or eighty minutes six times a week. Again, tuning in to your own bodily sensations will be your best exercise indicator.

Equipment Needed Is Minimal

Unlike other sports and exercise programs, the equipment you need for walking is minimal. Any outfit that is comfortable and allows you freedom of movement is appropriate. Proper walking shoes, however, are imperative. To choose a good shoe, draw an outline of your foot, then compare the drawing with the bottom of the shoe you intend to buy. When trying on

shoes, always wear the type of sock you will wear when walking. Allow at least one-half inch between your toe and the end of the shoe. Make sure the arch or midsole of the shoe has good support while the other areas are flexible. The heel should be slightly elevated, the sole cushioned, and the toe area roomy enough for comfortable movement. *Consumer Guide* recommends a good quality running shoe but a good walking shoe is appropriate, too. The latter "tend to be a little more dressy but they have the same flexibility, heel cushioning and good arch support of running shoes," explains Peter Hallop, a Michigan shoe salesman in Ann Arbor.

Adjusting Your Program

If you experience any pain or fatigue during or after your outing, make a note of the specific symptoms and report them to your doctor, if necessary. Signs of discomfort or physical distress are a tip that your walking program should be adjusted. Everyone's body is different, and you must correspond your exercise program to your particular needs and demands.

Walking is truly a positive remedy for what ails you. It is inexpensive, painless, invigorating, enjoyable, and available to anyone at any age. It requires no competition and the rewards are immediate. As Gerald Donaldson says in *The Walking Book*: "Relaxation, for some, comes in bottles of pills and alcohol, but it is also available in pure, undiluted, natural form in our feet." △

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Be sure to let us know as far in advance as possible when your address will change.

Please include your AMORC key number, subscription number, or Junior Order key number. This *one* notice will change your master file and be made available to all departments. May we also remind you to be sure that you notify your local post office.

The
Rosicrucian
Digest
September
1988



In Memoriam

Rodman Clayson, F.R.C.

ON Saturday, June 11, Rodman R. Clayson, past Grand Master of AMORC, experienced the Great Initiation of Transition in San Jose, California. He was 84.

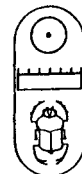
Frater Clayson was born in Phoenix, Arizona, and affiliated with AMORC in 1939 while living in San Leandro, California. Frater Clayson and his wife Ruthe soon affiliated with the Oakland Chapter of AMORC in 1941, and subsequently he became Master of that body for one year. Emperor Ralph M. Lewis was most impressed with Frater Clayson's administrative and speaking abilities and invited him to work at Rosicrucian Park in San Jose. Frater Clayson accepted the invitation, and in 1945 began serving as a Correspondent with the Department of Instruction. Later he also worked as Director of the Rosicrucian Planetarium. His hobby of astronomy served him well in that position, and he also became a member of several astronomical societies. His interest in the stars resulted in the publication of a fascinating book entitled *Our Cosmic Neighbors—The Story of the Stars*. Another interest of his was the study of ancient history, which later resulted in the creation of the AMORC book, *Egypt's Ancient Heritage*.

In 1948 Frater Clayson was named Grand Master, and he served in this position for 20 years until his retirement in 1968. He has been referred to by those who worked closely with him as always being a gentleman. He was firm when necessary, but kindly and fair. He was not a talkative person, but he did enjoy the company of his friends in occasional social settings. He could be intense, serious, stern; and yet underneath be understanding, forgiving, and loving. Frater Clayson held the Supreme Temple in high regard and was appointed by Emperor Ralph Lewis as overseer of all its activities. He also traveled and lectured for AMORC throughout the United States, Canada, and parts of Europe and Australia.

Rodman Clayson's personal spiritual motivation was stated thus some years ago: "I desire to continue with the Rosicrucian philosophy because I want to understand and serve my fellow man. There is so much work to be done and I must do what I can to bring Light, Life and Love into the hearts of others."

Rodman R. Clayson is survived by two daughters, Leslie and Charlotte. A memorial service for Frater Clayson was held in the AMORC Supreme Temple on June 21, 1988.

—Edward Lee, F.R.C.



ROSICRUCIAN CONCLAVES

Atlanta, Georgia

Southeast Regional Convention—September 30-October 2, The Hilton at Peachtree Corners, 5993 Peachtree Industrial Blvd., Norcross, GA. Grand Lodge will be represented by Soror Anne Faulds, AMORC Director of Special Services. For more information, please contact Larry Foote, Secretary, c/o Atlanta Lodge, AMORC, P.O. Box 310, Avondale Estates, GA 30002.

New York, New York

North Atlantic Regional Conclave—September 30-October 2, Marriot Marquis Hotel, 1535 Broadway and 45th Street, New York. Grand Lodge will be represented by Frater Edward Lee, Grand Chaplain of AMORC. For more information, please contact Donice Redding, Conclave Chairman, c/o New York City Lodge, AMORC, P.O. Box 5575, Grand Central Station, New York, NY 10163.

Chicago, Illinois

West Central Regional Conclave—October 7-9, Chicago O'Hare Marriott Hotel, 8535 West Higgins Road, Chicago. Grand Lodge will be represented by Frater Pall Grondall, AMORC's Audio-Visual Director. For more information, please contact Frater Jose Castillo, 1631 West Morse Ave., Chicago, IL 60626.

Banff, Alberta, Canada

Banff Convention—October 14-16, Banff Springs Hotel, Banff. Grand Lodge will be represented by Frater Gary L. Stewart, Imperator of AMORC. For more information, please contact Soror Elizabeth Handler, 916 Mapledale Place S.E., Calgary, Alberta, Canada T2J 1W6.

Dayton, Ohio

Great Lakes Regional Conclave—October 14-16. Grand Lodge will be represented by Soror Estelle Gow, Grand Secretary/Treasurer of AMORC. For more information, please contact Dorothy A. Smith, c/o Elbert Hubbard Chapter, AMORC, 1850 Wayne Ave., Dayton, OH 45410.

Boston, Massachusetts

New England Regional Conclave—October 21-23, Ramada Inn, 1234 Soldiers Field Road, Boston. Grand Lodge will be represented by Frater Cyril Esty, Grand Archivist, Traditional Martinist Order. For more information, please contact Joseph C. Figaro, Lodge Secretary, P.O. Box 273, Allston, MA 02134.

ROSICRUCIAN CONCLAVES

(continued)

Long Beach, California

Southern California Regional Conclave—October 21-23, Ramada Renaissance Hotel, 111 East Ocean Blvd., Long Beach. Grand Lodge will be represented by Frater Warren Russeff, Supreme Archivist of AMORC. For more information, please contact Ernest Knight, c/o Abdiel Lodge, AMORC, 2455 Atlantic Ave., Long Beach, CA 90806.

Fresno, California

Central California Regional Conclave—October 29-30, Las Palmas Masonic Temple, 2992 E. Clinton Avenue, Fresno. Grand Lodge will be represented by Soror Sandra Huff, Assistant to the Imperator. For more information, please contact Ginger Morgan, Conclave Coordinator, c/o Heart of California Chapter, AMORC, P.O. Box 12922, Fresno, CA 93779.

New Lodges, Chapters, and Pronaoi of the Rosicrucian Order, AMORC

The following list contains new Lodges, Chapters, and Pronaoi created since publication of the last complete *Worldwide Directory* in the March/April 1988 issue of the *Rosicrucian Digest*. For further information regarding other Rosicrucian affiliated bodies, please see that issue.

BRAZIL

Ananindeua: Ananindeua Pronaos
Atibaia: Atibaia Pronaos
Esteio: Esteio Pronaos
Itaborai: Itaborai Pronaos
Itaguai: Itaguai Pronaos
Ivaipora: Ivaipora Pronaos
Magé: Magé Pronaos
Pouso Alegre: Pouso Alegre Pronaos
São Roque: São Roque Pronaos

NIGERIA

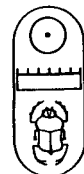
Abuja: Abuja Pronaos

PORTUGAL

Alcobaça: Alcobaça Pronaos

UNITED STATES

El Paso, TX: El Paso Spanish
Pronaos
Lyons, KS: Wichita Pronaos
Tampa, FL: Luz de Tampa Pronaos



Rosicrucian Activities

“**UNSUNG HEROINE**” is a phrase that *Women’s Day* magazine used to describe 82-year-old Chessie Harris, a recent Rosicrucian Humanitarian Award recipient of Huntsville, Alabama. She is truly a heroine as she took care of over 800 homeless or troubled children for more than twenty years.

As a child growing up in the rural South, Mrs. Harris observed first hand the misery experienced by so many poor farm children. She felt the overpowering need to make them happy—although it was only many years later that she had the opportunity to keep her vow. By 1950 Mrs. Harris was feeding vagrant youngsters she saw on the streets of Huntsville. She knew, however, that food was not enough for many of these children, as they often lacked the necessary love and guidance of adults. By 1954 Chessie and her husband George began to take in foster children and before long they expanded their quarters to accommodate the many young people who would regard Mrs. Harris as their mother. Often as many as forty children were staying with the Harrises at any one time. The parenting was always demanding and often frustrating as many of the youths came from difficult situations. Finally serious health problems forced Mrs. Harris to give up her work with the children, but her mission continues as the Harris Home is now directed by other capable individuals.

But Mrs. Harris is not a person to sit in a rocking chair. Fully restored to health, she has become deeply involved in aiding the older people of rural Madison County, Alabama. She helped organize the Northwest Madison County Transportation Ser-



Mrs. Chessie Harris, of Huntsville, Alabama, is shown at the presentation of the Rosicrucian Humanitarian Award. She stands between Sorores Marianna Klön, Master of Huntsville Pronaos (left), and Marybeth Beeson, Grand Councilor.

vice, which takes the elderly downtown to shop or visit their doctors.

Considering her accomplishments, it is only appropriate that Joe Davis, Mayor of Huntsville, declared January 19 of this year “Chessie Harris Day.” Family, friends, and Rosicrucians attended the ceremony—shown on local television—where AMORC Grand Councilor Marybeth Beeson and Marianna Klön, Master of Huntsville Pronaos, presented the Rosicrucian Humanitarian Award. Hundreds of people have benefited from the inspirational Service this upstanding humanitarian has bestowed upon her fellowman. Chessie Harris’ hard work and love, so freely given, has made her community and the world at large a much better happier place. Thank you, Mrs. Harris!

*The
Rosicrucian
Digest
September
1988*

AS WAS MENTIONED in the May, 1988, *Rosicrucian Digest* Frater Juan Pérez has celebrated thirty years of employment at Rosicrucian Park—over twenty years of which he has acted as chief tour [34]

guide at the Rosicrucian Egyptian Museum. Now further recognition of his valuable services has come his way. The prestigious San Jose R*O*S*E (Recognition of Service Excellence) was awarded to Frater Pérez by

the San Jose Convention & Visitors Bureau. This award is given to those individuals who go above and beyond the requirements of their job to make visitors to San Jose feel welcome in the community. Juan was chosen due to his open, friendly personality and his excellent communication skills with people from around the world visiting Rosicrucian Park. Moreover, his extensive knowledge in the fields of ancient history and Egyptology, combined with a real enthusiasm for his work, has well qualified him to receive such special recognition.

Lillian Scoyen, *Discover* magazine sales director, nominated Frater Pérez for the R*O*S*E Award with the declaration that "Juan has welcomed thousands of visitors, and is always friendly, gracious, and enthusiastic. He also expresses pride in the museum and San Jose." As can be seen in our accompanying photograph, Juan Pérez is most proud of the beautiful and artistic



award so graciously presented to him by the Convention & Visitors Bureau. And, of course, the Rosicrucian Order is likewise proud of the accomplishments of Frater Pérez. Keep up the good work!

—D. Prescott & R. Majka, F.R.C.

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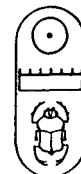
**Fundamentals for
Understanding Religious
& Philosophical Texts - Sept. 10**


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**Science of the Ancient
Egyptians — Sept. 15**

Please Note: For these courses to be offered, a minimum number of students is required for each class. Please register early to insure that your chosen course of study is offered. To pre-register, contact the Dean/Registrar of RCUI at Rosicrucian Park by calling (408) 287-9179, Ext. 249, during business hours.





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Himalayan Shrine ⇨

This ancient Buddhist temple with its golden pinnacle is located in the foothills of the Himalayas in Nepal. The temple's shimmering pinnacle, reflecting the marvelous sunlight, is a symbolic beacon of mystical light. Beyond the temple lies Katmandu Valley, the political and cultural hub of Nepal. The valley's Bagmati River flows southward out of the Himalayas toward the densely populated plains of Northern India.

(Photo by AMORC)

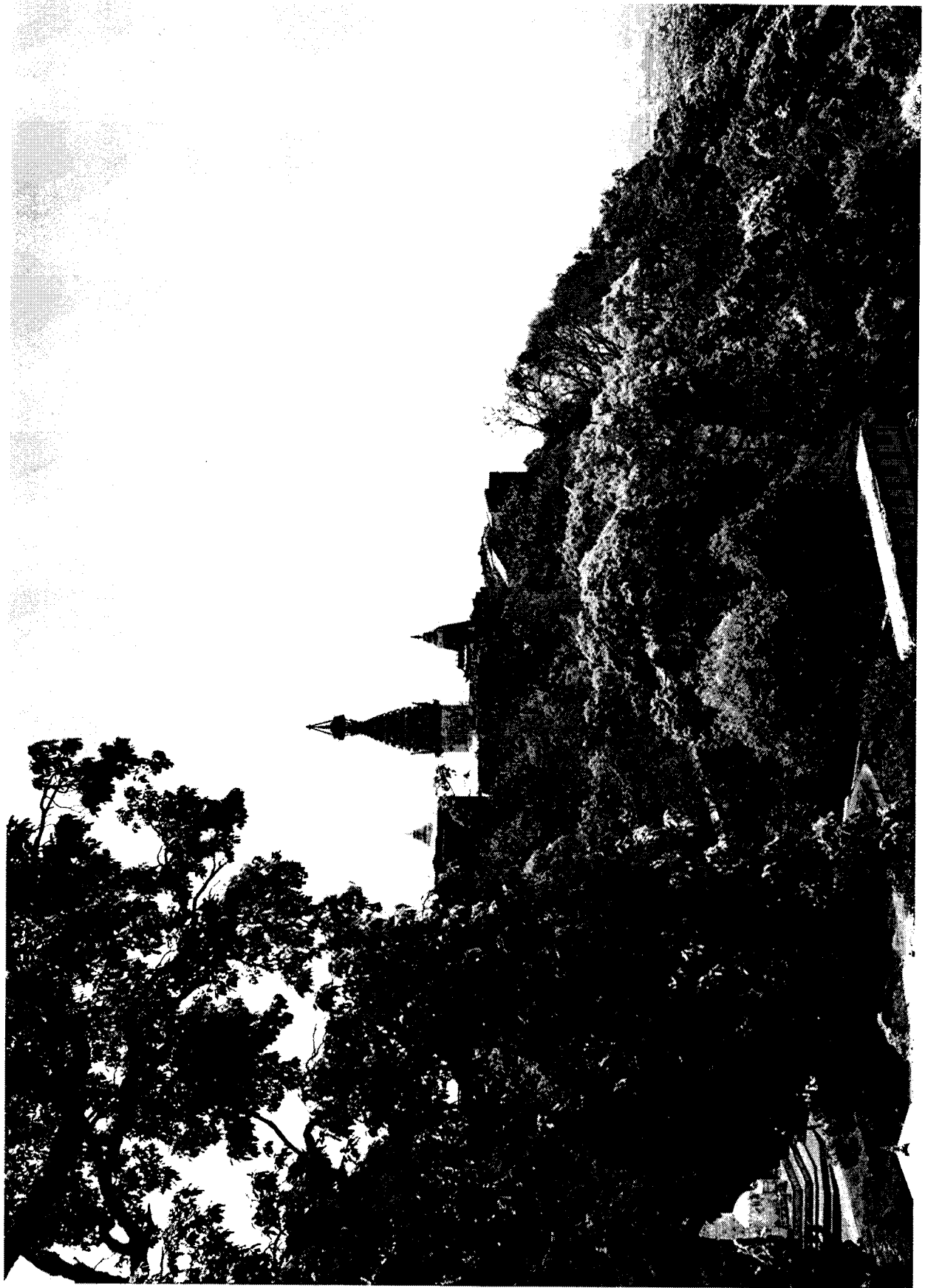
Summer Fuchsias (Overleaf)

**The
Rosicrucian
Digest
September
1988**

Charming visitors at Rosicrucian Park is a year-round parade of beautiful and exotic flowers, including some that won't grow in less temperate climes. Among these are deeply colored fuchsias—a genus mostly native to tropical America, but widely grown in warm climates for their showy blossoms.

(Photo by J. Chapman)

[36]



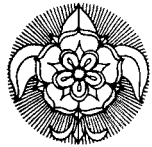


Now Available!

ARCADIA

by Peter Dawkins

—The Ancient Egyptian Mysteries
—Arcadia and the Arcadian Academy

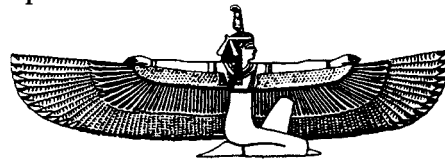


Wisdom brings Peace: Peace brings Prosperity

ARCADIA represents the ideal spiritual conditions by which a Paradise or Utopia can be achieved on earth. This book shows you how Sir Francis Bacon, a past Emperor of the Rosicrucian Order, worked to bring about the enlightenment of humanity through the use of Arcadian symbolism. The Arcadian tradition is rich in imagery and allegory that colorfully illustrate the collective wisdom of the great adepts.

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As in the *Great Vision*, the volume preceding *Arcadia*, Dawkins gives you unique insights into Francis Bacon's mystical quest and its significance to the Rosicrucian Order, which continues his mission today. Read *Arcadia* and obtain the knowledge and inspiration you need to be part of the Great Work.



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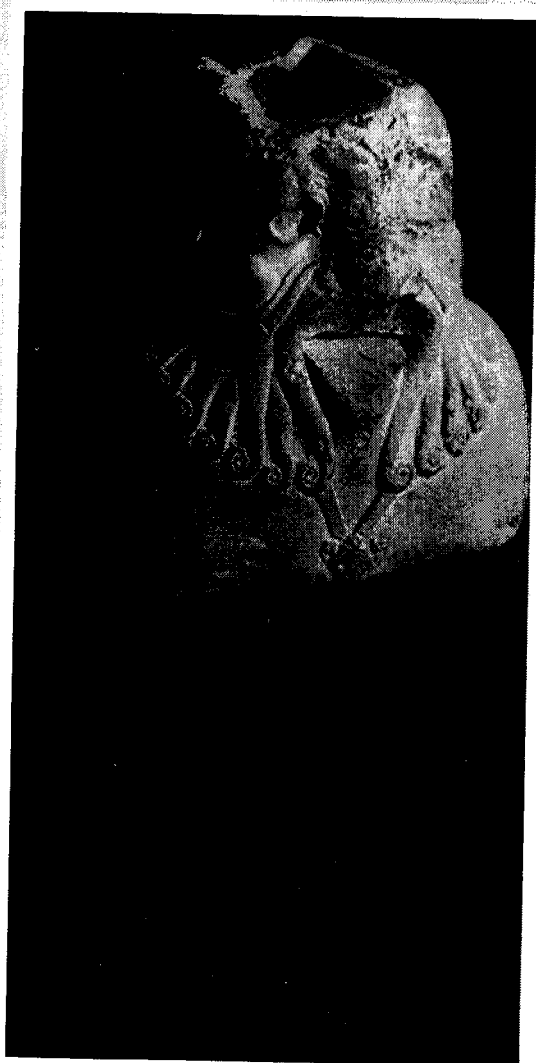
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S-65 Attaining Cosmic Consciousness—This recording by Ralph Lewis contains exercises on mental creation and mystical attunement to enhance awareness of the inner planes of consciousness.

TREASURES FROM OUR MUSEUM



The God Bes

A RECENT acquisition of the Rosicrucian Egyptian Museum is this Ptolemaic faience bust of the god Bes. His decidedly non-Egyptian countenance with grimacing face, curling beard, and protruding tongue suggests foreign origins. He apparently came to Egypt during the 12th Dynasty from the Sudan and, unlike the other Egyptian gods, he was represented full-face.

Although Bes was always depicted as a hideous dwarf, he was eventually adopted by the common people as one of their most popular deities.

Bes was worshiped at all levels of society. Among his many attributes he was the bringer of happiness, the protector of the family from evil spirits, the spiritual attendant at weddings and childbirth, and the guardian against dangerous animals, particularly snakes. Despite his fearsome countenance, Bes was primarily a god of good humor and merry-making. In fact, dancing and music-making were an important part of his cult.

—The Museum Staff

The Rosicrucian Egyptian Museum contains the largest collection of Egyptian and Babylonian objects on exhibit in the Western United States. Approximately 250,000 persons visit the museum annually.



Malcolm Campbell

Cascading waters in the Nantahala Forest southwest of Asheville, N.C.

World Of Wonder

A Gentle Road and A Gentle Land

Where once there was only a buffalo trail,
Where Indian campfires blazed . . .
Where once the red man and the white man fought . . .
There is a road of peace and we are thankful.

—Arsene Thompson, 1959
translated from the Cherokee

A LONG TIME AGO, 230 million years before there were men to give the land or the time a name, the Appalachian Mountains were formed. Youthful giants on the distant Paleozoic horizon, these great mountains, stretching from Canada to Alabama, were well worn and lined with age long before paw or foot traced the first trail across their forested slopes.

On September 11, 1935, foot pushed shovel into the rough soil of the Blue Ridge—an older segment of the Appalachians—several hundred yards south of the Virginia-North Carolina border. There, at Cumberland Knob, on a cold morning in a rolling forest of white pine and scarlet oak, a construction crew began the first twelve-mile section of the Blue Ridge Parkway. When the road was completed last year, the dream that began as a Depression-era public works project was finally realized as a 469-mile scenic passageway through Virginia and North Carolina, connecting the Shenandoah and Great Smoky Mountains national parks.

The parkway winds through a world of sharp ridges and deep hollows, graceful hills and meadows, and mixed forests of conifers and hardwoods. Spring and summer wild flowers, followed by the blazing colors of fall leaves, gentle the land like a Highlander's patchwork quilt wrapped around the family patriarch. The road travels through a region rich in American folklore and folk-craft, past small farms in out-of-the-way hollows, log cabins amidst freshly plowed fields, streams and waterfalls dashing through hardwood forests. Mile posts mark overlooks, trails, and exhibits, including Humpback Rocks (5.8), James River (63.6), Mabry Mill (176.2), Linville Falls (316.4), the Folk Art Center (382), and Looking Glass Rock (417.1).

Moments before the parkway's final section was recently dedicated at Grandfather Mountain, the sun emerged from a foggy morning sky. It was an auspicious sign in this haunting land of valley and knob, mysterious lights, forgotten fences, wood smoke and blue haze, dulcimer music, and extravagant configurations of stone.

—Malcolm Campbell, F.R.C.