

## MAX HEINDEL'S MESSAGE



### *How to Prove Psychic Experiences*

spirit clothed in its finer vehicles hovers close by the physical body when that is resting. It usually ruminates upon the affairs of the day but does not seem to take much interest in anything going on about it until by certain exercises, by study of the higher philosophies, and by living a life of helpfulness, it is gradually awakened to the reality of life outside of the body. Then it begins to make small excursions of investigation, or maybe it allies itself with a group of kindred spirits. This all depends upon the temperament of the person in question, for our character is not altered by the fact of going to sleep; we are there what we are here.

But there are times when a man or woman becomes so interested in the work of this world that upon going to sleep the spirit cannot

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tear itself away entirely from the physical body; it is half in and half out; it is in touch with scenes of the invisible world and also still ruminating over the occurrences of the previous day. Then we have that confused state of consciousness which we call a dream, and dreams constitute the nocturnal experiences of the majority of people. But when, as said, one commences to study higher philosophy and above all to live a life of helpfulness in the daytime, and when one performs certain exercises in the evening with faithfulness and zeal, one of the first symptoms of true consciousness during the nighttime and experiences in the invisible world is this, that the illusive, chaotic dreams become logical and rational.

When this stage is reached we never see ourselves going about with our head under our arm, or chasing a cow up a telegraph pole

**I**F YOU HAVE really been outside of your physical body and succeeded in carrying the memory through at the time of waking, there are a number of ways in which you may prove it to yourself and also to others if you wish; you may prove that you have been on that certain occasion liberated from your body and able to function as a free spirit outside in space. A number of people who will read this article are probably unacquainted with our philosophy. We will therefore begin by stating that man is not only the physical body that we see with our eyes, but he has vehicles made of finer textures in which he is able to function when the physical body has been laid to rest in sleep. It is in fact the withdrawal of the spirit with its consciousness and the finer vehicles that induces sleep.

In the majority of mankind the

because we feel it ought to roost at the top among the crosspieces, or performing kindred idiotic tricks; but we find ourselves going about in our ordinary, matter-of-fact way, doing things there much in the same way as we would do them here, save for certain facts such as this—that if we wish to go from one place to another, we do not walk or take a car, but we simply by the very thought rise in the air and glide through space until we come to our destination. Also we are not hampered by locked doors or closed windows but pass directly through the wall into the rooms where we wish to be and start to do the work we have come for.

Moreover, we may find that space and distance have almost ceased to exist, and that a journey to a suffering friend a few thousand miles away takes only a moment. These things do not indicate that we are merely having an ordinary illusive dream, but, as said, they represent the laws of the invisible world, among which is one that we may travel with a speed greater than that of electricity whenever we wish to do so. There is no weight to our invisible bodies; it is our will that determines our place in relation to the earth. We may walk on the street or glide over the housetops at will; besides, as it is well known that the atoms in all physical substances do not actually touch one another but, so to speak, swim in a sea of ether, it is perfectly possible for the free spirit to pass its invisible body through the interstices between the atoms in a brick or cement wall as Christ did when He appeared to His disciples after the door had been locked.

Bearing these facts in mind, suppose that some night you became acquainted with a person outside the body, that in the course of conversation you find that he lives in New York or London, and that you have occasion to visit him there while functioning in your invisible body; also, that subsequently you work together on the invisible planes for weeks or months. Let us further suppose that it becomes necessary for you to take a business trip to the city where your friend is located. You tell him of this contemplated move on one of your



Julius Schnorr von Carolsfeld

*“Then came Jesus, the doors being shut, and stood in the midst, and said, ‘Peace be unto you.’ Then saith he to Thomas, ‘Reach hither thy finger, and behold my hands...and be not faithless but believing.’”—John 20:26*

night excursions, he invites you to be his guest during your stay in that city, and you accept the invitation. On the following day you start for your destination, and on arrival you take a car as directed by him; you get off at the corner you know so well already, walk up to the house, knock at the door, and your friend comes to meet you; he takes you by the hand physically as he has often done ethereally in the invisible world. You commence right away to talk about things you have done outside the body, and you know each other as well as old friends in the physical world would know each other; in other words, you continue the relationship in the physical body exactly as it was formed outside in the invisible world.

This is one of the ways of proving the actuality of your experiences during the time when the body slept. While we have put the case hypothetically, it is not altogether such; the writer, for instance, had such experiences in a number of cases. One of them has been told in the pamphlet called “Our Work in the World,” and while we do not relate these experiences just for the sake of talking, still there is sometimes an object to be gained by giving personal testimony, so we will repeat it in part.

At a time when the writer had, unwittingly of

course, passed the test set by the Elder Brothers to see if he would prove true as their messenger, one of them who had previously come into our presence when the door was locked, appeared again and notified us that we had been selected to promulgate the Rosicrucian teachings, which we were to receive at the Temple. To reach that place he directed us to proceed the next morning to a certain railway station in Berlin, buy a ticket for a place of which we had never heard, and take a train that would go at a certain designated time. Accordingly we started the next morning for the railway station named, bought a ticket for the said station, and found that the train went at the time our visitor had told us. Upon arrival at our destination we met the

have to do. When the writer says "proves," he means of course that it proves this fact to himself. Each must obtain personal proof; such happenings cannot be proved by someone else. The testimony is merely given for the purpose of showing how such things are done.

While relating personal experiences it may perhaps not be out of place to say that once the writer was caught by a camera while out of the body, for you know that the camera takes etheric vibrations. While many of the so-called spirit photographs are impostures, there are also the real. The incident in question happened when the writer was in a hospital just recovering from a serious breakdown caused by several years of very close study and

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Elder Brother himself, clothed in his physical body, and were by him conducted to the environs of the Temple, which is not physical but ethereal and therefore invisible to the people in the neighborhood, who are not aware that the great Western Wisdom School is located in their midst.

The writer was not asleep at the time when the Elder Brother entered his room and gave the directions which led to the meeting, nor was he able at that time to focus his spiritual sight at will or to leave his body when desired; these faculties were awakened at the time of the first Initiation, which took place in the Temple shortly afterward. But the Elder Brother in that case materialized sufficiently to enable the writer to see him, and therefore that experience does not prove what may happen when the body is asleep; but it proves that at the time when the writer received the before-mentioned directions he was not under a hallucination, and it also proves that it is possible for a free spirit to enter a room and there materialize for a certain purpose as the Invisible Helpers not infrequently

overwork. Previous to that we had had no psychic experiences. On a Sunday morning when a dear friend was leaving for Europe we felt particularly lonesome and intently desirous of seeing our friend. Suddenly, as if by magic, we found ourself standing outside the bed looking at the poor wasted body, which lay inert and asleep; but we felt no fear, everything seemed to be all right. Carried by the desire that had originally liberated us from the body we traveled in a fraction of a second the twenty miles to the harbor of San Pedro, where we found ourself on the steamer with our friend. The boat was in the act of leaving, and at that moment a mutual friend snapped a camera on shore. When the film was developed the face of the writer with a growth of beard of several weeks standing acquired in the hospital was distinctly visible. This picture has since been recognized by a number of mutual acquaintances who were not told whose it was.

It is probable that this case could really be established in such a manner as to constitute almost legal proof, for it could readily be shown that the

writer was in the hospital at the time when his friend, standing on board the ship (which is also in the photograph of course), was leaving and the photograph taken. But the old saying, “a man convinced against his will is of the same opinion still,” is so true that doubtless a great percentage of people would repudiate the occurrence as an imposture anyway, so what would be the use? Conviction must come from within.

There have also been proofs published in some of the magazines of the fact that some people are conscious outside the body. Among others, Dr. Stuart Leech tells of the experience he had when one of his patients was in a critical state with appendicitis. He and two other doctors visited the boy in their invisible bodies during the night, adjusting his inner vehicles so that when they arrived for the physical consultation the following morning they found him perfectly well. We have also printed the story of Miss Kerin, who was miraculously cured by an Invisible Helper. She was seen on certain occasions helping the sick and wounded on the battlefields of Europe as so many of the Invisible Helpers were doing at that time. Thus there is considerable testimony to the fact that certain people who are still living in physical bodies during the daytime are engaged in spiritual work during the night, and that their experiences carried over to the waking consciousness are not illusory dreams.

But it may be asked, “Is there any way to prove that one has been in a certain place doing certain definite work?” You may have been somewhere doing something during sleep and then upon waking you are desirous of knowing whether it has been a dream or an actual fact. In that case we would advise that the next time you find yourself outside the body in a place in your home city that you can get to the following day, you note certain little details about the place which you may recognize afterward. Suppose that you find yourself in the waiting room of a railway station in your city; then count the windows in the room, count the benches and take particular notice of their arrangement; notice the location of the telephone booth if there is one in the place, and notice any other things that you have not seen in your previous visits

## The Goal of the Soul

We must drift with the gale,  
Despite rudder or sail,  
Unless we have learned to steer;  
All knowledge is vain,  
And will bring us no gain,  
Till results in our actions appear.

By knowing the way and doing the deed,  
With knowledge applied our efforts succeed.  
Then our lives we shall mold,  
And our stars we shall rule,  
When we direct, not obey like the fool—  
And talents unguessed will unfold.

So this is the goal that is set for the soul,  
Which all must some time attain.  
Though oftentimes we fail, yet our failures avail,  
If we struggle and rise up again,  
Greeting each with a smile, and knowing the while,  
They are steps to cessation from pain.

—Max Heindel

and which cannot be altered by a human hand before you can get there the following morning. Write down the facts as soon after waking as possible so that they do not slip your mind; then at your convenience go to the depot in question, walk into the waiting room, and there at your leisure count the windows, note the arrangement of the benches, the telephone booth, et cetera. That will give you a fair reason to believe you were there during the night if you find that you have been correct in what you have brought back.

If the place where you find yourself while out of the body is the house of a friend, which occasionally happens, follow the same method of noting things that you have not paid particular attention to in your previous visits. Count the chairs in the room, notice if there are any scratches or marks on the furniture which could be readily recognized on a later occasion, and so on according to other suggestions developed by your ingenuity. In that way you will undoubtedly find the proof you desire or alternately, the evidence that you were mistaken in believing yourself to have been there. □