

# MYSTIC LIGHT

## *The Power of Thought*

**W**E KNOW that everything that exists in the Universe was first a thought. In Greek “logos” means both word and thought. Thought (mental word) precedes the spoken word. “In the beginning was the Word and the word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In Him was life; and the life was the light of man.” (John 1:1) The Cosmic Word may be considered the manifested form of creative thought—a hierarchy of vibrations which builds all forms and, according to occult knowledge, ensouls them. Trees, flowers, mountains, seas—all that exists in the Universe—was first a thought issuing from Nature Forces.

Everything we use in this world developed from a thought, be it a thought in the mind of an angel or a devil, a woman or a man.

If, in the beginning, the Word expressed thought and the Word was with God and was God, we can imagine that, in the end, thoughts will be with God and constitutive of God.

Rosicrucian Teachings state that in the Jupiter Period the Earth will become etheric and the vital body will be our densest vehicle and the human mind will vitalized. We shall have an objective picture consciousness and be capable of impressing pictures on other minds. In the Venus Period the essence of the perfected dense and vital bodies will be compounded in the desire body. The desire body will be our densest vehicle, the Life Spirit will absorb the intellectual Soul and the mind will



Watercolor, William Blake (1789-1853)

### *And God Blessed the Seventh Day and Sanctified It*

*All physical forms issue from, correspond to, and are sustained by mental archetypes, living force-Beings (shown by the artist as six Elohim) existing in the Mind of God.*

then acquire feeling and we shall create living and feeling forms. In the last or Vulcan Period of our scheme of evolution the mind will be perfected and compounded with the quintessence of the threefold body. We, as evolved Virgin Spirits, will be able to propagate ourselves and create living, moving thinking forms. We shall then have reached a point of evolution a little higher than that of the present Lords of Mind. Then the densest Globe for our evolving activity will be in the concrete region of the world of Thought, the rarest of Globes in which common humanity currently has experience.

In time the creative word, that is divine thought, will be with and in God as God. In time humans will be able to create animate forms through the words “spoken” by our spiritualized larynx.

Man, as a potential God-man, possesses the

divine creative faculty. He is now learning to create. He has the capacity to think and he can voice his thoughts. When he is not capable of carrying out his ideas by himself, he may secure the help of others through his speech. Today, through a series of physical embodiments we are slowly learning by our mistakes. At present we are spiritual children. Were we able to create directly by the word, our creations would be imperfect and harmful. What I personally like to remember is the tale about the two sisters. [See *Rays July/August 2000—Ed.*] One had flowers, diamonds and beautiful things coming out of her mouth because she was always thinking loving thoughts. The other sister had snakes, toads and other repellent things coming out of her mouth because her thoughts were mean-spirited and selfish. This reminds me to speak kind words and to forgive others when they use their thoughts and voice to hurt or harm.

We are made as “sons of God and one day we will be Gods.” During the Saturn Period the densest Globe occupied by nascent humanity was located in the same portion of the world of Thought that is occupied by the rarest of Globes of the present Period—the Region of concrete thought. As Virgin Spirits we were embedded in this Globe, or perhaps better, the whole Globe was composed of Virgin Spirits as a raspberry is made of a great number of small raspberries. Renaissance paintings, like Botticelli’s *Madonna of the Pomegranate*, showing the Christ Child holding a pomegranate, evoke the same idea.

Today, the great majority of people have developed the habit of listless thinking, which makes them incapable of holding onto any subject until it is thoroughly mastered. Thought control is difficult but highly to be desired because thought force is the most powerful means of obtaining knowledge. Since thought is our principal power, mastery of that power is essential so that we may distinguish between illusions and true ideas generated by the Spirit within.

Toward the realization of this goal students of the Rosicrucian Teachings are urged to perform the exercise of concentration regularly and persistently. We practice fixing our minds unwaveringly upon a single subject, becoming so absorbed in it

that all else is successfully blotted out of consciousness. Once we have learned to do this we are able to see the spiritual side of an object or idea illuminated by spiritual light, and thus we obtain a knowledge of the inner nature of things undreamed of by a worldly person.

We have been placed in this physical world so that we may learn to think correctly and to nurture and give expression to epigenesis or the original creative impulse with which God has endowed the human Spirit. In fact it is the mission of the concrete material world to make our mistakes manifest. When I was in France, I met the husband of one of my friends. He invented machines for firms in Sweden. What a job! I asked him, “Can you tell me what happened when you conceived the idea of a machine, did it work straight away? He answered along the same lines described by Max Heindel: “No! First I had an idea, a sudden insight, which at first had no definite shape. In mental vision it appeared in a general sense as what could accomplish the required work. Then I began to draw the plans for the machine, and had to modify them often many times before it was able to function properly.”

Physical conditions show the inventor where his thought is not correct. Sometimes he has to discard the first machine and build an entirely different one. It is the same for everything on the material plane. Every time we have to face a new condition—a new living environment, a new job, a new relationship, it takes time and the application of learned principles. We do our best but know that we will have to modify our way of living, of working, of relating to others. There are times we may even have to start from scratch, move to a new location, start a new relationship, change jobs. We do so, hopefully, with more love, epigenesis and imagination. Evolution requires creativity and adaptability. And we have to be patient with others—and with ourselves.

Thus it is absolutely necessary that we dwell in this physical world and learn to wield the power of thought. Everything made by the hand of man is crystallized thought. Indeed, what we are, what we have, all our good qualities are the result of our thoughts! We have to realize that we are responsible for everything we create in and around us.

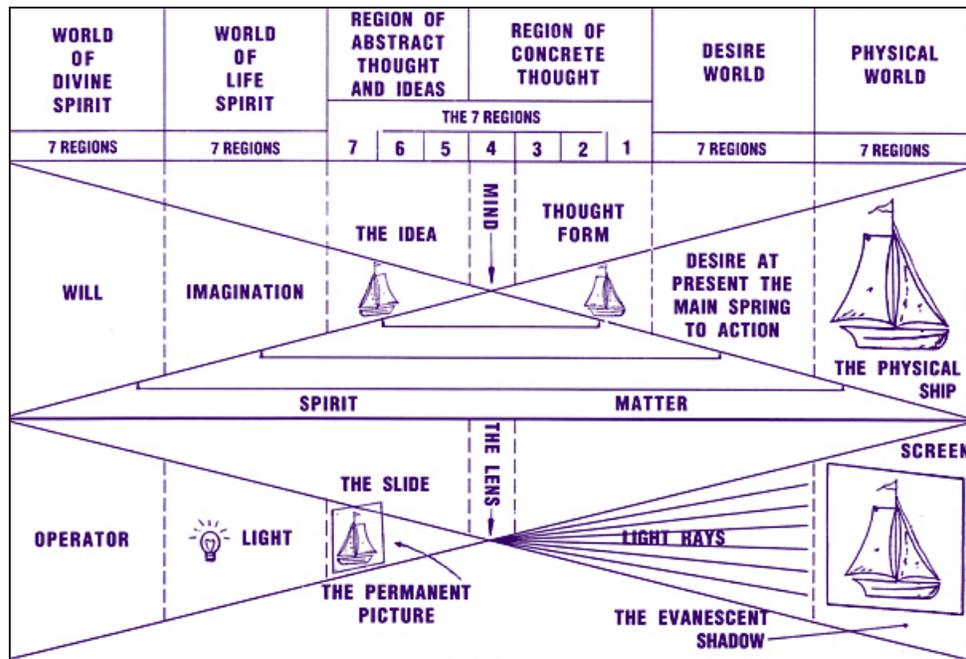
Between any two earthly incarnations, the human Spirit helps create its future environment. So we may ask, "Are we unhappy with the world as we see it today?" If so, we must realize that we helped create this world! Perhaps we envy a person who has the ease of affluence, or is physically attractive, or is socially graceful, or intellectually brilliant. If we value these attributes, we can have them. "What we lack in physical, moral or mental excellence may yet be ours in the future." If we change our thoughts, we will change our

Destiny. We create our future day by day!

Let us remind ourselves how we develop our thoughts and what their effects are.

We may take to heart the truism that "as a man thinketh in his heart, so is he." Here the engine of change is described. The saying "thoughts are things" is true. Every time we think a thought, we make a thought form, which has a formative (materializing) power proportional to the thought's force. This thought has two issues: 1) It can lead directly to an act, or 2) it can persist as a motive to action, floating in the aura as part of our individual mental atmosphere, a part of our life. This creative thought clothes itself in the substance of desire and emotion. It is stored in the memory as a pattern for future use. We have access to our thoughts at any time, and sometimes they assert themselves unsolicited, as it were. Our thoughts take on physical reality in our environment, making it "good" or "bad" according to their original nature. So we can say that our environment is a looking glass in which we see our thoughts. Therefore if we wish to change our environment, our fortune, or our health, it is easy to understand that we must change our thoughts.

We cannot think whatever we want with impunity.



*Originating in the World of Life Spirit as Imagination, new creative impulse is given ideational form by the Will, is invested in thought substance through the focus of the mind, and is impelled toward and embodied in the physical world through the motive power of desire.*

Wicked thoughts, even if not immediately translated into wicked deeds, are harmful. The power of wicked thoughts, just as the power of good and beneficent thoughts, is great indeed. Why? Because as a tuning fork is struck and can induce a neighboring tuning fork of the same pitch to ring in concert with it, so, when we think a thought, if another person in our environment has been thinking along the same lines, our thoughts coalesce with his and strengthen it for good or evil, according to the nature of the thought. If we harbor evil, malicious thoughts, they may be attracted to like thoughts generated by a criminal mind. And according to the same principle whereby a saturated salt solution will require only a single crystal to solidify, so also, if a man has saturated his brain with thoughts of murder, the thought of murder that another person sends out may prove to be the final straw and destroy that last barrier which would have kept the murderer from committing his evil act. Therefore our thoughts are of vastly more importance than our acts. We are thus most certainly responsible for our thoughts. We are indeed our brothers' keepers, for as we think when we meet them, so do we appear to them and they reflect our attitude. If we want assistance in cultivating

better qualities, then let us seek the company of people who are already good, for their attitude of mind will be of immense help to us in calling forth our own finer qualities. And if we do not like the attitude of a person, let us change our thoughts toward that person and in time, either our response, or the person's attitude, or both, will change.

It is not always easy to rid ourselves of negative thoughts. We know that we should not fight against them directly, for antipathy as well as sympathy tend to attract a thought or an idea to us, and the added thought force which we send out to fight evil thoughts will keep them alive and bring them to our mind more often, in the same way that quarreling may cause a person we dislike to waylay us for spite. Instead of fighting, therefore, let us adopt

can increase this beneficial influence if we listen to and obey the suggestions and directions of the Power Within when we pray to Him. We can talk to this Inner Power and have intimate, unguarded conversations with Him. By praying we are creating new, positive destiny and helping to neutralize and offset some of the debts of our previous years and lives. As we make constructive thought forms they will be materialized for us by the Spirit in such a manner and to such a degree as it deems wise. We may inwardly express our ideals and ambitions and then leave their materialization to the Inner Power. But we should not make the mistake of demanding this or that thing, or entertain wishes which would interfere with the will of others. Every time we try to change another for pure-

***Wisdom is knowing what to do next; virtue is doing it.—David Starr Jordan***  
***Wisdom is to the soul what health is to the body.—De la Rochefoucauld***

the tactics of indifference by withdrawing interest. If we stop reinforcing a negative response to a person or situation, it will eventually wither. In like manner, if when evil thoughts come into our minds we summon indifference and apply our minds to something that is good and ideal, we shall find in a short time that we are rid of the evil thoughts and have only the good thoughts we desire to entertain.

To avoid harmful thoughts and desires and keep them out of our minds, we practice thought substitution. It is a law of physics that two bodies cannot occupy the same space at the same time. Similarly, two thoughts cannot occupy the mind at the same time. When we are bothered by harmful thoughts of any kind, it is well to substitute another thought and concentrate on it so positively that the harmful thought cannot find mental space. This is a simple and effective strategy. It but requires practice to get the desired results. Harmful desires are excluded from the mind by the same process; thus, by substituting constructive thought in place of the thought of wrong desire, the latter is very neatly shut out.

Thought substitution has to be in tune with our Inner Power, which is constantly sending messages into our conscious mind. We flourish when we cultivate belief and confidence in the ability of our Inner Power to transform our lives. And we

ly personal reasons and seek to enforce our will over theirs we are engaging in selfish behavior, which is a fledgling form of black magic. Self-will is self-love and self-love is a form of hatred to others. This does not mean that we should do the will of another person if it entails an injustice to ourselves or another. But we should try to sacrifice personal inclinations and advantage in order to accommodate the ideas of others, thereby satisfying their sense of equity, establishing friendly cooperation, and fulfilling our Christian ideals.

As we center our lives in the knowledge of the Inner Power, affirming the belief and faith that Christ will work out a perfect result in our lives, all fear and anxiety for the future gradually will disappear, and we shall become confident, poised and tranquil. We will prosper by acting from a knowledge of the Cosmic Law of Giving and Receiving. And when we want to transform wrongdoing, we practice the confession to the Higher Self we call "retrospection".

Finally, a few words about health. To achieve true health the personality, the mind, and the will must cooperate with the Ego and refuse to make restricting thought forms. While we refuse to add to the mental cloud of any past negativity, we may also forge an instrument that can penetrate

and dissipate the existing dark mental nimbus, even as sunlight dispels night. This instrument consists of new thought forms of confidence and strength, of the omnipotence of the Inner Power, of optimism, of success, and of the certainty that all good things are attainable. If we make new thought forms along these lines, they will combine themselves into a composite thought form of great strength and potency. This instrument can penetrate the negative mental cloud and release the Ego. We must realize that only wrong thinking can block that power. As we eliminate some thoughts and transform others that power will be released and will work a miracle in our lives. It will restore our health. It will change our mental environment. We can use our imagination to make mental pictures of improved health and of the great power of the Ego within, and these pictures will blend with other thought forms of strength and courage and become a part of the instrument of release. We will find that we are no longer the slaves of ill health. We will find that health is the normal accompaniment of poise and a balanced emotional condition. With health will come a greater ability for success in work and in all material pursuits. And we should never forget that happiness resides solely in the mind. External conditions have an influence on happiness only as they are allowed to affect the making of thought forms through the mind. Thought forms have the property of clothing themselves with that substance of the invisible plane which we know as emotion. If we think thoughts of optimism and happiness, the emotional substance of happiness is built into the mind, and we are happy regardless of all material and bodily conditions. By thought control and thought substitution, we have the key to happiness, health and success at all times.

In conclusion, we offer three self-help formulas which are based on sound metaphysical principles and which have proved their value. First, *Positive Thought*: Keep the mind habitually positive and alert, not flaccid and inert. Second, the *Golden Key*: When in trouble think of God. God includes all desirable things. By refusing to think of misfortune and by constantly thinking of God, we are making thought forms of strength, beauty, good-

## GREATNESS

To know, yet not announce that knowing;  
To let another think he fully knows  
And sun his smaller knowledge into growing,  
Believing he can greater truth disclose;

To let him tell you what you well have known,  
(If he be honest) and to say no word  
To mar the pleasure he has frankly shown  
In telling what you long before have heard—

O intellect! Your grandest heights you reach!  
When you can hide your light as well as burn;  
When you, whose special province is to teach,  
Will sometimes teach by what you seem to learn!

—Felicia B. Clem

ness, and success, even if unconsciously. These in due time will materialize into good. Third, the *Power of Duty*: Duty performed one day at a time has the power to create enough good to get us through the day. Tomorrow will be another day in which the process can be repeated. Duties performed with love are a way of liberation. This is a vital key to success over any period of life. The success which comes as a result of duty performed will be true success from the standpoint of the Spirit. In due time this will resolve itself into a form of success which will be easily recognized and admitted as the best kind. In the meantime, we will be relieved of fear and anxiety because we will know that everything will come out all right in the end. Through the power of duty performed we will become able to live by faith in the Inner Power, which is the key to success in life. Thus we see how far-reaching and powerful thought really is. All things, whether for good or ill, can be accomplished with it. Indeed the power of thought is one of the strongest forces known to man. When mankind will come to an understanding of the true nature and proper use of this Divine force, the human Ego will free itself from the fetters of materiality and further advance on the path towards becoming a self-conscious Creative Being. □

—Danielle Chavalarias