

NUTRITION AND HEALTH

How the Rosicrucians

THE ROSICRUCIAN work of healing is carried on by the Elder Brothers through a band of Invisible Helpers whom they are instructing.

Who are the Invisible Helpers? They are Rosicrucian Probationers who during the daytime while functioning in their physical bodies live a worthy life of helpfulness and thereby fit themselves for and *earn* the privilege of being helpful through the instrumentality of the Elder Brothers at night while functioning in their etheric bodies—according to the words of the Rosicrucian Evening Service “and tonight, while our physical bodies are peacefully resting in sleep, may we, as Invisible Helpers, still be found faithfully working in the vineyard of Christ.” These Probationers are gathered together in bands according to their temperaments and their ability. They are under instruction of other Probationers who are physicians, and all of them work under the guidance of the Elder Brothers, who naturally are the moving spirits of the whole work.

Who are the Elder Brothers? They are high spiritual beings through whom the Christ Spirit is working for the benefit of humanity.

The Rosicrucian healing work is conducted according to the commands of Christ Jesus, namely, “preach the gospel and heal the sick.”

The Invisible Helpers never refuse to answer an appeal for help, but in order to respond to the Divine Healing Force patients are instructed to



Heal the Sick

adopt the gospel of right living, which includes observing a pure meatless diet and filling their bodies with clean air, their minds with pure thoughts and their daily lives with right actions. The Divine Healing Force is pure; if you ask for it in order to be relieved of your ailments you must be willing to conform to the natural laws of purity—pure air, pure food, pure thinking and pure living. If you ignore these great health giving factors you may have called in vain upon the Divine Healing Force.

All healing force comes from God, our

Creator and Heavenly Father, the Great Physician of the Universe. It is latent everywhere. By prayer and concentration it is liberated and directed to the sufferer. It manifested through the Master, Christ Jesus; it goes forth from healing services held daily in the Temple (Ecclesia) and weekly in the Pro-Ecclesia at Rosicrucian Headquarters. By applying these liberated healing forces, the Invisible Helpers raise the vibrations of the patient to a higher rate, enabling him to eliminate the disease poison from the system and to rebuild cells, tissues, and organs until the whole body is made new. This is done, not in a miraculous manner, but in accordance with nature's laws. If the patient continues to break these laws and by a wrong mode of living to accumulate poisonous substances in the system, he frustrates the healing work.

The wonderful organism called the human body

The Christ, oil on canvas, Mt. Ecclesia, Oceanside, CA

is governed by immutable natural laws. All disease results from wilful or ignorant violation of nature's laws. People are ill because in this earth life or in a previous one they have disregarded the fundamental principles on which the health of the body depends. If they wish to regain and to retain their health, they must understand these principles and regulate their daily habits in conformity with them.

This is what the Master Healer Jesus Christ meant when he said to the man who had been a cripple: "Thou art made whole: sin no more, lest a worse thing come upon thee" (John 5-14.) Even the Christ could not give lasting health unless the recipient of the healing force refrained from wrong habits which cause disease and lived in obedience to the God-made laws that rule man's body as well as his relations to his fellow creatures.

Some people demand perfect health and claim they have a right to it. They forget that either in this or a former life some have forfeited their own God-given right through disobedience of nature's laws—which are God's laws. Through suffering they have to learn obedience. When they have mastered their lesson and are willing to "sin no more," their right to health will be restored to them.

The Divine Healing Force is constructive; wrong methods of living which disregard the laws of nature are destructive.

The omissions and transgressions responsible for wrong living, and consequently for disease, are many; the following are the principal ones: lack of self-control; harboring thoughts of anger, hatred, and resentment; yielding to a hasty temper; gratifying low desires; harming fellow creatures, whether human or animal; abusing the sacred generative function; eating unnatural, too much, or incompatible food; lack of fresh air and sunshine; lack of cleanliness, exercise or adequate rest and sleep.

Since all the organs and functions of the body are interdependent, the abuse and consequent affliction of one part hurts all the others, causes the accumulation of toxins throughout the system, and lowers the body's vitality. Local symptoms are invariably evidence that the entire body has been compromised. To achieve lasting results true healing does not suppress symptoms but seeks to remove their cause(s).

Spiritual healing operates on the higher planes of being but is effected in strict adherence to natural laws which prevail below as above; consequently all natural therapeutics applied on the physical plane are in harmony with the work of the Invisible Helpers on the higher planes.

As the body is built up of the physical substances introduced into the blood by the daily food, right food is the natural medicine which the patient must take in order to co-operate with the Invisible Helpers in their task of reconstructing his system.

Not infrequently patients are aware of the presence of the Invisible Helpers.

Before the Invisible Helpers can work with the patient they must have effluvia from his vital body, which is the etheric counterpart of the physical body and the operating sphere of the vital forces. The effluvia are obtained by having the patient write a letter every week consisting of a few words or a few lines with pen and ink. This is important as a pen charged with fluid is a greater conductor of magnetism than a dry pencil. The ether which thus impregnates the paper upon which the patient writes week by week gives an indication of the condition at that particular time, and furnishes an entrance key to the patient's system. It is something which he has given voluntarily and for the express purpose of furnishing access for the Invisible Helpers. Unless the patient does his part in this respect, the Invisible Helpers are unable to do any thing with him. Clearly, it is of utmost importance to keep up the weekly letters to Headquarters.

Instantaneous cures are frequent where the Invisible Helpers are called upon to assist in cases of acute disease. In the case of a chronic ailment which is of long standing and has taken years to develop, a certain amount of relief may be experienced immediately, complete recovery, however, which is equivalent to a renewal of the whole system, can only be achieved in gradual stages. As said before, the healing work of the Invisible Helpers is not suppression of symptoms but reconstruction of the whole system, and in order to be accomplished it requires time as well as the patient's faithful and constant co-operation along the lines indicated above. □

—From *Astrodiagnosis, A Guide to Healing*