

SOME PRACTICAL TECHNIQUES FOR RADIANT HEALTH

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Beginning with the very first set of lessons, Rosicrucians receive extraordinarily valuable tools for creating and maintaining radiant health. This includes physical health, mental health, and emotional health, and these contribute to our spiritual health and mystical experiences.



Radiant Physical Health

Monograph *Liber 777* states that we must treat our body with the greatest respect and not compromise its harmony. An unbalanced or excessive diet, lack of rest, and insufficient exercise are a few of the elements which disturb our body's equilibrium. The monographs remind us that what is most effective for vibrant physical health is to eat healthy food, drink pure water, breathe fresh air, and get plenty of exercise and rest.

Yet sometimes we don't make this a priority, do we?

For example, if we smoke, it would be more beneficial to our health to stop smoking than intoning any amount of vowel sounds. Of course, that is easier said than done, as tobacco is addictive and smoking is a very difficult habit to give up.

The same goes for eating refined sugar, which is also highly addictive. Many people eat sugar as a comfort food and often for the immediate boost they may feel. However,

not only does refined sugar contribute to obesity, diabetes, cardiovascular disease, and some cancers, it also affects our mental clarity and mystical experiences. This can easily be improved by removing refined sugar from our diet.

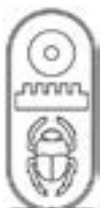
How can we do that?

First, we can read the labels on the food that we buy so we know when we are eating sugar.

We can replace sugar filled snacks with healthy snacks that we like. I find fresh apples and salt-free nuts to be satisfying. They helped to wean me from my sugar addiction.

Health experts recommend that we focus on reducing added sweeteners such as granulated sugar, high fructose corn syrup, honey, maple syrup, stevia, and molasses.

Beverages are by far the biggest sources of added sugar to the diet – up to 47 percent for many people. If drinking regular water



isn't satisfying enough, try adding slices of fresh fruit.

The Rosicrucian teachings don't recommend a particular diet and Rosicrucians are always encouraged to experiment and see what works best for them. I am sharing some of my personal experience and research in this article, as well as information from the monographs, in the hope that it will contribute to your radiant health. I looked into this a few years ago when my memory and mental focus weren't as vibrant as I wanted them to be. With some research it was easy to see that some of the foods I was eating were contributing to this. Please research and experiment with what is presented here, and, as always, choose what is best for you.

I can say from my own experience that removing refined sugar from my diet has helped to improve my physical health and to increase my focus and memory.

I have also found probiotics to be beneficial to my health. Probiotics are healthy microbiota for the gut. In other words, good bacteria for our digestive system.

Our digestive system is the home for trillions of bacteria (good and bad), from between 500 and 1,000 different species. Scientists have found a way to cultivate the good kind of bacteria in probiotics. They can set aside those bacteria that thrive on sugar and cause us to crave sugar. They don't let those bacteria reproduce. Then in the next batch of probiotics, they again set aside those that crave sugar, meaning that they don't get to reproduce until finally the probiotic includes primarily the bacteria that are good for the gut – and our health. I have found that cravings – which were actually cravings of the bacteria in my digestive system – naturally disappear.

I have also found that refraining from eating gluten, especially wheat, is another way to improve overall health and mental

clarity. As nutritionist Mark Hyman, MD points out – wheat is super fattening, super inflammatory, and super addictive.

A review paper in *The New England Journal of Medicine* listed 55 diseases that can be caused by eating gluten. These include osteoporosis, cancer, anemia, rheumatoid arthritis, lupus, multiple sclerosis, irritable bowel disease, and almost all other autoimmune diseases. Gluten is also linked to some psychiatric and neurological diseases, including dementia, anxiety, depression, and migraines.

The wheat that we eat today is not the same wheat that our ancient ancestors ate. In the 1950s, American biologist Norman Borlaug developed a dwarf wheat. This wheat produces much more grain on less acreage and is less expensive to grow. It is estimated that this modification may have saved more than a billion people's lives. The inventor was awarded the Nobel Peace Prize, the Presidential Medal of Freedom, and the Congressional Gold Medal for his work.

However, this modified wheat includes a peptide that causes many people to have memory loss, foggy thinking, and other symptoms, which most people don't realize come from eating gluten. To help people avoid gluten, the American Diabetes Association lists many foods that contain gluten. In addition to the obvious bread, gluten is also found in beer, many salad dressings, soup mixes, lunchmeats, fried foods, and even in certain vitamins and medications. The research regarding gluten continues, however in my experience, I feel much better and more focused without it.

Several monographs encourage us to get plenty of physical exercise and explore the value of exercising outdoors in fresh air, which also allows us to commune with nature.

In Japan, "forest bathing" has become a cornerstone of preventive health care and

healing. Forest bathing, which is walking very slowly and mindfully through a forest and interacting with it in a meaningful way, was popularized by the Japanese Department of Forestry in 1982 in order to promote public health as well as forest conservation, building on a much older tradition in that country. Field experiments conducted in twenty-four forests across the country show that forest bathing promotes a lower concentration of cortisol (our body's main stress hormone), lower pulse rate, lower blood pressure, and greater parasympathetic nerve activity. Today there are sixty-two official forest therapy sites in Japan.

Recently, Stanford University published the results of a study they conducted comparing walking in the city with walking in nature. The results are very impressive. It's much more beneficial to exercise out in nature. It lowers our blood pressure more, better harmonizes our heart rate, and decreases stress more than doing the same exercise not in nature. Of course, walking in the city or working out in a gym are fantastic and the benefits are even greater when we exercise out in nature.

We all have the option of taking the stairs instead of the elevator and if we drive to work, to park a few blocks from our office (and gradually more), so that we get at least some exercise each day. We've included an article on will power and developing habits in this magazine, which can be helpful in this area.

Liber 777 also encourages us to drink pure water and it is very important to drink enough water throughout the day. The recommended amounts vary.

Sufficient rest is also essential for good health. Getting plenty of exercise and fresh air during the day helps us to sleep well. We can also start winding down an hour or more before bedtime. This especially means not working or staying on the computer

late at night. Do something relaxing before going to bed, for example reading a novel. Dim the lights in your home an hour before going to bed. If you don't fall asleep within twenty minutes of going to bed, get up and do something relaxing. Return to bed when you are sleepy so that going to bed becomes associated with sleepiness.

We can also perform this exercise:

Before going to bed, fill a glass with cool water and magnetize it by taking deep, neutral breaths (don't hold your breath on the inhalation or exhalation) while holding the glass in your hands. Once this is done, drink it slowly and go to bed.

Lie on your back, close your eyes, and cross your hands over your solar plexus region above the navel. While remaining in this position, again take deep, neutral breaths, and relax for a few minutes.

Then place your dominant hand on your chest, between the thymus and the adrenal glands, at the level of the sternum. Once done, place your non-dominant hand on the dominant hand.

While you are in this position, breathe deeply through your nose, then intone the vowel sound combination KHEI-EHM (Kay-ee Aim), on the note of your choice while extending it for as long as possible.

Having intoned the vowel sound combination KHEI-EHM, hold your breath out for a moment, then take another deep breath and intone this vowel sound again.

After having repeated this process several times, lie in the most comfortable position for you and send your most positive thoughts toward humanity in general, or toward an individual who needs help.

Then entrust your Soul to the God of your Heart, so that the Divine will inspire it during your sleep and use it for the best on the spiritual plane.



Radiant Mental Health

We can all probably think of a situation that we initially thought was bad or undesirable, but in the end produced an effect that was positive or desirable.

This happened to me a few years ago when I broke my leg while in Egypt the day before forty members were going to arrive for their initiatic journey in Egypt.

In the first few hours I was concerned about whether or not I was going to have to have an operation, in Egypt. Then I wondered how Soror Karen Wark, who was co-leading the group, would be able to handle everything with me being immobile.

Then, while still in the emergency room, Soror Karen brought to my awareness something positive that had already happened as a result of my broken leg, and it was as if a switch had been flipped in my mind, completely changing my perspective. I remember saying – this is perfect. And it was. My leg was still broken and I still didn't get to participate in the initiations all along the Nile, but many positive things did come about because I broke my leg that day, including, over the duration of the trip, the opportunity to experience firsthand the extraordinary power of the Rosicrucian healing techniques, including the Council of Solace, intoning vowel sounds, the Overall Exercise, and more.

Think of a situation like that for you. Look back upon something that initially concerned you or that you thought was negative, but in the end there were positive aspects to that situation.

We can't know why some things happen and they may occasionally seem undesirable, however they may serve a purpose in the bigger picture.

The monographs give us many tools for improving our mental health. They advise that we:

- Analyze the mental state we habitually maintain defining to what degree our way of thinking is healthy and is serving us well.
- Determine whether we entertain strong thoughts of jealousy, selfishness, spite, unkindness, or anger. As mystics, it is unlikely that we are dominated by such notions, but such a self-examination enables us to reflect on the origin and nature of such tendencies.
- Determine whether we have a tendency towards worry, anxiety, fear, or pessimism.
- Transform any negativity with an affirmative statement. For example, if we find that we sometimes gossip or are negative, we can say: "Subconscious, remind me to find something to be grateful for in all circumstances!"
- Then while visualizing our subconscious as a double of our self, take a deep breath and while exhaling, repeat the autosuggestion three times, finishing with "If it pleases my subconscious, it is done!"

Let's do this now.

Think of a situation that you may be dwelling on in a negative way. Now, since we can learn something from even the most painful situations, say to your subconscious: "Subconscious, remind me to be appreciative of the lessons learned in this situation!"

Then while visualizing your subconscious as a double of yourself, take a deep breath and while exhaling repeat the

autosuggestion three times, finishing with “If it pleases my subconscious, it is done!”

We involve the subconscious because it is the symbolic portal providing access to the spiritual world. This exercise places us in a state where Cosmic Communion can occur, along with all the resulting positive effects.

The previously mentioned Stanford study found that when we walk in nature, neural activity in the subgenual prefrontal cortex, a brain region active during rumination (repetitive thought focused on negative emotions) decreased among participants who walked in nature versus those who walked in an urban environment. This helps to explain how nature makes us feel better. The Rosicrucian monographs encourage us to attune with the beauty of the natural world. This interrupts this rumination and connects us with the greater whole.

Another simple way that we can improve our mental health and our mystical experiences is by healing the hippocampus in the brain. This small gland plays an important role in learning, memory, and mystical experiences. Stress produces the steroids adrenaline and cortisol which damage the hippocampus. Medical anthropologist and shaman Alberto Villoldo, PhD states that this damage can be repaired in just six weeks with Omega 3 supplements containing high levels of DHA. DHA improves learning and mental clarity. It may also help to prevent or slow Alzheimer’s disease and relieves many of the symptoms of depression.

Another way to repair the hippocampus is through intermittent fasting, which stimulates nerve cell generation and detoxification and enhances DNA repair. Intermittent fasting is not for weight loss. It is important for brain health.

Typically I limit the time in which I eat to eight hours per day. I usually fast

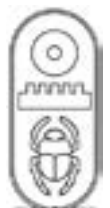
from after dinner until late morning the next day. Some people prefer to eat breakfast and to not eat dinner. When you include the time that we sleep, fasting for sixteen hours per day is very doable for most people. Intermittent fasting should be done carefully if you are hypoglycemic or diabetic and don’t try this if your diet is made up mostly of sugar-filled, processed carbs or if you have an eating disorder. When I break my fast, I eat lean protein, a little healthy fat (such as nuts), and vegetables.

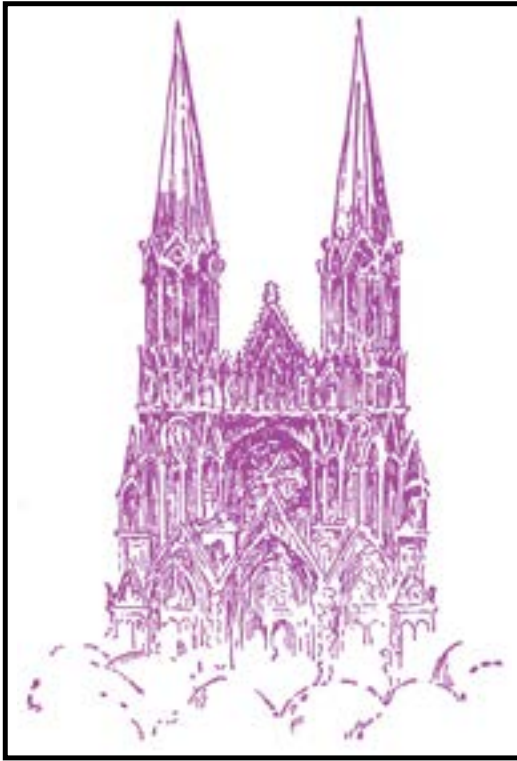
When we fast, our body burns fat, which produces ketone bodies. Our ancient ancestors needed ketones when food was scarce. This super fuel for the brain would help an ancient hunter, for example, to stay focused and clear when he needed it most – when he hadn’t eaten for a while and needed to find some food. It’s an absolutely amazing process. So, ketones improve our focus and mental clarity. They also fix the body’s repair process, including influencing longevity proteins. Intermittent fasting is even more powerful when combined with exercise.

Many traditions around the world include fasting as part of their mystical or religious practices and our monographs encourage us to not eat a heavy meal before our sanctum periods or initiations as fasting can enhance our mystical experiences.

Radiant Emotional Health

The monographs encourage us to engage in activities that compel us to concentrate on positive thoughts and emotions such as reading a mystical work (fiction or non-fiction), listening to music that engenders positive memories or feelings, watching a film that inspires, educates, or makes us laugh, visiting a museum, or going for a walk in a beautiful place.





The Celestial Sanctum as conceived on the symbolic level by H. Spencer Lewis.

Also, if we are experiencing negative emotions, we can go outside or to an open window and inhale very deeply through the nose. Then exhale slowly through the mouth experiencing the negativity leaving us through the intermediary of the breath and its contact with Cosmic Consciousness.

Healthy relationships also greatly contribute to our health. We all have our own definition of what makes for a healthy relationship. For me, understanding, support, safety, warmth, acceptance, fun, and in some cases, touch, are all important. I find that I not only appreciate receiving all these, I also enjoy sharing them. Take a moment to consider what you think is important in a healthy relationship.

Many Rosicrucian members establish healthy relationships at our various affiliated bodies. Volunteering and helping others through charitable organizations is often a great way to expand our relationships and connections with others.

Radiant Spiritual Health

We are given many tools for radiant spiritual health, including meditation techniques, joining in the work of the Council of Solace healing meditation, practicing our breathing exercises and vowel sounds, the Overall Exercise, and much more.

One of the most powerful techniques is attuning with the Celestial Sanctum.

Here are some excerpts from *Liber 777* that can help us to attune with the Celestial Sanctum to create radiant health.

One of the goals of Rosicrucian philosophy is to give each of us the means for living in Cosmic Harmony on the physical, mental, emotional, and spiritual planes. The mystical teachings that Rosicrucians receive within the framework of our affiliation contribute greatly to this.

To allow us to realize total harmony with the most positive universal forces, due to its traditional and initiatic nature, the Ancient and Mystical Order Rosae Crucis integrates within its égrégoire a field of cosmic energy from which benefits can be obtained after a person knows how to establish contact with this energy. This field of energy, limited neither by time nor space, constitutes what Rosicrucian Tradition designates as the Celestial Sanctum.

The Celestial Sanctum is not, strictly speaking, a place. However, we all know how difficult it is for the human mind to conceive a field of cosmic energy in the abstract. That is why Rosicrucians use a technique for raising the consciousness towards this field of energy.

Before presenting this technique to you, it is essential that you conceive your own visualization of the Celestial

Sanctum, because you will be able to contact it only if you can see it mentally. Therefore, it is up to you to create your own way of imagining this symbolic place. Some Rosicrucians visualize it as an inspiring landscape, for example a beautiful forest, mountain, or beach. Others see it as a cathedral or a church, or as a mosque, synagogue, or some other kind of building dedicated to a particular faith. Naturally, many of them visualize it in the form of a Rosicrucian temple. In fact, there are as many ways of imagining the Celestial Sanctum as there are individuals manifesting a desire to attain it. What is most important is that our visualization of this exalted place evokes within us the most beautiful emotions toward the Divine.

Now sit quietly, with your back straight and your feet flat on the floor and slightly apart. Place your hands on your thighs, palms down, close your eyes, and spend a few moments taking deep neutral breaths. This is done by inhaling and exhaling deeply through the nose, in a regular way, without any pause between your inhalations and exhalations.

Once you feel perfectly relaxed, breathe normally and, while remaining in the same position, recite the following invocation either mentally or in a low voice:

May the Sublime Essence of the Cosmic infuse my being and cleanse me of all impurities of mind and body, that I may enter the Celestial Sanctum and attune in all purity and perfect dignity. So Mote It Be!

Now begin to imagine that you are ascending to your Celestial Sanctum. In other words, visualize that you are ascending above where you are seated,

above your city, above your country – all the while going farther and farther away from Earth, until you see it only as a sphere rotating slowly by itself in space.

After contemplating Earth for a few moments, turn your gaze toward the infinite Cosmic and continue your spiritual ascent until you perceive your Celestial Sanctum as you have decided to visualize it. It is at this moment that you should imagine it in the form of a cathedral, church, mosque, synagogue, Rosicrucian temple, or landscape. The fact alone that you see it rising in the cosmos, and bathed in astral light, should fill you with an indescribable inner joy.

Imagine yourself entering your Celestial Sanctum.

Experience the awe-inspiring sights for your wonder, the beautiful sounds, and the pleasant fragrances. Be fully present here. Let yourself be pervaded by the sacred, inspiring, and comforting feelings that reign here. With body and soul bathing in this atmosphere, express to the God of your Heart your desire for radiant health – on all levels.

Now, do not think about it anymore.

Remaining completely within the harmonious atmosphere that reigns there, place yourself in a state of total receptivity while in your Celestial Sanctum.

As the hours and days go by, you will begin to notice the full impact that this cosmic communion will have on you and those around you.

When you complete your attunement, see yourself mentally leaving your Celestial Sanctum and imagine yourself journeying back on



the path that you followed for the ascent. Back towards Earth, towards your country, towards your city, and back where you are seated.

Then open your eyes and repeat the following:

May the Cosmic sanctify
my contact with the Celestial
Sanctum! So Mote It Be!

With all my heart, dear fratres and sorores, I hope that some of the techniques and information shared in this article contribute to your radiant health, on all levels of your being – physical, mental, emotional, and spiritual. So Mote It Be!

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