



*The Mastery  
of Life*

*a Rosierucian  
Journey  
into Self*



“If a man begins with certainties,  
he will end in doubts; but if  
he will be content to begin  
with doubts, he will end in  
certainties.”

-- Sir Francis Bacon,  
English philosopher,  
statesman and Rosicrucian

# Welcome to the Journey into Self



NO MATTER HOW  
this booklet came into  
your hands, consider it  
an invitation to read and  
study further. We welcome the

opportunity to tell you something about the Rosicrucian Order and hope it may encourage you to join us in our search for mastery over our lives.

If you have an interest in spiritual growth, human development or the role of philosophy, culture and education in producing a mature and integrated personality, then there is almost certainly some aspect of the Order's teachings that will be of interest to you. If you wish to contribute to the refinement of human society and the advancement of civilisation, the Order's teachings can assist you in clarifying and achieving your goals. Equally, however, if you are interested in the creation of a healthier and more successful life, these same teachings can help.

The Rosicrucian Order is a worldwide mystical fraternity, a body of men and women devoted to the study and practical application of natural and so-called "spiritual" laws in their personal lives. It consists of men and women from almost every race, creed, culture and occupation in over 100 countries, divided geographically and by language into several jurisdictions known as Grand Lodges, each of which publishes the Rosicrucian teachings in one or more of thirteen languages. Its goal is to further the general evolution of humanity and to assure the full potential of each individual in attaining this.



The official title of the Order is "The Ancient and Mystical Order Rosae Crucis" or AMORC for short, and as a mystical order, it offers what is probably the world's foremost system of instruction and guidance for the exploration of the inner nature of the human being. The wisdom it imparts has been carefully preserved and expanded upon by mystery schools for centuries and is today available to every sincere

## Isaac Newton

English astronomer, mathematician, philosopher, alchemist and Rosicrucian, discovered the universal law of gravity, and is regarded as one of the greatest scientists to have lived.

person with an open mind and a clear, positive motive. As has been the case with many thousands of members in the past, you too can discover the great power which resides within you, a power which you can apply to the personal affairs of your life with truly amazing results.

## *Mysticism is not Weird or Dangerous*

From the outset, let us categorically state that mysticism has nothing to do with the mysterious, the weird or the occult. Whilst some misguided individuals may claim this to be the case, in reality, mysticism, and in particular, Rosicrucian mysticism, is the very opposite. It is an open, completely transparent though very precise discipline that can lead us to a deep understanding of the so-called "hidden" laws of nature, and brings us into close attunement with our deeper selves.

When correctly applied to our daily lives, mysticism opens us to a full and satisfying understanding of many phenomena which for the present remain beyond the realm of modern science, and which in the realm of religion are often accepted merely as acts of faith. Although the study of mysticism requires no arduous academic training, it does demand sincere and dedicated work upon the improvement of one's inner self and one's cognitive abilities. In one respect, it attempts to establish a permanent, conscious link between the individual being and the "source of all knowledge", a poorly understood fount of knowledge and inspiration which seemingly seems to be within reach of everyone, but which also lies beyond the limits of present human understanding.



### **Gottfried Wilhelm Leibnitz**

German philosopher, mathematician and Rosicrucian. With Newton, he co-discovered differential and integral calculus, the most important mathematical breakthrough since the time of the Greek philosophers.

This source of wisdom can nevertheless, be tapped into and used to our advantage and for the upliftment of humanity as a whole. That an archive of wisdom and inspiration such as this actually exists has been attested to by some of the greatest minds the world has known, and continues to be eloquently spoken of by some of the greatest thinkers of our own era. Many of these great men and women were Rosicrucians who, though pursuing active lives in many fields of endeavour, were nevertheless, wholly committed to the refinement and development of their understanding of the deeper mysteries of life.

Through a systematic study and application of the principles taught by AMORC, you will learn to recognise, and respond to an infallible source of guidance originating from the very depths of your being. This guidance has variously been called the “still, small voice within,” the “Inner Self,” the “Divine Mind” or the “Master Within.” Call it what we will, many people have realised, through direct experience, that in every human being there resides a deeper nature or personality of truly staggering potential, a faculty of considerable sophistication, refinement and capacity for change and development. In developing your awareness of this, you will soon learn of the inherent error of relying exclusively on the objective senses to guide you through life. There is a unique and highly refined method of getting precisely the answers you seek, and those answers address not only the deeper, more searching questions of life, but even the mundane everyday problems we encounter.



### Michael Faraday

Considered one of the founders of modern physics, he had little formal training. His life and the lives of countless others were enriched through the inspiration of Rosicrucian instruction.

On a purely practical level, the study and proper application of mysticism will lead you to the development of a more mature and integrated personality, greater success in your daily activities, and a growing feeling of peace and happiness in your personal life. Though the benefits of being a Rosicrucian are also of a deeper and more transcendental nature than this, many have become members of AMORC for no other reason than to bring peace and personal happiness into their lives.

The techniques used by Rosicrucians include the use of specific and highly effective methods of concentration, visualisation, meditation and contemplation, to mention but a few, and a proper study and application of these techniques alone, provide you with exceedingly powerful tools to help you shape your life on all levels, whether physical, mental, psychic or spiritual.

## *The Benefits To You*

On a higher and more universal level, some of the most worthwhile benefits of mysticism and the inner enlightenment it brings are the awakening of the intuitive sense to solve many of life’s problems, the unfoldment of previously hidden inner talents,

the attainment of deeper and more meaningful relationships with others, and the discovery of a higher, less selfish purpose in life. As a member of the Rosicrucian Order, you will have the opportunity of learning how to take firm charge of your life, how to consciously direct your personal destiny, and how to develop your own, uniquely customised and deeply satisfying personal philosophy of life. You will give your life a direction and purpose that has great relevance to what you wish to accomplish. In broad terms, you will learn how to master your life on many levels, and thereby to positively influence and assist others to do the same.

- On the physical level, you will learn to relieve various health conditions you may be suffering from by learning specific and effective techniques of speeding up the natural healing processes of your body.
- On the mental level, you will learn how to bring into physical manifestation whatever you strongly and rightfully desire, be that happiness and peace in life, or purely success in your financial affairs.
- On the psychic level, the strength and power of your inner being will be enhanced and brought to a higher level of operation, thereby opening up a whole new dimension of experience. Even on a purely mundane level, the increased stamina and sensitivity resulting from the higher energy levels operating within your psychic nature will manifest in all areas of your life, leading to far greater success in both your inner and outer endeavours.
- On the spiritual level, an inner awakening will gradually be achieved, leading to a permanent awareness of the unity of all creation and your personal relationship with the “oneness” of the universe. At this level, mysticism becomes a direct experience of profound attunement with the Divinity of which religions and philosophies of all ages have so forcefully spoken.



At first glance, such an undertaking may seem thoroughly daunting and unattainable, but it is certainly not beyond your reach. As a member of AMORC you would soon realise that there is nothing more fascinating, more inspiring and rewarding than embarking upon

### **Benjamin Franklin**

American statesman, author and celebrated inventor, he was heavily influenced by Rosicrucian doctrines in charting the course of his new country.

a journey into Self with the companionship and guidance of a centuries old organisation like the Rosicrucian Order. A journey of a thousand miles begins with a single step, and becoming a member of AMORC could be the single, most important step in your life. Many current and long-serving members of the Rosicrucian Order initially became members simply out of curiosity and a few even joined for entirely the wrong reasons. However, they all stayed for the right reasons, for they found out soon enough that the Order had something which moved them deeply and consistently brought out the very best in them, something which motivated them to seek further and to establish their own unique paths in the school of life. Remember that it is never too late to start.



### Rene Descartes

French scientist, philosopher and life-long Rosicrucian, he laid the foundations of modern European philosophy, and coined the term "Ergo Cogito Sum," "I think, therefore I am."

## Why the Rosicrucian Order?

Of course the Rosicrucian Order is not the only way to enlightenment. But it is probably the surest, safest and most comprehensive way available today. Rosicrucians do not dictate what others should believe, and no one need ever give up his or her religious or philosophical convictions in order to embrace the Rosicrucian teachings. The Order is not a sect and does not require its members to behave, act or think in any specific way contrary to their personal beliefs. Though AMORC does touch upon some matters that could be construed as being of a religious nature, it is not a religion in itself and has no creeds or dogmas. Members are free to retain all they value and cherish in life and are constantly encouraged to nurture and develop all those things that bring peace, happiness and fulfilment into their lives. True Rosicrucians seek to enhance all that is good and constructive in life, regardless of creed or culture. Above all else, members of the Rosicrucian Order are encouraged to think for themselves, to develop their own philosophies of life and to come to their own inner conclusions about everything. Specifically, . . .

- Members are encouraged to take a balanced approach to personal development, not concentrating on just one or two aspects of their inner growth, but endeavouring to progress and develop on a broad front. Of necessity, this requires some patience, a commitment to improvement, and a healthy scepticism of all systems that promise quick, easy results. Nothing of great value to us comes easily. Therefore, Rosicrucians are prepared to

go to great lengths to reach their highest and most sought-after goals.

- The Rosicrucian Order utilises the collective wisdom and resources of past and present enlightened individuals, most of whom remain unnamed and impersonal; for there is no “leader” or guru, self-proclaimed or otherwise, who is the sole source of enlightenment in the Order’s system of instruction. The accumulation of many centuries of higher wisdom and experience is steadily and incrementally revealed to members in a manner that ensures that understanding can be attained and retained by all.
- The system that AMORC provides is a planned programme of home study allowing members to progress steadily and safely. Great emphasis is placed on stability and keeping members on an even keel throughout the most active periods of their inner development. Whereas many organisations specialise in one or at most, a few aspects of the mystical life, AMORC deals with them all, preferring to guide its members along their personal and uniquely customised paths through life on as broad a front as possible. This leads to great stability and staying power, ensuring a high rate of success.
- Although the Order’s teachings are based upon a centuries-old tradition, it presents them in thoroughly modern terms entirely relevant to the present day. Whilst it emphasises aspects of a uniquely western approach to mysticism, it is still sufficiently broad and eclectic to encompass the deepest teachings of all other mystical traditions, past and present. Finally, though its higher teachings have preceded, and to a large extent anticipated the discoveries of science and philosophy over the centuries, the Order constantly strives to incorporate into its teachings, the very latest proven discoveries in these fields.



### Marie Corelli

English author and Rosicrucian, she was the best-selling novelist of her generation, thrilling readers everywhere with her romantic and mystical intrigues.

## *Transmission of the Teachings*

The subjects of the Order’s written teachings have been carefully integrated to form a flowing continuity with each subject relating to and flowing into the next. The system follows a carefully structured



order of presentation with major topics being divided into broad categories under titles such as the Postulant, Neophyte, Initiate and Illuminati sections. Within these sections are further subdivisions into what are called “degrees,” and within each degree the topics are presented in the form of weekly lessons called monographs which you will receive at the rate of four per month. You should be able to study a new monograph each week of the year, though as with everything else in life, results are only obtained in direct proportion to the efforts you are prepared to expend. You will be expected to make a sincere attempt at understanding the teachings, though no special talents or academic training are required to grasp them.



### **Robert Fludd**

English physician, alchemist, mystical philosopher, freemason and defender of the Rosicrucian tradition.

Members of AMORC come from literally every profession or trade in life and as a Rosicrucian you will belong to a world-wide family of people all sharing a distinct and thoroughly modern philosophy, one which is a constructive force for great good and truth in the world.

AMORC has Lodges throughout the world where members meet and enjoy the company of others of like mind. Although you will never need to attend such meetings, as a member you will in due course receive the right to do so, should you wish to experience the additional benefits of being with others of like mind and of participating in the ritualistic work of the Order. In addition, special courses and seminars are organised, offering members opportunities of studying specialised topics in greater detail than is found even in the home-study lessons.

## **We Invite You To Join**

Finally, we formally invite you to join us in this ancient Order of Light, Life and Love. We stand ready to serve in whatever way we can to assist you in creating for yourself a deeply satisfying personal inner path to lead you through the remainder of your life, and indeed, beyond it. By joining the Rosicrucian Order, you not only become a member of a truly ancient mystical fraternity, you also become part of a vital and dynamic movement assisting in the evolution of humanity.

# Frequently asked Questions

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To assist you in gaining a clearer understanding of what you can gain from studying and applying the principles of the Rosicrucian Order, please read through the following most frequently asked questions. Of course only a few questions and answers can be dealt with here, so please feel free to contact us on any point not covered in this booklet.

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Q: What makes the Rosicrucian Order different from “New Age” groups?

There are many so-called “new-age” groups who are doing excellent work in the advancement of humanity and its realisation of ever higher ideals and standards of behaviour. Many of these groups however, focus on relatively narrow areas of study, usually only a single issue or topic. Some concern themselves exclusively with health and physical well-being, others offer one form or another of spiritual or quasi-spiritual attunement, others focus on the development of psychic powers, whilst others are concerned almost exclusively with the augmentation of one’s mental powers for the attainment of personal prosperity.

The Rosicrucian teachings balance the material and the spiritual, constantly striving to demonstrate their interconnectedness and the need for a balance to exist between them. A clear understanding of the natural laws that govern all realms - physical, mental, psychic and spiritual - leads to true prosperity and peace of mind. A significant portion of the teachings cannot be found anywhere else and are exclusively Rosicrucian in origin and practice. The Rosicrucian philosophy has been developed over the centuries from the combined efforts of many great minds. Freedom of thought is encouraged, and there is no specific code of belief or conduct that must be followed. Extremes of inner or outer behaviour or thought are discouraged, for the simple reason that nothing of permanent value ever arises from such extremes. The lessons are structured in a sequential system to provide safe, gradual development. Ancient truths are incorporated into practical, time-tested techniques which can be applied immediately in everyday life.

Q: What do the terms mysticism and metaphysics mean?

The Encyclopaedia Britannica defines mysticism as: “a spiritual quest for hidden truth or wisdom, the goal of which is union with the divine or sacred (the transcendent

realm).” In simple terms, mysticism can be defined as an experience where one personally knows, through direct experience, the Source of all Being. This source has variously been called God, the Cosmic, the Divine, the Sacred, the One, the Unity and many more besides. The Rosicrucian system presupposes that everyone can have immediate, personal union with God. Everyone has this potential connection available to them and simply needs to find out how to use it. The teachings allow the student to explore the connection without the need for any dogma or any religious beliefs.

The Encyclopaedia Britannica defines metaphysics as: “... a philosophical study whose object is to determine the real nature of things.” Quite literally, from the ancient Greek language it is translated as: “what comes after physics.” Metaphysics therefore deals with matters falling beyond our present understanding of science. It also examines things falling outside the scope of the physical senses; things such as intuition, psychic experiences, spiritual healing, astral travel, etc. Specifically, it deals with a detailed enquiry into how these and other processes work, as well as what their ultimate nature and purpose are.

The Rosicrucian teachings incorporate both mysticism and metaphysics as part of its regular curriculum, and explains many subtle details not covered elsewhere.

Q: What does the Rosicrucian Order teach?

Through the system of study offered by AMORC, students are able to achieve their highest potential on all levels of being: physical, mental, psychic and spiritual. The studies help to broaden the existing five physical senses of touch, taste, smell, sight and hearing through the stimulation and awakening of psychic analogues of these senses, which in the majority of people at least, remain dormant throughout life and are rarely used. Through the Order’s teachings, the student gains a detailed understanding of mysticism, and is encouraged to study and apply a broad range of principles from metaphysics, psychology, parapsychology, comparative philosophy, psychic healing, as well as a corpus of non-rigorous scientific knowledge which has not yet been fully modelled by modern scientific theory, but which has been adequately dealt with by Rosicrucians for centuries. Although some topics covered by the Order are dealt with by conventional education systems, there are several areas that are only now beginning to be dealt with by mainstream academic institutions, most notably those dealing with healing, parapsychology and metaphysics. Some of the “non-scientific” topics the Order deals with will now be highlighted, though please note that these examples are not exhaustive by any means:-

- The development of a personal path to better health is stressed from the outset through the application of tried and tested techniques of psychic self-healing, specialised relaxation techniques and the proper use of breathing. With greater health comes a natural flow of energy and enthusiasm for life.
- The development of the “intuitive faculty” is powerfully stressed in the Order’s teachings. “Intuition” is a human faculty which augments and extends the perceptive ranges of the five physical senses. The result is a far deeper experience

of life and the ability to see through the outer appearances of things and events to their true nature. Understanding the “essence” or true nature of all things and situations in life is of invaluable assistance to us in our efforts to evolve.

- Meditation is used as an aid to self-healing and general psychological well-being. Though meditation has been used for many thousands of years by the elite and most learned of all major religions, far from being an inherently religious (and hence sectarian) practice, it is a process which can be enjoyed by all human beings, regardless of belief. Amongst the many benefits of regular meditation are poise and balance in one’s actions, and a sense of peace, well-being and achievement in all that one does.

- The Order also stresses the use of the technique of visualisation as a tool in the achievement of one’s goals in life. Every endeavour begins with a plan of sorts. The clearer the plan, and the clearer the visualisation of the final outcome of one’s endeavour, the greater will be the chances of complete success.

In addition, there are certain values which Rosicrucians support in everything they do. Freedom of personal thought, tolerance of the thoughts and beliefs of others, and the value of self-responsibility are central to the Rosicrucian way of life. Membership in the Order offers the student access to a truly vast storehouse of knowledge, a source of profound wisdom which has been carefully preserved and augmented by mystery schools for several thousand years. Every sincere person with an open mind and a sincere, positive motive, is eligible to receive this knowledge from the Order.

It is extremely important to understand that the teachings do not attempt to dictate what one should think or believe. The Order’s teachings are merely markers delineating a well trodden path of progress to peace, happiness and fulfilment in life, which countless men and women of the past have taken and stayed with throughout their lives. Some of the greatest personalities of the past benefited from their association with Rosicrucians and their way of life. The exemplary manner in which they led their lives lends credence to the teachings the Order has to offer.

AMORC does not propose a belief system with creeds or dogmas. On the contrary, it demands that each member establish a personal philosophy of life based on the best and least selfish thoughts they are capable of. From the Order, each member learns how to carve out a personally satisfying, practical approach to life, an approach which is constantly refined through the rest of life. All students are taught to take personal responsibility for their experiences in life and learn to master their actions through direct, daily experiences of learning. They learn to think for themselves, and discover how to draw upon the higher knowledge already within them. What the Order provides are merely the tools and techniques necessary for them to accomplish this.

Q: How would the Rosicrucian teachings affect my religious beliefs?

Since AMORC is strictly non-sectarian, and therefore not a religion, becoming a

Rosicrucian student does not in any way require you to change your religious beliefs. In fact, the Order encourages everyone to participate in the religion of their choice. The result is that Rosicrucian students come from every religious denomination, and through the Order's teachings, many find a greater appreciation of their particular religious beliefs. Members who do not belong to any particular religion, often experience ever expanding feelings of connection or attunement with some form of "higher intelligence" which though almost impossible to define, nevertheless appears to be constantly present through all sorts of trials, tribulations, periods of happiness and sadness. Before they joined the Order however, there was nothing.

Q: Do I have to spend years of studying before I will realise any real benefits?

No. Almost immediately you will begin to see your life in a different light. A mind stretched by new knowledge can never go back to its prior form, and with this knowledge you will begin working on whatever areas you need or want to improve upon. Furthermore, through our early exercises, you will begin developing parts of your mind that have been left dormant throughout your life. This will facilitate even greater knowledge and ability to deal with situations. You might ask: "Why does it take so long?" Two important points come to mind. First, even though the studies do cover many years, you will enjoy, almost immediately, knowledge with which to help you better yourself. Secondly, ask yourself: "In what field of study does a person receive instant attainment?" Whenever you are learning something new, whether it is another language or how to play the piano, it takes time to develop the basic skills and even longer to master them to the best of your ability. The same holds true for mastering your life. Yet, in time, through the Rosicrucian teachings you will be able to accomplish this. Once you do, you will never regret the time you spent in this endeavour.

Q: I've been studying metaphysics and mysticism for years. Can I get on an accelerated programme or begin with advanced Degrees?

The uniqueness of the Rosicrucian teachings does not come simply from the body of knowledge it offers, but from the way in which it is organised to produce a genuine evolution in consciousness. This is a good reason for the word "order" in our name. Each topic covers an important step needed to derive benefits from the following topic, and these need to be studied and internalised sequentially. It is imperative, therefore, regardless of your previous study, to begin at the beginning. If you really have advanced some way in the fields of mysticism and metaphysics, then happily for you, you will be able to absorb and internalise the Rosicrucian teachings just that bit faster.

Q: How are the Rosicrucian lessons structured?

The Order's teachings are divided into a number of broad sections under names such as the Postulant section, the Neophyte section, the Initiate section, etc.

Each section covers a range of specific topics, some of which will be repeated from previous sections but in greater detail. Furthermore, each section is divided into sub-sections called “Degrees,” and within these degrees are the actual weekly lessons or “monographs” as they are called.

This body of mystical and metaphysical knowledge unfolds spirally from one topic to the next. By following a spiral outward from its centre, each succeeding pass around the spiral establishes a larger, more all-encompassing circle of understanding. This circle may be compared to the reality in which each of us finds ourselves. The larger our reality, the more freedom and true choice we have in life.

With every topic studied, one or more “class masters” are assigned to give correspondence assistance to members who have questions or difficulty in understanding or dealing with the topics. A strong effort is made to answer all questions, and no sincerely asked question is ever turned down because it is “stupid.” Of course, whereas class masters may be specialists in their particular areas of expertise, they can only really point the way, for it is ultimately up to the student to do the required work to achieve full internalisation of the knowledge and wisdom being imparted.

As is no doubt already clear, the Rosicrucian Order does not promise instant enlightenment as is done by so many other New Age organisations. It has sufficient understanding of the principles involved to know that quick, easy results are not possible and whatever results do come quickly, are merely an exercise in principles already mastered in the past. Those principles not yet mastered take hard effort and deep sincerity of purpose to eventually master.

Each member receives four lessons per month, each of which should be studied under as ideal conditions as possible. These lessons, each averaging six to eight pages in length, introduce certain ideas and experiments in a straightforward and simple manner. No special level of intellect or college training is required except of course that the student is expected to be fully literate. One or more periods each week must be set aside for the purpose of reading and absorbing the lessons, as well as conducting the exercises and simple experiments given. For the remainder of the week the student should periodically think about the important ideas contained in recent lessons and make repeated efforts at succeeding with the exercises.

This simple commitment is requested as the lessons are not simply a body of knowledge, but a way of life. Students who only read the monographs and do not seriously attempt to succeed with the recommended exercises and experiments, or do not adequately practise the techniques, are wasting their time, much as it is a waste of time to simply read a book on how to play a musical instrument without adequately practising the playing technique on that instrument.

The most beautiful and most profound experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.

To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in their primitive forms; this knowledge, this feeling is at the centre of true religiousness.

-- Albert Einstein

## THE ROSICRUCIAN ORDER

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