

The Elixir of Life.

I. Literature filled with references.

- A. Ponce de Leon, Marie Corelli, Balzac, Bulwer Litton.
- B. All traditions deeply imbedded in race consciousness are based on some reality however distorted.
- C. These accounts are given in external terms but must be ~~be~~ taken in symbolical sense.

II. Contrast of Western Materialism and ~~the~~ Ancient view of Life energy as primary

- A. The latter view is in harmony with the present interpretation of matter as being electricity.

III. Discussion of Immortality.

- A. In the three senses of 1. Timeless Being; 2. Infinite continuance of a form in Time; 3. a great but finite extension of a form in time.
 - 1. Law of Mutability inviolate concerning all form.
 - a. All objectivity in a process of Becoming.
 - 2. Significance of Cronus eating his children.
 - a. All children of Time are destroyed by Time.
 - b. It is impossible to produce any unchanging form.
 - c. A changing form is a dying form, hence mortal.
 - 3. Immortality in the sense of Infinite extension in Time of a form impossible.
 - 4. The Occult teaching is that any particular Universe is finite in Time and Space.
 - a. In theory of Relativity modern science is entertaining idea of finitude of universe in space.
 - 5. It is possible, however, to indefinitely extend the sense of individualized Selfhood which includes continuity of memory.
 - a. This involves a real conquering of death.

IV. Theory of Life extension.

- A. Man is a being made up of several principles or bodies
 - 1. The gross body is but the outer shell of these.
 - a. The gross body changes its matter every seven years, thus dying and being reborn all the time.
 - 2. Matter follows the law of cycles, thus tendencies of progenitor reproduced in descendant.
- B. Life energy is subject to the action of WILL and mind.
 - 1. In the face of a persistent Will to live the cyclic tendency to dissolution may be over-ruled.
- C. Self-conscious functioning in the Subtle Body must be developed.
 - 1. This must be gradually prepared for functioning in the earth atmosphere.
- D. The matter of the gross body is made progressively less dense, while will is strengthened.
 - 1. Thus pressure of cycle of dissolution becomes weaker ~~while will~~ will to life is strengthened.
 - a. Strong, robust athletic body not desirable for this end.
 - b. Best body is one that is rather frail and delicate but fairly sound.

(1) The follow~~er~~ of the criticism of Yogi because his body was not robust.

- E. As gross body approaches point of dissolution the Subtle body has meanwhile been prepared and consolidated.
 - a. The neophyte steps out of one shell into the other analagous to the life cycles of certain insects.
- F. This transition is completed with out break of continuity of selfhood or loss of memory.
 - a. At the same time the physical body has really died but it has done so very slowly, and the neophyte has grown a new skin.
- G. This process may be continued through more interior bodies until the Adept reaches into Nirvana with unbroken continuity of individuality.
 - a. This is achieved or conditional Immortality.

V. The required Practice.

- A. There must first of all be a sustained, unbroken Will to live unshaken by any pain.
 - 1. Everything else made subordinate until critical point is passed.
 - a. No giving of life energy for a cause.
- B. Moral, mental and physical discipline.
 - 1. Impure animal thoughts avoided because they vitalize and attract gross matter, filled with dissolution.
 - 2. Certain actions avoided because they tend toward impure thought.
 - 3. Physical man more etherial, mental man more penetrating, moral man more self-denying and philosophical.
 - 4. Discipline must be self-sought and performed with pleasure to be effective.
- (A) Physical training.
 - 1. Animal desires overcome in following order;
 - a) Alcohol, (b) Meat eating, (c) Sexual activity (d) all other desires in order of importance.
 - 2. Mere non-indulgence while craving persists not sufficient.
 - 3. Amount eaten becomes less and tends toward innocent foods like milk and fruit.
 - 4. Leads to etherialization of body and elimination of gross matter.
- (B) Moral purification.
 - 1. Elimination of Avarice, Fear, Envy, Worldly pride, Uncharitableness, Hatred, Anger, Ambition, Curiosity.
- (C) Practice of meditation to awaken activity and interest in the more etherial domain of life.
 - 1. Maintain sense that all is right in Kosmos and hence with candidate.
- C. External protection against disease, accident etc.
 - 1. Herein lies part of reason occultists retire from the multitudes.

VI. Results of this practice (Turn to page four of notes)

Notes on the Elixir of Life.

Even highest Intelligences have discovered in all Infinity nothing permanent but SPACE.

"All IS SUBJECT TO CHANGE".

In such a non-permanent universe nothing can confer permanence.

Nothing can produce Immutability.

Hence Immortality is impossible.

However, prolongation of life for a time that would seem miraculous is possible.

We may change death from a sudden plunge into darkness into a transition into a brighter light.

This may be made so gradual as to make the transition practically imperceptible.

Important principles to bear in mind are (a) oneness of Kosmos and (b) that man is a compound of several principles.

The point is that we "hatch" out of our gross body in the next finer having prepared it for life in the earth atmosphere., meanwhile having made the outer shell die off gradually.

Science teaches that the body changes its matter every seven years. If partially flayed, new skin will grow.

The Kama Rupa, having assimilated Prana, may be made to harden its particles to atmospheric changes.

The point is in being able to evolve out and separate this Subtle Body from the gross body, and make particles of latter die and disappear before new set has had time to replace them.

We die only when our will ceases to be strong enough to make us live.

Death usually comes when torture and vital exhaustion weakens for an instant the tenacity of the WILL to LIVE.

First requirement the WILL to survive, to continue. This is absolutely necessary.

This must be a settled and continued strain without one moments relaxation.

Until the goal is attained, this WILL to life must be made superior to everything else.

This is not selfishness if it is done simply to increase the power to be of service to humanity.

A moment comes when this restless watch is no longer required.

Does not require candidate to be inhuman or brutal in disregard of others. This would be injurious to him.

Until point is reached he must not lay out his energy in lavish or fiery devotion to any cause however noble.

This devotion would bring its reward, but it tends to shorten the life.

This is why great men of the world rarely become members of the Brotherhood of Adepts.

The law of cycles causing matter to continually change will produce a tendency to disintegrate with cumulative force such that the untrained will in an unprepared body cannot resist it.

If physical development of outer shall proceed at equal rate with the will, there is no advantage on part of latter to overcome former

Rationale is:

1. To build will so strong as to be able to resist hereditary tendency of atoms of gross body to hurry on in cosmic change.
2. To weaken the concrete action of the animal frame so it will be more amenable to the power of the WILL.

Certain physical habits conduce to certain moral and ~~phx~~ intellectual results.

Aspirant must beware of impure and animal thoughts, since thought tends to the deed.

Thought force, being dynamic, affects the molecular relations of the physical body.

Also certain actions have tendency to produce physical conditions unfavorable to pure thoughts.

Normally healthy mind in normally healthy body is good starting point.

In general one cannot be successful starting with degraded mind or body, though effort put forth will build merit of the next life.

Course calls for moral, mental and physical development going on at same time, All aspects necessary.

Physical man must be rendered more sensitive and etherial.
Mental man more penetrating and profound.
Moral man more self-denying and philosophical.

Restraint, self-imposed or external is useless. The desire to be good or pure must be spontaneous.

It must be self-impulse from within.

The habit of performing the training with pleasure must be built.

Candidate for longevity must begin to eschew physical desires.

Thus after a certain period the particles of the body tending toward vice will leave body and those replacing them will not be stamped with the vice tendency.

Leads also to diminishing relative density and coherence of particles of outer shell and replacement by more ethereal particles.

Physical desires to be abandoned and order of importance.

1. Alcohol, for this produces a rush of life fatal to end in view.
2. Meat eating for same reason in minor degree. It increases rapidity of ~~existence~~ life, energy of action and violence of passion. Good for one who would fight and die but not for sage who would live.
3. Sexual desires. Partly because of great diversion of vital energy in many directions and partly because of attraction for gross qualities in matter of Universe.
4. Other gratifications of senses, both vicious and innocent, measure of importance being the degree of harmfulness to others and the degree of grossness.

Moral purification must be carried on paripassu.

More practice of austerities does not much help the process of etherializing.

There is no use of fasting so long as food is required.

Ceasing of desire for food without loss of health is sign that less should be taken.

No use in abstaining from physical desires so long as there is a craving for them in the heart.

Getting rid of the inward desire is the essential thing.

Moral purification, in following order:

1. Avarice. 2. Fear, 3. Envy, 4. Worldly pride, 5. Uncharitableness, 6. Hatred, 7. Ambition, 8 Curiosity.

Strengthening of more ethereal or "Spiritual" parts of man must go on at same time.

Meditation practiced. (Reasoning from known to unknown.)

Equilibrium of consciousness maintained - the sense that all is right in the Kosmos and hence with the candidate.

Life process must not be hurried but retarded.

In initial stage external protection must be regarded, against disease, accidents, poison etc.

Fulfil canons of sanitary law.

Pure air, pure water, pure food, gentle exercise, regular hours pleasant occupations, and surroundings are serviceable.

To secure these is part of reason why Occultists always have retired to the country, the cave, the forest, the desert or the mountain height. So secure silence and solitude is also part of the reason for such choice of habitat.

Do not disdain assistance of medicine.

Results following the above practice.

Neophyte will take more pleasure in things spiritual and pure.

Gross and material occupations ~~extremely~~ will become not only uncraved but even repulsive.

More pleasure in simple sensations of Nature, like a child.

More light hearted, confident, happy.

Desire for food will begin to cease - let off gradually.

Fruit and milk best food and this will be craved.

After while ^vecretion is through skin, as also certain absorption.

After a time he will become all-living and sensitive and will derive nourishment from ether. - But this is advanced stage.

Some lingering disease may suddenly take turn for better.

Mesmeric power may be developed.

Some unknown sharpening of senses^e may delight him.

As the outer body becomes less dense the consciousness of the inner vehicles can make itself more and more manifest.

Many opportunities for enjoyment and service thus opened, but care must be taken that they do not newly evoke desire which will set Neophyte back.

An organism tends to repeat at an analagous period of life the action of its progenitors.

Thus the age of death averages that of the progenitors.

Exceptions are largely due to accidents, disease etc.

Particles of a body will feel call to dissolution and would obey it.

If this critical point can be passed then afterwards the danger of death would progressively decrease.

For one who is prepared this step can be taken, because grosser parts of body have been eliminated and the Will to live strengthened.

From this time on the course of the aspirant is clearer.

With the growth of etherialization there comes a content for the ordinary things of mundane life.

At the end of the race life cycle the adept is dead in the ordinary sense in that he has released himself of most of gross material particles which are subject to this disruption. In other words he has been dying gradually throughout the period of his Initiation.

The Adept becomes dead to the world's pleasures and miseries so far as sentimentalism is concerned, but not in the sense of Duty.

Wholly other and transcendental domains of experience are his.

There are new desires, new pleasures, new hindrances, new sensations and perceptions.

This is the reason why it is so hard to come in contact with Adepts on the personal plane.

This is the only way to overcome death.

The adept really is no longer in the physical body in which he was born but in his subtle body made concrete enough to function in physical earth atmosphere.

The above shows why those in the world are in a position to do that which adepts cannot do.

By getting rid of idea of individuality, merging Self in Universal Self, becomes bar of steel to which properties of loadstone are added, opening powers hitherto unveiled. Loadstone is anima mundi, Archaeus or Elixir of Life. SD III 387

I wish to bring the message of the important part which consciousness plays in molding the world. We speak of some constructions as imaginary in contrast to the world that is real. But what is this world that is called Real? It too is a world in consciousness. And this world is ever Becoming. Even the world of our earlier science which seemed so solid so brutally and inevitably present is now becoming imaginary in the greater onward growth of knowledge. We can draw no sharp line between the Real and the Ideal. The Key to the mastery of our worlds of things ~~xxx~~ is not to be found in external searchings, save in so far as those searchings serve to facilitate an inner realization. The Elixir of Life is never a product of Chemistry but of Alchemy. Alchemy touches chemistry on one side and Consciousness on the other. But it is in the manifold compartments of Consciousness that lies the Great Key to Mastery of Life.

The World is ever Becoming, hence the seemingly fixed relationships of external thought are also ever-becoming. A never ceasing adjustment in a never-ceasing Motion.

To be Lord over the world of Becoming one must find himself in that which IS. To this level only does the Elixir of Life stand servant.