

THE RENDEZVOUS WITH ETERNITY

Hugh McCague, PhD, FRC



Shirley Jones, Eternity (2005).

The topic “The Rendezvous with Eternity” is befitting to explore around the time of the summer solstice. One reason for this is that the sun is at its zenith and journeying on its longest path in the sky. It is thereby a special and sacred time to experience the invisible or interior sun within each of us.

One of the singular experiences of consciousness of the Cosmic is that it places us en rapport with the Eternal. This realization inspires us to live out the essence of life: to transmute our natures, to do good, to serve, and to unite. In this article, we will apply these keys by conducting a mystical exercise and meditation on the Breath of Life, the baptism of the Vital Life Force, the journey to the Celestial Sanctum, surrender and Cosmic Attunement, radiating love and sending healing forces to all, and the rendezvous with eternity.

First, let us consider some images to prepare us for our mystical exercise and meditation. The first artwork is entitled *Eternity*. This mezzotint was created by the Welsh printmaker, poet, and writer Shirley Jones. It was inspired by the poem “The World” dating from 1650. This poem was written by the Welsh physician and poet Henry Vaughn, the twin brother of the traditional Rosicrucian leader Thomas Vaughn. As twins, they had a deep spiritual affinity. The first three lines of that poem are quite befitting for the spirit of our work this evening:

I saw Eternity the other night,
Like a great ring of pure and endless
light,
All calm, as it was bright...

Often in our lives we may think back to touchstone experiences we’ve had of eternity, the eternal. We have had uplifting experiences of a deep and all-embracing

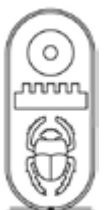


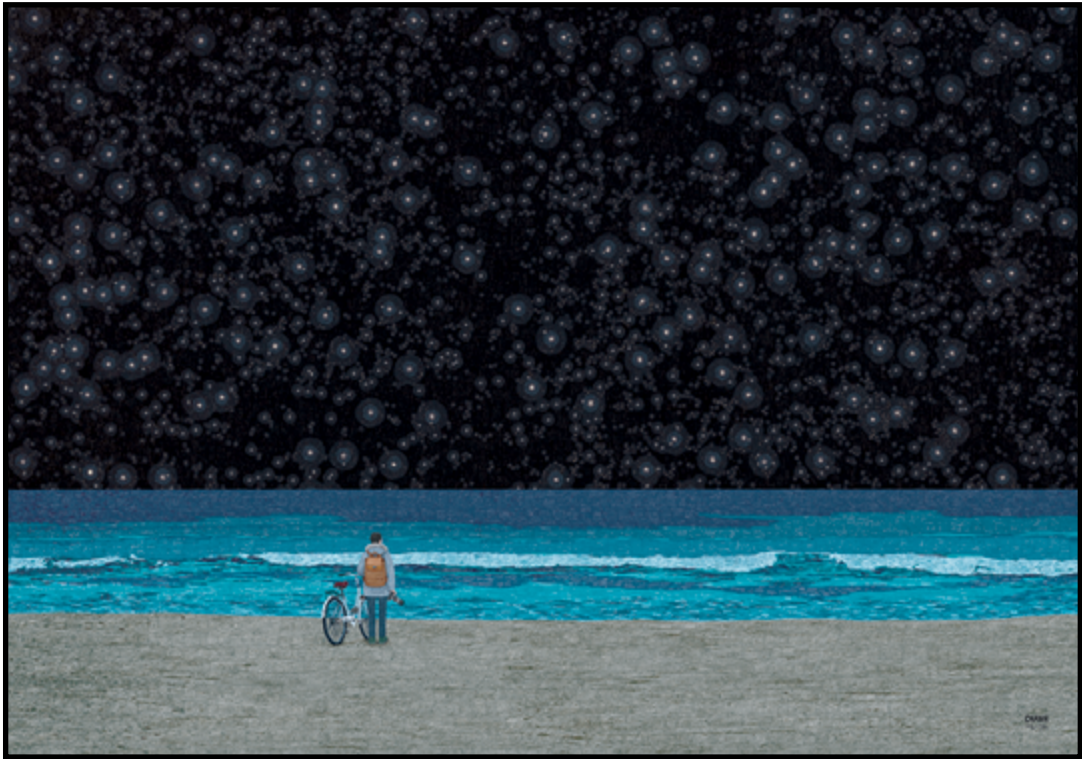
Chanh, Homeward (2018).

sense of love. There is the possibility of experiencing a timelessness, a vastness, and an all knowingness that is life altering. Even the remembrance of such touchstone experiences draws us to the Master Within, the Divine Within. We then apply these central experiences in our lives, they help guide the outer self, and allow the Inner Self to be our true guide in living.

In a similar spirit, we will consider two more works of art. Many readers of these publications probably like to cycle in the

country or hike in a wood or park. We have then the opportunity to have a profound contact with nature. In this regard, let us consider the painting *Homeward* by the Korean artist Chanh. You will find a gently curving path, the evergreens flowing like flames, and the dynamic motion of the white clouds with the geese flying by. We sense all the vibrations, wellness, and energy of the Cosmos. It suggests that moment of moving from the finite plane to the infinite plane when the veil lifts and we see things as they truly are.





Chanh, Starry Time (2018).

Another relevant work by Chanh is *Starry Time*, found on the following page. It depicts, one could say, a celestial interlude. We see a person who stopped to wonder by the shoreline with their bicycle and backpack. We note their camera with the zoom lens. We see the layered foreground and midground with the beach and the waves. In the midground, there is a breaking wave line paralleling the shoreline. There is another approximate line marking the deepening of blue that moves to the horizon in the background. Then our view moves into the blackness and starry vastness of the heavens above. Such occasions and imagery can help us experience a great sense of awe and wonderment when the Inner Self can speak to the outer self and help guide us. We feel that deep inner rightness, a perfect way through life that the Rosicrucian laws, principles, practices, and teachings help us to access.

I invite you to take in these works and their inspiring natures. We will start
Page 40

our mystical exercise now. This extended integrated exercise can be done with pauses in silence and have a total duration of forty minutes to one hour or longer. At points, you may wish to close your eyes in silence for a short time.

Let's take some deep neutral breaths, neither holding the inhalation nor the exhalation. Feel with the incoming of the breath the charge of the Vital Life Force, including its positive polarity, the Cosmic Essence. The essence of life can refer to this Cosmic Essence and the Vital Life Force. Also, if by life we mean our daily lives, the essence of life can be to love, to evolve, and to serve.

With each exhalation, you may wish to prolong it more than the inhalation. This action will intensify the effect and stimulation of the vagus nerve, a large and key part of the autonomic nervous system. This stimulation causes the relaxation response. Being calm is key to our healing and being whole. As students of mysticism, we will spiritualize these actions. The

inhalation and the exhalation are part of the mastery of life. They are part of the vibrations of what the Rosicrucians call the Cosmic Keyboard. Our breathing is a beautiful rhythmic wave action. Let us never underestimate the power of the breath. When we are in challenging situations, extend the exhalation. You will feel that integrative force of the outer self with the Master Within. We will feel our attentional control increasing, which is so important to making decisions. Challenging situations can become valuable opportunities that are all part of learning the great lessons of life.

This balanced breathing charges our body with the Vital Life Force. It also leads us to a slower, more efficient heartrate and optimal heartrate variability. This action balances the dual sympathetic and parasympathetic nervous systems and the great work of the autonomic nervous system as a unity. There is a wondrous tonic effect for us. This breathing also boosts our immune system. It also assists with a freer flow of all the systems and energies in our body. If there's a particular part of your holy temple of the body that is in pain at this time, you may wish to picture yourself as if you are breathing through that part. Just as pains may seem to be fixed in a particular part of the body,

breathing produces a dynamic, flowing energy.

Just continue to let go. In letting go, we will later come back and be more able to learn through the integrative state that the discipline of the breath engenders. We will continue to surrender throughout this mystical exercise of meditation. By letting go we mean releasing, not holding on to any thought or concern. We also mean unblocking, so energy can flow through the holy temple of the body as it is meant to do. This flow can have a great healing effect for us. Letting go also means to let flow, intensifying the movement of the flows in the body including the Vital Life Force.

When we are stressed, the important energy source of the mitochondria begin to leave the cells unable to perform their duty for our bodies. However, as we become calm, they stay in the cells and perform their duty as a great source of energy for the body. This coordinated action is part of why meditation reenergizes us, as well as why it is so restful. In this manner, I think you'll feel increasing a tingling in the holy temple of the body, an enriching and healing sensation, particularly the positive polarity of the life force, the Cosmic Essence.

Let us experience the essence of life. Just continue with this simple exercise of



concentrating on the breath, the breath of life. If you find it comfortable, you may wish to breathe through your nostrils. There's even greater cleaning of the air coming into our bodies as it moves through the nostrils. It also forces us to take deeper breaths, bringing the Vital Life Force deeper and deeper into our lungs, so then they can help recharge the body by the great flow of the blood. The circulatory system was revealed to the world through the traditional Rosicrucian and physician William Harvey. What he was revealing was long known by the Rosicrucian mystics, and the time was ready to reveal it during his age. Continue to feel the great charging of the body as we purify ourselves and prepare to ascend to the heights of the Celestial Sanctum. Our work tonight is one exercise flowing into another as one integrated mystical exercise and meditation.

I invite you now to participate in a very special meditation that was given to us by former Emperor H. Spencer Lewis in his essay on "The Fountain of Youth." The charging and intensification of Vital Life Force allows us to easily realize ourselves



as beings of Light, as spoken of by the traditional Rosicrucian Jacob Boehme. Lewis wrote as follows:

We should attune ourselves with the laws of the universe and the forces of nature, and the Cosmic life force which will fill to its utmost capacity every cell of the body, thus making it grow and prosper in every direction. Each one of us should devote from a quarter to a half hour daily to concentration and meditation for general invigoration and rejuvenation of the body. Think harmony, youth, and beauty; wish them, feel them, knowing that they are the result of eternal laws of life and love expressing themselves through each individual. It is like bathing the human organism in a living stream of life force and if faithfully performed will have results exceeding our expectations. Each cell of the body will experience a greater constructive activity; each organ of the body will perform its duties with an ever-increasing power, thus permitting the possibility of manifesting the activities of the soul. We must always bear in mind that our body is a statue molded and cut by the soul with the chisel of our thoughts. The life force and the universe supplies both the material and the energy which the soul needs to perform the work.

Let us continue to picture this great flowing of the Vital Life Force like a waterfall on us. Feel the enrichment of being bathed in this manner. Just let it happen. Let it unfold, this is the baptism the Vital Life Force.

Let us continue to feel this bathing and the Vital Life Force flowing down on us, enriching, and ennobling. This action is an act of Cosmic attunement, an act of rejuvenation, and an act of purification.

Let us apply an invocation and prayer given by former Emperor Ralph M. Lewis as we prepare to ascend to the heights of the Celestial Sanctum, the great journey to the center of the cosmos:

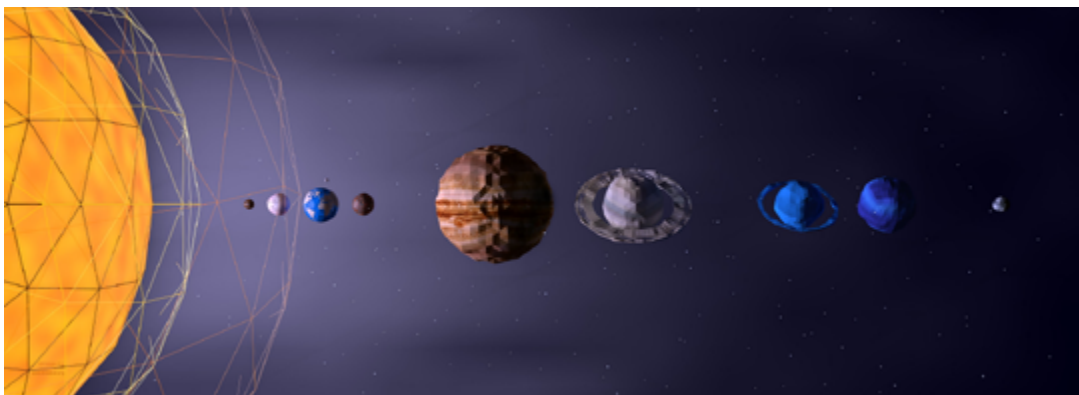
May the Divine Essence of the Cosmic cleanse me of all impurities of mind and body that I may commune with [the Cathedral of the Soul,] the Celestial Sanctum. May my mortal consciousness be so enlightened that any imperfections of my thinking may be revealed to me, and may I be given the power of will to correct them. I humbly petition but I may perceive the fullness of nature and partake thereof, ever consistent with the Cosmic good. So Mote It Be!

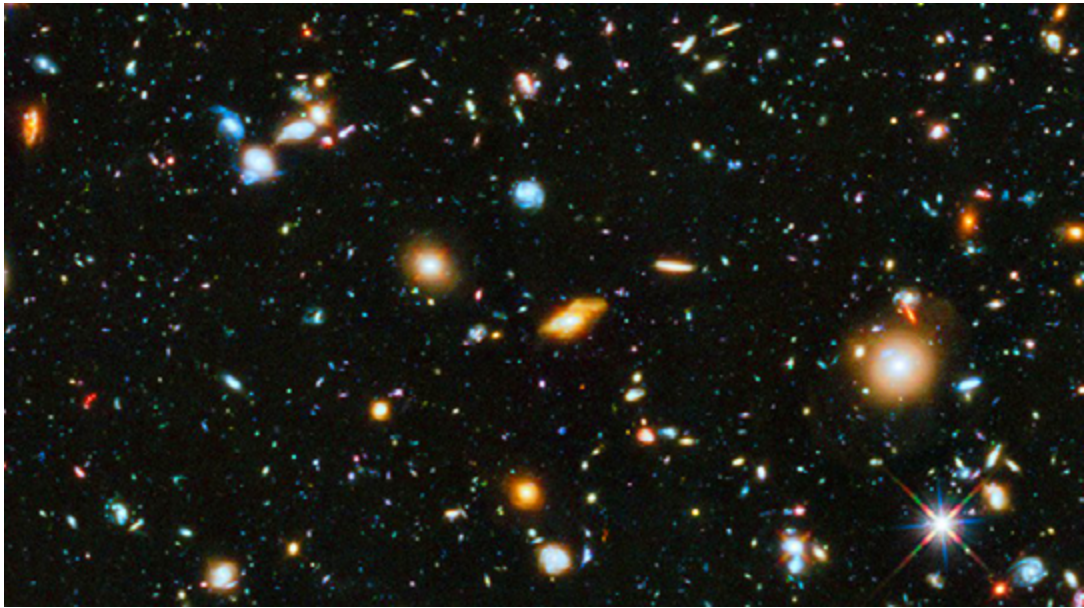
Now, use all your inner psychic faculties and imagination to picture yourself rising up from wherever you're situated. You may be in your home Sanctum, the chair in your living room, or lying in bed. See your home or the building below you now. As you rise, take in your neighborhood. Now, see your city below, and the system and order of the streets. Radiate love and well-being back to all the humans and creatures there. Continue to rise over your city or geographic area. See below you now your county and even your state or province. Enjoy the exhilaration of this ascent as we go faster and faster. Use great inner spiritual force. The Divine Within will assist you. It knows how to do this ascent. It will educate and edify the outer

self in this practice. Just keep rising and take in now your great nation or country. See all its landforms, the farm fields, the mountains, the deserts, the lakeshores, the seashores, the river systems, the high hills, the mountains, the great weather systems, and whatever is applicable to your area. Look below on the beauty of it all. Keep rising to take in your continent and now the entire hemisphere where you dwell, north or south. Start to sense the great rotation of Earth as you see it in its entirety as a beautiful blue jewel. You see the moon revolving about Earth. See the great system and order of the motions.

Just as the moon has its axis, so does Earth, the temple of the Earth. Similarly, our holy temple, the body, has an axis, the spine.

Now, you can look up and see the solar system, the beautiful elliptic orbits revealed to us by the mystic, natural philosopher, and mathematician Sir Isaac Newton. See the great fiery ball of the sun and the nuclear fusion there reminding us of the invisible sun that's within us. This relationship is even more apparent at the time of summer solstice when the sun at solar noon is at its greatest altitude for the entire year and journeys on its longest path in the sky. See now the beautiful rings of Saturn, the huge planet of Jupiter, and all the planets radiating out their psychic forces to us. Let us return those back to them lovingly and gently.





Let us continue to rise faster and faster up through a great spiraling arm of the Milky Way galaxy rotating about its axis. Sensing all the great spins interlocking the structure of the universe, the cosmos. Zoom past myriad stellar phenomena, the black holes balancing the universe, the quasars, the pulsars, the interstellar gas, and the nebulae. See the great rotating action of the Milky Way galaxy, our local home. Rise right out of the Milky Way galaxy as we continue to go faster and faster way beyond the speed of light as we transcend space and time. Move toward the rendezvous with eternity. Look back at the beautiful geometry and action of our home the Milky Way galaxy.

Then look up as we move faster and faster. See other galaxies, some spiraling, and some in other forms, connected by great stellar webs. See the great system and order of it all. Sense the great music and harmony suggested by the Rosicrucian Cosmic Keyboard. In our weekly Rosicrucian studies and exercises, we gradually and systematically learn to attune with all the octaves of Cosmic Keyboard. We learn how to play it, like a great pianist, as needed on all occasions of life as we come into self-mastery.

Rise up higher and higher enjoying the exhilaration of the ascent. This is our birthright. As we move higher toward the center of the cosmos, we move closer and closer to the center of our being, by the Law of Correspondence: “As above, so below.” See the great system and order of all the stars, all the galaxies, all the clusters of galaxies, and the superclusters of clusters of galaxies rotating about their axes.

Sense increasingly the great rotation of the cosmos, the universe, itself on a cosmic axis paralleling our spine again by the Law of Correspondence. This great cosmic axis is symbolized by temples on Earth and is part of the universe as the Temple of the Divine. This great cosmic axis was spoken of by ancient philosophers and mystics down through the centuries. As we move faster and faster, we sense the presence of the great cosmic axis. Move toward its midpoint, the very center of the cosmos.

Rosicrucians use the beautiful term, the Cosmic, to refer to the Universal Intelligence behind the cosmos and imbued in every cell of our body. The Cosmic also refers to all natural and spiritual laws that we learn and apply as Rosicrucian students. In this manner, we become self-masters.

As you come close to and reach the midpoint of the cosmic axis, slow up and dwell there. Take in the wonder of it all, the great celestial music of the cosmos. The full application of natural and spiritual law is all about us and within us.

Following the instructions of the booklet *Liber 777*, let us picture now our Celestial Sanctum, itself a temple within a temple. You may wish to picture an inspiring work of architecture, a sacred space on Earth. Alternatively, you may wish to visualize it as some inspiring place in nature such as a seashore like we saw in the painting with the stars all about, or the beautiful scene in the country with a cyclist, or a high vantage point suggesting the raising of consciousness.

Picture the Celestial Sanctum. Fill in the sights, sounds, smells, uplifting thoughts and feelings, and all the impressions there. Make it real. Make it vital. As we visualize, sense the presence of other seekers, the Grand Lodge Officers, and all the Grand Masters of the Rosicrucian Order, AMORC. Perhaps picture the Imperator conducting a special convocation there with the Grand Masters. Picture other seekers, as well as the visible and invisible Masters with us attuning as one at the center of the cosmos, at the center of our being.

You may wish to picture incense rising suggesting this ascent to the Celestial Sanctum. You may wish to picture beautiful stained-glass windows depicting Rosicrucian laws and principles, edifying, ennobling, and enriching us for the mastery of life. When you have filled in the sights and sounds, both the Inward and outward, dwell for a time in profound peace, or what Rosicrucians call Peace Profound.

At this high point of spirituality, let us apply the Law of Silence and dwell in quietude now. Just continue to surrender and attune with the Cosmic.

Let us now apply a special application of the Law of Cosmic Attunement and the Law of Assumption. To kindle the spiritual fire within us, we may wish to recall an experience we have had of a vast view over a large lake or ocean, an expansive view from a high vantage point, or a period of Cosmic communion. Extend this uplifting sense of expansion to encompass the cosmos. Be the Cosmic. Experience as the Cosmic experiences. Know the Cosmic. Assume the Cosmic now.

Now, let us conduct another spiritual operation of the work and worship of the Rosicrucian Order, AMORC. As we continue to be the Cosmic, let us radiate love and well-being to all those who have petitioned AMORC for health, healing,



and guidance. Let us radiate love and well-being to all those all those you know who need health, healing, and guidance. Let us radiate love and well-being to all sentient beings throughout the cosmos who need health, healing, and guidance. Radiate love and well-being to them from the depth of the Divine Within. Radiate love and well-being to all in need throughout the cosmos. Just let it flow like a great river or a great floodlight from the depths of your being. The Divine Within knows how to do this action. Just let it flow out with a tremendous rapidity. Enjoy the exhilaration of the flow just as we enjoyed the exhilaration of the ascent to the heights of the Celestial Sanctum. Feel the enlivened healing forces of nature within all those who are receiving. At a certain point, the flow of love and well-being will speed up as it reaches those in need. Be assured it's doing its wondrous work. The need is tremendous, but the resource is infinite within us. Let the flow from within continue. It is the work of the Silent Council in conjunction with the Council of Solace of the Grand Lodge, AMORC. This act of service leads to an increased Cosmic attunement and healing effect for us, without expectation on our part. Also, let us feel gratitude for the deepest meaning in life known through this rendezvous with eternity.

The radiated vibrations of love and well-being enliven the healing forces within each recipient. When we find that without any conscious effort on our part that the flow continues from the depths of our being, just continue to surrender and be the Cosmic at the heights of the Celestial Sanctum.

Soon we will formally conclude this period of the work of the Silent Council in conjunction with the Council of Solace,

this work of metaphysical aid, assured that it will continue radiating from us. It's a way of life and part of our mission as we move towards self-mastery, the Rose-Croix state.

Before we formally close the mystical meditation exercise, we will conclude this period of metaphysical aid. Let us say together: If it pleases the Cosmic, it is done. So Mote It Be!

Let us continue a while longer in meditation. Dwelling at the great still center of our being, at the center of the Cosmos, assuming the Cosmic, being the Cosmic. Increasingly surrender. Let us move more into the rendezvous with eternity.

A traditional Rosicrucian, the artist and poet William Blake spoke of sensing heaven



in a wildflower and eternity in an hour in the poem "Auguries of Innocence." In a similar fashion, let's partake of the wondrous music of the Divine based on his poetry. (If possible, play the following piece of music: Bill Douglas, "Heaven in a Wild Flower": <https://billdouglas.cc/circle-of-moons/>.)

Now, we will soon begin our descent from the heights of the Celestial Sanctum. We may wish to have a prayer of gratitude on our lips for this opportunity to be of service and to fulfill our birthright in Cosmic attunement.

Let us take this rendezvous with eternity ever with us, increasingly remembering our true nature and guide in life, the Master Within, one with the One in the mystical union.

Now let us descend from the heights of the Celestial Sanctum. Going back with tremendous speed way beyond the speed of light. Past the superclusters, the clusters of galaxies, the myriad stellar phenomena, nebulae, the black holes balancing the universe, the rogue planets, and the

asteroids. We sense the great and beautiful system and harmony of it, all the work of the Creator.

We see in the distance the Milky Way galaxy. We plunge into the great arm which is our home. Past the myriad stars. We see in the distance the beautiful solar system, our home, the fiery ball of the sun and the beautiful blue jewel of Earth. We come back to the hemisphere where we left off, the continent, our great country or nation, our state or province, our city or geographic area. We can say together a final prayer and invocation: May the God of My Heart sanctify this attunement of self with the Celestial Sanctum. So Mote It Be!

Come down to our neighborhood, home, or dwelling where we left off, back in the room and seat or however you are situated. Feel rested, reenergized, rejuvenated, and remade. We are all the more ready for work and worship and discharging our duties this day.

Video

<https://youtu.be/vv0MzjAraO8>



Bibliography

- AMORC. *Liber 777: The Celestial Sanctum*.
- AMORC. *Liber 888: Council of Solace*.
- B. "Experiencing Cosmic Consciousness," *Rosicrucian Forum* 50.3 (Dec. 1979), 51-52.
- Bernard, Christian. *So Mote It Be!* San Jose: AMORC, 2015. Please note Chapter 12 "Cosmic Attunement." <https://www.rosicrucian.org/rosicrucian-books-so-mote-it-be>.
- Bill Douglas Music. "Heaven in a Wildflower." *Circle of Moons* album. <https://billdouglas.cc/circle-of-moons/>.
- Blake, William. "Auguries of Innocence." 1863. Poetry Foundation. <https://www.poetryfoundation.org/poems/43650/auguries-of-innocence>.
- Hodgkinson, Lynn. "A New Horizon." *Rosicrucian Beacon*. 26.4 (Sept. 2017), 6-8. https://amorc.org.uk/sites/default/files/publications/2017-09_RC_Beacon.pdf.
- Jefferson, Blanche. "A Bit of Eternity." *Rosicrucian Beacon*. 22.3 (June, 2013), 38. https://amorc.org.uk/sites/default/files/publications/2013-06_RC_Beacon_0.pdf.
- Lewis, H. Spencer. "The Fountain of Youth" (Chapter XV). In *Essays of a Modern Mystic*, 64-67. San Jose: AMORC, 1962. A meditation practice is described on pp.66-67. <https://www.rosicrucian.org/rosicrucian-books-essays-of-a-modern-mystic>.
- Lewis, Ralph M. *Cosmic Mission Fulfilled*. San Jose: AMORC, 1966. A meditation practice described by H. Spencer Lewis is quoted on p.182-183. <https://www.rosicrucian.org/rosicrucian-book-cosmic-mission-fulfilled>.
- Lewis, Ralph M. *The Sanctuary of Self*. San Jose: AMORC, 1948. A prayer and invocation are given in Chapter XII, p.89. <https://www.rosicrucian.org/rosicrucian-books-the-sanctuary-of-self>.
- O'Neill, Donna G. "The Celestial Sanctum: Meditation from the Center of the Universe." *Rosicrucian Digest* 68.3 (May/June, 1990), 16-18. <https://www.rosicrucian.org/rosicrucian-digest-archive-1990s>.
- Pingel, Martha. "The Sound of Eternity." *Rosicrucian Beacon*. 17.3 (June 2008), 41. https://amorc.org.uk/sites/default/files/publications/2008-06_RC_Beacon.pdf.
- Patten, Travis. "The Purification of Love: Heavenly Ascent from Plato to Dante." *Intermountain West Journal of Religious Studies* 4.1, 2-45. <http://digitalcommons.usu.edu/imwjournal/vol4/iss1/2>.
- Vaughan, Henry. "The World." 1650. Poetry Foundation. <https://www.poetryfoundation.org/poems/45434/the-world>.

