

butterfly to the tabulated board—for its vibrant colors to slowly decay. Follow the living symbols through the meadows of inner vision as a child delighting in the random colors and smells and sounds of nature. You will find it has an inner logic and structure of its own. The principles of discovery are the same on the inner planes as they are on the outer. Simply observe. What you see and hear may amaze you.

Meditation Posture for Westerners

You may stand in the center of your circled cross and realize it as a point of balance—as a condition to which you should aspire. When you have balanced the elements of your nature as represented by the arms of the cross, then may the rose of the spirit bloom. This is one meaning of the rose cross.

Standing is a valid posture for those of the Western Mysteries; so also is sitting upright in a chair. A position of balanced poise is what is sought. It brings comfort without distraction and can be held, if need be, for a long time. The legs should not be crossed, a position that is physically damaging as well as psychically twisted. If the aura requires to be closed, that is if you wish to remain in communion with yourself, then the hands may be lightly clasped, and the ankles crossed. For general work the hands can either rest on the knees if sitting, or hang by the sides if standing. They can also be used for various gestures, of receptivity, invocation, evocation, banishing, rejection, direction, in ways that are best discovered by trial and error. Do and develop what feels right. That is the key to effective work. In the East much has been written about postures and hand and finger positions. This may be well for those who follow the ways of the Orient, but they do not necessarily pertain to the West.

Humankind, more than is realized, is an expression of that part of the Earth upon which we subsist. A rose of the West should not aspire to bloom like a lotus of the East. Though there may be rare instances of those who have such a personal destiny.

Pictures of Egyptian or Assyrian gods and goddesses give a pattern of postures for the West. A footstool of modest size may be a useful addition to raise the feet so that the thighs run parallel to the floor. Feet on the ground is an important part of Western posture. The destiny of the soul incarnate in the West is control of the physical environment. Mark the word *control* and not *abuse*. That of the Eastern soul is more subjective. There, the feet are best raised above the base of the spine, or closely