

# VITALIS ROSAE CRUCIS: THE VITAL ROSE ON THE CROSS

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*Born in Jessheim, Norway, on August 4, 1963, Soror Söderlund joined the Rosicrucian Order in 1981, when she was still a college student. She was an active member of Mjøsa Chapter when she moved to Onsala, Sweden. Soror Söderlund began her work at the Grand Lodge in 1984 and was installed in the office of Grand Master on September 17, 1994.*

*Most of her time is spent working at the Grand Lodge, leading the daily work, weekend seminars, and degree initiations. Among Soror Söderlund's private interests are Rosicrucian and historical literature, archaeology, long walks in nature, sports, and traveling.*



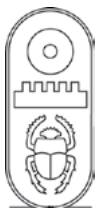
in everyday life, to what extent do we *really* care about the Temple of our Soul? A vital, blooming Rose depends on a vital Cross. That is what this presentation is about.

To focus on the physical, visible, tangible part of us can be a sensitive topic, so please know that every word is said with the deepest respect for all of you. The circumstances, challenges, and opportunities that life gives are unique for each of us. On a psychic and spiritual level we will always be complete. On a physical level you are and will always be perfect, just the way you are.

Let us start where it all began and in our minds go back to the beginning of time, to the beginning of the universe. Science tells us that everything started with the so-called Big Bang. It is believed that in the



Through the Rosicrucian teachings we are naturally focused on the Rose, our Soul personality that gradually unfolds in all its beauty on the Cross, our body, as we spiritually grow through the experiences that life gives us. But the Rosicrucian philosophy also gives us an inspiring understanding of our physical body and the importance of managing this Temple of our Soul given to our care. We learn about the secrets of matter, Spirit, Life Force, and healing techniques, but to what extent do we apply our knowledge



beginning all energy that gave rise to matter gathered in a tiny sphere that suddenly exploded or expanded and the evolution of the universe began. 15 billion years later, this evolution has brought us to what we are, here and now... that was the whole creation explained in 10 seconds, but just imagine...

As mystics we add another dimension though, to this scientific explanation of creation. We ask the questions: What existed *before* the Big Bang—what started it all? You have your own answer, but let us just imagine that there must have been an initial thought, an idea, generated by a Divine Intelligence or a First Cause, that made Light, Life, and Love manifest a physical universe.

Further, it is my conviction that this initial idea must have had a purpose, a goal with the still ongoing creation. What I would like to bring to our attention with these words is that the driving force of physical evolution is spiritual evolution—a spiritual reality that created the physical world as a tool for a higher purpose. *Our* purpose—not anybody else's purpose. You are a Soul that has a body...

Our physical body—the Temple of our Soul—is therefore indispensable. Rosicrucian philosophy emphasizes that our spiritual quest starts with knowledge of matter. To properly understand the metaphysical world, we need to be familiar with the physical world.

So again, as a consequence: A vital, blooming Soul personality depends on how we know our body and how we take

care of our body—through exercise, rest, nutrition, water, fresh air, hygiene...

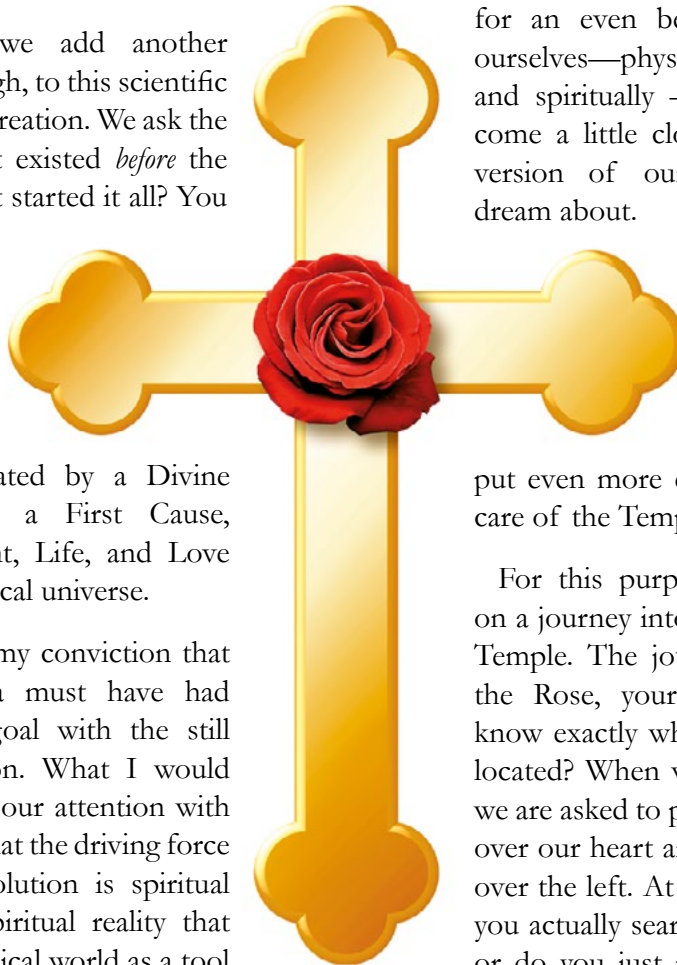
Each of us has our own conditions and possibilities in life—not comparable with anyone else. It is my belief that we do the best we can all the time. Nevertheless we all have the potential of striving for an even better version of ourselves—physically, mentally, and spiritually—we can always come a little closer to the ideal version of ourselves that we dream about.

My humble intention with this short presentation is to be able to inspire you to put even more effort into taking care of the Temple of your Soul.

For this purpose, come along on a journey into your body, your Temple. The journey starts with the Rose, your heart. Do you know exactly where your heart is located? When we form a Lodge we are asked to place the left hand over our heart and the right hand over the left. At that moment, do you actually search for your heart or do you just place your hands randomly on your chest? Can you hear your heart calling: “Hey, I’m here, not there!”

The movements or gestures we are asked to do with our body in a Rosicrucian context are not only symbolical. Or let us say that the *full* effect of the symbolical gesture depends on the exact physical and consciously made movement.

So let us form a *true* Lodge by placing our left hand over the heart and the right hand over the left... and unite with me mentally in the following invocation:



God of my heart, God of my realization, may the journey that I am about to make in the Temple of my Soul connect me with my physical body on even more profound levels and inspire me to take even better care of this home that I am given in life. So Mote It Be!

Now, place yourself in the traditional Rosicrucian meditation position, with your body in a right angle, feet slightly apart from each other on the floor, hands with the palms downward on each thigh. Remember: a physical position like this has a deeper mystical purpose or reason. Those of you who have studied the Second Atrium Degree and remember the symbol of that degree, may reflect upon the special *angled line* that is said to connect the material world to the spiritual world. I do not think I need to say anything more.

While in this position, close your eyes, breathe calmly and deeply, and feel completely relaxed. The journey we are about to make builds on an exercise in the Second Atrium Degree, Monograph No. 7. This experiment takes you through every part of your body and not only stimulates the psychic consciousness of your being, it is also about awareness: you being aware of every part of the Temple of your Soul. Come along with all your attention, compassion, and imagination.

Put all your attention on your feet. When was the last time you said ‘hello’ to these faithful servants of yours? When did you let them out of their shoes so that they could feel the touch of Mother Earth? It is said that the average distance these feet walk with you through a lifetime is four times around Earth. Put all your concentration, all your love on your feet, one at a time. Feel them. Be them.

Move your attention and concentration to your legs with calves, knees, thighs, and hips, the two supporting pillars of your

body that lift you up and carry you through your life. Feel how you give your attention to every cell in the bones, muscles, tendons, tissues, blood vessels, and nerves.

Then continue to the abdomen and concentrate on all its organs. This is where the nutrition you choose to give your body is taken care of—the building material for your Temple. Give thanks to the small miracles all these organs make for you every second of your life. Love them for their service with all your Soul.

Direct your awareness to your chest. Your heart is the hardest working organ in your body. Can you feel how every beat it makes is done in love for you? Also feel your lungs that with a calm, deep rhythm continuously fill your body with the breath of life.

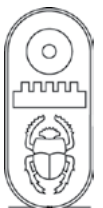
Concentrate now on your back from the lower part of the spine and up to the neck. The spine is the main column of your bodily temple. It is as strong and firm as the Doric Stand that carries the Sacred Flame in the Rosicrucian Temple.

Move on to your hands, wrists, forearms, elbows, arms, and shoulders. Give your attention to these loyal, extremely skilled friends that carry out all your orders without any questions. Feel them. Be them. Love them.

Continue to your neck, throat, and face from your chin to your forehead—this part of you that so beautifully expresses your true personality. Feel the strengthened vitality that your attention creates.

Finally, move your awareness to the rest of your head with its brain, the seat of your mental activity and the center of your nervous system—your door to both visible and invisible realities.

Can you feel the more vivid awareness and conscious presence this short journey



through your body has created? From a mystical point of view this exercise is perhaps the best medicine we can ever give to our body, especially since its only side effects are awareness and Profound Peace.

Move your body slightly, open your eyes, but remain in the same position.

Curious as we Rosicrucians are, have you ever asked why this concentration exercise starts at our feet and moves upward to our head? One way to answer this question is to link the exercise to the 12 psychic centers of our body. In the Rosicrucian teachings only 7 of these 12 centers are emphasized, from the solar plexus up to the pineal gland. Why we “skip” the lowest centers is not because we are too prudish to mention or talk about them... but because the Tradition focuses on those centers that are believed to have a direct connection to our spiritual development. Through this exercise—perhaps the most important that the Rosicrucian Tradition provides—we raise our consciousness gradually through the body *and prepare the temple of our Soul for a spiritual influx.*

That is exactly what we have done, we are prepared. Now close your eyes again if you like and take some deep calm breaths... Visualize you and your vitalized body standing on a hilltop in the most beautiful natural surroundings. Above your head the Sun is shining from a clear blue sky. Imagine that you stretch out your arms, making your body form a cross. You feel free, liberated, strong, and humble—ready to receive a spiritual impulse from the Cosmic—just the impulse you need the most in your life right now. Let us enter meditative silence for a moment to receive this impulse...

Slowly you return to the here and now. In deepest gratitude you feel how the impulse you have received nourishes both the Rose of your Soul personality and the Cross of your body. Unite mentally with me in this closing invocation:

God of my heart, God of my realization, thank you for vitalizing my Cross so that my Rose may blossom in all its beauty, in service to the All, and for the benefit of humankind. I am *Vitalis Rosa Crucis*.

So Mote It Be!

