

Part III

Appendix

These reports can be divided into two sections. The first part presents reports investigating occurrences, and the rest of the reports investigating diseases.

Some of the reports contain considerable analytical explanation. In others, where only the statistics were published, the editors have endeavored to analyze the findings, and these portions are marked as editorial notes so they will not be confused with Elbert Benjamine's writing. For sake of convenience, editorial notes will be in italics. Material published in the reports originally will be in regular type. (Editor)

One Degree Rule Valid for All Progressed Aspects

Charts of operation, with aspect involving Mars within one degree	100 100%
Charts of auto accidents, with aspect involving Mars within one degree	100 100%
Total charts examined	200 100%
Total charts examined with constant within one degree of-orb	200 100%

Analysis of progressed aspects at the time of an event shows which factors are predominant. When the statistical evidence shows a very high rate of prominence of particular constants, we are justified in using those constants to determine probability of future occurrence. In all the charts analyzed, there was no aspect to a constant beyond one degree of orb. Therefore we are within reason to conclude that a one degree orb limit is valid. Because some events occurred at the one degree orb, it is evident that one degree must be allowed.

While personal experience can verify many things, we must accept as statistical proof only those cases which are similar enough in their occurrences to provide positive identification of the factors involved.

The conclusions of the report that follows are integrally related to the foregoing report, since it explains why there had been a few

odd cases of orbs slightly over one degree in the case of Sun and Mars ONLY.

Parallel Proved Important

In the above cases, where the constant (Mars) was out of orb of one degree, there was a parallel aspect within one degree of orb. In the case of honors, where the Sun (the constant) was beyond one degree orb, there was a parallel involving the Sun.

We know the events did happen. We cannot, therefore, ignore what may have caused the event. It is also a fact that the remainder of the charts showed a particular constant or set of constants, AND that the progressed aspect that was the constant was within one degree of orb. Under this overwhelming evidence we must assume that the proposed constants are true for the event or disease. In each case where a deviation from the one degree orb was noted, the chart was examined for parallels involving the planet(s) that was the constant according to the rest of the charts. In every case there was such a parallel within one degree orb. We were thus able to demonstrate, in doing the research, the importance of considering the parallel in a chart. Since parallels add power to the natal planets, ignoring them can lead to misconceptions about the strength and prominence of the planets.

Reinforcement Effect of Minor Progressed Aspects

Accidents	10
Death.....	10
Divorces.....	10
Gains in Employment.....	10
Attainment of Honors	10
Long Journeys	10
Marriages	10
Gains in Money	10
Surgical Operations	10
Birth of Children	10
.....	100 cases

Charts with a minor progression reinforcing a planet which is the constant of the event as determined by research 100 100%

Minor progressed aspects exert a power $1/27$ of the power of a major progressed aspect between the two planets involved in the aspect, as well as $1/27$ the harmony or discord.

But in addition to this independent influence, if the minor progressed aspect is to one of the terminals of a major progressed aspect, it steps up, and thus reinforces the major progressed aspect. So far as the effects are concerned, it seems to operate on the major progressed power as an automobile induction coil does in stepping up the battery current

to sufficient voltage to afford the spark necessary for ignition. And for a major progressed aspect to gain enough power to attract a major event it would seem that it is necessary for it to be thus reinforced by a minor progressed aspect to one of its four terminals, as it is for an automobile to have its battery current stepped up by an induction coil to get satisfactory ignition.

So far as our statistical studies have gone, this reinforcement effect seems to have no influence whatever on the harmony or discord of the major progressed aspect. But it does apparently step up whatever power the major progressed aspect has at that time by the same percentage a similar major progressed aspect steps up the birthchart power of the planets involved.

Because this reinforcement effect so markedly increases the power of the progressed aspect during the limited time the minor progressed aspect is within orb, it seemed likely the major event, whatever it is, takes place on one of these reinforced peaks of power. That this commonly occurs has been observed since the rediscovery of minor progressed aspects in 1910. Therefore, for their research work during the first half of 1947, Elbert Benjamine and W.M.A. Drake decided to find out how often this is the case.

(What follows in the next paragraph is a summary of the statistics. Most of the original statements repeat themselves)

Each of the 10 events and in each chart of each event series had a major progressed aspect to the constant or constants, and each of them was reinforced by a minor progressed aspect.

Each of a hundred different diseases, at the time it had developed, had the major progressed aspects which are the constants for the given disease--often several constants for a disease-- and each of these major progressed aspect constants at the time the disease developed was reinforced by a minor progressed aspect.

One day of major progression time is equivalent to one year of calendar time. As the day of major progression time is measured by the interval between two successive transits of the Sun over the meridian, major progressed aspects are timed by the apparent movement of the Sun.

One astrological month of minor progression time is equivalent to one year of calendar time. As the astrological month of minor progression time is measured by the interval between two successive transits of the Moon over its birth-chart place, minor progressed aspects are chiefly timed by the apparent movement of the Moon.

Symbolically, the Sun is the father and the Moon the mother "male and female created He them". In higher forms of life it requires the union of male and female to bring forth offspring. The Hermetic Axiom, "As it is above, so it is below," is thus verified still further by the finding that both Sun measured progressed aspects and Moon measured progressed aspects influencing ALL its progressed constants join to give birth to a major event.

From the statistical findings we are now justified in formulating the following:

RULE: The major progressed constants of an event or disease are always reinforced by a minor progressed aspect heavier than from the Moon to one of its four terminals at the time the event occurs or the disease develops.

Astrologers will at once recognize the great importance of this rule. It will enable them to eliminate the possibility of a given event or the development of a given disease, even during those periods when the major progressed constants are within orb, except during those limited periods when ALL these major progressed constants are reinforced by minor progressed aspects.

It will enable them more precisely to time indicated events; for the event will occur on one of the peaks of power indicated when ALL the major progressed constants are reinforced by minor progressed aspects.

It will greatly aid in rectifying charts; because the chart when correct will have not only a major progressed aspect to the ruler of the house mapping the department of life affected by the event, and the other major progressed constants of the event-- often involving the rulers of several houses-- at the time each event occurs, but as an additional check, the major progressed aspect indicating the event in each case, if the chart is correct, must be reinforced by a minor progressed aspect. If the ruler of the house mapping the department of life affected by the major progressed aspect, and each of the other major progressed constants, are not reinforced by a minor progressed aspect at the time of the event the house positions of the chart are in error.

There are still other important applications of this rule, but undoubtedly its greatest usefulness is in the selection of the best time to do things. Commonly, minor progressed aspects last only a short period. Therefore, during the time a major progressed aspect is within orb of influence, it is usually possible to select several short periods during which no minor progressed aspect to any of its four terminals reinforces it. If one were compelled to do something hazardous, such as take a dangerous trip, during the time there was a major progressed affliction involving Mars, if one selected a time when this major aspect was not reinforced by a minor progressed aspect, the danger would be reduced, if not to nil, at least to a minimum. Thus far we have found no accidents unless a major progressed aspect involving Mars was reinforced by one or more minor progressed aspects.

On the other hand, if one wished to do something at a time when it was essential to get all the benefit possible from a harmonious major progressed aspect, one could select a time when several minor progressed aspects were reinforcing the major progressed aspect. Often it is possible to find a short period during which the reinforcements give the major progressed aspect several times its normal peak power. The power to bring the desired event to pass during such a short period would consequently be several times as much as when no reinforcement was present.

The Trigger Effect of Transits

The most controversial of all astrological subjects relates to how much dependence can be placed on transit aspects. If an orb sufficiently wide is allowed, a transit aspect can be found that can be made to appear to account for every event of life. But when so wide an orb is used, some such transit aspect is present at all times, and there is nothing which clearly shows which of these numerous transit aspects indicates an event and which do not. Under such circumstances the astrologer who has active extra-sensory perception is able to pick the one which will coincide with an event. But those who rely exclusively on the aspects cannot do so, for while events do often coincide with transit aspects to birth-chart positions, innumerable transit aspects to birth-chart positions occur which do not coincide with any significant event.

The Church of Light has never maintained that transit aspects had no influence, but it has taught that their importance has been greatly overestimated by some. We have no desire to be dogmatic on this or any other subject; but as we have done a vast amount of research on it, including a little which will be mentioned in this report, we believe this is the time to make clear our present position on this and several other astrological matters.

After testing it out for fifteen years, the Hermetic System of Progressions was published in 1917. Since then its reliability has been demonstrated not only by a great number of professional astrologers, but by thousands of students who since that date have attended Church of Light classes.

Because statistical analysis of thousands of charts progressed to the time of an event indicates there is no need to consider them, the Hermetic system pays no attention whatever to the part of fortune, moon's nodes, progressed minor house cusps, or the Arabic or so-called sensitive points.

Both in the birth-chart and by progression it confines its attention exclusively to the positions of the ten planets, the midheaven and ascendant. For predicting by natal astrology the events probable in an individual's life, it pays no attention to the cycles or other such charts, but confines itself exclusively to major progressions, minor progressions and transit progressions.

Statistical analysis of thousands of charts progressed to the date of some important event taught us long ago that an event of importance occurs only when there is a major progressed aspect, within one degree of perfect, involving a planet the nature of which is characteristic of the event and a planet ruling the house of the birth-chart governing the department of life affected by the event.

Because sufficient attention was not given to parallel aspects, we were inclined to believe that events indicated by progressed aspects involving Sun or Mars occasionally occurred when the aspect was as much as a degree and a half from perfect. But the findings...show this is not the case. (*See 1st report in appendix.*) And it also indicates that before

pronouncing judgment that a certain event cannot take place because there is no aspect involving the planet characteristic of the event, not merely the zodiacal birth-chart and progressed positions of the planets, M.C. and Asc. must be considered, but that careful attention must also be given to the birth-chart and progressed declinations of all 12 positions to find if a parallel aspect has been formed by progression, within one degree of perfect, involving the planet under consideration.

In Astrological Report 59 (*See immediately prior report in this appendix*) indicated by statistical studies that minor progressed aspects have an independent effect, attracting minor events, and also a reinforcement effect through which they increase the power of any major progressed aspect, a terminal of which is involved. And now we find that transit aspects also have two distinct types of influence. The independent power and harmony or discord of a transit aspect tend to attract conditions or an event of inconsequence consistent with this power and harmony or discord. But in addition to this independent power and harmony or discord, transit aspects exert a trigger effect.

In 1947 Elbert Benjamine and W.M.A. Drake researched the part played by transit aspects in both major and minor events.

They calculated the transit aspects in 100 charts, for which the precise day the event took place was known, for which they had already calculated the reinforcing minor progressed aspects; and they also calculated the transit aspects in 100 charts for the precise day a wide variety of minor events took place. And it was found in each of these 200 events that on the day the event took place there was a transit aspect heavier than the Moon to one of the four terminals of each reinforced major progressed aspect indicating the major event, or to one of the birth-chart or major progressed terminals influenced by the minor progressed aspect indicating the minor event. From these statistical findings, we are justified in formulating the following:

RULE: Each reinforced major progressed constant of an event or disease is always released by a transit aspect heavier than from the Moon to one of its four terminals at the time the event occurs or the disease develops. And an independent minor progressed aspect is always released by a transit aspect to one of the birth-chart or major progressed terminals influenced by the minor progressed aspect at the time the event takes place.

If a match is lighted in a room filled with cooking gas, neither the power of the explosion nor the resulting destruction is commensurate with the limited energy of the match. The power was there, and the flame of the match merely released it. The power which projects a bullet from a gun does not lie in the trigger nor in the finger which presses it. The power is in the powder. That power is released when the trigger is pressed. Until the trigger is pressed the power is not released. And we now have adequate statistical data indicating that transit aspects have very little power in themselves, but that they exert a trigger effect which tends to release the power of reinforced major progressed aspects, and also the power of independent minor progressed aspects.

It will be apparent now why some think transits so powerful. There is always a transit aspect within one degree of perfect involving the planets having an influence over important events. However, those who ignore major progressed aspects, on an average miss one-half of such significant transit aspects; for the transit to the major progressed position of a planet is as powerful as a transit to the birth-chart position of the same planet. The main point is, however, that no transit aspect coincides with an important event in an individual's life unless at the SAME TIME there is a major progressed aspect involving the aspected planet which is reinforced by a minor progressed aspect involving one of the four terminals of the major progressed aspect.

To sum up the whole matter, nearly half a century of observation, and more than a score of years of Church of Light statistical research, convinces us that for major events primary reliance should be placed only on the major progressed constants of the event. Minor events take place only during the periods indicated by minor progressed aspects, and major events take place only during peaks of power indicated by minor progressed aspects which reinforce ALL the major progressed constants of the event. And the actual event takes place only when this re-enforced power is released by the trigger effect of transit aspects to one of the terminals of ALL the major progressed constants of the event.

Judging the Winner of a Contest By Horary Astrology

Charts asking a winner 100 100%
 Charts indicating winner
 by method following 75 75%

The 100 football games about each of which the question was asked if a certain team would be the winner, were each played during 1947 and 1948 subsequent to the time the question was asked, the chart erected, and judgment passed as to whether or not the team mentioned would win.

Before a final report can be made on the best method of picking the winner of a contest by horary astrology, the 100 charts erected for the time it was asked if a certain team would win should each have the total number of harmodynes of the tenth house calculated and the total number of discordynes of the tenth house calculated, to ascertain in how many instances in which the tenth house had more harmodynes than discordynes the team about which the question was asked actually won. But to make so many calculations is a big task.

Therefore, working with a less precise, but quicker and easier method, we calculated astrodynes of all aspects involving the M.C., planets in the 10th, and the ruler, or rulers, of the cusp of the tenth (the ruler of the cusp of a house has 1/2 the power over the house it would have if actually in the house) We then added the astrodynes of all the harmonious aspects thus influencing the tenth house, and added the astrodynes of all the discordant aspects thus influencing the tenth house. If there were more harmodynes than discordynes, we judged the team asked

about should have won. But if there were more discordynes than harmodynes, we judged the team asked about should have lost.

We have no interest in gambling, for gambling encourages the highly pernicious desire to get something for nothing, which is more pernicious in gambling because what is gained for nothing is at an equivalent loss to someone else. But it is often highly constructive to be able to determine in advance which country will win a war, or which party will win an election.

100 charts relating to the winner of a football game were used in this report. In addition, further studies were made of a large collection of horary charts relating to other questions. And these studies together with those of the football charts, brought out some important findings.

As stated on page 101 of lesson No. 89 of the Brotherhood of Light Course on Horary Astrology: "Nevertheless, because horary astrology depends upon a mental reaction to a condition existing in the unseen world, it is essentially not so much an exact science as a method of divination."

There is no intention here to disparage divination, for through proper methods of divination a wealth of accurate information can be obtained. By use of Translation of Light, and Collection of Light, much can be told about whether or not an event will come to pass, and in this method of divination the chart should not be read if the figure is not Radical, and the matter seldom comes to pass if the Moon is Void of Course.

But our research has convinced us that a mental event, if it is the formulation of a definite and precise question about one single matter in which the person asking the question is deeply interested, and has a strong desire for an answer, is subject to the same astrological rules that apply in natal astrology. While the question is being formulated the mental event is under gestation, even as a child undergoes a period of gestation. When the question is manifested externally, by being asked, it moves from the mental world to the physical world, even as a child at birth moves into the external world from the womb of its mother. Thus from an astrological point of view, the birth of a question or an idea, is the moment when it is expressed verbally or in writing.

A chart erected for the time when such a mental event is born will reveal as much about it--as we have found through a study of a great many horary charts erected in the past for which we have made a notation of what actually took place relative to the matter asked about--as the chart of a child will reveal about its character and what will happen to it. And, within the time limit of the chart--its life--the progressed aspects will indicate what will happen and when it will happen in precisely the same way, and by exactly the same rules, as they will indicate what will happen to an individual, and when it will happen.

In a horary question, it is essential that the individual shall have an intense desire to know the answer about some one thing. More than one question asked at the same time brings a multiple birth of mental events, resulting in imperfect births. If there is not an intense desire to

know the answer, the mental event does not have sufficient vitality to live, and therefore the expected results are not apt to be realized.

If the individual asking the question is interested in it because of the influence of the result upon himself, he is represented by the first house. But as this is not divination, but scientific astrology, unless the Moon is in the first or rules the cusp of the first, it is no more the co-ruler of the querent than it would be if the horary chart were his chart of birth.

If the individual asks what will happen to someone else -- even if this other person be a friend, or partner, or relative, or father or mother, or child--and the interest is not in how the condition or event asked will affect the individual, but the interest chiefly is in what will happen to the other person, or group of persons, or nation, or what-not--the person asking the question steps entirely out of the chart, and the first house represents the person or group or nation, about which the question is asked, and about whom the interest of the question is then focused.

Then, using the first house as representing the individual or group--whether it is the person who asks the question, or someone asked about--about whom there is interest in how he or they will be affected, the whole chart is read as if it were a birthchart. In asking about some possible future event, it is good practice to place a time limit on the life of the chart. What will happen 50 years hence is seldom significant in a horary chart, for the matter asked about will probably be no longer of significance in a few years, or perhaps even in a few months. If a time limit is placed by asking, Will this come to pass within a year; this gives the chart a lifetime within which the question will be answered, and thus assist in gaining precision.

In such a birth-chart of a mental event, the first house indicates the person about the effect upon whom there is chief interest. The second house indicates financial matters relating to him, the fifth house his children and speculation, the ninth represents the influence of the court, publishing, or long journeys, the tenth his job or business, etc. And both the mental birthchart and the progressed aspects are read as if it were a natal chart.

We have found it a mistake to ask a question with alternatives. It confuses the issue to ask, Will I do better where I am, or better by moving to a different city. Instead, the question should be asked about the thing in which at the moment there is most intense interest. If the chief interest were in moving the question should be asked, Will I do better by going to such and such a locality? Then the chart should indicate what the fortune would be in all departments of life if such a move were made. However, if the chief interest were in staying in the present locality, the question should be asked, How will I get along by staying where I am? Then the chart should indicate the fortune in all departments of life if no move were made.

We are suggesting to no one they discard the divinatory method of horary astrology, which has been in successful use over so many years.

But we do suggest that you try out the method presented here also; for in our research work we have found it gives more precise results.

Applying this method to the 100 football game charts, we have found that in games in which there was little interest, the result obtained in picking the winner was just about what would be attained through chance. But where there is much interest, the question should be asked relative to the team which one desires to win, or about which at least, there is the most interest. Do not ask, Will such and such a team beat such and such a team? Instead, ask, Will such and such a team be the winner? Or in the case of an election, do not ask, Will Truman or Dewey win the election? Pick out the man you want to win and ask only about him. Ask, Will so and so win the election?

In winning a game, a prize fight, or an election, the main objective is the honor thus to be gained, although money or other considerations may be of secondary importance. Therefore the success likely to be attained is judged by the harmony of the house of honor and business (tenth).

Thoughts Which Prevent Automobile Accidents

People who had automobile accidents ...	100	100%
Charts with Saturn prominent	96	96%
Charts with Mars prominent.....	93	93%
Charts with Uranus prominent.....	91	91%

Progressed Constants

Charts with progressed aspects (aspects made by progressed Moon ignored) calculated for date of auto accident	100	100%
Charts with progressed aspect involving Mars	100	100%
Charts with progressed aspect involving Mercury	100	100%
Charts with progressed aspect involving ruler of the third house	100	100%
Charts with progressed aspect involving Saturn	99	99%
Charts with progressed aspect involving Uranus	99	99%

Major progressed aspects, minor reinforcement aspects and transit aspects were calculated and tabulated.

Although it is to be hoped we have learned much in the intervening years since Astrological Report No. 14--When Do People Have Accidents?--was published, what was said there has been verified by a vast amount of subsequent astrological observation:

"The first thing that strikes one investigating the subject is that in the birth-charts of people who have accidents Mars, Saturn and Uranus are unusually prominent....Any one of these three planets prominent

tends to attract accident. When two or more of them are prominent in the chart the tendency to accident is still more marked. The more prominent they are, and the more heavily afflicted, the more certain to attract accident, and the more severe the accident. That is, I believe we are safe in judging the liability of a person to accidental injury by considering the prominence and afflictions of Mars, Uranus and Saturn in the birthchart."

"Of the progressed aspects, the aspects to Mars, especially the afflictions to Mars, seem most to attract accidents, those to Saturn seem next in power to attract accidents, and those of Uranus only a little less powerful than those of Saturn. This does not signify that accidents result each time an affliction to one of these malefics occurs by progression. If the birth-chart does not have the planet thus aspected prominent, the progressed aspect is not likely to bring any serious accident, and perhaps no accident. But if the malefic is prominent in the birth-chart, the danger is greater."

As was then pointed out in Report No. 14 on accidents in general, if the person is injured--which was the case in all 100 covered by that report--there is a progressed aspect at the time heavier than from the Moon involving the ruler of the first house. But in the present report, while in some instances the person was injured, or even killed, in other instances the person injured someone else, killed someone else, wrecked his own car without damage to himself or anyone else, damaged some other car or person, or was merely riding in a car which suffered damage, with no damage to himself and no responsibility for what happened.

The birth-chart constants of accidents, whether to one's person or possessions, or being involved without damage to one's own person or property, are Mars, Saturn and Uranus. The more prominent and afflicted they are the greater the predisposition toward accidents.

The progressed constants of accidents, whether to one's person or possessions, or being involved without damage to one's own person or property are aspects, especially afflictions, involving Mars, Saturn, and Uranus, with special emphasis on Mars. One does not have an accident of importance except when there is a major progressed aspect heavier than from the Moon involving Mars. And if at the same time there is a progressed aspect involving Saturn and one involving Uranus the probability of accident is increased.

But when the accident involves an automobile -- whether getting knocked down by one while crossing the street or while riding a bicycle, or being in an auto driven by another, or having one's car smashed by another car, or doing damage to another's person or property while driving one's own car--there are always two other constants.

Mercury is the planet of travel. The third house is the house of short journeys. In all 100 instances analyzed and studied some automobile was in movement, and thus traveling when it became involved in the accident; and there was a progressed aspect involving Mercury, and a progressed aspect involving the third house.

Precautionary Actions

If it were not that so many of us are dependent upon autos to get us to and from work, and that to do necessary shopping we must cross streets where autos travel, or stand in safety zones where autos pass to catch street cars, an effective precautionary action during the time we have a progressed aspect to each of the progressed constants for auto accident would be to stay clear of autos and auto travel. But about the best most of us can do during a period while there is a major progressed aspect involving Mars is to take as little risk as possible except when there is no minor progressed aspect involving any of the four terminals of any major progressed aspect involving Mars; and if there is a major progressed aspect involving Mars being reinforced by a minor progressed aspect to one of the four terminals, to pick within this period a time when none of the four terminals of any major progressed aspect involving Mars receives a transit aspect within one degree of perfect.

However, the power which actually attracts the accident is the psychokinetic activity of the thought-cells within the finer form. Change their desires and the events attracted will be different. To change the desires of the thought-cells mapped by Mars, instead of permitting thoughts of anger, irritation, haste or strife, we should channel our thoughts into deliberate, thoughtful and constructive (a Mars outlet) channels. And as the domestic (Moon) thoughts are natural antidotes, we should keep our minds, and direct our energies, as much as possible toward helping or taking care of those too young or otherwise unable to look after themselves. Mars energies thus expended leave that much less to attract accidents.

To get the Saturn thought-cells directed to something more profitable than accident, affection should be cultivated, and harmless social activities should be sought. When the hard selfishness and cold calculation of the Saturn thought-cells are thus dissolved, they will work for better fortune.

Thoughts Which Prevent Influenza

People who had influenza	100	100%
Charts with Mars prominent.....	97	97%
Charts with Neptune prominent	94	94%
Charts with Mercury prominent	86	86%

Progressed Constants

Charts with progressed aspects (aspects made by progressed Moon ignored) calculated for date influenza developed	100	100%
Charts with progressed aspect involving Mars	100	100%
Charts with progressed aspect involving Mercury	100	100%
Charts with progressed aspect involving Neptune.....	98	98%

Any progressed aspect involving Mars brings strife, haste and increased expenditure of energy. The Mars thought-cells respond to the inner plane weather by using their psychokinetic power to attract strife, and through over-expenditure to deplete the chemicals with which the body fights invasion. The strife attracted may be due to the aggression or resistance of physical objects resulting in accident. It may be conflict with another person, the anger or fear coincident using up cortin and adrenalin. Or it may be the invasion of the body by microorganisms.

Even as when the outer-plane weather is unduly hot its effect can be markedly counteracted by electric fans or air conditioning, so also the hot Mars inner-plane weather can be markedly counteracted by soothing thoughts of the Moon type. Excitement of any kind tends to release and use up the adrenalin supply. To prevent influenza, and to hasten recovery from it, anger, fear, worry and excitement should be avoided. Instead, thoughts, feelings and actions designed to help the weak and relieve the suffering of the unfortunate should be cultivated. If such domestic thoughts are persistently used to displace thoughts and feelings of lust, anger, irritation, antagonism and haste, they will do much to modify the heat of the inner-plane weather, and to cause the Mars thought-cells to use their psycho-kinetic power for constructive, instead of destructive, purposes.

Any progressed aspect involving Neptune increases the imagination, increases the sensitivity, and attracts schemes. The Neptune thought-cells respond to the inner-plane weather also by using their psychokinetic power to attract poisons and to develop negativeness. They tend to exhaust the supply of parathyrin, on which the body depends to handle the calcium which neutralizes the influence of sodium and other elements in their tendency to irritate the nerves and make them unduly sensitive. And they tend to over stimulate the secretion of the pineal hormone, which depresses the secretion of both cortin and adrenalin and encourages a negative condition of mind and body.

Harmonious, practical, logical, orderly Saturn thinking is beneficial in dissipating the foggy Neptune inner-plane weather. But sunshine is also needed. In addition to harmonizing the thought-cells so they will desire to work for more beneficial conditions, the negativeness they encourage must be overcome. This may be done by developing the habit of calm yet positive and assured thinking and feeling as is naturally the expression of vigorous and harmonious Sun thought-cells. To overcome negativeness it is necessary to insure that the energies flow outwardly, instead of permitting them to move in upon the self.

People seldom contract influenza, even when associating with those who are ill from it, except when they are physically over-tired, mentally depressed or otherwise negative. To keep positive, the Sun attitude should be cultivated and maintained that any situation which may arise will be competently handled, that there is power to overcome any difficulty that may be present through constructive effort, and that one is significant in the general scheme of things.

Any progressed aspect involving Mercury affects the mental inter-

ests, the facility or accuracy of expression, and increases the cerebral activity. The chief part the windy inner-plane weather of Mercury plays in influenza seems to be that it so disturbs the respiratory and intestinal tracts, which Mercury rules through its signs Gemini and Virgo, that infection can there easily get a foothold. To counteract this windy inner-plane weather--much as one might move behind a shelter to avoid outer-plane wind--harmonious Jupiter thinking should be cultivated. Especially when the commonly present over cerebral activity starts, it should persistently be replaced by jovial optimism, trust in a higher power that all will turn out well, or by prayer, devotion and thankfulness to the Almighty.

As outer-plane conditions are about equally effective in determining what happens to an individual, a blood stream lacking in invasion fighting chemicals or loaded with impurities encourages influenza. Thus both in preventing it and in getting rid of it diet is important.

The influence of Neptune is to depress the secretion of adrenalin and cortin, and the influence of Mars is to overextend such of these infection fighting chemicals as are manufactured. To keep the parathyrin supply normal the diet should contain vitamin B-1 and vitamin D. To enable parathyrin to stabilize the nerves and combat negativeness, the diet should contain calcium. But in particular the diet should be such as to afford vitality and a slightly alkaline blood stream.

So long as the blood stream is slightly alkaline and the vitality high the influenza virus cannot get a foothold. When it does succeed in invading the body, adrenalin and cortin fight it and try to neutralize its toxins, which are acid. If there are other acids in the blood stream they must use part of their supply in neutralizing these, reducing their efficiency to oust the disease.

Exertion of any kind increases the toxins in the blood stream and thus retards recovery. Rest is thus imperative. Fruit juices and vegetable juices should be the only food until recovery is well on its way. These juices build up alkaline resistance in the blood stream and thus help neutralize the toxins. In Spanish Influenza any coarse food often penetrates the walls of the intestines. This caused the death of many in the epidemic of 1918.

Thoughts Which Prevent Heart Trouble

People who had heart trouble	100	100%
Charts with Mars prominent.....	98	98%
Charts with Sun prominent	96	96%
Charts with Venus Prominent	93	93%

Progressed Constants

Charts with progressed aspects (aspects made by Moon ignored) calculated for date heart trouble developed.....	100	100%
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Charts with progressed aspect involving Sun	100	100%
Charts with progressed aspect involving Mars	99	99%
Charts with progressed aspect involving Venus	98	98%
Charts with one or more heavy discordant progressed aspect	100	100%

The Sun rules the heart; therefore it is not surprising the thought-cells it maps are always involved in heart difficulty . Two hormones of the front pituitary gland respond to Sun thought-cell activity, one of which stimulates the thyroid gland and otherwise contributes to the transformation of energy necessary for sustained effort, and the other of which stimulates the adrenal cortex and thus with that gland determines the presence of courage. The thyroid gland also responds to Sun thought-cell activity.

But the thyroid gland responds with even greater alacrity to Venus thought-cell activity. It is the gland of energy production, and has a direct effect upon the speed of metabolism. The more of its secretion, thyroxin, there is in the blood, the more fuel is consumed and the faster one lives. And the faster one lives, the more work the heart must do. Through their power to release thyroxin, and thus affect the amount of work the heart must do, both the Sun and Venus have a direct relation to heart difficulties.

Mars rules the muscles, and as the heart is the most important muscle of the body, it is influenced by Mars. But also two other hormones of energy production are released by Mars thought- cell activity, adrenalin, the hormone of emergency energy, and cortin, the hormone of courage.

Under discordant or excessive Sun emotions or discordant or excessive Venus emotions thyroxin is poured into the blood stream. This tends to cause the arterial blood vessels to contract, hindering the blood flow and making the heart endure more labor to keep up the circulation. Cortin, which responds directly to Mars thoughts, and adrenalin, which is secreted under thoughts of anger, irritation, the feeling of rush, worry, anxiety or fear, contract the arterial blood vessels and raise the blood pressure even more violently than does thyroxin. During the time they are in the blood in excessive amount they place a greater strain upon the heart than does thyroxin.

There are various types of heart trouble, some of which have additional constants. But Sun, Mars and Venus are constants in all types, as the table shows.

One of the commonest forms is that which accompanies hypertension (high blood pressure) as above indicated. In addition to the three mentioned hormones, pituitrin, from the back pituitary, secreted over-abundantly in emotional disturbances affecting family life (Moon), also contracts the blood vessels, except those of the kidneys. And an acid

blood stream irritates the lining of the vessels causing them to contract. With age chemical imbalances may cause their walls to become coated with calcium and other deposits, making them brittle and raising the blood pressure. Other hardening of the arteries, through reducing their elasticity, also may raise the blood pressure.

In heart trouble due to high blood pressure, which is the most common type, the heart works itself to death endeavoring to force the blood through resistant arteries. It thus wears itself out and collapses.

Coronary occlusion, or thrombosis, is another form of heart trouble. A clot forms on an artery in the heart, or moves there from some other region, and increases in size until it blocks the flow of blood. 20% of the people to whom this happens die within a few hours. In other instances the clot moves on, but usually scar tissue forms which decreases the efficiency of the heart.

Rheumatic heart, which so often leaves a murmur, is due to the infection of the heart muscle by the organism which causes rheumatic fever. It attacks the heart, destroying considerable muscle and injuring the valves. With defective valves, the heart has to work too hard to keep the circulation normal, and may wear out and collapse.

Hardening of the arteries causes them to become smaller and less elastic. Unless the blood is raised to compensate for the smaller aperture through which the blood must move, not only other organs, but the heart also, receives too little nourishment. Thus starved, scar tissue forms in the heart and cuts down its effectiveness.

I suppose I should also mention the common term angina pectoris. This consists of stabbing pains which indicate the heart is not getting enough blood. But instead of itself being a specific disease, it is a symptom which makes known a condition of the heart which may result from any of the four heart diseases mentioned.

Precautionary Actions

More people die of heart trouble than any other disease. About half a million Americans die of it every year. According to the American Heart Association, Inc., three times as many people die from heart trouble as from cancer, and eleven times as many as from tuberculosis. In 1948, it stated that 3,700,000 Americans were victims of heart disease.

In addition to the three constants of heart trouble shown in the table, Saturn is involved when Rheumatic fever develops, and either Neptune or Pluto, and usually Jupiter also, when there is an occlusion. And for those predisposed to these types of heart trouble the mental and physical diets also should be used which are the precautionary measures for afflictions involving these planets.

But for heart trouble in general, it is clear enough that the physical diet should be such as to keep the blood stream properly alkaline--for acids in the blood cause the blood vessels to contract--and that it should not contain too rich foods or too much fat to coat the blood vessels with

small globules, and thus hardens them. The blood vessels should be kept elastic, so the heart will not be overworked in forcing the blood through them.

The diet should contain the Sun requirements; iodine for the thyroid, and manganese, vitamin B complex and vitamin A. It should contain the Mars requirements, to keep the muscle healthy and to keep it from being undernourished through impoverished blood. These requirements are Vitamin A, vitamin B-1, vitamin C, iron, not too much protein, but ample variety of protein. And it should contain the Venus requirements; vitamin A, iodine for the thyroid, copper for the blood and vitamin E.

Abig controversy is now raging within the medical profession. Some claim vitamin E has done wonders for heart patients. Others hold the power of vitamin E is purely psychological. Three doctors in Canada have treated 4,000 heart patients with vitamin E, and point to hundreds of them restored to health. Many doctors in the U.S. have reported wonderful results from the use of vitamin E by their heart patients.

Just how this controversy will end is at the moment difficult to judge. But in nearly all the functions in which either Mars or Venus takes part the other in some manner cooperates. Vitamin E is the most important Venus vitamin. It is believed to exercise control of oxidation of the tissues. And as both Venus and Mars are constants Of heart trouble, it seems the part of wisdom for those with a predisposition to heart difficulty, and those suffering from it, to see to it that they get abundant vitamin E.

Of course, physical foods are only the minor half of the problem of preventing heart disease. The major half of the problem lies with the inner-plane, or thought foods.

As emotional excitement of any kind tends to release one or more of the hormones into the blood which contracts the blood vessels and thus causes the heart to overwork, calm and harmonious thoughts should be cultivated to replace worry, fear, anger, irritation, sorrow, and any thoughts which tend toward excitement. Domestic problems should not be permitted to cause discordant thoughts.

Not only should the thoughts and feelings be kept such that no excessive amount of pituitrin, thyroxin, adrenalin, or cortin will be released into the blood to increase the circulation or contract the blood vessels; but harmonious Sun thoughts should be cultivated. Instead of disappointment and dissatisfaction with the significance attained, and placing oneself under pressure to gain more significance, when one has done his best, and without too much strain, he should cultivate a feeling of satisfaction in it. This will recondition the Sun thought-cells to seek more harmonious expression.

For the Mars thought-cells, whenever anger, irritation, lust, the feeling of antagonism or the tendency to strife, undue haste or undue expenditure of energy begins to be felt, the individual should turn his thoughts pleasantly to some project having to do with the comfort of his family, or which contributes to the welfare of the aged or young or

those otherwise helpless. This will divert their psychokinetic power into more healthful channels.

For the Venus thought-cells which tend to cause undue emotion, when emotions start to develop, harmonious Saturn thoughts should be brought into the mind to displace them. For this purpose there can be used thoughts of caution, of system and forethought; the recognition that permitting emotion of any intensity or excitement of any kind is unwise, and quite unnecessary to live a long and happy life. Such thoughts thus applied will modify the Venus thought-cells and cause them to work for health and other beneficial things.

Thoughts Which Prevent Scarlet Fever

People who had scarlet fever	100	100%
Charts with Venus prominent	99	99%
Charts with Mars prominent.....	96	96%
Charts with Neptune prominent	96	96%
Charts with Mercury prominent	95	95%

Progressed Constants

Charts with progressed aspects (aspects made by the Moon ignored) calculated for date of scarlet fever	100	100%
Charts with progressed aspect involving Venus	100	100%
Charts with progressed aspect involving Mercury	100	100%
Charts with progressed aspect involving Mars	99	99%
Charts with progressed aspect involving Neptune.....	97	97%

Mercury rules the nerves, and it rules breathing. The part its energies play in scarlet fever seems to be related to breathing, for the infection commonly enters the body through the nose and throat. Those who suffer from the disease are those who have its birth-chart and progressed constants who come into close contact with those ill of the disease, or who in some manner contact the secretions from the nose and throat (Venus) of those who have it.

As precautionary actions relative to the Mercury influence, the individual should avoid the company of those who have scarlet fever, avoid contacting secretions from their nose and throat, and should cultivate the Religious thoughts. This he may do by developing a mood of good will and optimism, and a buoyant faith that higher powers will take proper care of him.

The influence of Venus is two-fold in addition to making the throat (ruled by Venus) susceptible to infection. The thyroid gland responds with alacrity to Venus. And its secretion, thyroxin is one of the three chemicals with which the body fights and neutralizes toxins and infection. The Venus influence, which is usually discordant, reduces the out-

put of this valuable chemical.

And as Venus rules the skin, its influence when discordant tends to skin difficulties. A characteristic of scarlet fever is the rash which covers the body. The incubation period is usually three or four days, but may be only one day or as many as eight. On the second day of illness the rash appears, first on the neck and chest and within a day or two over the whole body, with the exception of the skin around the mouth. The contrast with the flushed face of the pallor around the mouth is striking.

The rash consists of tiny red spots, each being surrounded by a circle of pink, there being so many of them that it gives a scarlet appearance.

While harmonious Saturn thoughts are the mental antidote for Venus difficulties, in addition to these, as a precautionary measure, and especially as the thyroid gland also responds to the Sun, harmonious Sun thinking should be cultivated. These same thoughts will tend also to assist in overcoming the inimical influence of Neptune. To apply them effectively, the attitude should be cultivated that any situation which may arise will be competently handled, that there is power to overcome through constructive effort any difficulty which may arise, and that one is a significant factor in the universal scheme. The food should contain vitamin A, vitamin E, iodine and copper.

The influence of Neptune, in addition to inducing hypersensitivity, is through the secretion of the pineal hormone to counteract and suppress the secretions of both cortin and adrenalin, the two chemicals other than thyroxin with which the body fights invasion and neutralizes toxins. Harmonious Sun thinking and a diet which keeps the blood stream properly alkalized are the proper precautionary actions.

Mars attracts invasion of the system, and if there is discord it depletes both the cortin and adrenalin supply, and thus makes the body more susceptible to infection. The fever, of course, is due to the attempt of body chemicals to burn up and get rid of invading organisms and secretions.

Thoughts Which Prevent Nervous Breakdown

People who had nervous breakdown	100	100%
Charts with Mercury prominent	96	96%
Charts with Uranus prominent.....	96	96%
Charts with Moon prominent	93	93%

Progressed Constants

Charts with progressed aspects (aspects made by Moon ignored except in next to last statistic) for date of nervous breakdown	100	100%
Charts with progressed aspect involving Mercury	100	100%
Charts with progressed aspect involving Uranus	100	100%
Charts with progressed aspect to birthchart Moon	89	89%

Charts with progressed aspect to birthchart Moon or from progressed Moon (combined)	100 100%
Charts with one or more heavy discordant progressed aspect.....	100 100%

Nervous breakdown is due to neurosis. The neurosis leading to nervous breakdown may be promoted by fatigue, under-nutrition, or a toxic condition, or it may be entirely due to psychoneurosis, in which the mental condition alone is responsible. But in all instances, as indicated by Mercury and the Moon being birthchart and progressed constants, there are conflicts within the mind which are partially or wholly responsible.

The part played by fatigue, by under nutrition, or by a toxic condition, when present, is indicated by progressed afflictions involving other planets. The foods needed to correct the under-nutrition are indicated by the planets involved in the discordant progressed aspect. Those thus required when each planet is afflicted are set forth in Course XXI, Personal Alchemy.

Fatigue may be due to overwork, either mental or physical, or it may be due to a blood stream containing too much acid. If a progressed affliction of Saturn is involved, this may be due to insufficient mineral salts with which to neutralize the lactic acid and toxins. If a progressed affliction of Jupiter is involved, it may be due to eating so much rich foods that the blood stream contains more fuel than can be completely oxidized, thus liberating in it diacetic and other fatty acids.

Other toxic conditions may be due to infection, indicated by a progressed aspect involving Mars. Under a progressed affliction involving Saturn it may be due to depletion of the adrenal hormone. Or under a progressed aspect involving Neptune or Pluto it may be due to the stimulation of the pineal hormone which depresses the manufacture of adrenalin and cortin. The body chiefly depends upon these two chemicals to neutralize the toxins in the blood stream.

Mercury rules the nerve tissue and the cerebral processes. When the brain is over-active and the nerves are under strain, as is the tendency when there are such progressed aspects involving Mercury as are present during nervous breakdown, more vitamin B-1 is needed in the food, for this vitamin is essential for building and keeping healthy the tissue of nerves and brain.

One hormone of the front pituitary responds to Mercury to increase cerebral activity, and another hormone of the front pituitary gland responds to Uranus to stimulate originality and to increase the volume and frequency of the electric currents which flow over the nerves. Thus under a progressed aspect involving Uranus there is a tendency toward high tension of the nervous system.

The other glands which respond to both Mercury and Uranus, and which also respond to Neptune and Pluto, are the parathyroid glands. The body is dependent upon the parathyroid glands to handle calcium.

And it is upon calcium that the blood stream must depend for proper chemical balance. Insufficient calcium in the blood stream leads, among other things, to irritated and supersensitive nerves. To manufacture parathyrin the hormone which handles calcium, the parathyroid glands must have ample vitamin D. Therefore, when there is a tendency toward nervous breakdown the food should contain, in addition to vitamin B-1, also calcium and vitamin D.

Proper food and other proper environmental conditions, such as absence of too heavy responsibility and mental strain, afford facilities which assist to prevent, or recover from, nervous breakdown. But as this disease is chiefly due to discords within the mind, the main problem is to find a way harmoniously to recondition these conflicting factors. Using the mental antidote for discordant Moon thoughts is helpful, and using the mental antidote for discordant Uranus thoughts also is quite beneficial; for the constructive Mars thinking will cause the Moon thought-cells to have more harmonious desires, and the constructive Jupiter thinking will cause the Mercury thought-cells and the Uranus thought-cells to have more harmonious desires.

But in nervous breakdown there is always some mental or physical situation to which the unconscious mind refuses to make adequate adjustment. It may be that responsibilities have piled up--real or imaginary--so high that the unconscious mind feels helpless to handle them. It may be that the nervous energies have been used in mental work, or in worry and anxiety, so strenuously, and over so long a period of time, that the unconscious mind refuses to face these conditions. Or, more frequently, some sudden loss occurs, or some frustration, or some blocking of desire or ambition, which creates such conflict between factors within the unconscious mind that almost no energy can be mobilized to do anything.

Even though the individual eats the proper foods, and seems to be in normal health and vigor, due to the inner conflict he is unable to mobilize the electromagnetic energies of his nervous system and direct them into constructive mental or physical work. The inner conflict, or inability to face some situation courageously, results in a similar conflict between the energies that flow over the nervous system, or a similar retreat of these electromagnetic energies from the effort required successfully to adapt to the environment.

Thus even though the individual has abundant physical strength and vitality, due to the conflict between mental factors directing his nerve currents, the slightest effort may completely exhaust him. He may feel so depleted that he can hardly lift a hand, let alone do work of any kind.

His problem, which should be solved before the breakdown occurs, and which must be solved to recover from nervous breakdown, is a harmonious reconciliation of the factors within his unconscious mind which tend to cause the turmoil and depletion of his nerve currents, which are electrical in nature.

He should first of all find out just what the mental factors are which are in conflict. If he feels he cannot face some situation or if he recoils

from the thought of some work or responsibility, he has found the mental factor needing reconditioning. More deeply seated mental conflicts may be discovered by Free Association, as explained in lesson No. 100, in the course on Mental Alchemy.

When he has found the mental factors which are in conflict he should harmoniously reconcile them. This he can successfully do by cultivating the attitude toward his responsibilities and the conditions of his environment set forth in Course III, Spiritual Alchemy. When he understands the true significance of a loss or frustration, of failure to attain some ambition, and realizes that any individual is responsible only for the events in his life which he has ability to control, he soon will regain ability to mobilize and direct his energies as he did before the breakdown.

Thoughts Which Prevent Tonsil Trouble

Charts of people who had tonsil trouble	100	100%
Charts with Pluto, Neptune or Saturn prominent	100	100%
Charts in which Venus has a discordant aspect	99	99%

Progressed Constants

Charts with progressed aspects (aspects made by Moon ignored) calculated for date tonsil trouble developed	100	100%
Charts with progressed aspect involving Pluto, Neptune or Saturn	100	100%
Charts with progressed aspect involving Mars	100	100%
Charts with progressed aspect involving Venus	99	99%
Charts with progressed aspect discordant involving Venus	83	83%
Charts with one or more heavy discordant progressed aspect	100	100%

Venus influences the secretion of thyroxin. Neptune and Pluto stimulate the secretion of the pineal hormone which depresses the manufacture of adrenalin and cortin. Discordant thoughts ruled by Saturn, such as discouragement and worry, and discordant thoughts ruled by Mars, such as irritation, anger and the feeling of rush, exhaust the adrenalin supply, and the discordant Mars thoughts also exhaust the cortin hormone.

The body depends upon these three organic chemicals: cortin, which is the most powerful; adrenalin, which is next in power ; and thyroxin, to neutralize the acids and toxins of the blood stream. When they are not neutralized the tendency to acidity encourages inflammation, and because the action of these chemicals which fight bacteria and viruses is

nullified by the acids in the blood stream, infection is likely to develop.

A planet in Taurus, which rules the region of the tonsils, especially if it is afflicted either at birth or by progressions, gives a stronger tendency toward tonsil trouble, as it increases the activity of the thought-cells in the finer form which influence the throat and tonsils. But, as indicated by the statistics above, in 99 out of 100 instances, Venus, which rules the throat and tonsils, has a discordant aspect in the birthchart; in 99 instances out of 100 there is a progressed aspect involving Venus at the time the trouble develops, and in 83 instances out of 100 there is a discordant progressed aspect involving Venus.

Thus while Venus contributes in some measure, through imbalance of the thyroxin supply, to the infection or inflammation, the thought-cells it maps, stimulated into great activity by the energy of the progressed aspect involving Venus, are responsible for the inflammation or infection centering in the tonsils rather than in some other region of the body.

Preferably before the inflammation or infection develops, and should it be present to facilitate the body overcoming the inflammation or infection, the blood stream should be alkalized with a diet chiefly of fruit and vegetables.

To enable the thyroid gland to manufacture thyroxin normally, the diet should contain vitamin A, vitamin E, iodine and copper. To enable the adrenal glands to manufacture adrenalin and cortin, the diet should contain vitamin A, vitamin B-1, vitamin C, low protein and a variety of protein. If Saturn is involved, the diet should contain a variety of mineral salts, vitamins and proteins. And if Neptune or Pluto is involved it should contain vitamin B-1, calcium and vitamin D.

As all the birth-chart constants of tonsil trouble are negative, the negative type of thinking thus indicated should be replaced by the constructive and positive type of thinking ruled by the Sun. While irritation, anger and the feeling of rush, which also deplete the supply of adrenalin and cortin, should be replaced by calm and harmonious thoughts and feeling, the more specific thought-cell activity that should be reconditioned is that mapped by Venus and the other negative planets involved.

Venus is the planet governing the affections and social relations. When afflicted the individual over-reacts emotionally, upsetting the thyroid balance. Constructive Sun thinking not only counteracts the negative tendencies, but as the thyroid also responds to the Sun, it tends to restore thyroid balance. Thus when the person predisposed to tonsil trouble starts to think negatively, or to become emotionally perturbed, he should replace this type of thought and feeling with the feeling of dominant power and calm emotional stability, confidently holding the thought that any situation that may arise will be competently handled, that there is power to overcome any difficulty that may be present through constructive effort, and that he is significant in the general scheme of things.

Thoughts Which Prevent Eye Trouble

People who had eye trouble	100	100%
Charts with Mars in discordant aspect to a planet, M.C. or Asc.....	100	100%
Charts with Moon in discordant aspect to a planet or M.C. or Asc	98	98%
Charts with Mars in some aspect with Moon	70	70%
Charts with Mars in discordant aspect with Moon	56	56%

Progressed Constants

Charts with progressed aspect (aspects made by Moon ignored) involving Mars, at the same time there was some discordant progressed aspect	100	100%
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Although people who have this aspect frequently escape having eye trouble, the strongest indication of a predisposition toward eye trouble is when Mars is in discordant aspect with the Moon in the chart of birth. The next strongest indication of a predisposition toward eye trouble is when both Mars and the Moon are severely afflicted and are in a harmonious aspect with each other in the chart of birth. A less strong indication of a predisposition toward eye trouble is when there is no aspect between Mars and the Moon, but both Mars and the Moon make discordant aspect to some planet, the M.C. or the Asc. in the chart of birth.

The time when the predisposition thus indicated actually develops into eye trouble, if it does so, is when there is a progressed aspect involving Mars, and some discordant progressed aspect. During such periods those with the indication of a predisposition toward eye trouble should take special precautionary actions to prevent it thus developing.

In 8 of the charts tabulated the individual was born blind. But in these charts, as in the others, there was a progressed aspect involving Mars, and a discordant progressed aspect, within the one effective degree orb of perfect.

In some of the charts tabulated the eye trouble was due to injury, in some due to infection, in some due to tumor, in some due to inflammation, and in some due to other difficulties. But in those not born blind the proper physical diet and the proper mental diet will assist in preventing the trouble, and if trouble has not become too serious--such as when the eyes are surgically removed--will assist in overcoming the difficulty.

As Mars and the Moon are the two factors mapping the thought-cells of the unconscious mind indicating the difficulty, both the inner-plane and the outer-plane diet should be that found advantageous when these two planets are afflicted. So far as the Moon is concerned, where the outer-plane diet is concerned, care should be taken that there is proper water-salt balance.

The outer-plane diet for a discordant Mars, and especially when there is a progressed aspect involving Mars is not to eat too much proteins, but to see that there is plenty of variety of proteins. There is also needed vitamin A, vitamin B-1, vitamin C and abundant iron.

In each of the 100 cases of eye trouble the thought-cells mapped by Mars at birth had some discord which indicates they were in some degree using their psychokinetic power to bring difficulties into the life, and at the time the eye trouble developed had their psychokinetic power (non-physical power of the mind which has been proved by experiments in various universities) increased by Mars inner-plane weather mapped by a progressed aspect involving Mars. And in 98 of the 100 cases the thought-cells mapped by the Moon at birth were in some degree using their psychokinetic power to attract into the life difficulties.

The mental diet, therefore, to prevent or overcome eye trouble is to cultivate thinking and feeling which will harmonize the discords in the thought-cells mapped by Mars and the Moon, so that they will desire and use their psychokinetic power to bring into the life events and conditions which are beneficial. It is evident that there is a close association of any aspect between Mars and the Moon with eyes. But, as indicated by birthchart and progressed aspects, it is only when, even though there is some harmony between them, there is some discord also that eye trouble- develops.

The Moon thought-cells relate to domestic life and to those in need of help, and Mars relates, on its constructive side to initiative and positive action. Therefore, whenever thoughts of domestic discord or thoughts or irritation, anger and strife start to enter the mind,, if the individual will substitute for them thoughts and actions of a positive and constructive nature which relate to assisting the weak and helpless, he will be feeding his Moon and Mars thought-cells the proper inner-plane diet which will tend to cause them to use their psychokinetic power to prevent or overcome eye trouble.

Thoughts Which Prevent Ear Trouble

People that had ear trouble	100	100%
Charts with Saturn in discordant aspect to a planet, M.C. or Asc.....	100	100%
Charts with Moon in discordant aspect to a planet M.C. or Asc.....	100	100%
Charts with Saturn in some aspect to the Moon	71	71%
Charts with Saturn in discordant aspect with Moon	50	50%

Progressed Constants

Charts with progressed aspect (aspects made by Moon ignored) involving Mars, at the same time there was some discordant aspect	100	100%
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Charts with progressed aspect
 (aspects involving Moon ignored)
 involving Saturn 99 99%

The one chart in which there was no progressed aspect involving Saturn did not relate to trouble in the ear. This person was born with an abnormal growth around the ear, which was surgically removed about two months after birth.

Although people who have this aspect frequently escape having ear trouble, the strongest predisposition toward ear trouble is when Saturn is in discordant aspect with the Moon in the chart of birth. The next strongest indication of a predisposition toward ear trouble is when Saturn and the Moon are severely afflicted and are in harmonious aspect with each other in the chart of birth. A less strong indication of a predisposition toward ear trouble is when there is no aspect between Saturn and the Moon, but both Saturn and the Moon make discordant aspect to some planet, M.C. , Asc. in the chart of birth.

The outer plane diet for the Moon is that care should be taken that there is proper water-salt balance. The outer plane diet for a discordant Saturn is to provide a variety of mineral salts, vitamins and protein.

The mental diet, therefore, to prevent or overcome ear trouble is to cultivate thinking and feeling which will harmonize the discords in the thought-cells mapped by Saturn and the Moon, and when the progressed constants are present, also to cultivate thinking which will harmonize the Mars thought-cells.

The Moon thought-cells relate to domestic life and to those in need of help, and Mars relates on its constructive side, to initiative and positive action. Therefore, when ever thoughts of domestic discord or thoughts of irritation, anger and strife start to enter the mind, the individual should substitute for them thoughts and actions of a positive and constructive nature which relate to assisting the weak and helpless.

But the most important precautionary action is to avoid fear, worry, anxiety and despondency, for these are discordant Saturn thoughts. When these start to enter the mind the Sun feeling should be cultivated that there is ability to handle properly any situation which may arise. And in addition to such positive thought, there should be social activities and thoughts of affection and happiness, such as are characteristic of a constructive Venus.