

**This is NOT the final exam for this course.
The following questions are for study purposes only.**

Study Questions: Course 21, Personal Alchemy

Chapter 1, Three Things Every Neophyte Should Know Serial No. 216

1. What is the most important function of a religion?
2. How much influence over human life do inner-plane energies have?
3. Why do Stellarians call their religion The Religion of the Stars?
4. Why is proper astrology not fortune-telling?
5. What is the first thing every neophyte should know?
6. What is chief among the objectives of The Religion of the Stars?
7. What can be foreseen by astrology or by some psychic means?
8. Does astrology show positively what decision the individual will make when faced by some situation?
9. What does the birth-chart map?
10. Why should each individual daily work to reorganize more harmoniously the thought-cell organization of his finer form?
11. Why should the inner-plane weather conditions be foreknown?
12. What indicates the inner-plane weather conditions that will influence an individual during any given period?
13. Of what advantage is it to have a 12-year major progressed Aspectograph hanging on a wall where it can readily be seen?
15. What is the second thing every neophyte should know?
16. What is the easiest way for the neophyte to gain cosmic mindedness?
17. How often should The Church of Light Mantram be used?
18. The adept must subjugate his desires to realizing what?
19. On what basis should all the problems of life be decided?
20. Why is the surrender of his life to the fulfillment of the Divine Will, made by The Church of Light neophyte, just the opposite of the attitude of those of orthodox faiths who surrender their lives to religion?
21. Does the devotee of The Religion of the Stars expect that things will be done for him without effort on his own part?
22. What is the third thing every neophyte should know?
23. Is the individual always conscious of it when he tunes in on inner-plane intelligences?

24. Why is it so dangerous to take advantage of others through occult powers?
25. What responsibility is coincident with every gain in knowledge and power?

Chapter 2, The First Three Habits a Neophyte Should Adopt

Serial No. 217

1. What is the difference between the character and the soul?
2. What is character?
3. Upon what depends his type of behavior when the individual is confronted by a given situation?
4. In what three ways does character manifest?
5. What habits should the individual eliminate?
6. Why must the neophyte markedly change his habits?
7. Is an adept one who goes off alone and meditates, and gains wonderful powers for himself which he never uses to benefit mankind?
8. In what manner is knowledge in any subject more quickly gained?
9. In what way are we able to test easily whether or not, and how much, we are advancing?
10. Does an individual have to be in some special environment to live a spiritual life?
11. What is the moral code lived by the adept?
12. What is the first habit every neophyte should adopt?
13. Relative to specific practices, what is the best rule for the neophyte to observe?
14. What is the second habit every neophyte should adopt?
15. For what purpose has the soul developed pleasure?
16. Why are pain, discontent and dissatisfaction to be avoided as much as possible?
17. What is the third habit every neophyte should adopt?
18. What is an invincible will?
19. What have obstacles to do with developing will power?
20. What is the essential thing in the culture of the will?
21. What is the influence of determining resolutely to do something, and then not to do it?
22. What is commonly the greatest obstacle to the neophyte in the development of his will?
23. Why should not a definite decision to do something be made until all its possibilities and probable obstacles have been weighed?
24. How does procrastination weaken the will?
25. What effect on old habits have new habits?

Chapter 3, Avenues to Illumination

Serial No. 218

1. What are the conditions when true illumination takes place?
2. What is the character of most that has been written about illumination?
3. Why is the gaining of illumination quite elusive?
4. Through what type of extrasensory perception has most illumination by mystics been gained?
5. What type of extrasensory perception is it better to use in trying to gain illumination?
6. What is truth?
7. What has an individual actually done who is convinced he has tuned in on truth?

8. By what is distance measured on the inner plane?
9. What things on the inner plane are close together?
10. What are the two common ways of examining an object on the outer plane?
11. What are the two common ways of learning about a person, an object, or a thought on the inner plane?
12. Can objects and thoughts be distinguished from each other on the inner plane?
13. Through the use of what law can that which is perceived on the inner plane be brought into objective consciousness?
14. Is extrasensory perception confined to gaining information in the past or present?
15. Is it possible to gain information from thoughts that have not yet come into existence, but will be present in the mind of some person in the distant future?
16. Does the soul commonly use words and sentences to convey ideas?
17. What is the language commonly used by the soul to convey the information it has acquired to objective consciousness?
18. In what way do factors within the unconscious often warp the information that comes through into objective consciousness?
19. Is it easier to see an object clairvoyantly than it is to see the object telepathically?
20. To contact information on the inner plane is it necessary to seek some person on the inner plane who possesses that information?
21. What is the first essential in acquiring information from the inner plane?
22. Does it signify the soul is trying to get inner-plane information just because there is almost no cerebral activity and no attention is being given to external things?
23. To what in radio are basic inner-plane levels comparable?
24. What type of meditation is best to cultivate when trying to gain illumination?
25. What type of electromagnetic wavelengths are conducive to inspiration?

Chapter 4, Spiritual Hindrance by Family & Friends

Serial No. 219

1. What condition is almost sure to arise when the neophyte decides to live a more spiritual life?
2. Do most people insist that others live very much as the majority do?
3. Why do intelligences having similar thoughts or similar desires tend to tune in on each other?
4. Are there racketeers, as well as noble intelligences, on the inner-plane?
5. In addition to unseen intelligences, and the influence of family and friends, what is the third hindrance to proper progress which is always present?
6. What power have thought-cells which have been highly vitalized by emotion?
7. To change something about the personal life, what must a resolution meet and overcome in the unconscious mind?
8. Does a decision to take any upward step usually quickly meet with a test of its sincerity?
9. As a broad and general proposition, does any person have the right to interfere with another's spiritual progress?
10. Have we a right to completely disregard the material obligations which we owe those, who, perhaps, have made great sacrifices for us?

11. What is the true solution to how much deference we owe to the desires of our family and associates?
12. Why is it unwise to start a crusade to convince family and friends our views are superior to theirs?
13. Can new conceptions and ideas of how man should live successfully be forced down the throats of people?
14. Should the seed of progressive ideas always be planted in every spot where there is any chance of it taking root?
15. Why should the student of The Religion of the Stars take pains not to arouse antagonism from family and friends?
16. Can the problem of being permitted to study Brotherhood of Light lessons usually be solved through firmness coupled with kindness?
17. What is a good way to understand the other person's viewpoint?
18. How can those who wish to study advanced things usually find opportunity to do so?
19. With fifteen minutes a day given to reading Brotherhood of Light lessons, and thinking about them at other times of the day, how long does it take the average individual to read all 21 courses?
20. How can time usually be found to practice extrasensory perception and other types of mental development?
21. How long should a daily exercise in concentration, meditation, or extrasensory perception last?
22. Is anyone likely to be in an environment where it is impossible to develop spirituality?
23. Is it helpful to one's family always to permit its members to have their own way about everything?
24. Should people whose character vibrations are powerfully antagonistic be compelled to live together in the same house?
25. What should be the mental attitude toward smutty stories, salacious gossip, and other mental filth?

Chapter 5, Spiritual Trends in Personal Conduct

Serial No. 220

1. Do arguments commonly convince people?
2. Why should we permit others to present their objections to our ideas?
3. Should we continue to be kind and friendly with those who disagree with us?
4. Do debates usually convince anyone?
5. Why is it necessary to keep those to whom we present The Religion of the Stars friendly and non-combative?
6. For what purpose do people usually attend debates? In trying to convert others to The Religion of the Stars, name:
 7. The first principle that should be applied.
 8. The second principle that should be applied.
 9. The third principle that should be applied.
 10. The fourth principle that should be applied.
11. What factor is played by the emotional experiences of childhood in the acceptance of new facts?
12. Should there be backwardness or hesitancy about explaining to others the tenets of The Religion of the Stars?

13. Name the three drives which the soul, both while it has a physical body and after the dissolution of the physical form, at all times strives to realize.
14. How is the soul attached to the physical form which it occupies?
15. What enables the soul after the dissolution of one physical form to attach itself to, and have experiences through, the form of a higher species of life?
16. What is the universal law of compensation?
17. What evidence is there of an inner-plane on which life exists?
18. Name the three types of inner-plane energies that have an influence over man both while he is still on earth and after he has passed to the next life?
19. Why is vicarious atonement impossible?
20. Name the only four possessions an individual can take with him when he loses his physical body.
21. Why must religion never remain static?
22. Why is The Religion of the Stars the world religion of the future?
23. Why can truth alone make men free?
24. What is the resemblance to European lemmings, of those who permit their emotions, conditioned in childhood, to determine their religion?
25. In what way does the Stellarian try to handle each and every problem with which he is confronted?

Chapter 6, How to Keep Mentally and Physically Fit

Serial No. 221

1. Where does the mind of an individual reside?
2. Upon what does the accomplishment of each person on earth largely depend?
3. What training has been required to enable the individual to function through a human body by means of the nonphysical power of the mind?
4. In addition to training, what must be supplied both the physical body and the mind which guides its actions?
5. What must an individual acquire if he is to be able to direct his physical body properly?
6. Does one need different foods for the physical body under the different conditions of either the outer-plane weather or the inner-plane weather?
7. What indicates both the type of outer-plane food and the type of innerplane food required during a given period?
8. What in the birth-chart indicates the strongest predisposition toward diseases of a particular type?
9. What do progressed aspects indicate relative to diseases and the types of physical and mental foods needed?
10. Of what special value are fruit and vegetable juices?
11. Why should fruit juice be squeezed fresh from the fruit just before drinking it?
12. Of what value in the diet is chlorophyll?
13. Of what value are fresh green salads?
14. Why should foods not be cooked longer than necessary?
15. Why should vegetables be cooked in a very small quantity of water?
16. Why should fresh vegetables not be soaked in cold water before cooking?
17. Why should tuber vegetables and fruits be cooked in their skins?

18. What happens to its vitamins if fat, such as butter or fish liver oil, become rancid?
19. Name the three hormones on which man must depend to fight infection and neutralize the toxins of the blood stream.
20. How do these hormones affect the arterial blood vessels?
21. What special precaution should one take who is predisposed to kidney trouble?
22. What are the common causes of high blood pressure?
23. What has fat to do with the hardening of the arteries?
24. What precautionary actions should be taken by those predisposed to cerebral hemorrhage?
25. What effect on the heart has emotional excitement of any kind?

Chapter 7, What to Eat When Mercury or Uranus is Afflicted

Serial No. 222

1. To what extent is man influenced by the inner-plane weather?
2. Through what means is the chemistry of the physical body quickly altered by thought-cell activity?
3. What planet rules the endocrine system as a whole?
4. What carries the hormones throughout the body?
5. Name the four ways in which the activity of the endocrine glands may be stimulated?
6. What is the nature of the nerve-currents?
7. What things are determined by the hormones of the endocrine glands?
8. In addition to progressed aspects, how can any type of thought-cell activity be increased?
9. Do some of the endocrine glands respond to the influence of more than one of the planets?

What hormones are influenced by the following planets?

10. Sun.
11. Moon.
12. Mercury.
13. Venus.
14. Mars.
15. Jupiter.
16. Saturn.
17. Uranus.
18. Neptune.
19. Pluto.
20. What is the function of calcium in the blood stream?
21. What glands regulate the amount of calcium in the blood stream?
22. What vitamin is essential to the assimilation of calcium?
23. What is the function of vitamin B-1 relative to nerve tissue?
24. What should the physical food contain when Mercury or Uranus is afflicted?
25. What mental food is needed when Mercury or Uranus is afflicted?

Chapter 8, What to Eat When Sun Moon or Pluto is Afflicted Serial No. 223

1. Name the three types of fuel used by the body.

What planets rule the following?

2. Sugars and starches.
3. Fats.
4. Proteins.
5. What hormone governs the speed of energy production?
6. What gland maintains fuel ignition and endurance?
7. What hormone mobilizes fuel for emergency purposes?
8. To the energy of what planet does the growth hormone of the front pituitary gland respond?
9. What is the relation of the front pituitary hormone that responds to Pluto to the changes that take place at puberty?
10. What is the relation of the front pituitary gland to the back pituitary gland?
11. What must be present to support the pituitary secretions?
12. What makes a truly feminine woman?
13. What makes a truly masculine man?
14. What hormone regulates woman's periodic functions?
15. Over what does the pituitrin hormone have influence?
16. Upon what does the water-salt balance of the body depend?
17. What progressed aspects tend to upset the water-salt balance?
18. What condition results from an overactive thymus gland?
19. What mental foods are needed when the Moon is afflicted?
20. What mineral is needed when the thyroid hormone is deficient?
21. What are the symptoms of an over active thyroid gland?
22. What is needed in the physical food to strengthen the front pituitary hormones ruled by the Sun?
23. What mental foods are needed when the Sun is afflicted?
24. What physical foods are needed when Pluto is afflicted?
25. What mental foods are needed when Pluto is afflicted?

Chapter 9, What to Eat When Saturn Jupiter or Neptune is Afflicted Serial No. 224

1. What is the fuel reserve of the body?
2. Is fat an economical food?
3. What converts simple sugar in the blood into glycogen?
4. What is the function of the islets of Langerhans?
5. Is either saliva or gastric juice capable of converting cane sugar into the monosaccharides which can readily be handled by the blood stream?
6. Why is it easier for some people to handle the sugar of fruits and honey than to handle cane sugar?
7. What hormone governs the storing of fuel in the system?

8. Name the chief hormones that govern the withdrawal and burning of stored-up fuel in the body?
9. What may happen to the insulin supply when there is a progressed affliction involving the Sun and Venus with Mars or Uranus?
10. What may happen to the insulin supply when there is an affliction involving the Sun or Venus with Saturn or Neptune?
11. What happens to the insulin supply when the thought-cells mapped by Mars or Saturn become too active?
12. What happens to the blood stream when the food is too rich and contains too much fat?
13. What should the physical diet be when Jupiter is afflicted?
14. What should the mental diet contain when Jupiter is afflicted?
15. The energies of what two planets release adrenaline?
16. What happens to the body when adrenaline enters the blood stream?
17. How does a jazz environment weaken the insulin secreting powers?
18. What are the physical foods needed when Saturn is afflicted?
19. What are the mental foods needed when Saturn is afflicted?
20. What is the effect of a too intense or too prolonged pleasurable emotional state?
21. What is the effect on the endocrines of worry, fear, anger or other discordant emotions?
22. To what two planets does the hormone of the pineal gland respond?
23. What two hormones respond to the influence of Neptune?
24. What physical foods are needed when Neptune is afflicted?
25. What mental foods are needed when Neptune is afflicted?

Chapter 10, What to Eat When Venus or Mars is Afflicted

Serial No. 225

1. In what ways do Mars and Venus have similar effects on certain functions of the body?
2. What is required for the highest expression of love?
3. What hormones tend to retard and neutralize the hormones of the gonads?
4. Does a progressed aspect involving Mars have an influence over the ovaries?
5. Does a progressed aspect involving Venus have an influence over the testes?
6. Why does the transplantation of gonad tissues from monkeys and goats to man result in only temporary rejuvenation?
7. Progressed aspects to either of which two planets tend toward imbalance of the secretion of the gonad hormone. If the aspects are discordant?
8. Does the imbalance of gonad secretion influence the thinking?
9. Does the type of thinking have an influence on gonad secretion?
10. How does estrone affect the action of the secretion of the front pituitary gland?
11. What is progesterin?
12. Should estrone be used indiscriminately in treating either men or women?
13. What food is particularly important when Venus is afflicted?
14. What function has Vitamin E where hair, skin, the venous blood and the veins are concerned?
15. What gland, other than the gonads, responds to the influence of Venus?
16. What planet rules the veins?

17. What physical foods are required when Venus is afflicted?
18. What mental foods are required when Venus is afflicted?
19. For what purpose has testosterone been successfully used?
20. Why must there be a continuous supply of iron in the food?
21. What hormones tend to suppress and neutralize the action of cortin?
22. Name the hormone whose amount determines whether the individual will fight or run away when confronted by an adversary.
23. What is the most potent hormone to neutralize acids and toxins in the blood stream?
24. What physical foods are required when Mars is afflicted?
25. What mental foods are required when Mars is afflicted?

