

## A Rosicrucian Goal – An Understanding of Real Alchemy and Manna

Patrick Gage Bailey, IX Grade  
Golden State College S.R.I.C.F.  
Los Altos, California  
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And he said unto them, Is a candle brought to be put under a bushel, or under a bed?  
and not to be set on a candlestick? For there is nothing hid, which shall not be manifested;  
neither was any thing kept secret, but that it should come abroad.  
If any man have ears to hear, let him hear. - Mark 4:21 KJV

In the mean time, when there were gathered together an innumerable multitude of people,  
insomuch that they trode one upon another, he began to say unto his disciples first of all,  
Beware ye of the leaven of the Pharisees, which is hypocrisy. For there is nothing covered, that  
shall not be revealed; neither hid, that shall not be known.  
Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye  
have spoken in the ear in closets shall be proclaimed upon the housetops. - Luke 12:12 KJV

Modern Masonic Rosicrucian was formed in England in 1865 by Robert Wentworth Little. Its antecedents are shrouded in mystery. It is believed to be patterned on a Society that existed during the 16th to 17th Century, known as the Fraternity of the Rose and Cross; as referenced in two German papers called 'Fama Fraternitatis' and 'Confessio' (1614) and a mysterious mythological or legendary character known as Christian Rosenkreuz or sometimes as 'Father CRC'.

The S.R.I.C.F. or Societas Rosicruciana in Civitatibus Foederatis (Rosicrucian Society of the United States) was formed on September 21, 1880, by three Colleges chartered by the S.R.I.S. (Rosicrucian Society in Scotland). It is entirely autonomous. The Society is in peaceful harmony with the other similar societies in the world, including the S.R.I.A. Societas Rosicruciana in Anglia (England), the S.R.I.S. Societas Rosicruciana in Scotia (Scotland) also in Canada, Ireland and other countries.

As stated in our First SRICF Degree: "The Aim of the society is to afford mutual aid and encouragement in working out the great problems of Life, and in searching out the secrets of Nature; to facilitate the study of the system of Philosophy founded upon the Kabbalah and the doctrines of Hermes Trismegistus, which was inculcated by the original Fratres Rose Crucis, A.D. 1450; and to investigate the meaning and symbolism of all that now remains of the wisdom, art and literature of the ancient world."

All of these aims are included in the study, understanding, and application of "Real Alchemy". This subject differs from other definitions of "alchemy" found in books today. Under the definition of "Real Alchemy" we will study and discuss the process of making of physical materials that are then ingested by us to hopefully create and obtain greater health, longer life, and to achieve high spiritual growth.

This then is the study of "Ancient Alchemy", with all of its ambiguities and confusions, and the study of the thinking that has historically led to idea of the "Philosophers' Stone" and to "Ancient Healing Elixirs".

Are these real? Are these concepts actually part of Masonry? Can we prove it? The answer to each of these questions is emphatically – YES! - In fact - as this paper will guide you to conclude - that the main secret of “Real Alchemy” is probably the same as the “Lost Master’s Word” as defined in Masonry!

It has been discovered that persons in the ancient past could use these alchemy processes, and easily and cheaply create a metallic substance called “Corinthian Bronze” - that looks exactly like metallic gold, that is stronger, and that can be used to cast coins. This is why the study and the writings of “All Alchemy” were completely outlawed by the Roman Empire and in Egypt in 300 AD under the penalty of death – as it was being used to counterfeit Roman gold coins! It was again outlawed in England by King Henry IV in 1404! Thus the “secrets” have remained “secret”!

The history of Real Alchemy is found in many books, many stores, many experiments, and within an over-abundance of various colorful names, terms, and experiments. In retrospect, this all makes perfect sense. If the writers of these books were bound by law - or by a sacred oath to NOT reveal the exact secrets that they had discovered – then instead, they could then write and sell books alluding to and describing these ideas to pay for their livelihood – without ever revealing exactly they were doing. Thus these books have contained completely different methods, names, and symbols.

A major breakthrough was achieved in 2015 with the public release of the book “Cracking the Philosophers' Stone: Origins, Evolution and Chemistry of Gold-Making” [1] In this book, the authors trace the history of applied alchemy back to before 300 AD and they also compare what can be found from the major researchers since then. In these comparisons, patterns clearly emerge - which become the conclusions reached in this paper. These are also the same conclusions that have been reached by Andre Vandenbroeckin 198 in his book “Al-Kemi, A Memoir – Hermetic, Occult, Political, and Private Aspects of R. A. Schwaller De Lubicz” [2], and also by Israel Regardie and Frater Chic Cicero (the Chief Adept of Florida State College S.R.I.C.F.) in their 2015 book “Gold: Israel Regardie's Lost Book of Alchemy” [3]. As an important supportive comment, in this book Israel Regardie firmly states that his previous writings and books on “inner-alchemy” and “psychological alchemy” were found to be completely not important – and that what really matters is “physical alchemy” – i.e. “Real Alchemy”. As part of these early teachings, the writers carefully stated that “(Our) alchemical lead” could be turned into “(Our) alchemical gold”, and a few common rocks could be turn into counterfeit diamonds, rubies, and pearls! [1]

In addition, a recent French translation of the magnificent book by the Master Alchemist Fulcanelli also describes and confirms these same processes in detail. [4]

The best Masonic reference that also corresponds to these important conclusions has recently been found in an obscure book. A review of this book has been summarized in the 2019 Golden State College SRICF Paper “A Rosicrucian Ritual of the Noble Knights of the Golden Cord: An Early American Expression of Freemasonry Rediscovered.” [5] This paper has also been published in SRICF Annual Journal Ad Lucem XXIV (2018). In this paper, now on our website, the author states:

“Upon further inspection I determined the book to be about a hundred years old, it contains what appears to be a completely unknown Masonic Rite of 34 degrees beyond the Craft degrees. Similar

to the Scottish Rite the various rituals are separated under main headings like “lodge” and “chapter”. Also similar to the Scottish Rite there are rituals considered Rosicrucian. Whereas the AASR Rosicrucian Chapter is comprised of four rituals, this Chapter has three. The Chapter is titled “Prince Rose Croix Chapter” and lists them as: Knight of the Black Eagle, the Noble Master of the Rosy Cross, and Prince Rose Croix, or Three Times Illustrious Rosy Cross Master Mason.”

He then explains what is described in this last ritual – “the Noble Master of the Rosy Cross, and Prince Rose Croix, or Three Times Illustrious Rosy Cross Master Mason.” He also states in his paper that:

“The complete ritual is presented here as exactly as possible from the book.”

I desire to emphasize the most important parts and points from this third ritual, and I have reproduced them exactly as follows:

He enters the “Temple of Rose Croix” and is entrusted with its secrets. He is asked: “Has he seen the Sun and Moon, the Green Dragon and the Pelican? Has he watched the flight of the Black Eagle?” He is also told “In the ancient and very rare books on astrology and alchemy and magic, you will find our secrets. In them you will be told what is the meaning of the White Eagle and the Black Eagle; what is intended by the burning phoenix, the serpent biting its own tail, and the Rose Croix with the Golden Rose with which I now decorate you.” He is told ““Ye who turn judgment to wormwood, and leave off righteousness in the earth, seek Him that maketh the (seven) stars and Orion, and turneth the shadow of death into the morning and maketh the day dark with night; that calleth for the waters of the sea, and poureth them out upon the face of the earth; the Lord is thy \*\*\* name.”

He is also told that “there are souls of three kinds -the daughters of Adam, the daughters of angels, and the daughters of sin.” At the end of the degree he is told: “My learned and noble brother, this is the end of this degree. I congratulate you on your entrance into the Society of the Rose Croix. Should you ever wish to know more of our mysteries, there are other degrees where much that has been left off here can be explained to you. However, not every Rosy Cross Master Mason can obtain these most holy and secret orders.

These names - as stated above - are the same or very nearly the same as the names used in Real Alchemy in the above references during the preparation of the White or Red Philosopher’s Stones! They have been identified - and the processes and steps have now been re-discovered!

We also need to remember that the organization known as “ORDRE des Freres Ainés de la rose Croix” (F.A.R + C.) was established in 1317, and is said to be the earliest forerunner of Scottish Freemasonry. The history of the F.A.R.+C. states that: "The teaching that the F.A.R + C. have been transmitted for centuries - is the ALCHEMIC PHILOSOPHY, this Holy Science learned from the Templars since the time of SALADINO." Also - "In alchemy it is not the quantity of transmuted metal that counts but, the FACT of having operated according to TRADITION". This is followed by a 42 step process to create "The Stone." [6] A major symbol of this group is the Pelican, which cuts into its own side to feed its (three) young.

The processes that have been re-discovered all concern the making of "The White Powder of Gold". This has also been called "Shemanna" or "mfkzt" (by the very ancient Egyptians), "Manna" (by the Hebrews that left ancient Egypt), "what is it" and "bread" by contemporary Egyptian authors, and "ORMES Gold" or "Mono Atomic Gold" by David Hudson (in the 1990s). These are all the same substance, which today's science does not completely understand. It is just a fact that certain platinum group elements (such as gold and silver) can be converted from their metallic metal lattice state into a different state - where they no longer have any metallic bonds. Hence, they are converted into a "mono-atomic" state, or a "powder" state. The properties of these monoatomic elements are only just becoming researched and recognized. For example, it is known that monoatomic gold will dissolve into the air, unless it is placed in a wooden or insulated container with the inside and outside lined with normal gold metal. History has also called such a container an "Ark".

I will now describe the processes that have been deciphered from these past books and teachings into simple step-by-step instructions. The colorful names that have been used by past alchemists and in the above Masonic ritual are now explicitly identified and are included here in parentheses.

The process of making "The White Powder of Gold" begins by melting finely powdered gold (Our Sun) in molten Antimony (Our Water) in a strong heat resistant flask or retort. One could also use silver (Our Moon) or other Platinum group metals, although using gold will always give the best results. History tells us that Antimony used to be made by heating the common black ore Stibnite in powdered form until all of the sulfur was vaporized, and only molten Antimony was left (Our Lead). A special vessel can be used to recirculate and purify the Antimony being heated (A Pelican). Gold will melt at a much lower temperature when combined with molten Antimony. For the next step, Acid is then slowly added to begin to break the metal bonds of the gold, such as Sal Ammoniac (Our Black Eagle). This forms a molten mass which may be green or red, depending on the sulfur content of the Antimony. It is usually green, and is called "Our Green Lion". This is the "Alchemical Marriage!". It is best to use sand under and around the flask during this heating process. Additional acid and gold can then be slowly added during this process (See! - The Green Lion Eats The Sun!). A strong basic substance such as sodium hydroxide can then be slowly added to raise the PH - before once again adding the acid - slowly swinging the PH level of the gold mixture. This process is then repeated to swing the PH, to continue to break the bonds in the metallic gold particles, and to produce the mono atomic gold. After several repeated processes, the mixture is then carefully heated at a slow rising temperature to vaporize and remove all of the impurities. The vapor given off is condensed and collected to allow it to drip into another container or a beaker. This is "The Flight of the White Eagle". The material that collects on the inside of the flask is then carefully collected and added to the beaker. During this process, it is important to note the color changes of the mass being heated, as it will go through many colors (Our Peacock) - from dark black, to green, to white, to yellow, to red. There will also appear dark green, yellow-grey, light greenish blue, and yellow-orange color transitions. Finally, the color will turn to white and then finally to red. This ends the process. The substance in the beaker is "The White Powder of Gold" and can be dried in the air or in the sun. Care must be taken to store this material in an Ark, as it will soon evaporate!

We can then wonder about these colors: Black, White, and Red - or from another point-of-view, the colors dark Blue, White, and Red. Are these not the colors of the flag of France? Of all of the countries of

Entire British Empire of Old? Of the USA? Of specific colors in Masonry – such as the important colors used by the Scottish Rite Masons? One can only wonder why.

A note must be included here about other factors that have been found to influence these alchemical processes. These factors include the attitude and health of the alchemist, the use of a specific frequency vibration, and the best time of month and also the year for conducting this work. These findings are beyond the scope of this introductory paper.

The Egyptian cartouche for “mfkzt” is a cone (or triangle) drawn about two or more times as tall as its base. It is shown in several ancient Egyptian stone carvings and reliefs as being offered to High Priests and Royalty along with the symbol of the “Ankh” – being depicted as a circle or tall oval with a cross underneath – which denotes long life or everlasting life. The cartouche for “mfkzt” is translated in English today as “bread”.

In ancient alchemy, “The Ouroboros” is used in many places. It the symbol of a snake bending in a circle, biting its own tail. Its original ancient meaning has been lost. However, from the Ancient Greek, it means “food”, as in “I EAT”. This first appeared in ancient Egypt in the tomb Tutankhamun, in the 14th century BC.

Therefore, we can now describe “The Burning Phoenix” which represents renewal, rebirth and the beginning of a new life, rebirth from the ashes of the past, and the victory of life over death, thus immortality. From eating the “bread” – the “manna” - “The White Powder of Gold”!

Is this really True? What else have we been taught that can relate to this?

Jesus states in the New Testament -

“Give us this day our daily bread.” - Matthew 6:11

“Jesus said unto her, I am the resurrection, and the life:  
he that believeth in me, though he were dead, yet shall he live” – John 11:25

“And whosoever liveth and believeth in me shall never die. Believest thou this?” – John 11:26

“He that hath an ear, let him hear what the Spirit saith unto the churches;  
To him that overcometh will I give to eat of the hidden manna, and  
will give him a white stone, and in the stone a new name written,  
which no man knoweth saving he that receiveth it. - Revelation 2:17

For those who wish to follow this path and to eat the manna, there are accounts and testimonies of others who have experienced this process. The best overview and introduction that I have found to date is given in the transcription of a videotaped talk given by David Hudson in 1995 – where he states that “The reason this material is here is to enlighten and raise the consciousness of mankind.” [7] Here he includes the details of the two preparatory fast durations and the dosage amounts that were given. He

did not use “The White Power of Gold” but rather he used a mixture of “white powders of rhodium and iridium” – “because it naturally was in his body. It's in Aloe Vera gel”, and “It's in carrot juice, it's in grape juice, etc.” He summarizes the dosage used and the results of this work in this lecture. He found that persons taking only 2 mg of this material each day proved to make a huge difference!

He also stated: “According to ancient Egyptians, they said, You have a physical body, you have to feed physical foods to so it can grow and become all that it's meant to be. If you don't feed your material body, you die or you're very stunted. You don't grow and develop. You also have a light body, they said, you also must feed so it can grow and become what it's meant to be. And we haven't been feeding our light body, because we haven't known what to feed it with!”

I was David Hudson’s Science Advisor for a year, and I can attest to his honesty and to the results he has reported. As far as I know, he did not report on experiences by people who performed these fasts and actually took “The White Powder of Gold.” I believe that there is a great difference between “ORMES” materials (these “White Powders” as described in this paper) and “ORMUS” materials that have become popular in the market place. Also, other groups have written books reporting their experiences with ORMES Gold. [8] For additional information, I recommend looking on the internet for “The White Powder of Gold” references and research groups. For further information you may contact the author.

I believe that – now - the solution has been found, the instructions have been given, and the path is now open for those who wish to follow their Master.

What man is he that feareth the Lord?  
him shall he teach in the way that he shall choose. - Psalm 25:12 KJV

## References

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