



## Fall 2015 RCUI Class

Day 1: The Freedom Exercises: Finding Peace in an Uncertain World

Day 2: Scaling Mt. Alitheia: The Changing Face of Rosicrucianism

**Special Guest: Michael Jon Kell, MD PhD FRC**

### Program:

#### Friday October 30, 2015

6:00 pm – Welcome reception for our guest (**public**)

7:00 pm – Council of Solace (**public**)

8:00 pm – Mystical Convocation (**members only**)

#### Saturday October 31, 2015 (**public**)

8:30 am – Registration (coffee, tea, assorted breads)

9:30 am – RCUI Class

12:00 pm – Lunch at the Lodge (included)

1:00 – 4:00 pm – RCUI Class

**Title:** The Freedom Exercises: Finding Peace in an Uncertain World  
**Summary:** Mankind exists within a world ripe with uncertainty, misfortune, and failed dreams. Unfairness abounds everywhere. None have found a way to change the world. So what can you do? In this course, you will discover that deep within your psyche exists a "place" of simple joy, simple peace, and well being; a "place" which can be reached and developed via the Freedom Exercises. By keeping ones "center of gravity" within rather than without; uncertainty, misfortune, failed dreams, and the unfairness of the social world does not disappear. What is gained is an inner strength to persevere in hardships and truly share your heart with others.



#### Michael Jon Kell, MD PhD FRC

Dr. Kell is a psychiatrist, physicist, inventor, and author. He has authored six books, over 50 scientific and philosophical papers, and has been granted many patents in the medical field. He has lectured numerous times at scientific meetings and metaphysical conferences. Dr. Kell has worked in the fields of chemistry, engineering, biophysics, medical toxicology, pain and addiction medicine, cancer research, and teaching. He has been a member of the R+C Order since 1971, and has served in various ritualistic and administrative positions. He is Past Master of Atlanta Lodge (TMO), Regional Monitor Emeritus for GA, and Grand Councilor Emeritus for the SE United States. Currently, Dr. Kell is deeply involved in maintaining our inalienable constitutional rights -federally and in GA, publishing science papers, and writing poetry and teaching stories.

#### Sunday November 1, 2015 (**members only**)

8:30 am – Registration (coffee, tea, assorted breads)

9:30 am – RCUI Class

12:00 pm – Lunch at the Lodge (included)

1:00 – 4:00 pm – RCUI Class

**Title:** Scaling Mt. Alitheia: The Changing Face of Rosicrucianism  
**Summary:** In this course, we explore the limitations placed upon metaphysical theories by hard science. So remember the R+C adage: "Be always a walking question mark. Listen first, think second, and then verify your understanding. Unsupported belief is alien to a true student."

**Class Location:** Johannes Kelpius Lodge

13 Clevemont Avenue, Allston, MA

Phone: 617-782-4333

Email: email jkelpius@verizon.net



Please make checks payable to "Johannes Kelpius Lodge, AMORC" and mail with the registration form to: Johannes Kelpius Lodge, AMORC, P.O. Box 273, Allston, MA 02134-0003.

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

I'll be attending:    both days (\$60)     Saturday only (\$40)     Sunday only (\$40)

Enclosed payment \$ \_\_\_\_\_ AMRA (optional): \$ \_\_\_\_\_

\*\*\* Registration with payment must be received at the Lodge no later than October 23\*\*\*  
For questions: Call 617-782-4333 or email jkelpius@verizon.net



www.rosicrucian.org

RCUI Class -October 2015  
Class Feedback Form Summary

Number of respondents: 23

Question 1. Please tell us what you learned in this class

- It was an amazing trip through hypnosis and all the good things that can be done with it regarding changing and healing major troubles in one's life.
- Self-hypnosis (many respondents).
- I learned how hypnotherapy works and how if we dig deep into ourselves, we can address and resolve or at least understand why we are who we are.
- A review of religious beliefs and how there no one way is true or untrue.
- Understanding the importance of practicing meditation, know there is no absolute truth.
- The biology of memory.
- Meditation, hypnosis (several respondents).
- How to go deep into trance quickly
- I learned about hypnosis: freedom exercise.
- Hypnosis is great, relaxing and solving our daily problems.
- I'd need to write an essay.
- How to address the people using a good sense of humor.
- Brain mapping, complexity of the brain.
- How humans can access all data stored in their brain.
- Thank you for the wonderful weekend.
- How other methods are in compliance with AMORC in most parts.
- An applicable form of self-hypnosis.
- I feel like Frater Michael was very informative and reaffirmed what I feel regarding the bible and mystical schools.
- A lot about hypnosis, different aspects of it, also how memory works.
- I have learned the innocence that we all come here with and the innocence that we can obtain through a content state hence hypnosis.
- How to liberate the true-self, the peaceful, the loving baby underlying under those illusionary personalities bestowed on us by environment, society and education.

Question 2. Please tell us if you learned everything you wanted to

- I think I learned a lot so far but I am still open to more.
- How self-hypnosis techniques help to modify people's worries.
- I don't believe I will ever learn everything I want to know but this brought me closer to knowing.
- Each part of this talk could have the potential to fill a day of study.
- We know there is always more to learn.
- Yes (many respondents).
- Yes, however, I am just breaking ground of becoming a Rosicrucian, so I am not advanced but most recently feel like I have an edge up on how to get to a peaceful place.
- I didn't have preconceived expectations. I came with an open mind. I also learned the difference between hypnosis and meditation.
- Yes, I did (many respondents).



- Yes, I did, now I need to practice and get to remember it.
- Exceeded the expectations.
- I came without expectations, so no complaints.
- Not at all.
- Since I had no expectation prior to the class...
- I learned how to regroup my thoughts about religions and mystical groups.
- No, there are lots and lots I have to learn but I also learned a lot in this class.
- Reviewing and leaning new methods.
- Yes/no
- Also learned how to train your brain to let go of things that are not useful.
- I like the hypnosis exercise (counting down and breathing).

### Question 3. Best part of the class in your opinion

- The experiment or application of this knowledge.
- The practical methods of hypnosis to help to remedy worries.
- Hypnotic practice, introduction to self-hypnosis.
- Michael is very interesting and seems to have endless knowledge. I loved the stories!
- The whole RCUI class was a success.
- Hypnosis.
- The meditations (several respondents).
- The trance in the water releasing the material self is the essential Self, wow!
- The exercises, they're very calming.
- Meditation, relaxation.
- The lectures.
- The practical exercises, (brochure) about self-hypnosis.
- Freedom exercise.
- Evolution of human being since conception until birth.
- The class was so interesting that I want the teaching to continue.
- The memory section did not have the tool communicated today "pay attention" then ask questions.
- Exercises and questions/answers.
- Hypnosis exercise and Sunday.
- Hypnosis exercises to me was the very best part of the class.
- Everything was great. I love the hypnosis exercise.
- The relative jokes, and the presenter's bluntness.
- Learning how powerful I am as a God of myself.
- I like the theory and practice format. What I feel was not helpful was the long reading part. I didn't think it was effective. Hard to keep up with the story, but I think some of us did enjoy.

### Question 4. Improvements you would like to see

- Continue to have more RCUI classes.
- Clearer topic, first day review, second day more focused.
- More exercises.
- Well done.
- None (several respondents).

- It is very good, I enjoyed it a lot, the speaker is wonderful.
- Need CDs or tapes.
- Some fresh air.
- To have the printing material ready at the beginning.
- CDs of self-hypnosis would be an excellent tool to complement the literature.
- If the instructor can come back for another occasion it could be nice.
- Too long a period of reading, although meaningful, people are lost.
- It would be nice to have PowerPoint presentation. Also it would have been great a asset for the lodge to record these RCUI so members can access at the lodge.
- Maybe some parts of the class presented in PowerPoint format.
- I would have liked to have more exercises. However, well planned and methodically executed.
- All was well.

Question 5. Do you have any questions?

- How can we deepen this study?
- I need to read the book to learn more and come up with questions.
- Too many for now.
- It would be nice to invite frater Michael to have RCUI for kids.
- None, thank you so much to the presenter.