Psychic Awakening No. 5
As this week’s lesson deals with the awakening of the thymus center, we will now provide you with an explanation regarding the thymus gland. While reading it, you will note that this endocrine gland plays a fundamental role in the development of the immune system.

The thymus is the endocrine gland located immediately behind the sternum, in the anterior and superior part of the mediastinum. Hypertrophied at birth, the thymus begins to shrink around puberty, to become a mere remnant in adulthood. Recent immunological research has demonstrated how important a role the thymus plays in the life of the fetus. It is at the level of the thymus that the first lymphoid elements or thymocytes appear which will later colonize, through the bloodstream, the peripheral lymphoid organs. Moreover, it is said to secrete a hormonal circulating factor which induces the differentiation of the lymphoid cells and allows them to acquire an “immunological competence.”

When, experimentally, the thymus is removed from an animal during the neonatal period, there is a lack of lymphocytes and circulating antibodies, a deficiency of the immune system, including the absence of any rejection reaction, and a lack of tolerance to transplanted foreign tissues. Autoimmunization phenomena can even be observed, which is an important argument in favor of the role played by the thymus in immunal tolerance. The animal thus deprived of this organ falls into a progressive state of cachexy (general debility) and dies. Nor should the tumor pathology of the thymus be overlooked. The thymus can experience certain proliferations of the cells leading to the table of thymomes. Sometimes, it is simply an isolated radiological anomaly. Surgery and an anatomopathological study can help to determine whether the tumor is benign or malignant.

—ENCYCLOPEDIA ALPHA
Dear Fratres and Sorores,

The time has come to continue our study of the seven major psychic centers in human beings. In keeping with the line of progression we have followed in this work, let us now examine the thymus center, which is the psychic counterpart of the thymus gland.

THE THYMUS: Anatomically, the thymus is located between the upper lobes of the lungs, immediately behind the sternum, and in front of the bronchi. During childhood, it has the shape of a pyramid whose summit is extended towards the thyroid gland. At that time the thymus occupies a large portion of the thoracic cage and may even extend into the diaphragm, which explains why a number of doctors call it the “childhood gland.” At adolescence, this gland weighs approximately 35 grams (1 ¼ ounces). Afterwards, it gradually diminishes in size, until it is reduced to the size of a walnut. Once adulthood is reached, it weighs approximately 10 grams (⅓ ounce).

During childhood and adolescence, the thymus plays a fundamental role in the development of the immune system. In other words, under its impulse, the physical body generates most of the agents that protect it against illness. These agents notably include the thymocytes, lymphoid cells from which the lymphocytes are created. During adulthood, the lymphatic ganglia ensure this immunological function, assisted by the spleen and the bone marrow. In any case, children’s health is closely linked to the activity of the thymus, with most childhood leukemia resulting from a deficiency of the thymus gland.

Apart from the basic role that it plays in terms of immunity, the thymus secretes a hormone—thymine—whose function is equally important during childhood. During the first years of life, this hormone facilitates the transmission of nerve impulses between the brain and the voluntary muscles, particularly those of the limbs. It is especially active during the period in which the child develops psychomotricity (the integration of the motor and mental functions under the effects of the maturation of the nervous system)—that is, between birth and age seven. The nervous system is then sufficiently developed and experienced to assume this function on its own, which explains why the secretion of thymine gradually stops.
Although the thymus is much smaller in adults than in children, we should not think that it no longer plays any physiological role. In fact, it intervenes directly in the regulation of the immune system and controls the manufacturing of the lymphocytes, so that there is always a sufficient number in the body. Furthermore, it produces hormones that facilitate the work of the thyroid gland, which, as we shall see in our next special monograph, is responsible for the processes of growth and bone development. Finally, recent research has shown that it exerts a stimulating action on gene reproduction and on the chromosomes themselves. As you can see, the role of the thymus is important and worthy of note.

THE THYMUS CENTER: Let us now examine the psychic function of the thymus center. Generally speaking, it is the regulator of our moods. It is interesting to discover that the word thymus comes from the Greek thumos which means “mood.” This center exerts considerable influence on our way of life. When its activity is insufficient, the person tends to be cantakerous or cyclothyemic—in other words, he or she passes suddenly from optimism to pessimism, from joy to melancholy, from activity to apathy. Conversely, the more the center is developed in an individual, the more his or her behavior is constant, balanced, and level-headed.

The function of the thymus center is not limited to what we have just indicated. Keep in mind that our psychic body leaves the physical body during projection from the area of this center. It is also the “anchor point” from which the silver cord stretches out when we project. Furthermore, it is most often in the area of the thymus that the soul is freed from the body at the time of transition. However, sometimes this separation occurs in the area of the solar plexus or the pineal gland.

As you learned in the Seventh Temple Degree, the thymus center is stimulated by the vowel sound EHM (pronounced “aim”), which is intoned on B natural above middle C. Moreover, it is especially sensitive to vibrations of the color green. The following exercise should be performed as regularly as possible to awaken the psychic activity of this center.
EXPERIMENT: Sit with your back as straight as possible and your feet flat on the floor, slightly apart.

Place the joined tips of the thumb, index finger, and middle finger of your dominant hand over the thymus. If you find the position of these fingers too tiring, simply place your hands on your lap throughout this exercise.

Then close your eyes, take a deep breath through the nose, and hold the air in your lungs for a few moments.

While slowly exhaling, intone the vowel sound EH M and visualize your thymus center as a green sphere approximately 3 centimeters (1 inch) in diameter.

Repeat this process six times for a total of seven intonations. Then remain seated in silence and be attentive to any impressions you may receive.

Immediately after performing this exercise, you will probably experience a sensation of heat, coolness, or tingling in the area of the thymus or in the region between the upper part of the two lungs. You will also feel more relaxed and serene, as though all your preoccupations of the moment had disappeared. These two major effects simply reflect the fact that your thymus center was responding to your stimulation.

Practicing this exercise is not only useful for awakening the thymus center; it is also quite helpful whenever you are in a bad mood. Therefore, if one day you are especially irritable, to the point of becoming exhausted by all of life’s frustrations, retire for a few moments to a tranquil setting and proceed as we have just explained. After a few minutes, you will feel much calmer and experience a certain peace. In other words, you will find yourself in a better mood, something that both you and others around you will notice.

With best wishes for Peace Profound,

Sincerely and fraternally,

YOUR CLASS MASTER
Practical Application

“Whatsoever thou resolvest to do, do it quickly. Defer not till the evening what the morning may accomplish.”—*Unto Thee I Grant*
Summary of This Monograph

After carefully reading this monograph, read the following summary. It contains the major principles on which you are to reflect and meditate in the coming days. If any of the points are difficult to understand, refer to the explanations given in this monograph. Moreover, we advise you to read this summary again immediately before your next sanctum period.

Anatomically, the thymus is located between the upper lobes of the lungs, immediately behind the sternum and in front of the bronchi. During childhood, it has the shape of a pyramid whose summit is extended towards the thyroid gland. At adolescence, this gland weighs approximately 35 grams (1 ¼ ounces).

During childhood and adolescence, the thymus plays a fundamental role in the development of the immune system. Under its impulse, the physical body generates most of the agents that protect it against illness.

Apart from the basic role that it plays in terms of immunity, the thymus secretes thymine, a hormone which is especially active during the period in which the child develops psychomotricity—that is, between birth and age seven.

Although the thymus is much smaller in adults than in children, it should not be thought that it no longer plays any physiological role.

The thymus center, the psychic counterpart of the thymus, regulates our moods. When its activity is insufficient, the person tends to be cantakerous or cyclothymic.

Apart from the influence it exerts on our moods, the thymus center is also the “anchor point” from which the silver cord stretches out when we project. Furthermore, it is most often in the area of the thymus that the soul is freed from the body at the time of transition.

The thymus center is stimulated by the vowel sound EHM (pronounced “aim”), which is intoned on B natural above middle C. It is also especially sensitive to vibrations of the color green.