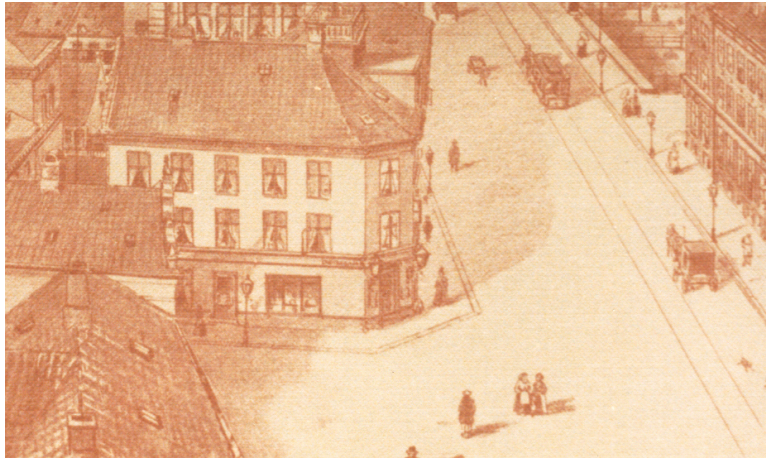


## 2 FROM CARL GRASSHOFF TO MAX HEINDEL

Carl Louis Fredrik Grasshoff, who later – when he immigrated to America – changed his name to Max Heindel, was born early Sunday morning at 4:32 a.m. on July 23, 1865, in Aarhus, Denmark.<sup>87</sup> His father, Frantz Louis Grasshoff, who first saw the light of day in 1838 in Berlin, Germany, probably came to Denmark with the Prussian army during the Danish-German war in 1864.<sup>88</sup> There he became acquainted with a Danish woman, Anna Sörine Withen, the daughter of the clog maker, Chresten Petersen Bregnetfeld Withen, and his wife, Mette Kirstine Petersen. She was born February 7, 1842, at Frederiksgade, Aarhus. Frantz L. Grasshoff married Anna Withen on March 7, 1865, in Aarhus Cathedral.<sup>89</sup>



30. Aarhus, seen from the Cathedral southward. The corner house, with lanterns, is the house where Carl was born. Engraving by Franz Sedivy, 1859.

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<sup>87</sup> Letters from Mr Peter Litrup, dated November 6, 1974, and March 12, 1975, from the keeper of the records at the archives of the city hall in Aarhus, Denmark. Letter dated March 18, 1982, from the Landsarkivet for Nørrejylland, Viborg, Denmark. Max Heindel's birth certificate was found in the Lutheran Cathedral of Aarhus, Denmark. See addendum 2 for its translation.

<sup>88</sup> Landsarkivet for Nørrejylland; There were no further records available at 1, Geheimes Staatsarchiv Preußischer Kulturbesitz, Berlin, Germany. 2, Evangelisches Zentralarchiv, Berlin. 3, Berliner Stadt Bibliothek, Berlin.

<sup>89</sup> See note 87.

Hardly 165 feet from the Cathedral, located in the centre of Aarhus at Kannikegade 2, named Kjordtorvet in that time, master-baker Grasshoff bought a Viennese bakery, half-timbered, with housing accommodations above, with the financial help of his stepfather Völker<sup>90</sup> in Berlin.

Besides Carl Louis Fredrik, who was baptized in the Lutheran Cathedral on October 15, 1865, another son, Louis Julius August, was born at the same address, on July 20, 1867.<sup>91</sup>



31. Carl as a baby.



32. The four years old Carl with his hat in his hand.

After a difficult start in the Viennese bakery, Frantz obtained a temporary suspension of mortgage payments on September 13, 1866. It seemed to go better some time later as, not only was the moratorium discontinued on November 16, 1866, but baker Grasshoff rented a second bakery on April 1, 1868, in Horsens, a city about 28 miles south of Aarhus.<sup>92</sup> Alas, he was prospering barely one week, when on April 8 an industrial accident injured him in the early morning. While he was with an apprentice near the steam boiler, it exploded, spattering fragments all over the bakery and directly through a door to the opposite side. The fragments wounded him and the steam scalded him to such a degree that it was necessary to

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<sup>90</sup> See note 88.

<sup>91</sup> See note 87. He expired on January 18, 1929, in Copenhagen at Aboulevarden 29, in the Frederiksberg parish.

<sup>92</sup> See note 87.

take him to the hospital immediately. The apprentice suffered only seriously burned arms.<sup>93</sup> After ten hours of suffering, baker Grasshoff died that same afternoon at the youthful age of 30. The funeral took place at noon in the churchyard chapel on April 14, during which Dean Boesen presented a memorial of consolation<sup>94</sup>.



33. Mrs Grasshoff and her boys.



34. Half-sister, brother and mother of Heindel.

A period of difficult times then commenced for Mrs Grasshoff and her sons. She rented out the shop in Horsens and sold the business in Aarhus and had to move out. At the beginning of 1869 they lived at Frederiksgade 9, while Mrs Grasshoff sustained the family by dry-cleaning gloves. At the end of that year the family moved to Sønder Allee 21, where she worked as a self-employed hairdresser. Shortly afterwards they moved again on November 22, 1870, to Mejgade 9, and within half a year to Badstuegade 11.<sup>95</sup>

Possibly because of impending birth, one and one half years later they left Aarhus and moved to the Frederiksberg section of Copenhagen on November 6, 1872. Three weeks later, on November 26, 1872, Anna Emilie was born. This little girl was destined to become a well-known actress.

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<sup>93</sup> See note 87.

<sup>94</sup> See note 87.

<sup>95</sup> See note 87.

She died January 20, 1955.<sup>96</sup> Many years later Mrs Grasshoff met her second husband, Fritz Nicolaj Povelsen, whom she married on June 15, 1886.<sup>97</sup>

Soon after moving to Copenhagen, eight-year-old Carl, while going to school with a number of boys, had an accident. At that time Copenhagen had a number of ditches with banks on each side that carried irrigation water to different parts of the city. The boys began to jump across these ditches, which in some places were quite wide. Though the others were older, young Carl had to do everything just a little better than his friends. When they arrived at a ditch that was extremely wide, Carl leaped where he should not have attempted. He landed with a loud thud, his left foot striking the ground with the heel turned outward, twisting the foot and causing intense pain.

Although late, he went to school and sat with his painful foot for the rest of the day. That night he feared to tell his mother because the day before the accident the boys were truant, so he endured the pain.

The next day in school he fainted. The foot was so swollen that it was necessary to cut the shoe loose.

Because of this injury, he was confined to bed for sixteen months. Surgeons took out several splinters of bone, bored through the ankle, and inserted into the foot several tubes to drain the enormous amount of fluid that was continually building up.

Finally, they allowed him to get up, and he walked with crutches for six months. For ten years thereafter, a specially made boot with a steel bandage supported the leg. At last it grew sufficiently strong so he could do without the support, but the wound on one side of the leg did not heal. An open sore about eight inches wide remained which had to be bandaged each morning and night. It was thirty years later, six months after following a strict vegetarian diet, when the wound finally healed.<sup>98</sup>

Life at home did not satisfy Carl Grasshoff, so he decided to leave his family and try his fortune in Great Britain. He sailed to Glasgow, where he

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<sup>96</sup> Letter from: Staden Københavns statistiske kontor, folkeregistret, [Bureau of Statistics of the City of Copenhagen, Register] by Mrs Els Lessing on April 14, 1970. The last address of Anna Emilie was Godthasvej 83, Copenhagen, where she died on June 20, 1955.

<sup>97</sup> See note 96. Mrs Grasshoff died in Copenhagen on March 13, 1916.

<sup>98</sup> *Rays from the Rose Cross*, March 1916, p. 38; Heindel, Max, *Teachings of an Initiate*, p. 153; Heindel, Mrs Max, *Memoirs of Max Heindel and the Rosicrucian Fellowship*, typescript, Oceanside, CA: 1941, p.6.

stepped ashore about 1884.<sup>99</sup> He found a job as a master tobacconist and resided at 438 Argyle Street.<sup>100</sup>



35. Glasgow, Argyle Street, about 1880.

Some time later he met his future wife, Catherine Dorothy Luetjens Wallace, a lithographic printer's worker. She was born in Glasgow on January 4, 1869, daughter of boilermaker James Barr and Mary Anne Wallace.<sup>101</sup> Carl was scarcely 20 years old when he married this 16-year-old girl on December 15, 1885.<sup>102</sup> They left Glasgow and took residence in Liverpool.

It must have been at about this time that Carl bought a copy of the periodical *London Light* and read the poem that made a deep and lasting impression on him, "A Prayer," by Florence Holbrook.<sup>103</sup>

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<sup>99</sup> See note 96. The exact date has not been found.

<sup>100</sup> The Corporation of Glasgow, registration of births, deaths and marriages, Glasgow. Extract of an entry in a register of marriage dated October 22, 1970, of the marriage between Charles Grasshoff and Catherine Wallace.

<sup>101</sup> See note 100. Extract of an entry in a register of marriage dated October 21, 1970, showing the birth of Catherine Dorothy Luetjens Wallace. She was born at 9:00 A.M.

<sup>102</sup> See note 100.

<sup>103</sup> See addendum 3: Florence Holbrook.



36. Liverpool, quay by moonlight, 1887, oil painting, by Atkinson Grimshaw.

Probably influenced by the stepfather of Catherine, Henry Robinson, who was a seaman in the merchant marine, Carl Grasshoff followed the same maritime occupation.<sup>104</sup> In any event, at the moment their first child, Wilhelmina Catherine Anna, was born November 5, 1886, and deceased

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<sup>104</sup> See note 100.

- Cunard Line Limited, Southampton, England. G. Cunningham, Superintendent Operations (Engineering) in a letter dated July 12, 1968: “[W]e have completely checked our records and can find no trace of a man of either name (Grasshoff/Heindel) sailed with this company in the capacity (engineer) you describe. Under the Company’s regulations, an Officer must be a British Subject and it could well be that Grasshoff or “Heindel” changed his name if he took out British Nationality, which we would have to do to sail with this company in the capacity of Chief Engineer or Chief Electrician. We suggest that you might be able to find more details about this man if you write to Somerset House, London.”

- Home Office, Whitehall, London, England. Mr H. Y. Pearson, department record officer wrote on August 16, 1968: “A very careful research in the Home Office naturalization records has been made but no trace has been found of the grant of British nationality to any person of those names (Grasshoff/Heindel) in the period 1844-1914.”

- Board of Trade, General Register and Record Office of Shipping and Seaman, Cardiff, England. Mr H. F. C. Hussey, for Registrar General, November 17, 1967, wrote: “I regret that we have no record of Carl Louis von Grasshoff in our Index of Certified Engineer Officers.”

- And on June 14, 1968: “A search has been made in Our Index of Certified Engineer Officers but I regret that we have no record of Max Heindel.”

on April 1, 1980 in Sudbury, Massachusetts, he was in the merchant marine service.<sup>105</sup>



37. Carl, Catherine, and Wilhelmina, about 1887.



38. Private house in Copenhagen, Viborggade 12.

Two years later, on November 6, 1888, a second daughter, Louisa Charlotte, was born.<sup>106</sup> After the birth of their second child, they decided to return to Copenhagen, where a third daughter, Nellie, first saw the light of day on November 5, 1889.<sup>107</sup>

Their fourth child, a son named Frank, was also born in Copenhagen on January 15, 1891.<sup>108</sup> He changed his name to Frank Gordon during the First World War, when he was in the military service of the U.S.A.<sup>109</sup>

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<sup>105</sup> Superintendent Registrar's Office, Mr H. E. Titchmarsh, F. S. S., Superintendent Registrar, Liverpool, England sent a certified copy of an entry of birth on October 8, 1970, of Wilhelmina Catherine Anna Grasshoff.

<sup>106</sup> See note 100 for birth of Louisa Charlotte Grasshoff. She died on July 9, 1960, in Massachusetts, U. S. A., of a cerebral thrombosis, according to the Reading Public Library, Reading, Massachusetts in a letter by Mrs Wilma J. Lepore, Librarian, dated January 2, 1970.

<sup>107</sup> See note 96 for this birth. Nellie (Grasshoff Reed) died on February 26, 1951 in Reading, caused by a closing of the coronary artery, according to a letter from the Reading Public Library, dated January 2, 1970.

<sup>108</sup> See note 95 for source of birth data.



39. Max Heindel's children, 1898.



40. Heindel at Niagara Falls, about 1900.

Concerning the time Carl Grasshoff lived in Copenhagen, his daughter Wilhelmina informed me as follows: "I always thought my father was in the import business with his brother Louis. When we were children our parents were quite well off. We had a large house in Denmark; we had servants and a telephone, which, as a child, I was very interested in; also a pet monkey with his own room. We also had our own playroom. My father's brother was married. His wife's name was Yrsa. They had one son, Alexander, who came to America just before World War I. Aunt Anna married Jørgen. They had two children, Edith and Sigaard. Sigaard served in World War I and was killed while in the service. Aunt Anna was an actress and lived in Denmark. While our father was absent, his mother, our grandmother, took care of us. He had left a sum of money for our care and the remainder of the money was returned to him when we came to America."<sup>109</sup>

The marriage relationship was such that Carl and his wife Catherine decided to separate.<sup>111</sup> She went to live in lodgings elsewhere in Copen-

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<sup>109</sup> Letters from Mrs Wilhelmina Grasshoff and Mr Frank Crawford Reed, Sudbury, MA, dated June 19, 1970, and December 1971.

<sup>110</sup> See note 109.

<sup>111</sup> Lansarkivet for Sjælland m.m., København, Mr Niels Rickelt, Registrar in a letter dated November 1, 0 wrote: "Cathy Grasshoff, née Wallace, was born in Glasgow on January 4, 1869. She seems to turn up in Copenhagen around September 1, 1897. She was described as a 'forsaken wife.' Her addresses in Copenhagen were:



hagen and Carl wanted to immigrate to America to build himself a new future. The four children remained in Copenhagen in their grandmother's care. He went to America in 1893.<sup>112</sup>



41. Hillside Street 156, Roxbury.

One of the first requisites, of course, was to find work, and he found employment at a power station in New York City as an engineer. He apparently lived in Somerville, MA, a suburb northwest of Boston, some

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1897 9-1 from Korsgade 47 IV, to Bangertsgade 5 V at Sørensen.

1897 9-18 to Møllegade 3 ground floor right at Rüttgers.

1898 11-1 Jaegergade 10 IV.

She expired on October 14, 1902, in Frederiks Hospital with the address Jaegergade 10.

The case of the division of the inheritance is to be found in the inheritance register of Copenhagen under the designation: 1900- 2<sup>nd</sup> department K protocol 1A page 529 912 and ... page 311. "The deceased cohabited with a worker Carl Larsen, who after her passing moved from the dwelling, who, however, paid the funeral and therefore got handed the few pieces of furniture and a deposit-book with 25 Kroner." At the end of the protocol is stated in translation: "The party [Carl Larsen] is under the impression that the husband of the deceased, Carl Grasshoff, is in America."

<sup>112</sup> The Boston Public Library, Census 1900 for Carl L. Grasshoff, via Mr Ricardo Bianca de Mello, Brazil.

years later.<sup>113</sup> Heindel worked there at first as an insurance agent and later as a steam engineer in a brewery.<sup>114</sup> He remarried at April 10, 1895 an eight years older Danish woman named Louisa Anna Peterson, who had four children by a previous marriage, three girls and one boy, of whom the eldest was married.<sup>115</sup> The youngest was nearer the age of Max Heindel's own children.

On September 7, 1898, they bounded for New York City.<sup>116</sup> This marriage did not meet Max Heindel's expectations either, and divorce followed. Heindel, with his four children, moved to a residence at 156 Hillside Street in Roxbury, a suburb south of Boston.<sup>117</sup> Nor was work going smoothly. It is said that he worked for a while on a Great Lakes steamer as a fireman or engineer. His last ship sank, but he was able to swim ashore. After this he stopped working on ships and took up work as a consulting engineer for heating and refrigeration. He may have been a member of the Quaker Society at this time.<sup>118</sup>

At the beginning of the 20<sup>th</sup> century, California was seen as an eldorado, and Carl Louis Fredrik Grasshoff decided to try his fortune there under his new name Max Heindel.<sup>119</sup>

In 1903 he went to Los Angeles where he worked at times as an engineer; however, adversity overtook him. Hunger and deprivation were his daily companions. Feeling very sorrowful, one day in December 1903 as he walked the streets of Los Angeles, he noticed a sign over Blanchard Hall that announced a lecture on reincarnation by the Theosophist Charles Leadbeater.<sup>120</sup>

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<sup>113</sup> See note 111. Engineering Societies Library, New York City, wrote on August 26, 1968, "Sorry, we have no information." Heindel, Mrs Max. *The Birth of the Rosicrucian Fellowship*, Oceanside, CA: Dec. 1923, p. 4, "Between the years 1895 and 1901, he was consulting engineer in New York City." The data on this page regarding Max Heindel's life before 1905 are nearly all erroneous as shown by official records.

<sup>114</sup> See note 109.

<sup>115</sup> The Boston Public Library, Marriages April 10, 1895 and Census June 1, 1900 via Mr Ricardo Bianca de Mello, Brazil. See also note 109.

<sup>116</sup> See note 96. "The above children (Wilhelmina, Louisa, Nellie and Frank) went to New York on the steam ship S.S. *Island*, the 7<sup>th</sup> of September 1898."

<sup>117</sup> See note 109.

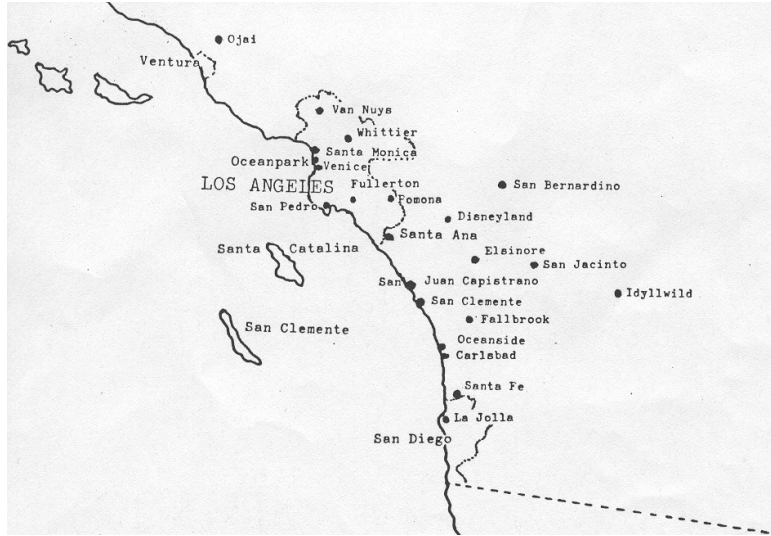
<sup>118</sup> Data collected by Mr J. Darrow from Max Heindel, sent to author by Mr Theodore Heline, California, in November 1970.

<sup>119</sup> Clerk of San Diego County, CA by Barbara J. Kiya, Deputy Clerk sent on November 6, 1969: Copies of the Petition for Probate Court of Will and Will, of Max Heindel and Augusta Foss Heindel (Max Heindel deceased, Case no. 8213 micro film; Augusta Foss Heindel deceased, Case no. 42593 microfilm).

<sup>120</sup> Heindel, Mrs Max, "The Early History of the Rosicrucian Fellowship" In *Echoes from Mount Ecclesia*, January 1, 1948 to February 1, 1952 inclusive.



To ease the passing of time, which was hanging heavily on his heart, and attracted by the contention that every man possesses clairvoyant abilities, Heindel walked into the lecture hall. Augusta Foss, who had been a member of the Theosophical Society for about four years, ushered him to a seat, noting that he was lame.



43. Map of Southern California.

The following afternoon, Max Heindel went to the library of the Society with the idea of borrowing a Leadbeater book, *Astral Plane*. There he again met Augusta Foss, who was assisting the librarian in helping those who might come after hearing the lecture the previous day. The desired book was not there, so he borrowed Mrs Besant's *Karma* and *Reincarnation*. While conversing with Max Heindel, Augusta Foss discovered that he lived close to where she and her mother lived. She invited him to their home, and Max Heindel accepted the invitation. Daily visits by Max Heindel developed into a close friendship between him, Augusta Foss and her invalid mother who was also interested in spiritual subjects.

In a letter to Leadbeater dated January 15, 1904, Max Heindel wrote that at first he had wanted to become clairvoyant, but from Mrs Besant's

book he learned why occult powers should be used to help humanity.<sup>121</sup> After attending the second of the series of lectures by Leadbeater, Heindel figuratively devoured Theosophy and put the teachings into practice. He discontinued the use of intoxicants and tobacco and became a vegetarian. He also tried to control his passions and fanciful thoughts and longings, and to speak the truth at all times. Thus there was a complete transformation.



44. Max Heindel with Mr E. Küper in L.A., 1904.

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<sup>121</sup> Jinarājadāsa, C., “How Max Heindel came to Theosophy” in *The Theosophist* Vol. 70, no. 7, April 1949, p. 17. “A Letter from Max Heindel to Mr C. W. Leadbeater on January 15, 1904” in *The Theosophist*, Vol. 70, no. 7, April 1949, pp. 17-19. See also addendum 4: Letter from Heindel to Leadbeater, 1904.



45. Blanchard Hall Los Angeles (1930's).



46. Augusta Foss.

Augusta Foss was born 12 miles south of the city of Mansfield, Ohio, the daughter of William Foss and Anna Right, at 5:15 p.m. on January 27, 1865. William Foss came from Mogendorf, east of Koblenz, Germany, where he was born on March 6, 1831. He went to America at the age of 22, in 1853.<sup>122</sup> His name was originally spelled Voss [Voß]. Anna Marie Right was born in Neuwied, north of Koblenz, on June 4, 1827. They were married on June 6, 1855, and had seven children, all born near Mansfield, Ohio. Augusta was the second youngest. The Foss family moved to Los Angeles in the 1880's and built their home on Bunker Hill in 1885, at 315 South Bunker Hill Avenue.

Augusta Foss, originally Lutheran, began her study of occult philosophy and astrology in 1898. Thomas Hansen wrote about the latter in *Keys from the Rose Cross*, "In 1898 she first became interested in astrology, paying ten dollars for a course from a professor Baker. This left her with an insatiable desire to grasp this science in its deeper forms. The good professor was, no doubt, well acquainted with his subject, but in the words of Augusta Foss, 'He had Venus in the first house and all we received for

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<sup>122</sup> Letter from Mrs Olga Borsum Crellin, Venice, CA, on January 9, 1970. See also addendum 5, The Foss Family. Concerning the Foss home, see also Leo Politi's *Bunker Hill, Los Angeles; reminiscences of bygone days*, published by Palm Desert, CA: Best West Publications, 3<sup>rd</sup> ed., 1969. It contains another photograph and some paintings of the home with some brief descriptive material.

our ten dollars was a nice time and a list of planets showing their respective divisions into triplicities and quadruplicities?’<sup>123</sup>



47. Foss home in Los Angeles.



48. Mother Foss 1827-1912  
with son, John Henry.

She was a member first of the Hermetists, and then of the Theosophical Society. She was usher and later a library assistant.

Max Heindel became a member of the Theosophical Lodge, in which he was an active fellow worker for about three years, and served as vice-president in 1904 and 1905. In the course of time that Heindel remained a member of the Theosophical Society, a number of members became interested in the study of astrology. Max Heindel was one of them; Augusta Foss assisted them in the study.

During this period, he – among other things – gave two lectures for the Theosophical Society in Los Angeles on Madame Blavatsky and the Secret Doctrine. These notes were edited and later published in a booklet in 1933 by Mr Manly Palmer Hall.<sup>124</sup>

Max Heindel also gave lectures elsewhere and Mr C. Jinarājadāsa wrote the following on this subject: “I owe a good deal to Max Heindel. When I met him in Tacoma, Washington, he was a Theosophical lecturer, and informed me that he was lecturing with slides. It was to me a novel idea, and at my desire to be better informed he took me to his room and showed me his slides and how he used the magic lantern [slide projector] with a white sheet for his enlarged diagrams. I saw the new possibilities of lec-

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<sup>123</sup> Hansen, Thomas G. “Zodiacal Hierarchies.” *Rays from the Rose Cross*, February 1981, p. 72.

<sup>124</sup> Heindel, Max. *Blavatsky and the Secret Doctrine*, Including an introduction by Manly P. Hall, and a biographical sketch of Max Heindel. Santa Monica: (first edition 1933; second edition 1972).

turing with diagrams, and on my return to Chicago I mapped out various diagrams, which were then drawn beautifully for the purpose of slide making. These diagrams, including others taken from books, formed the work, *First Principles of Theosophy*.”<sup>125</sup>

Max Heindel was taken seriously ill in the summer of 1905 from overwork caused by his extreme desire for spiritual knowledge. His heart trouble was so grave that for months his life hung in the balance. His body was totally enervated.

At the Theosophical Society Heindel made acquaintance with a woman for whom he had special feelings. Her name was Alma von Brandis.<sup>126</sup> She was born on July 24, 1859 in Chicago and was a Doctor in Osteopathy who lived in Los Angeles. She had planned to go to Europe to visit her family, and at the moment the ship put out to sea, Heindel had his first spiritual experience, which he describes as follows: “While relating personal experiences it may perhaps not be out of place either, to say that once I was caught by a camera. The incident in question happened when I was in a hospital just recovering from a serious breakdown caused by several years of very close study and overwork. Previous to that time I had had no psychic experiences, but on a Sunday morning when a dear friend [Alma von Brandis] was leaving for Europe I felt particularly lonesome and intently desirous of seeing my friend. Suddenly, as if by magic, I found myself standing outside the bed looking at the poor wasted body, which lay inert and asleep, but I felt no fear, everything seemed to be all right.

“Carried thence by the desire that had originally liberated me from the body, I travelled in a fraction of a second, the twenty miles to the harbour of San Pedro, where I found myself on the steamer with my lady friend. The boat was in the act of leaving, and at that moment a mutual friend snapped a camera on shore. When the film was developed my face with a growth of beard of several weeks standing, acquired in the hospital, was distinctly visible.”<sup>127</sup>

Heindel says also, “[M]y studies, aspirations, and an exercise practiced for a long time which I thought then I had devised but which I now know was carried over from the past, all combined to make it possible for me during that first sickness to slip out of the body for a short while and

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<sup>125</sup> See note 121. Mr Jinarājādāsa lectured in 1909 in Chicago. The first edition of his book appeared in 1921.

<sup>126</sup> See addendum 6: Alma von Brandis.

<sup>127</sup> *Rays from the Rose Cross*, “Question Department,” January 1916, p. 18. Heindel speaks here in the 3<sup>rd</sup> person, which has been changed to the 1<sup>st</sup> person singular, here as well as in following quotations by Heindel.



then return. I did not know how I did it, and was unable to do it at will. A year later I did it again by accident.”<sup>128</sup>

After his severe illness in the fall of 1905, he withdrew from the Theosophical Society and set out on his new lecture tour in April 1906. On this tour northward, lecturing and teaching Christian mysticism, rebirth and astrology, he gradually arrived in San Francisco where he had hoped to find a field, but, something within urged him not to remain there. He followed this intuition, and on the day after his departure, April 18, 1906, the city of San Francisco was partly demolished by a severe earthquake and an enormous fire. Heindel had gone to Seattle.

Max Heindel recalls how an accident taught him the benefits of a vegetarian diet. “One morning, about three years after adoption of a vegetarian diet, I had the misfortune to cut off a fingernail close to the root. Had this happened in the pre-vegetarian days it would have resulted in enormous loss of blood, for then my blood would not coagulate, and the least scratch bled profusely for a long time. But at the time of this accident only a few drops of blood appeared, coagulated, and only a small rag was used; this was removed in the afternoon to facilitate operation of the typewriter. Usually suppuration sets in when a nail has been torn off, but not the slightest sign of that nature was experienced. The skin healed in a few days, and during the six months required to grow a new nail I used the finger without discomfort except the first few hours after the accident.”<sup>129</sup>

After a period of teaching and lecturing in Seattle, his heart weakened from the strain placed upon it, and he became very ill again, forcing him to spend some time in a hospital. After his recovery he went to Duluth, Minnesota, where he continued with his classes.

During her travels in Europe, Dr Alma von Brandis attended the lectures of Dr Rudolf Steiner. Steiner, who had become a member of the Theosophical Society early in 1902 and General Secretary for Germany later that year, claimed to be an initiate of the Rosicrucian Order.<sup>130</sup> Dr von Brandis had become a member of Steiner’s Section in 1906 and in her letters she urged Heindel to come to Vienna, Austria, to hear Steiner. Because of his illness in Seattle, he could not respond, nor was he prepared to give up his successful lecture tour. He, furthermore, was financially unable to undertake such a journey.

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<sup>128</sup> Heindel, Max. *Teachings of an Initiate*, Oceanside, CA: The Rosicrucian Fellowship press, 1955, p. 154.

<sup>129</sup> Heindel, Max. *Rays from the Rose Cross* short articles under “Nutrition and Health,” March 1916, pp. 38, 39.

<sup>130</sup> See chapter 4.

Dr Alma von Brandis returned to America in the fall of 1907 and met Heindel in Duluth. Because she had vainly tried to persuade him by letter to come to Europe, she now tried verbal persuasion. Her offer to pay his round-trip fare at last persuaded Heindel; and he made use of this opportunity to first visit his family in Denmark, and then to visit Berlin.