

When we retire at Night, we constructively review our day.

Constructive: Serving to improve or advance; helpful.

Of or relating to construction; structural.

Were we resentful, selfish, dishonest, or afraid?

Do we owe an apology? Apology vs. amend -

An apology is a sincere expression of regret or remorse for having wronged, injured, or failed someone

An Amend - To change for the better; improve. (God makes the changes)

Have we kept something to ourselves which should be discussed with another person at once?

Were we kind and loving toward all? (Even in our minds?) – (Even in the car?)

What could we have done better?

Were we thinking of ourselves most of the time?

Or were we thinking of what we could do for others, of what we could pack into the stream of life?

But we must be careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others.

After making our review, we ask God's forgiveness, and inquire (of God) what corrective measures should be taken.

The Oxford Group: Four Absolutes

Absolute unselfishness - Selfishness

Absolute honesty - Dishonesty

Absolutely Purity of Thought – Resentment (Re- over and over & sentire – to feel)

Absolute love - Fear

Nightly Review, Friday Night, March 20th, 2026, Monday Night Group Retreat, Estes Park, CO
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<https://intuitiveart.net/wp-content/uploads/2026/03/Friday-Night-Nightly-Review-Notes.pdf>

Rosicrucianism draws from Hermeticism, Christian mysticism, alchemy, Qabalah (Jewish mysticism), and Gnosticism, blending them into a spiritual and cultural movement that emerged in early modern Europe during the early 17th century,
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Retrospection and Concentration

Two specific exercises are given to the aspirant on the Western Wisdom Path of Preparation: Retrospection and Concentration. Both lead to a development of spiritual sight and insight; both are necessary to secure a thoroughly rounded development.

The philosophy of the attainment of spiritual sight and insight is to compel the desire body to perform the same work inside the dense body while we are fully awake, positive, and conscious, as it does outside in sleep and in the post-mortem state.

Max Heindel states that: "The evening exercise, retrospection, is of greater efficiency than any other method in advancement." It "is of prime necessity to the (the aspirant: one who seeks advancement), because it supplies a feeling for truth...and develops power of devotion." He goes on to describe how best to perform this exercise:

"The aspirant endeavors to picture to himself each scene as faithfully as possible, seeks to reproduce before his mind's eye all that took place in each pictured scene, with the object of judging his actions, of ascertaining if his words conveyed the meaning he intended or gave a false impression, or if he overstated or understated in relating experiences to others. He reviews his moral attitude in relation to each scene. At meals, did he eat to live, or did he live to eat...? Let him judge himself and blame where blame is due, praise where merited.

Now to summarize the benefits of retrospection when practiced at the end of the day as taught: (1) thorough relaxation of the body; (2) increase in power of devotion and feeling for truth; (3) knowledge of how the Law of Cause and Effect operates in life; (4) restoration of harmony in the bodies more quickly than would otherwise be done; (5) a shortening of the time spent in Purgatory and the First Heaven; (6) progress in attitude and development; (7) thought control, which must result from a disciplined effort to retrace the events of the day.

Sometimes people ask if retrospection is necessary when one repents immediately for

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undesirable words or actions. (Step 10) However, it seems obvious that it would be impossible to reap all the benefits by simply repenting during the day for undesirable deeds, even if one had the time to do so. The fact that one repents immediately for having hurt another, etc., is all in his favor, of course, but how could any sincere aspirant help not doing that? Were there no sincere repentance, there would likely be no incentive to real repentance in the evening.

It should also be realized that constant attention to the events of the day can be detrimental rather than helpful. In fact, Max Heindel warned us not to be over-anxious to accomplish, nor to be fearful and worrisome. "When we are too anxious, constantly ruminating over faults and feverishly anxious to eradicate them, when we are ever intent upon ourselves to see if we are growing, then we are in point of fact exactly as the little boy who has planted a seed and daily scratches the soil from the tiny rootlets to see if the seed is growing into a plant. We know that by his ill-advised anxiety the boy frustrates the very object he wishes to attain; and when we are constantly putting ourselves in the limelight and hypercritically reviewing our shortcomings, we are also defeating the end we seek to serve and deferring the consummation of our hopes. The evening exercise gives us all necessary scope for criticism. To keep chiding ourselves throughout the day has the same effect as if someone else were 'picking' at us all the time.

The path of spiritual progress is the path of self-discipline: control of our thoughts, words, feelings, and deeds. Against this the lower self constantly rebels and offers all kinds of excuses to prevent its accomplishment, but the wise aspirant does not heed them. He realizes that the exercise of retrospection requires the use of will, the highest aspect of the Spirit, to control thought and feeling for a definite, sequential period of time. Hence, for this reason, along with all the others mentioned above, its successful performance is a spiritual victory for the Spirit—a victory which gives strength and power to the Higher Self.

Finally, we would remind all interested in performing these spiritual exercises that they are not of much benefit unless accompanied by prayer, meditation, and above all, a life of purity and service, for these supply the food necessary for increasingly successful performance of retrospection and concentration.