

In these thrilling pages, you'll discover *Cyclomancy*, the one true form of magic!

CYCLOMANCY: *The Secret of Psychic Power Control*

By FRANK RUDOLPH YOUNG

Yes, no matter what you want out of life, this book will help you get it. It will show you, step-by-step, how to obtain almost unbelievable powers of mind and body. You'll see how you may fascinate others with your thoughts, entrance them with your grace of movement, increase your muscle power up to 10 times with your mind alone, arouse intense desire in the opposite sex with your mere presence, and draw people to you like bees to honey!

MIRACLES YOU MAY PERFORM WITHOUT LIFTING A FINGER!

Because *Cyclomancy* is magic, you may achieve any result you desire with it, without so much as lifting a finger. Yes, this book gives you 1001 magic techniques covering every area of your life—and each one may be performed in seconds, effortlessly.

THOUGHT TRANSMISSION!

This book shows how you may send and receive messages—across a room, a city, or a continent—to anyone, any time you want! How you may also use this remarkable method to “broadcast” messages to someone, in the presence of others, without uttering a sound!

HOW TO MOVE OBJECTS WITHOUT TOUCHING THEM!

Perhaps the simplest technique of all, this book shows how you may extend your Astral Arm and move objects without touching them with your physical arm. In this way, you may bring some object or utensil to you, across a room . . . remove barriers from your path while driving . . . obtain items from a shelf without climbing up a ladder . . . or move heavy objects easily, without help.

HOW TO SEE UP CLOSE FROM A DISTANCE OF TWO THOUSAND MILES!

Ever wonder whether someone close to you is well and happy—though distance separates you by many miles? Or have you ever “wished you were there” when some gala event was taking place? *Cyclomancy* shows how you may see with psychic power any distance—

It's true. In these pages, you'll discover *Cyclomancy*, the one true form of magic. You'll discover how to “see” the inner truth of things with the strange and wonderful Third Eye . . . How to win back a suitor or vacillating spouse . . . Attract people in your general locality who feel as you do about a certain project or idea . . . and much more. You will become master of the world you live in—live in perfect peace and happiness—and draw incredible riches to you, to enjoy and share with others.

THE AUTHOR Frank Rudolph Young's granduncle was a long-lived Yogi in far-away India. For 40 years, Mr. Young's father investigated the secrets of psychic power in the West Indies and in Central and South America. Mr. Young himself spent 30 years investigating the scientific laws behind *Cyclomancy*. Since 1955 he has taught these findings to thousands of followers throughout the world.

1962

CYCLOMANCY:

The Secret of Psychic Power Control



by Frank Rudolph Young

The Secret of Psychic Power Control

CYCLOMANCY:

The Secret of Psychic Power Control

by FRANK RUDOLPH YOUNG

This book contains 1001 true magic techniques for achieving your heart's desires . . . magic that should bring you new health, new happiness, new prosperity.

For Cyclomancy clearly proves that magic does exist, and shows you how—without so much as lifting a finger—incredible results may be achieved!

To give you just a brief sample, this book shows how you may . . .

- Move objects without touching them!
- See through solid brick walls!
- Hear a conversation going on anywhere—any time!
- Travel any place with your Astral Body and gain first-hand information unobtainable by any other means!
- Roll back your age and find yourself young again.
- Make others see *only* what you *tell* them they see.
- Materialize objects out of thin air!

Cyclomancy (another name for White Magic) is simply the use of certain hidden powers that we all possess. Powers given to us long before books were invented. Forgotten powers. For example, like most people you probably don't remember how to move objects without touching them. *But you still possess the power to do it!*

This power lies sleeping within you right now, says Frank R. Young. So do many others! Powers like X Ray Vision, Astral Projection,

(Continued on back flap)

(Continued from front flap)

Hypnotic Mental Attraction and Power Hearing, to name just a few! And yet these magic powers are not difficult to use at all. On the contrary, they require no manual dexterity, no expensive equipment of any kind.

"Just read the instructions and do the exercises," says Mr. Young, "and you should awaken astonishing powers you never dreamed possible."

What kind of powers? Powers like these:

- The power to know what people look like before you even see them!
- The power to reduce and stay slim without starvation!
- The power to slow down or halt the aging process so that you may actually live many years longer!
- The power to weaken a dangerously defiant person with the Psychic Harpoon!
- The power to compel someone who ignores you romantically to notice you with keen interest!
- The power to send and receive messages through space—across a room, a city, or a continent—to anyone, any time you want!

And still that's just the beginning!

YES! YOU WILL BE HELPED!

It's true. In these pages, you'll discover Cyclomancy, the one true form of magic that will enable you to reap a golden harvest of wisdom, understanding, power and love.

With these powers, your life will take on fresh meaning. Each new day, which formerly presented another fear, will now present another conquest!

PARKER PUBLISHING CO., INC.
West Nyack, New York

1066 • Printed in U. S. of America

CYCLOMANCY—

*The Secret
of Psychic Power Control*

by Frank Rudolph Young

Parker Publishing Company, Inc., West Nyack, N.Y.

DEDICATION

"Is not this something more than fantasy?"

Hamlet

*"There are more things in people's minds
and bodies, my son, Than are dreamt of in
all their sciences."*

John Arnold Young

(The author's father, in
whose memory this
book is dedicated.)

© 1966, BY
PARKER PUBLISHING COMPANY
WEST NYACK, N.Y.

ALL RIGHTS RESERVED, NO PART OF THIS
BOOK MAY BE REPRODUCED IN ANY FORM
OR BY ANY MEANS, WITHOUT PERMISSION
IN WRITING FROM THE PUBLISHER.

LIBRARY OF CONGRESS
CATALOG CARD NUMBER: 66-26238

PRINTED IN THE UNITED STATES OF AMERICA

19662—B&P

WHAT THIS BOOK WILL DO FOR YOU

This book shows you how you may develop amazing mystical powers. Powers of healing, powers of materialization, powers of prophecy and thought transference—and others even more startling. It clearly *proves* that Magic really exists, and shows how—without so much as lifting a finger—*incredible* results may be achieved!

CYCLOMANCY (another name for White Magic) is simply the use of certain hidden powers that we all possess. Powers given to us long before books were invented. Forgotten powers. For example, like most people you probably don't know how to move objects without touching them. *But you still possess the power to do it!*

This power lies sleeping within you right now! So do many others! Powers like x-ray vision, astral projection, hypnotic mental attraction, and power hearing, to name just a few!

In every area of your life, you'll find that **CYCLOMANCY** can bring *incredible* results. For example, with x-ray vision, as this book shows you:

The psychic master sees through brick walls, solid steel and granite, perceives what goes on in an adjoining room or in some place nearby. With **Psychic Power Vision** he reads passages from closed books, reads sealed letters and observes the contents of locked steel boxes. The very ground over which he treads grows transparent to him and he can peer down into its depths. Inside the earth...he can discover veins of mineral, coal, oil and underground streams.

And yet these magic techniques are not difficult to use at all. On the contrary, they require no unusual abilities, no expensive equipment of any kind. Just read the instructions and do the exercises, and you may awaken *astounding* powers you never dreamed possible.

What kind of powers? Powers like these:

1. The power to see close up, from a great distance, with your Astral Telescope!
2. The power to extract the past history of a strange object merely by holding it in your hand!
3. The power to find out, with Psychometry, what is going on at a certain place at a certain time, *without being there!*
4. The power to know what people look like before you even see them!
5. The power to travel with your Astral Body!
6. The power to extend your Astral Arm and move objects with it!
7. The power to see into the future with a crystal ball!
8. The power to reduce and stay slim without starvation!

And still that's just the beginning! You'll see how many glamorous, unforgettable personalities used but one little-trick of *CYCLOMANCY* (as will be explained) to catapult themselves into fame and fortune. *And how you may do the same, if you so desire!*

What this means to you is this: You should be able to *fascinate others* with your *thoughts*, entrance them with your grace of movement, increase your muscle power up to ten times with your mind alone, arouse intense desire in the opposite sex with your mere presence, and draw people to you like bees to honey.

It's all here, spelled out for you step-by-step, with complete, easy-to-follow directions. You'll see how to bring your mate to you without asking... How to command people to do what you want them to, without uttering a sound or lifting one little finger... How to keep expanding your circle of acquaintances until you have virtually an entire army of loyal friends and boosters!

ASTONISHING SECRETS REVEALED AT LAST!

You'll find in this book secrets suppressed for centuries by well-meaning but mistaken authorities who feared what might happen if each and every one of us knew the staggering powers we all possess.

The forbidden wisdom suppressed for centuries and used by some who know it for their own purposes. You, too, can now draw upon these mighty powers and work a "miracle" in your life.

Yes, it's true. In these pages you'll discover *CYCLOMANCY*, the one true form of magic that will enable you to reap a golden harvest of wisdom, understanding, power and love. You'll discover how to "see" the inner truth of things with the strange and wonderful Third Eye—how to win back a suitor or vacillating spouse—attract people in your general locality who feel as you do about a certain project or idea—draw to you needed knowledge or information with the secret of Psychic Power Control!

And yet all this is merely a tiny sampling of the vast wisdom and penetrating insight which this remarkable book offers you.

INSTANTLY YOUR LIFE IS CHANGED!

If it's money you want, try the amazing materialization techniques in Lesson 20. If you want a fine home, expensive clothing or jewelry, *CYCLOMANCY* should draw these things into your life with ease, just as surely as the light of the sun shines through your window.

Say you have used Psychic Power to bring your mate to you without asking, or to re-establish contact with a long-lost friend or relative. To get him, or her, to do what you want, you simply project a Psychic beam on that person's mind.

Seconds later, this person agrees with you, cooperates and responds to your bidding—no matter how stubborn he or she may have been before!

With these powers, your life will take on fresh meaning. Each new day, which formerly presented another fear, will now present another conquest! Problems—no matter how disastrous or how long they have lasted—should suddenly seem to *unravel and melt away!*

Like a miracle!... Almost overnight you turn sorrow into joy—Failure into success—Hate into love—Anger to benevolence—Distrust to faith—Weakness and impotence into boldness, strength and vitality—Boredom and apathy into hearty zest and enjoyment!

For *CYCLOMANCY* is Magic! Magic that can even roll back the years! With it, as you'll discover in Lessons 6 and 7, you may restore muscle and skin tone, wipe away wrinkles, look fresher, younger, far more attractive almost overnight... bring the glow of radiant good health to skin and hair... eat better, work better, play better, and sleep like a baby, starting this very week!

UNLIMITED POWER IS YOURS!

Once you master its simple steps, *CYCLOMANCY* will do even more for you. To money, love, success in business, new friends, new energy, infinite wisdom and control over others, may be added:

- A more dynamic, commanding personality!
- A steel-shutter memory!
- Increased powers of concentration!
- Improved speech and vocabulary building power!
- Resistance to colds, flu and respiratory troubles!

Obviously, there is no limit to the things you can do with *CYCLOMANCY*. This book gives you a tested, step-by-step technique that will skyrocket your ability to do *anything and everything* you can imagine, with breathless speed and ease!

You'll discover a *NEW YOU* which you never thought existed! The concept this book advances is revolutionary. It must work for you because it has worked for hundreds of men and women no different than you.

CONTENTS

LESSON ONE

How the Fantastic Potential of Your Primitive Autoconscious Can Work for You 1

Two Scientific Proofs of the Pudding (3) The Composition of Your Primitive Autoconscious (4) Descriptions of the 10 Parts of Your Primitive Autoconscious (5) Three Steps for Driving Your Psychic Power into Any Part of Your Body (9) The Dynamite Concealed in Your Protoplasmic Irritability (10) The Disadvantages of Command Adaptation (10) What Merely Developing 1% of Your Primitive Unconscious Can Do for You (11)

LESSON TWO

How to Put Your Conscious Mind, Your Sensations Recording Center and Your Organs Control Center Under Psychic Power Control 13

How to Increase the Drive of Your Psychic Power Command (13) 7 Exercises for Ordering Your Conscious Mind with Your Psychic Power Commands (14) How to Develop Your Timing with Psychic Power Control (17) How to Intensify Your Power of Volition (18) Exercises for Keener Thinking for Psychic Power Control (19) How Miraculous Feats Are Performed Through Psychic Power Control of the Sensations Recording Center (20) How to Put Your Sensations Recording Center and Your Organs Control Center Under Psychic Power Control (20) How to Develop Spatial Discrimination (22) How to Put Your Organs Control Center Under Psychic Power Control (24)

LESSON THREE

How to Put Your Muscle Coordination Center Under Psychic Power Control 27

How You Can Gain Limitlessly from the Incredible Potentials of Your Muscle Coordination Center (27) How Your Muscle Coordination Center Functions (28) Other Ways in Which Your Muscle Coordination Center Helps You (29) The Multiplied Force Given Your Muscles by Your Psychic Power Command Drive (30) How to Develop Psychic Power Control Over Your Muscle Coordination Center (31)

LESSON FOUR

How to Put Your Resisting Nerve Gap Under Psychic Power Control 35

Your Chemical Nerve Bridge and How It Conducts Your Messages or Commands Across the Nerve Gap (36) Your Psychic Arc—and How to Create It to Reduce the Resistance at the Nerve Gap (37) What Your Psychic Arc Does at the Nerve Gap When You Add Psychic Power Control to It (38) How to Master Any Skill Much Faster with the Psychic Arc (39) How Your Psychic Arc Controls Your Final Common Pathway (41) The Power of the Over-All Psychic Arc, and How to Use It (43) How to Gain Unconquerable Self-Control from the Remarkable Secret of the Delayed Psychic Arc (44)

LESSON FIVE

How to Put the Nerve Electricity in Your Brain and Body Under Psychic Power Control 47

Your Nerve Electricity Potential (47) The Limitless Boundaries of Your Unsaturated Control Links (48) How Your Cerebral Links Are Differentiated in Your Brain (49) The Fast Way to Acquire a Cerebral Link for a New Skill (50) How to Put Your Personality Under Psychic Power Control

(51) How to Put the Nerve Electricity in Your Muscles Under Psychic Power Control (53) How to Bring About a Balance Between Your Body Electricity and the Atmospheric Electricity (55) How to Control Others With Your Nerve Electricity (56)

LESSON SIX

How to Multiply Your Energy with Psychic Power Control 57

The Need for Energizing Breathing (57) How Energizing Breathing Affects Your Conscious Mind (58) The Most Beneficial Way to Deep Breathe Regularly (58) The Advantages of Deep Breathing for Psychic Power Uses (59) The Horizontal Ozona: How to Regain Your Energy Fast When Fatigued (59) The Stooping Zembla: How to Regain Your Energy Fastest When Exhausted (60) How the Stooping Zembla Adds Amazing Potential to Your Power (61) How to Acquire Abnormal Physical Endurance with the Stooping Zembla and the Horizontal Ozona (61) How to Use the Zembla to Retard Old Age (62) The Indestructibility of Your Thinking Energy (63) How to Retain Your Body Electricity (or Your Energy) with the Body Lock (64)

LESSON SEVEN

How "Never to Get Tired" by Putting Your Muscle Tone Under Psychic Power Control 65

How to Keep Yourself Generally Fit (65) The Great Value of Muscle Tone for You (66) How Your Body Creates Muscle Tone (67) How Muscle Tone Can Be Prolonged Indefinitely, So That You "Never" Get Tired (68) How to Overcome Awkwardness with Selective Muscle Tone Control (69) The Secrets of Miraculous Muscular Endurance (70) The Three Ways and Means of Removing Quickly Your Muscle Accumulating Fatigue Products (71)

LESSON EIGHT

How to Use the Astounding Power of Your Brain Horns and Put It Under Psychic Power Control 81

The Staggering Ammunition of Your Brain Waves (82) Your Brain Wave Goals (85) The Artillery for Firing Your Psychic Power Blast with Your Brain Horns (86) The Overwhelming Power of Your Infrared Rays (86) The Effects of Your Infrared Rays Photon Power (89) The Incontestable Sway of Your Radiowaves (90)

LESSON NINE

How to Put Your Seeing and Hearing Reflexes Under Psychic Power Control 93

Your Superior Colliculi, Your Seeing Reflex Centers (93) What Your Seeing Reflexes Do for You (94) How Your Superior Colliculi Function (95) The Mystery of Your Power of Perception of Movement (97) Your Inferior Colliculi, Your Hearing Reflex Center (98) The Great Advantages of Putting Your Seeing and Hearing Reflexes Under Psychic Power Control (99)

LESSON TEN

How to Put Your Primitive Seeing Center and Your Highest Visual Center Under Psychic Power Control 101

The Functions of Your External Genuculate Body, Your Primitive Seeing Center (102) How to Awaken Your Primitive Seeing Center (103) The Important Parts of Your Highest Visual Center, and How They Work for You (104) The Sought-After Gains That Accrue to You From Developing Your Highest Visual Center and Putting It Under Psychic Power Control (104) How to Develop Keener Sight with Psychic Power Control (105) How Your Primitive Seeing Center and Your Highest Visual Center "See" Color for You (107) How to Rejuvenate Your Eyes Daily with the Astounding Nerve Electricity of the "Off-Effect" (109)

LESSON ELEVEN

How to Put Your Primitive Hearing Center Under Psychic Power Control 111

What Your Primitive Hearing Center Can Do for You (111) Your Cochlear Electricity—Your Mysterious Other Hearing Electricity (112) The Mysterious Power of Your Cochlear Electricity (113) The Ten Conincing Differences Between Your Cochlear Electricity and Your True Auditory Nerve Electricity (113) The Stupendous Benefits That Await You When You Put Your Cochlear Electricity Under Psychic Power Control (115) The Three Steps for Acquiring Hyperacuity (116) How to Develop and Put Your Cochlear Electricity Under Auditory Psychic Power Control and Automatically Intensify the Functions of Your Primitive Hearing Center (116)

LESSON TWELVE

How to Use Autoconscious Healing to Bring Others Under Psychic Power Control 119

The 4 Steps of Autoconscious Healing (120) How to Create the Visualized Cured Organ (122)

LESSON THIRTEEN

How to Do the Seemingly Impossible with Your Body Electricity and Your Brain Horns 125

The Human Lamp (125) How to Create a Human Lamp (126) The Miracle of the Psychic Antidrom (126) Exercises for Using the Psychic Antidrom for Everyday Gain (128) How Your Psychic Power Center Can Keep You Young (129) How to Rest Lying Down in the Dead Man Position (130) The Upside Down Position, and Its Great Values (131) Increasing Your Electrical Potential (131) Why You Can Perform Miracles—The Power of Molecular

Action (132) The Latent, Inconceivable Power Teeming in Everything (132) The Power of Psychic Power Control Over Matter (133) Molecular Eyes—How to Dissolve a Cloud (135) The Power of Your Words (136)

LESSON FOURTEEN

***How to Develop—and Gain Unbelievably from—
Psychic Power Vision 137***

The Miracles of Psychic Power Vision (137) How to Acquire Psychic Power Vision, the 6 Means (138) How the Normally Used Three Means Can Function to Bring You Psychic Power Vision (139) How to Develop Psychic Power with the Normally Used Three Means (139) How to Develop Psychic Power Vision with the 4th Means (141) The 5th and 6th Means for Miraculous Psychic Power Vision (143)

LESSON FIFTEEN

***How to Develop—and Gain Stupendously—
from Psychic Power Hearing 145***

The Unchallengeable Proof of Psychic Power Hearing (145) Your Psychic Power Hearing (146) The Composition of Your Highest Auditory Center (146) The Less Significant Parts of Your Primitive Autoconscious (148)

LESSON SIXTEEN

***How to Put Your Aura and Its Power of Psychometry
Under Psychic Power Control 151***

What Controls Your Physio-Astral Powers (151) How to Use Your Aura for Psychic Power Control (152) Your Aura and Its Composition (152) The Importance of the Alkalinity or Acidity of Your Aura (152) The Psychic Harpoon (153) How to Use Psychometry for Psychic Power Control (155) Psychometry with Past History of Objects (158)

LESSON SEVENTEEN

***How to Develop and Use Your Astral Senses
for Psychic Power Control 159***

The Importance of Your Astral Senses (159) How to Put Your Astral Senses Under Psychic Power Control (160) How to Use Your Astral Tube for Psychic Power Control (162) How the Snake Uses the Astral Tube to Overcome Its Prey (165) How to Develop the Astral Microscope (165) How to Look Through the Astral Microscope (166) How to Develop the Astral Telescope (166) How to Look Through the Astral Telescope (167) How to Develop X-Ray Eyes (167) How to Acquire Astral Hearing (168)

LESSON EIGHTEEN

***How to Extract Profitable Knowledge from the Physio-
Astral World with Psychic Power Control 171***

The Mystery of Contacting the Past or Future with Your Mind (171) The Earth Records of the Past and Future (172) Clairvoyance of the Past and Future (174) How to Acquire the Right Receptivity for the Earth Records of the Past and Future (174) How to Use Crystal Gazing to Aid Your Right Receptivity (177) How to Use Practical Seership to Better Your Whole Future (179) How to Practice and Develop Practical Seership (180)

LESSON NINETEEN

***How to Use the Secrets of Psychic Power Domination
to Control Others at Will 183***

How to Create the Dominating Psychic Power Atmosphere with the Outcurving Astral Cone (183) How to Apply and Gain Marvelously from Your Dominating Psychic Atmosphere (184) How to Move Up Remarkably Socially and in Business with the Uncontrollable Pull of Your Outcurving Aural

Cone (185) *How to Use Your Dominating Psychic Atmosphere to Attract Spontaneous Necessary Knowledge and Information* (186) *The Overwhelming Perils Drawn to You by Fear, and How to Avoid Them* (187) *How to Build the Aural Helmet—Your Best Defense Against Psychic Power Domination* (188) *How to Intensify Your Psychic Power Domination with Astral Body Traveling* (188) *What You Need in Order to Travel in Your Astral Body* (189) *The Logical Composition of Your Astral Body* (190) *How to Master the Three Stupendous Qualities for Astral Body Traveling* (191) *How to Project Personalized Astral Thought Forms* (193)

LESSON TWENTY

How to Put the Physio-Astral World Under Psychic Power Control and Acquire Miraculous Power . . . 195

How to Create the Magic Picture for Others to See, with Induced Vision (195) *How to Use Your Astral Body for Telekinesis* (198) *How to Master and Use the Power of Materialization* (200) *The Miracles You Can Expect from Tri-Conscious Cooperation* (201) *How to Perform Levitation Consciously* (202) *Levitation Through Reversed Magnetization* (202) *How to Perform Levitation with Your Astral Body* (203) *The Normal Magnetic Polarity Repellence Existing Between All Human Beings* (203) *How to Reverse the Magnetic Polarity of Your Body with Psychic Power* (204) *How to Keep Your Primitive Autoconscious Always Awake with the Psychic Mold* (205) *The Psychic Mold—for Keeping Your Primitive Autoconscious Awake Permanently* (205) *How to Create the Psychic Mold* (206) *How to be the New, Unsurpassable You for the Rest of Your Life* (207) *Step-by-Step Method for Using the New Unsurpassable You* (207)

LESSON ONE

How the Fantastic Potential of Your Primitive Autoconscious Can Work for You

Your Sleeping Primitive Autoconscious

Your Primitive Autoconscious is your "instinctive, prehistoric" mind. As life advanced from the more instinctive stage of the fish, amphibia, reptiles and birds, to the more intellectual stage of the higher apes and man, it found *less and less* need for the remarkable control exerted over it by its Primitive Autoconscious, and *more and more* need for its *reasoning powers*. Man, as a consequence, lost the staggering psychic and muscular control with which the Primitive Autoconscious endowed the older but lower forms of life. He evolved, as a substitute, a comparatively thick cerebral cortex (the outer, gray covering of his brain) which houses his conscious and subconscious minds. When you were growing up, in fact, you lost still more of your Primitive Autoconscious.

It was better developed in you anatomically (as the embryologists have discovered) when you were an infant. Your cerebral cortex was thinner then, too, which indicates that your reasoning powers were even less significant at that stage of your life and therefore interfered less with your Primitive Autoconscious.

It has turned out, however, that your occupation and your everyday life, in the onward march of civilization, are in *greater need than ever before* of your Primitive Autoconscious. Important decisions no longer depend solely upon clearheaded thinking, as Presidents Eisenhower, Kennedy and Johnson have implied. Others, like Clark Gable, Rudolph Valentino, Jean Harlow and obviously Marilyn Monroe and other unforgettable motion picture glamour stars, used but one little trick of their unknown selves (as will be explained later) to catapult themselves into fame and fortune. Your logic and your reasoning, as well as your physical skills, can help you just so far. Your instinct, or your Primitive Autoconscious, takes over the stage after that, and sometimes completely disrupt your most thoroughly studied conclusions that have been based on your keenest logic and skill.

Fortunately, you have NOT LOST your Primitive Autoconscious. It still constitutes a large section of your brain, and it still functions in you involuntarily (or instinctively). Its staggering psychic and muscular control still lies dormant within you as demonstrated by the unbelievable achievements which people are capable of when under hypnosis. Its control, furthermore, can be reawakened in you and used consciously for performing the fantastic. For example, you probably no longer can wiggle your ears at will, but you still possess the muscles to do it. You could, if you wished, encourage these muscles to wiggle your ears again.

You can acquire incredible psychic and physiological power through reawakening *even a fraction* of your Primitive Autoconscious. You can use it to develop unusual health . . . fascinate others with your thoughts . . . entrance them with your grace of movement . . . draw people to you like bees to honey . . . control their minds even from great distances . . . learn any skill in a fraction of the time of before . . . arouse intense sexual desire in the opposite sex with your mere presence . . . increase your muscle power ten times with your mind alone . . . star at any sport in which you have some talent . . . improve your eyesight and your hearing immeasurably . . . win back a vacillating suitor or a wavering husband . . . extract the past history of an object by merely holding it in your hand . . . find out quickly what is going on at a certain place thousands of miles away without even being there . . . find the location of another mine in the same general locality as that of another . . . see and hear from enormous distances . . . attract people in your general locality who feel as you do about a certain

project or idea . . . draw to you needed knowledge and information . . . contact the past and future with your mind. With it, as you will be shown, the psychic master even sees through the earth, dissolves a cloud, appears to make mountains move and performs no end of "miracles."

The Two Scientific Proofs of the Pudding

Two indisputable scientific proofs exist that ANYBODY can reawaken his Primitive Autoconscious to alter his whole being and his whole life. The first is a pathological proof which could be demonstrated on ANY SUCH unfortunate victim, in the course of a few years. The second is a psychopathic proof which could be displayed by ANYBODY in an instant, should the proper situation present itself. These two proofs are syphilis and hysteria.

1st Proof. Syphilis. Leading pathologists call syphilis "The Great Imitator." Its clinical manifestations are legion, for it can involve any organ or tissue, and can simulate practically any disease. (Many authorities, indeed, declare that it *can simulate any disease*.) In other words, everybody's tissues contain an unknown quality which, when subjected to the proper pathological stimulus (namely, *Treponema pallidum*, or the syphilis organism), can, within the period of a few months or years, imitate practically any disease from which the body can suffer.

2nd Proof. Hysteria. Hysteria is strictly a mental condition, yet the hysteric can develop the symptoms of ANY disease which he believes he has, even though all physical tests of his tissues are found to be normal. In war, for instance, many a soldier has acquired hysterical blindness after narrowly escaping bodily mutilation himself but then watching, a moment later, his own buddy being blown to bits. Other soldiers who have been assigned to bury the putrifying dead, have lost their sense of smell.

Another name for hysterical disease is psychosomatic disease. These can vary from practically any kind of skin disease, muscle disease (rheumatism, backache, cramps), respiratory disease (asthma, hiccoughs), heart disease, gastrointestinal disease, genitourinary disease, glandular dysfunction, nervous system disease—in fact, disease of any part of the body. The hysteric merely has to convince himself that he possesses the malady, and he will develop all its symptoms. He cannot easily be persuaded that he does not possess it either, despite the obvious clinical and laboratory findings. Should he remain convinced too long that he *does have* the disease his tissues will respond to his conviction and DEVELOP that disease.

What does all that prove? It proves that the psychic power command of the hysteric is so compelling that it can actually convert his mind or

body into any state he believes it is. His tissues can actually degenerate, simply because he is convinced that they have. His psychic power command overrules the logical reasoning of his conscious mind and orders his Primitive Autoconscious to alter his mind or body into whatever condition he believes it has fallen into. He becomes *in fact* what he imagines he is.

The Obvious Conclusion. Now, if you acquired the same control over your mind and body which the hysteric possesses, but did so *sanely and constructively*, what wonders could you engender in your life!

However, your conscious, "logical" mind won't let you, and your psychic power has become subordinated to it over the years. *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL* will liberate your psychic power from such subordination. That is how miracles are performed. The hysterical soldier became blind in an instant because he REFUSED to see anymore and convinced himself that he had lost his sight. Beneficially, on the other hand, many a blind person has *regained* his lost sight in an instant simply because he believed totally in his healer and was convinced that he WAS SEEING again.

These two scientific proofs of the pudding show that the tissues of your mind and body already possess an inherent quality which enables them, with the proper pathological stimulation, to imitate nearly every disease if given the necessary time or opportunity. They also prove that your psychic power, when strong enough, can change the condition of your mind and body practically any way it wants to through its control over your Primitive Autoconscious. Learn what your amazing Primitive Autoconscious is and how to put it under psychic power control.

The Composition of Your Primitive Autoconscious

Anatomically, your Primitive Autoconscious consists of ten significant parts of your brain. These are:

1st Part. Your Psychic Power Center. ("The Silent Area" of your brain, or your forehead and temples area.) — **PINEL**

2nd Part. Your Sensations Recording Center. (Your thalamus.)

3rd Part. Your Organs Control Center. (Your hypothalamus.)

4th Part. Your Muscle Coordination Center. (Your extrapyramidal nervous system.)

5th Part. Your Brain Horns. (Your psychic power artillery. Your optic nerves and retina.)

6th Part. Your Seeing and Hearing Reflex Centers. (Your superior and inferior colliculi.)

7th Part. Your Primitive Seeing Center and Your Highest Visual Center. (Your external geniculate bodies and your occipital lobes.)

8th Part. Your Primitive Hearing Center. (Your medial geniculate bodies.)

9th Part. Your Psychic Power Vision. (Your eyeball.)

10th Part. Your Psychic Power Hearing. (Your auditory nerves and your temporal lobes.)

Descriptions of the 10 Parts of Your Primitive Autoconscious

1st Part. Your Psychic Power Center ("The Silent Area" of your brain) differs microscopically from the adjoining areas of your brain and contains a tested, astounding power over your mind and body which your conscious and subconscious minds do not. Since its cortex has not been adequately analyzed (according to Gray), the mysterious power of this part of your brain *has to be* your psychic power, for it has not been found to be anything else. Scientifically, this center has been proven to control your power of attention, your memory, your digestion, your heart and kidney functions, your respiration, your blood pressure, your sensations of pain, temperature and pressure. It is also connected to many of your most important message receiving (sensory) areas such as your somesthetic (consciousness of your body) area, and your visual and auditory areas. Your Psychic Power Center, in brief, is the most important region of your brain to develop for your unknown self. Once you learn how to rule your body with it, you can control, at will, your lungs, your heart, your liver and kidney functions, your digestion, your bowel movements, your blood pressure, your muscle coordination, your body temperature and much more, as well as perform mental and physical feats which confound other people. It is like the one eye of Cyclops, *CYCLOMANCY*. Without it, Cyclops was a helpless giant, *with it*, he was invincible.

Except for your Highest Visual Center (in your temporal lobe), the other parts of your Primitive Autoconscious are NOT psychic power centers. They do, however, rule your muscles and various nervous systems. Your Psychic Power Center is able to control your whole body *only* because it can rule all these other parts of your Primitive Autoconscious.

2nd Part. Your Sensations Recording Center (Your thalamus) is the region of your brain where you first feel pain, differences in temperature and pressure, the position and movements of parts of your body, and contact over your hairclad parts (or sensations of pleasure)—*all* before your conscious mind is aware of them. Your conscious mind then restrains

and refines these sensations before it lets you respond to them. By ruling your Sensations Recording Center with psychic power, therefore, you can control your feelings of pain, temperature, pressure and pleasure. You can endure intense cold, for instance, and yet feel so warm that you perspire. You can fill yourself with so much vibrant heat at will that you can arouse intense sexual desire in the opposite sex with your mere presence. You can banish awkwardness and acquire thrilling physical grace by developing a high degree of sensitivity to the position and movement of parts of your body. (That applies even to your speech.) In lovemaking, playing a musical instrument, typing or any skill requiring the use of your fingers (even including dentistry, surgery, nursing, massage, beauty parlor operator and many, many others) you can excel by applying just the right pressure with your digits.

3rd Part. Your Organs Control Center (Your hypothalamus) is the command center both for your fighting nervous system (your sympathetic), and for your loving nervous system (your parasympathetic). It is also the command center for your emotions. Since both your fighting and your loving nervous systems control *all* the living functions of your body, you can control all the living functions of your body as well as your emotions, *at will*, once you acquire psychic power control over your Organs Control Center.

You can then, for instance, tremendously increase or decrease your appetite at will. (In the laboratory the digestive juices can be increased eightfold through your Organs Control Center.) In that way you could control your weight with it, unless your weight is changing due to a pathological reason which then would require treatment. You could encourage your bowels to move regularly . . . banish fear and nervousness . . . fill yourself with invincible confidence . . . burst with tireless energy. As an impractical example for you, the yogi, by controlling both his Sensations Recording and his Organs Control Centers, can put himself into a state of suspended animation for weeks at a time and still live.

4th Part. Your Muscle Coordination Center (Your extrapyramidal nervous system) controls your muscle coordination. With it under psychic power control, you could perform incredible feats of body balance without practice . . . increase your muscle power ten times more than your muscles grow in size . . . "never" get tired . . . master much easier any skill requiring the use of your muscles, such as any sport activity for which you possess talent, be it golf, tennis, track and field, basketball, wrestling, acrobatics, water sports, skating, skiing, swimming, ping pong, volleyball, baseball, football, weight lifting . . . master much easier such social muscular activities as dancing, ballet dancing, bowling, modeling, graceful walking on the street or platform, driving a car, riding a bicycle. Muscle

coordination saves you a tremendous amount of effort in anything you undertake physically, and yet it multiplies your muscle power and efficiency.

Take an actual but simple example of muscle coordination and see how your Muscle Coordination Center will do wonders for you.

How Your Biceps Lift a Light Weight, Step by Step

Step 1. Your biceps, the prime mover of the weight, contracts to lift the light weight.

Step 2. Your triceps, its antagonist, is immediately relaxed by your Muscle Coordination Center in order to let your biceps contract without opposition.

Step 3. But your triceps do not relax completely, for they contract too, to "brake" your biceps. They contract less than your biceps, however.

Step 4. The fixation muscles of your elbow also contract (thanks to your Muscle Coordination Center) to steady your elbow joint and let your biceps lift the light weight with the least waste of effort. And so, your biceps lifts the light weight.

How Your Biceps Lift a Heavier Weight, Step by Step

Step 1. When you lift a heavier weight, your biceps contract more forcibly.

Step 2. Your triceps again immediately relaxes; but, thanks to your Muscle Coordination Center, it also contracts still more in order to put a stronger "brake" on your biceps.

Step 3. Additional fixation muscles (those of your shoulder and forearm) which contracted only feebly before, also contract more forcibly now to steady your shoulder and wrist joints in addition to your elbow joint, in order to let your biceps lift the heavier weight with the least waste of effort. This, again, is due to your Muscle Coordination Center controlling your muscles. And so, your biceps lifts the heavier weight.

How Your Biceps Lift a Heavy Weight, Step by Step

Step 1. When you lift a heavy weight with your biceps, nearly all the muscle fibers of your biceps contract.

Step 2. Your triceps, once more, immediately relaxes, but it also contracts even more strongly to "brake" your biceps.

Step 3. Your Muscle Coordination Center now causes practically all the muscles of your body to contract as fixation muscles in order to sta-

bilize *all* the joints of your body and let your biceps lift the heavy weight with the least waste of effort.

The muscles of your feet and legs, for example, contract to lock your ankles and knees in order to maintain your posture against the downward pull of the heavy weight.

Those of your hips contract to lock your hip joints and keep them extended in the erect posture.

Those of your back, chest and abdomen contract to hold your head erect, as well as to hold up your shoulder girdle and your thorax.

Even the muscles of your face and brow contract into a frown, as a result of the psychic power and determination exerted by your mind.

In brief, by stabilizing your different joints during the lifting effort, all these sets of muscles allow your biceps to lift the heavy weight with smoothness and economy of strength. That enables it also, to lift a much heavier weight—and with much less energy—than it could lift without their coordination. When you rule your Muscle Coordination Center with psychic power, then, you will become herculean in power *without even training*; you will become as graceful as a swan *without even practicing*; and you will go about your daily chores as if you are tireless. You will also master new skills requiring grace, agility or rhythm, with astounding speed.

5th Part. Your Brain Horns (Your psychic power artillery) is for psychic power projection too, and psychic power reception from outside your body. It consists mainly of your optic nerves and your retina. Your retina is an outgrowth of your brain and a true nervous system of its own. It is unlike any other sense organ. With the various heat, ray and wave projections from your Brain Horns, you can send from it, or receive in it, messages or commands from any distance. With it you can influence the health of people near you or far away... win friends and control people... and exert psychokinesis (or psychic power upon inorganic substances).

6th Part. Your Seeing and Hearing Reflex Centers (Your superior and inferior colliculi) save you a tremendous amount of energy every day. They are not concerned with sensations but with reflexes. They bring you eye-catching poise by developing economy of motion (graceful, cat-like movements) and enable your mind to function while you are in action to its maximum efficiency. That makes you very effective in business and social life. It also adds immeasurably to the attractiveness of your appearance.

7th Part. Your Primitive Seeing Center and Your Highest Visual Center (Your external geniculate bodies and your occipital lobes). By awakening your Primitive Seeing Center you automatically possess two

important visual centers instead of one. That alone blesses you with a power of sight which you never before possessed. You can then read much faster for you possess "four" eyes instead of two. By also developing your Highest Visual Center later you increase your power to recognize, determine and identify color and form and acquire a keener artistic eye. You can do likewise when in motion and excel at skills, callings and sports as you never could before.

8th Part. Your Primitive Hearing Center (Your medial geniculate bodies.) With the mysterious Cochlear Electricity which it possesses and which you can develop enormously, your hearing can more nearly approximate the hyperacuity of the hysteric (who can hear sixteen times better than you) and the radar hearing of the bat.

9th Part. Your Psychic Power Vision (Your eyeball). By acquiring the ability of Psychic Power Vision, the psychic master can acquire the "microscopic" and the "telescopic" eye and "see through" matter and peer into distances. By creating an Astral Tube you, yourself, can see astrally at enormous distances. You can even reach out with the power in your eyes and touch people twenty feet away with it. For practical purposes, you can improve markedly both your near and distant vision.

10th Part. Your Psychic Power Hearing (Your auditory nerves and your temporal lobes) enables you to improve your own hearing considerably... to unmask sounds with amazing proficiency when a great many sounds are heard at once... to "feel" sounds even before you hear them... to multiply your efficient reactions to sound with your psychic power driven Cochlear Electricity... to create an astral ear to receive sounds from faraway distances and to improve your own hearing remarkably, as the blind do.

IN SUMMARY. By reawakening your Primitive Autoconscious you can regain a superhuman amount of your dormant powers from head to foot mentally, physically and astrally. That is why the potentials of your Primitive Autoconscious are so fantastic. In the next lesson you will start to reawaken them. Learn first how to drive your psychic power into them to reawaken them.

Three Steps for Driving Your Psychic Power into Any Part of Your Body

No matter what part of your brain or body you want to command with psychic power, always use the same technique. It consists of three simple steps. These are:

Step 1. Give the command in your conscious mind. But if your conscious mind lacks the ability to execute it, transfer the command to

your Psychic Power Center. This step is done easily. Just think out your command—then send it into your forehead.

Step 2. Drive your psychic power command from your forehead to and through the whole length of the nerve which carries it into the part of your brain or body which you want to rule.

Step 3. Now, implant your psychic power command into that part, and it will incite it to do as you wish.

In Lesson 2 you will be taught how to execute these three steps with stupendous power and you will then instantly tower over others.

The Dynamite Concealed in Your Protoplasmic Irritability

You are able to drive your psychic power command through your nerves into any part of your brain or body because of the dynamite concealed in your protoplasmic irritability. Irritability (or the tendency to react to a stimulation) is a fundamental property common to all protoplasm—and your nerves, like all other living tissue, are composed of protoplasm. Everybody, though, differs protoplasmically. Each person carries his own distinct odor, as the dog or the cat can easily detect. Each individual even has his own aura color, aura shape and telepathic receptivity.

The irritability of protoplasm is concealed dynamite because it possesses an electrical potential. When protoplasm is stimulated or excited, *even with psychic power*, an electric current is sparked in it which flows along the full length of the tissue or organ of which it is a part. THAT is its concealed dynamite.

This protoplasmic electric current, of course, is feeble. Except in animals (like the electric torpedo and eel), you need a delicate mechanism to detect it. But that renders it *no less significant*. With that concealed dynamite in your nerves (since your nerves are also protoplasm) you can drive your psychic power command through them to any part of your brain or body which you want to rule.

The Disadvantages of Command Adaptation

There are certain guides to follow, however, in order to extract the maximum efficiency from this concealed dynamite. Electrically speaking, nerve tissue does not exhaust itself. It promptly regains its electrified state once the electric current passes out of it into the destined tissue. But it *does* adapt itself to a constantly flowing current. Adaptation to *all forms* of stimulation, in fact, seems to be a universal property of protoplasm.

That is why you should never drive your psychic power command through your own nerves, or through those of other people, longer than one or two seconds at a time. Your nerves and theirs would adapt themselves to it and would no longer respond to it.

You don't have to wait, nevertheless, before driving that same psychic power command through your nerves or theirs still more times! Just suddenly increase or decrease its intensity and that will stimulate your nerves or theirs to respond to it all over again.

FINALE. Now you know the fantastic potential of your Primitive Autoconscious and the scientific bases for it. You just need to find out how to put its different parts under psychic power control so that you can awaken it and start profiting swiftly and extraordinarily by making its fantastic potential work for you. This book, *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL*, will do that for you.

What Merely Developing 1% of Your Primitive Unconscious Can Do for You

You already know that your Primitive Autoconscious is your unknown self. But you don't have to awaken your Primitive Autoconscious completely. Just develop (or awaken) your unknown self by *no more than 1%* and you will be converted into a miracle among men. You can barely imagine what your mind can accomplish solely by controlling, through your Primitive Autoconscious *self*, your body physiology, its biochemistry, its neurology, its psychology and bio-electrics. Look what the yogis can accomplish with theirs! Yes, with it, you too can reach out for the mysterious powers of your mind and body—for powers which will stagger the imagination and which could multiply your effectiveness in everything you undertake by 109 times. Just think of it, multiply your effectiveness as a person by *109 times!*

How could they achieve that? That can be simply explained. It is an accepted fact, first of all, that you use but $\frac{1}{10}$ th of your mental *known* self. In other words, 9 times of what you use of your known self remains unused. But you use practically *no part* of your Primitive Unconscious. So, 100 times of what you use of your *unknown* self, or of your Primitive Autoconscious remains unused. Hence, a total of 9 times, plus 100 times, of both your known and unknown selves (or 109 times) remain unused.

That is why the yogis and mystics accomplish "miracles." They are using their mental powers in the proportion of 109 to your 1. They are 109 times more effective than you with their minds, and the mind controls the body. No wonder they outclass you in the use of their minds and bodies!

But *you don't* have to be 109 times more effective than other people in order to outclass them. You need to be but $\frac{1}{10}$ th more effective than they, and they will not compare with you. So, just develop (or awaken) your Primitive Autoconscious by a mere 1%, and you will be using 11% of your combined known and unknown selves, while other people will still be using only 10% of *their* combined selves. That will render you $\frac{1}{10}$ th, or 10%, more effective than they.

But, hold this in mind! In school, on the job, in athletics, in romance, in popularity, in business, in *anything* you undertake, if you surpass anybody by 10% you will outclass him. A firm that consistently earns 10% more profit than a rival firm (everything else being equal) will drive that rival firm out of business. And why? Because the losing firm will steadily earn less and less as it loses more and more business to the first, until it is outclassed by the first firm by 20%, then by 30%, until it is driven bankrupt.

The same rule applies in competition with people, socially or in business. At first you outclass your rival by 10%. That routs him psychologically and discourages his best efforts. Before long, you outclass him by 15%, by 20%, by 25% and more. By then he is vanquished and under your control. That is why you need to master *HOW TO DEVELOP YOUR PRIMITIVE AUTOCONSCIOUS*—and use the hidden power of your mind and body, *by no more than 1%*. So, get started on it at once.

LESSON TWO

How to Put Your Conscious Mind, Your Sensations Recording Center and Your Organs Control Center Under Psychic Power Control

How to Increase the Drive of Your Psychic Power Command

Your psychic power command drive is delivered by the 1st Part of your Primitive Autoconscious, your Psychic Power Center. With that part of it, as stated before, you can rule the other nine parts of your Primitive Autoconscious and your conscious mind as well. Acquire a strong psychic power command drive as soon as possible, and you will be well on the way to developing staggering power over yourself and others. Since you probably use no more than 1% of your psychic power when you apply it consciously, you use no more than 1% of the nerve fibers of your Psychic Power Center when you deliver a psychic power command.

Your psychic power can therefore be intensified still another one hundred times. That is what the psychic master does when he performs "miracles." (Actually, like the psychic master, you can intensify your psychic power command 1200 times by surmounting speedily the resistance which it encounters at the Nerve Gap. Since some nerve pathways have as many as three or four nerve gaps, you could intensify your psychic power in those by at least 3600 times!) You will learn how to do this in Lesson 4.

In Exercises 1 and 2 below you will develop a powerful psychic power command drive. In them you will order your conscious mind to "feel" a sensation far more intensely than it actually feels it.

In Exercise 3 you will "feel" two different situations *at the same time* with *different* halves of your brain, and you will order each half of your conscious mind, with your psychic power commands to "feel" each different sensation far more intensely than it actually feels it.

All seven exercises will compel you to bring more and more nerve fibers of your Primitive Autoconscious into action at your psychic power command and develop your mind's hidden powers.

7 Exercises for Ordering Your Conscious Mind with Your Psychic Power Commands

You cannot expect to rule the rest of your body, much less the minds and bodies of others, with psychic power commands unless you can rule your own mind with them first. Exercise 1 brings you that power—the power to compel your own logical, reasoning conscious mind to accept the very opposite of what it knows to be true by just sending it a psychic power command from your Psychic Power Center. Only when you accomplish that are you on the way to becoming a miraculous person. The Savior always asked the sick before He ventured to heal them, "Doest thou believe in Me?" or words to that effect. Sick strangers had no logical reason to believe in Him, but since they were desperate to be cured they compelled their conscious minds to believe that He could cure them. That enabled the miracle to take place.

You can do as the sick strangers did. Once you train your conscious mind to accept your psychic power commands without question (and *really* without question) you will be able to perform miracles yourself. But even if you persuade it only 1%, you will double the 1% which it possesses already of your Primitive Autoconscious and that might be all you need for practical purposes. Exercise 1, consequently, is very important.

Exercise 1. How To Rule Your Conscious Mind With Psychic Power Commands. Place your left hand in a deep enough bowl of *cool*

water. Then drive a psychic power command to your conscious mind ordering it to "feel" that the water is "very warm." Visualize your psychic power command in fact, as a "very warm" rocket being discharged from your forehead backwards into your conscious mind in the cortex on the top of your head. Your conscious mind will immediately "feel" that the cool water is a little warmer. In driving this psychic power command rocket you will be using about 1% of the nerve fibers of your unknown self.

After one or two seconds, before your conscious mind adapts itself to the "very warm" rocket, discharge a still warmer psychic power command rocket into it. Then immediately *imagine* that your left hand is turning noticeably warmer than it was. In order to transmit this intensified message, you will automatically put into use still more nerve fibers of your unknown self.

After another one or two seconds, before your conscious mind adapts itself to your intensified psychic power command, discharge still another warmer psychic power command rocket into it, and immediately imagine that your left-hand is turning quite warm. This time you will put into use **STILL MORE** newer fibers of your Primitive Autoconscious—perhaps a total of 2% of them.

Twice more discharge still warmer and warmer psychic power command rockets to your conscious mind so that you will be putting into use and developing at least 3% of your Primitive Autoconscious. You will be really ordering your conscious mind around then with psychic power commands.

Exercise 2. Now place your right hand in a deep enough bowl of very warm water and repeat Exercise 1, but with the opposite objective. Discharge a "very cool" psychic power command rocket from your forehead, in other words to your conscious mind, ordering it to "feel" that your hand is "very cool" instead of warm.

After one or two seconds discharge a still cooler psychic power command rocket to it, as well as imagine that your right hand is noticeably cooler than it was.

Repeat this by intensifying your psychic power command rockets three more times, for a total of five escalated psychic power command drives. Again you have ordered your conscious mind around with psychic power commands.

Exercise 3. Sit, with your *left-hand* in a bowl of *cool* water, and your *right-hand* in a bowl of *warm* water. Repeat Exercises 1 and 2 *at the very same time*. To do so requires your applying divided attention and thereby doubles the difficulty of the exercise. It can be done though, because the right half of your brain controls your left-hand, while the left half of it

controls your right-hand. It develops your ability to put each half of your conscious mind under a different psychic power command AT THE SAME TIME.

Practice these three exercises until you actually feel your psychic power command rockets being driven right down your neck and into your right and left hands.

Exercise 4. Repeat Exercises 1, 2 and 3, but now command your right-hand (or the hand immersed in the *warm* water) to feel cold instantly, and your left-hand (or the hand immersed in the *cool* water) to feel hot instantly.

Your psychic power commands won't succeed at once, of course, but your efforts bring more and more fibers of your Primitive Autoconscious into action and develop it further. The moment you can produce an instant and noticeable change in the temperature of your hands after driving your psychic power commands into them (and you should be doing so before long), you will have acquired all the psychic power command drive you need to achieve your highest goals in life much easier than before.

Caution: DO NOT use your imagination to help you out. DON'T imagine that your hand is encased in ice when it is only immersed in warm water. You are practicing to develop your *psychic power command drive*, not your imagination. Force your hand or body part instead, by means of your psychic power command rockets, to defy its natural environment *without conscious mind help*. THAT is psychic power commanding.

The least proficiency you acquire in these exercises will bring into play more and more nerve fibers of your Primitive Autoconscious and endow you with a psychic power command drive which the people you know or meet hardly suspect.

Exercise 5. The Silent Drive, To Develop Your Psychic Power Command Drive Fast. Sit comfortably in your room with your hands resting in your lap. Close your eyes and think only of your left-hand. With sheer force of mind drive from your forehead a hot psychic power command rocket through your Sensations Recording Center (deep down in your brain) to as far down as below the base of your neck. From there drive it into your left shoulder and then down your arm to your left-hand.

Immediately thereafter block at your Sensations Recording Center, with another psychic power command rocket, all sensations of normal temperature which your left-hand might send to it.

Continue driving intensified psychic power command rockets to your left-hand, meanwhile, to rapidly increase its feeling of being hot.

Exercise 6. Repeat Exercise 5, but now drive a cold psychic power command rocket into your *right*-hand.

Exercise 7. The Crossed Silent Drive. Repeat both Exercises 5 and 6 *at the same time*. Discharge your psychic power command to your left-hand *from the right half of your forehead*, and *at the same time* discharge a similar rocket to your *right*-hand from the *left* half of your forehead.

With Exercises 5, 6 and 7 you will speedily develop all the psychic power command drive you need for swift attainment of your worldly ends.

How to Develop Your Timing with Psychic Power Control

Exercise 1. Several times a day try to estimate the exact time. Don't think back and analyze your activities since the last time you glanced at the clock and try to figure out the exact time, but just force your mind to fathom the exact time right now. Don't just guess either. Fix your psychic power instead on the general "feel" of the time and call it out.

After repeating this exercise a number of times for several days you will start your subconscious mind working along those lines in you, secretly keeping time for you within. When you ask yourself that question thereafter, your Psychic Power Center will drive a rocket into your subconscious mind and ignite the dark, invisible clock inside of it, and it will flash the exact time to you.

Exercise 2. Pick up a book (not this one), check the time and then read a page or two comprehensibly. Estimate how long it took you to read it and check your estimate with your watch. Again don't try to figure out how long it must have taken you to read the pages; that would be resorting to your conscious reasoning mind. Depend only upon your psychic power control of your subconscious mind.

IN SUMMARY. Musicians, dancers, athletes, housewives, doctors, nurses, businessmen, salesmen, speakers, those in innumerable callings or leisure time activities (including ordinary conversation), have to constantly use their time sense. In most such activities it is impossible to glance at a watch while in action. In others it is either inconvenient to do so or is insulting to the other person. And yet, without an exact sense of timing in those situations you are doomed to waste considerable time, to fail totally or lose friends. To be able to "guess" the time accurately enough, without recourse to a timepiece, astonishes and fascinates others. It also enormously increases your skill and effectiveness in any project you undertake.

How to Intensify Your Power of Volition (or Your Will Power) with Psychic Power Control

Your power of volition, as the physiologists call it (actually, your will power), belongs to your conscious mind. With volition power you can guide your muscles to make a specific move. You can also encourage your mind to think in a certain direction, and your actions to carry through a certain plan. No matter what movement you make with your muscles or what plan you contemplate with your mind, if you carry it out without volition it will be done halfheartedly unless you have already trained it to effect that move or plan before and have converted it into a conditioned reflex. When your power of volition is intensified to the degree where you will defy great odds to carry out the act or plan you contemplate, you will attain results with it in your everyday life which will astound other people.

The psychic master develops his power of volition to the degree where it totally eclipses that of the masses. Even when intensified only to a minor degree, your power of volition can bring about near miracles in your daily life. Without intensifying it at all you cannot expect to develop your unknown self satisfactorily enough. Do the following exercises and you will intensify your power of volition with amazing speed.

Exercise 1. How To Make Yourself Do Anything You Want To Do Despite The Obstacles That May Stand In Your Way. Pick an exact time to go to bed tonight. When that time approaches prepare to go to bed no matter what else you prefer to do, unless it is an emergency. Force yourself to be in bed exactly at the hour you selected, not a moment before or after. Let no one or anything else deter you. Insult no one to "get him out of your way," but excuse yourself politely if you have to and keep to your singleness of purpose. Don't acquire an anxiety neurosis either, just patiently and meticulously pursue ~~your~~ plan. Watch the clock closely and be sure to be in bed—to stay—at exactly the time you selected.

This seems like a simple exercise, but it is a difficult one because it will tax your volitional power resources. You will more than likely be overwhelmed with reasons and obstacles against carrying out your plan to the letter, and you will have to conquer them all. You may be forced to overcome other people's wishes, unexpected situations, long-formed habits and your uncompromising environment in order to get into bed at the exact time you picked, neither a moment sooner nor later. Even if you live alone it won't be easy. The effort also demands keen timing by you. And, to repeat, you are to do it without a feeling of anxiety. But you will be surprised at how doing it to the letter will in-

tensify your power of volition. Repeat this exercise several nights in a row.

Exercise 2. Compel yourself to sit down right now and start writing somebody a letter. If you have an appointment to keep at present, select a specific hour tomorrow to write the letter. Also pick out a suitable hour right now to sit down and write somebody else a letter next week.

Exercise 3. In Exercise 2 compel yourself to write a three page letter to your correspondent. Make it no longer nor shorter, and complete it in a half hour.

This exercise will force the large area of your brain which covers the top of your head (your parietal lobe) to supply you with the words, thoughts and expressions for that letter speedily. But again, do it all calmly.

IN SUMMARY. Even if you fail to do these exercises correctly or exactly at first, repeat them until you do each of them right at least three times. They cause you to use your psychic power to intensify your volition power so that you will carry through these "rather tedious" tasks exactly as planned beforehand. The psychic master develops his great powers by forcing himself repeatedly to perform "rather tedious" tasks which develop his different powers.

Exercises for Keener Thinking for Psychic Power Control

Exercise 1. Pick up the "deepest" book near you—one you abhor because of its profundity. Open it in the middle and read from it fluently, as if it were a simple elementary school reader. When you come upon a word you don't understand, spontaneously affix a meaning to it which seems to fit that sentence and continue reading. Read about two-thirds of the page, forcing yourself all the while to absorb the information as if it were simply written.

Put that volume down and do likewise with another "deep" book. You will be astonished at how much faster you will understand them. Tackling such a formidable task in such a trivial manner brings part of your Primitive Autoconscious into action, and it always does marvels for you.

But it requires real mental energy for you to keep that up for long; that's why you should read only two-thirds of a page each time you do this exercise.

Repeating this exercise four times a week develops more nerve fibers of your unknown self as well as the mental energy which you need to sustain your using it. Gradually lengthen the amount you read by an extra

line or two until you read through a full page at a time. Then read one and a half pages at a time and later two pages. Your ability to absorb complicated information will multiply and you will be much admired by others. If you are a student you will find that your ability to extract the juice out of extensive assignments will grow by leaps and bounds.

Every now and then stop using this ability for several days or up to a week at a time. Don't overtax your Primitive Autoconscious until it is more widely awakened. Even the yogis don't use theirs all the time.

Exercise 2. Select a pressing problem for which you cannot find an immediate satisfactory solution. Analyze it again with new eyes and *swiftly* choose the "best" solution for it. (You don't have to apply this solution to it in actuality, but select it as if you intended to.)

Do likewise with problem after problem that confronts you but which defies a ready solution. The moment you weary of the effort, or have to struggle to find spontaneous solutions, halt the exercise. To benefit from these exercises, always practice them with a fresh and rested mind. Only then can you feel masterful—and *be* masterful—with psychic power.

Exercise 3. Select instantly, with little deliberation, a practical solution for ending all warfare for all time.

How Miraculous Feats Are Performed Through Psychic Power Control of the Sensations Recording Center

Polynesian sorcerers can walk on live coals without burning themselves because they expel momentarily with their Sensations Recording Center all heat from their legs and feet. They do not feel the searing heat of the coals. Blind people exist who can see with their fingers; they have developed extra ocular vision. All the message carrying nerves of the body are connected in one way or the other with all the command delivering nerves of the body. You can transfer the functions of one part of your body to another. In *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL*, though, you will be taught only practical and profitable feats to help you integrate better into society and advance as an accepted leader and an admired success.

How to Put Your Sensations Recording Center and Your Organs Control Center Under Psychic Power Control

Since suspended animation is such a perfect, although impractical, example of psychic power control of both the Sensations Recording Center and the Organs Control Center (the second and third parts of your

Primitive Autoconscious), it will be revealed here thoroughly and scientifically.

How The Yogi Performs Suspended Animation. Suspended animation is the "miraculous" physiological means through which a yogi who allows himself to be buried alive will still be alive and healthy, even if somewhat emaciated, when he is unearthed as much as forty days later. To bring about this seemingly baffling achievement he delivers such a mighty psychic power command blast to both his Sensations Recording Center and his Organs Control Center that it causes the following incredible changes to take place in his body functions, which serve to keep him alive that long without food, water or air:

(1) He reduces his body temperature from a normal 98.6° F., to between 80° or 90° F.

(2) He slows down his heart and breathing rates so astoundingly that his radial pulse (his wrist pulse) can hardly be felt.

(3) He drops his blood pressure so low that it cannot be measured.

(4) He diminishes his urine production to practically nil or suppresses it altogether through unbelievable control over his kidney functions.

(5) He lowers his digestive activity to a minimum.

(6) He reduces the volume of his circulating blood to a dribble, barely compatible with life.

(7) He reduces his metabolism (his life processes) by 20% to 50%.

(8) In that condition his body requires practically no food to exist for an extensive period. His digestion, metabolism and blood pressure are so imperceptible that he utilizes but a minimum amount of energy to stay alive. He needs, as a consequence, to breathe in very little oxygen. The average man would expire under such conditions because he could not retard his vital processes to such a degree and would therefore require considerably more oxygen to stay alive.

(9) Since the yogi breathes in so little oxygen in that state, his body fat (which is poor in oxygen) is converted to carbohydrate (which is rich in oxygen.) That is how his body acquires its oxygen when it is in suspended animation. And it *does* require oxygen to survive. It secures its necessary oxygen, to be explicit, NOT from the air (for there is too little air available for his body to breathe when it is buried), but from *itself* by simply converting its body fat into carbohydrate. (Suspended animation is brought about today in modern medicine through refrigeration, or cryotherapy. It is resorted to in chronic disease such as cancer of the skin or for the relief of severe intractable pain.)

By putting his Sensations Recording Center and his Organs Control Center under psychic power control, as stated before, the yogi can put

himself in the state of suspended animation and live for forty days and nights without food, water or air. This is also how the squirrel and the bear hibernate during the foodless winter.

Exercise. How To Warm Yourself Up With Your Organs Control Center When You Feel Cool. On a cool day if you are in good health, take a stroll wearing less clothing than usual. Your Sensations Recording Center receives the sensation of coolness and relays it to your conscious mind. Immediately, though, send a psychic power command rocket from your Psychic Power Center to your Sensations Recording Center ordering it to warm you up. Your Sensations Recording Center CAN do it via your fighting nerves (your sympathetic nervous system).

DO NOT OVERDO this exercise, though. Carry an extra sweater along, just in case you need it.

Repeat this exercise in still cooler weather, wearing no more clothes. (You could even do it inside your own room by turning off the heat during cold weather, or by turning on the air conditioner in hot weather.) Keep your hands and feet warm with gloves and woolen socks. DO NOT chill your extremities. Don't expose yourself so long that you turn blue or numb from the cold. Develop psychic power control over your body temperature gradually. Don't give up, on the other hand, the moment you feel uncomfortably cool. Resist the sensation of cold safely for a while by commanding your Sensations Recording Center (with psychic power command rockets) to keep you warm and visualize it doing so through your fighting nerves. THAT is the important thing.

How to Develop Spatial Discrimination, or Your Sense of Space Direction

By developing spatial discrimination, or the sense of space direction, you add sureness of position and "eyes" to your feet. The psychic master has "eyes" in every part of his body.

Exercise 1. How To Put "Eyes" Into Your Feet. Stand to one side of your room or in a corner. Look straight across it at a spot on the wall.

Shut your eyes and walk towards it. No furniture or other obstacle should stand in your way. Keep one hand extended slightly ahead of you to prevent you from bumping into the wall. You are training your legs to walk in a straight line with your eyes closed and you are guiding them with a psychic power command over your Sensations Recording Center.

When you touch the wall, open your eyes and determine how closely you came to the spot.

Practice this exercise until your psychic power command gains re-

markable control in guiding your Sensations Recording Center in space direction.

Exercise 2. Return to your starting place and stare again at the same spot on the wall across the room.

Turn sideways now, and then close your eyes.

Without opening your eyes, turn frontwards again and try to face the same spot on the wall across the room.

With one hand extended slightly ahead of you, cross the room again. When you reach the wall, open your eyes and determine how close you came to the spot.

Practice this exercise. It trains your psychic power command to direct your Sensations Recording Center out of sheer brief memory. Complicated skills require the use of many memorized plans and movements, most of them briefly mastered if at all. Psychic power, not your conscious mind, is what helps you out then.

Exercise 3. Return to your starting place and stare again at the same spot on the wall across your room.

Turn halfway around now so that you face the wall behind you.

Shut your eyes.

Turn halfway around again with your eyes still shut and again cross the room towards the same spot on the wall. When you touch the wall, open your eyes and determine how closely you came to the spot.

This particular exercise is mainly for training your Sensations Recording Center itself. Adding psychic power command to it renders it than much more effective.

Exercise 4. Return to your starting place and once more stare at the same spot on the wall across your room.

Shut your eyes.

Turn completely around this time with your eyes still shut and then walk across your room to the same spot on the wall. Open your eyes and again determine how closely you came to the spot.

This exercise is for training both your Sensations Recording Center and your psychic power control over it.

Exercise 5. You will be a master at psychic power controlled sense of space direction when you can turn completely around twice with your eyes closed before crossing the room and can then walk straight across to the spot on the wall with your eyes still closed. Try that right now—but don't expect to succeed for some time.

Do all these exercises one after the other. They begin by affixing the spot across the room firmly in your conscious mind. Once you shut your eyes, though, you rely as much if not more upon your psychic power command to guide you across the room straight to that spot.

How to Put Your Organs Control Center Under Psychic Power Control

Since your Organs Control Center rules all your body functions, to bring it under psychic power control can have limitless beneficial effects upon your health. With it, for instance, you could reduce your weight, gain appetite, develop proper bowel habits, banish nervous tension, normalize your sleep rhythm, regulate your blood pressure, combat disease and even control your emotions of fear, anger, pleasure, joy. The following exercises are just a few samples of what you can do for yourself by controlling your Organs Control Center with psychic power commands.

Exercise 1. How To Lose Weight With Your Organs Control Center. At mealtime, when you are heavy, skip the meal. But visualize yourself as having eaten and as feeling full. Don't fill yourself with water to feel full, either, for that would maintain your weight; just feel full from a psychic power command to feel full. Discharge a psychic power command rocket from your forehead into your Organs Control Center ordering it to *relax* your stomach so that it feels full and stops secreting gastric juice. To help your Organs Control Center, visualize your stomach within you turning into a dry flat tire.

You could even consume only a portion or a much smaller quantity of your usual meal and then suddenly visualize your stomach as turning dry and secreting no more digestive juice.

Don't just visualize these changes. Drive the visualized picture into your stomach with absolute conviction, with a psychic power command rocket.

Exercise 2. How To Train Proper Bowel Habits With Your Organs Control Center. Since your Organs Control Center rules your bowel movements, it can be used to train them into regular habits. It controls the peristaltic wave which grips and descends along your alimentary canal when your bowels move, and empties it. When ruled by your Psychic Power Center, your Organs Control Center can do the amazing for your bowels.

This is the exercise. When seated on the stool, visualize your bowels as being a cannula leading straight down from your stomach to outside your body. Visualize it expanding and contracting rhythmically every five seconds with its contents descending from your stomach about one inch each time. Attune your Organs Control Center, in other words, to the rhythm of the peristaltic wave as it forces the contents of the cannula out of your body.

If you practice that (the peristaltic wave induction) regularly and at

just about the same time every day, you will train your Organs Control Center to initiate it automatically and your bowel movements will come under the rule of your psychic power controlled Organs Control Center.

Exercise 3. How To Do Organs Control Center Control Breathing. Organs Control Center Control Breathing is very useful for the next very important exercise, so practice it.

Sit in a straight chair.

Take deep breaths and fill your diaphragmatic region (or the part of your chest around your lower ribs) with air.

Fill your actual chest with still more air now. Fill it right up to your shoulders (or into the rest of your lungs).

Then, exhale all the air you can.

Repeat several times. This exercise helps "purify" your blood too, since it reduces emotion-caused acidity.

Exercise 4. How To Control Your Emotions With Your Organs Control Center. If you are easily excited by, or turn angry or fearful, in certain situations, encourage your Organs Control Center during those situations to slow down your breathing and your heart beat. Accomplish that simply with Organs Control Center Control Breathing which you learned in Exercise 4. Old or young, this habit will do you a world of good. The deeper you breathe, the better, because you will take in more oxygen faster and your breathing and heart beat will then automatically slow down. Reflexly, these will control your emotions. (Reflexly means an involuntary movement excited in response to another stimulation.)

ADDENDA. By developing conscious control over your Sensations Recording Center and your Organs Control Center you may well be developing your intelligence all the more too. The noted physiologists Penfield and Jasper propound that the consciousness is actually seated in the Sensations Recording and Organs Control Centers and in the upper parts of the upper brain stem. They call these structures and their connections the *Centrencephalic system* and consider it (rather than your conscious and subconscious minds) as your highest level of nerve development. That could be an important reason why psychic masters can effect stupendous phenomena—their Sensations Recording and their Organs Control Centers have been developed (or reawakened) by them to a staggering degree. You should gain immeasurably by developing yours to *any* degree.

LESSON THREE

How to Put Your Muscle Coordination Center Under Psychic Power Control

How You Can Gain Limitlessly from the Incredible Potentials of Your Muscle Coordination Center

Your Muscle Coordination Center (the fourth part of your Primitive Autoconscious) has three important primitive portions: your corpus striatum, your red nucleus and your cerebellum. For simplicity, though, they will be referred to all together as your Muscle Coordination Center.

Spontaneous electric potentials occur in your Muscle Coordination Center, but they are weak, because your conscious mind restrains them to keep your muscle activity "conventional." In the laboratory, however, the nerve connection between the Center and the conscious mind has been cut experimentally, freeing it from that restraint. Bursts of *high voltage* were at once sent out from the Center. Your Muscle Coordination Center, in other words, has concealed in it, a very high degree of the dynamite of protoplasmic irritability. When you free it from the civilizing

control of your conscious mind, it will explode its intensive dynamite and accomplish the unbelievable for you.

You can free it from that restraint with psychic power. Put your Muscle Coordination Center under psychic power control and you can tear it loose from the restraint of your over-reasoning, over-analyzing conscious mind and instantly gain explosive muscular power, endurance, physical grace and allure. That's exactly what the hysteric does, but in a negative fashion. *You* can do likewise, but in a positive fashion.

How Your Muscle Coordination Center Functions

Every muscle in your body is under the control of your Muscle Coordination Center. In Lesson 1 you learned how your Muscle Coordination functions when your biceps lifts heavier and heavier weights by bringing more and more stabilizing muscles into action to increase its lifting power. Learn how your Muscle Coordination Center brings your nervous system into play in order to effect that increase of power, and why you can therefore perform the "miraculous" with it by bringing it under psychic power control.

When you try to lift a weight with your biceps, then, the following is what occurs in your nervous system.

1. A message is dispatched immediately by your biceps along a nerve, towards your conscious mind, demanding the necessary "strength" it needs to lift the weight. You could not lift the weight if you were unconscious or asleep, no matter how light it was. Your conscious (or subconscious) mind has to rule the muscle, or the muscle will not lift the weight.
2. *But*—the nerve *does not lead* to your conscious mind. It is only a nerve segment, after all, leading to your spinal cord and ends there.
3. In your spinal cord, as a consequence, the message from your biceps has to leap across the Nerve Gap (or synapse) and transfer itself to another nerve segment that leads to your brain.
4. This second nerve segment conveys the biceps message up your spinal cord to your Muscle Coordination Center and ends there.
5. Your Muscle Coordination Center receives the biceps message and sends it on, by still another nerve segment, to your Sensations Recording Center.
6. Your Sensations Recording Center finally relays it on to your conscious mind. Your conscious mind restrains and refines the message and selects for your biceps *just the right amount of strength* it requires to lift that weight.

7. Your conscious mind then delivers a command to your biceps, through the command-carrying nerves, to contract enough to lift the weight.

8. **BUT**—your biceps needs a "balancer" to maintain your posture while it lifts the weight. Your triceps being its antagonist muscle, your Muscle Coordination Center automatically delivers it a command to contract, too; to put a "brake" on your biceps.

9. Your triceps, on the other hand, should *not* contract so firmly that it prevents your biceps from lifting the weight with a minimum waste of energy. Your Muscle Coordination Center, hence, delivers still another command to your triceps **NOT** to contract too firmly.

10. Your triceps, as a result, contracts too (although much less than your biceps), but it also relaxes enough to let your biceps operate without unnecessary waste of energy.

And so, your biceps lifts the weight, aided by the coordination of your triceps, thanks to your Muscle Coordination Center.

11. When you lift a still heavier weight and more and more muscles go into action as stabilizing muscles, these also come under the control of your Muscle Coordination Center because they are *helping* your biceps lift it, just as your triceps does.

Other Ways in Which Your Muscle Coordination Center Helps You in Your Everyday Life

The same extension of control over your muscles occurs when you master or perform skilled movements such as those requiring body balancing (or the sense of equilibrium), or participate in any sport or pleasure in which your muscles are used expertly (for instance, swimming, skiing, skating, bowling, golfing, dancing, singing, playing a musical instrument, painting, strutting about elegantly in clothes, sexual activity, dentistry, surgery, waiting on tables, manual or skilled labor, dramatic acting, repairing your house, driving a car, riding a horse, bicycle, motorcycle, ad infinitum.)

Every such activity requires you to use many muscles of your body in synchronous action with each other, in order to enable the "principal muscle" being used to increase its efficiency many times. This is also the case, for example, when an athlete strives to break a record, the dancer or musician to better his performance, or the motorist to squeeze through congested traffic. The participant then has to add considerable psychic power control to his skill, for he cannot prepare beforehand for every eventuality he might encounter.

The Multiplied Force Given Your Muscles by Your Psychic Power Command Drive

It is unbelievable how much added strength or agility your psychic power command drive can give your muscles. It is the secret of how miraculous feats of strength are performed. When a muscle gets stronger, its fibers grow bigger. But the strength the muscle can eventually attain is out of proportion to its added size.

Examine the average body builder who lifts barbells. He might commence to train with an upper arm measuring 14" and in a few years develop it into a peak of 16" or 17" at most. His arm girth has increased less than 25%. Yet, he might lift at first no more than 80 lbs., in the overhead ("press" lift), but in a few years increase it to a maximum of 180 to 200 lbs. His strength has grown up to 150%, or *six times* as much as the growth of his arm. Besides, under the microscope his muscle fibers look just the same, except that they may be up to one-fourth thicker. What could have caused his extraordinary increase in muscle power, despite his comparatively minor growth in muscle size?

The answer cannot be "skill." It requires little skill merely to push a barbell overhead. Neither can it be his conscious mind, for it is not logical to become so much stronger with so little additional muscle growth. The answer is—the lifter's psychic power command drive. With sheer psychic power (*illogical* as it was) he convinced himself that he **COULD** lift more and more weight. His Psychic Power Center sent this command rocket to his Muscle Coordination Center and ordered it to ignore the restraining influence of his conscious mind on it. Bursts of high voltage (the concealed dynamite of its protoplasmic irritability) were at once sent out from it and added tremendously to the might of his stabilizing muscles. That enabled his "principal muscles" to increase their efficiency six times more than their tissue growth accounted for. If the body builder were of championship caliber, indeed, he might press up to 275 lbs. or more, even with arms no larger than those. His strength, in other words, would augment 245%, while his muscles still only grew 25%; it would increase about ten times in proportion to his increase in muscle size.

Another example is cross training. It is commonly known by orthopedists that, if one leg is immobilized by a cast, exercising the other leg will increase the strength of the immobilized one. It proves that the mind, or the nerve to the leg itself, develops muscle power reflexly.

How to Develop Psychic Power Control Over Your Muscle Coordination Center

You have three times as many nerves carrying messages from your muscles to your spinal cord or brain as carrying commands to your muscles. More than one message carrying nerve, then, comes to face each command nerve at the Nerve Gaps in your spinal cord or brain. For a muscle of yours to receive its full command it needs to receive messages from more than one message carrying nerve at the same time. Otherwise, it is only partially stimulated and only some of its fibers contract.

With a strong enough psychic power command, however, you can order a considerable number of message carrying nerves to send messages to the command nerve of any muscle. Your body itself does so with muscle coordination, but you can do so yourself *to a much greater degree* with psychic power commands, so that the muscle contracts fully *at your will*. That is how the weight-lifter, the shot-putter, the sprinter, the short distance swimmer and other athletes who rely on power as well as speed, break records. It also explains why small muscled men, like the yogis, can achieve miracles of physical power, even without special training. Their psychic power command drive is 109 times more powerful than the average man's, without even considering its multiplication at their easily overcome Nerve Gaps.

The following exercises will develop your psychic power control over your Muscle Coordination Center, either for power or agility (if you are a man), or for grace and overwhelming beauty of movement (if you are a woman). Either of these qualities which you will acquire surprisingly fast, will bring you all-conquering confidence in yourself.

Exercises for Developing Psychic Power Control Over Your Muscle Coordination Center—If You Are a Man

Exercise 1. How To Increase Markedly, At Will, Your Power In Any Sport. Suppose you are weight lifting, running, hammer throwing, swimming, jumping, batting, swinging the golf club or engaging in any sport which requires both power and skill. You have thrown your full strength behind your moves, but you need more power to do better or to win. Your logical conscious mind, backed by the pain in your muscles when you tried your best, tells you that you have reached your peak for the day.

Refuse to believe it. Desert it into your Psychic Power Center and prepare to surpass yourself. Relax from head to foot with Muscle Tone

Withdrawal and take deep breaths to saturate yourself with electrons. Potential power and Muscle Tone Withdrawal go hand in hand.

Get into position to repeat the effort now, but remain relaxed. Send a psychic power command rocket from your Psychic Power Center to your conscious mind, ordering it to command your muscles to achieve the new mark this time. Before your logical conscious mind can question the practicality of that order, re-enforce it with still another psychic power command rocket intensifying the order.

Suddenly tense your muscles and go into action. If you have added weight to the barbell, your conscious mind will immediately react with shock and desperation or forebodings of impending failure. Obliterate those forebodings instantly with a third psychic power command rocket, ordering your conscious mind to keep right on pushing with your hands, no matter what. If you are running or swimming or practicing in any other sport in which it is more difficult to gage the drive of the extra force needed, just visualize your muscles as being that much stronger to achieve their goal, and use them as if they *were* that much stronger. **DON'T DESPERATELY TRY TO BE STRONGER, OR SAVAGELY TRY TO ACT STRONGER.** Quietly accept yourself, rather *as being* that much stronger and let your muscles instinctively match your new conception of their vigor. Still apply **ALL YOUR POWER**, of course, but do so as if you had been keeping it in reserve until now.

You will be surprised at how swiftly your strength will grow. If you are engaging in this exercise during training, do it once a week. **DON'T** do it to the point of strain or exhaustion except in competition. However, your best results will still be achieved if done no more than once a week because it takes the muscles several days to recover completely from the abnormal force used.

Exercises for Developing Psychic Power Control Over Your Muscle Coordination Center—If You Are a Woman

Exercise 1. How To Acquire Swiftly The Grace Of A Fashion Model. If you are a woman, set up at an angle on your dresser an opened magazine or newspaper displaying the picture of a gracefully posed fashion model. Stand before your mirror now and pretend that you are she. Imitate her position from head to foot. Copy the exact angles of her feet on the ground, the serpent-like twist of her body (even if slight), the different heights of her shoulders, the balanced placements of her arms, the expressions of her hands and fingers, the sweep of her neck, the direction of her head, the thought behind the gaze of her eyes, and the personality of her smile (if she has one).

Exercise 2. When satisfied that you have copied her exactly, copy another pose, either of that same model or of another. Continue until you learn four different poses. Practice them until you feel natural when doing them.

Exercise 3. Assume the first pose again; then blend into the second, third and fourth. Between the different poses, in other words, don't suddenly drop your arms, straighten your body and abruptly assume the next one. Glide instead from one to the other so that the onlooker feels as if he's being wafted with you into each. Even melt your face and eyes from one into the other.

Blending from one pose into the other keeps you aware of every part of yourself. Even when you assume each one anew you have to remember the exact position in which to place every part of your body so that each balances the other, both in equilibrium and in artistic perspective.

Throw oomph into each pose as well as into the blending between them and create *mood*. Some of the best fashion models possess only passable figures, but they create compelling moods when they pose. They achieve them with psychic power control over the muscles of their bodies through their Muscle Coordination Centers, and also by projecting psychic power *outside* their bodies, which you too will do with your Brain Horns. Stop every abrupt gesture and glide into each different pose like an accomplished ballerina during her dance.

These exercises are pleasurable. They add immensely to your glamour, particularly when you are properly dressed for the occasion. When doing them, try to give the impression that you are floating in the breeze. Your own body weight has nothing to do with that impression. In fact, if you are rather heavy, by perfecting these three exercises you can give others the impression that you are surprisingly slender.

Exercise 4. Repeat the three exercises above with still other poses and master a repertoire of them. Perfect at least four for each different garment. A short-skirted dress or outdoor shorts require skill in posing the calves. An evening dress requires skill in posing the whole body from the waist up. After acquiring that much psychic power control over your Muscle Coordination Center, you can wander into any desirable group or appear before any audience with a fascination of movement that will enthrall all eyes.

LESSON FOUR

How to Put Your Resisting Nerve Gap Under Psychic Power Control

In the previous lessons the Nerve Gap (or synapse) was repeatedly pointed out as being a barrier in the path of the messages being sent by your body to your brain, as well as of commands being delivered by your brain to your body. Since practically all nerve pathways contain one or more Nerve Gaps, the speed of your reflexes can be significantly retarded by them, and speed of transmission is a prime requisite when using your unknown self.

This lesson will show you how to rush your messages and commands through your Nerve Gaps and increase unbelievably the effects of your nerve messages or brain commands. Their speed of transmission is slowed down appreciably at the Nerve Gaps because they have to bridge the distance between the two nerve segments at the gap before they can proceed on their way.

Your Chemical Nerve Bridge and How It Conducts Your Messages or Commands Across the Nerve Gap

The Nerve Gap is the place where one nerve segment carrying a message or command ends and where the next nerve segment which carries it on further to its destination, begins. The ends of the two nerve segments face each other like the prongs of two forks. When your message or command reaches the end of the first nerve segment, it stops. But the ending of the segment then releases a certain fluid or humor (acetylcholine) which enables the message or command to transfer itself from one nerve segment to the other, so that the second nerve segment can pick it up and carry it on further to its destination. Frequently, a third and smaller nerve segment lies between the two main ones to connect them, adding another two Nerve Gaps for the message or command to bridge.

It takes much longer for the message or command to be conveyed across the Nerve Gap than for it to move through the nerve body itself. It takes, in fact, about 40% as much time for it to spring across the gap as it does to travel through the whole nerve pathway composed of all the segments. Considering how infinitesimal a portion of the length of the whole nerve pathway the Nerve Gap amounts to, the message or command moves very slowly across it. The reason is that the resistance which it encounters there is twelve times that which it encounters when passing through the nerve body itself because the nerve segment ending has to produce acetylcholine first, before the message or command can be conveyed across the Nerve Gap. A nerve fiber, besides, does not fatigue, but the Nerve Gap does, and that increases still more the resistance which the message or command can meet there.

In order to send your messages or commands faster through your nerve pathway, you have to send it faster across its Nerve Gap or Nerve Gaps. They can travel *no faster* through the nerve body. You also have to intensify the nerve electricity which is transmitting your message or command. All of that is desirable because, speeding up your messages or commands accelerates your reflexes and contributes to swift thinking and acting and to long lasting youth. It also improves your psychic power ability by enabling you to project and also to withdraw your psychic power projections to another person (as you learn to do with your Brain Horns) with such stupefying velocity that he cannot adapt himself to them fast enough and escape their conquering influence.

Your Psychic Arc—and How to Create It to Reduce the Resistance at the Nerve Gap

In the laboratory the resistance at the Nerve Gap can be reduced markedly by giving the message or command carrying nerve consecutive high stimulations. These are repeated until the resistance at the Nerve Gap becomes so slight that the speed of the transmission across it increases to nearly as fast as that through the nerve body itself. The acetylcholine secreted at the Nerve Gap is built up with the first strong stimulation given the nerve. After a brief pause—while the acetylcholine is gradually dissolving at the Nerve Gap—the nerve is given a second strong stimulation. This time the message or command will cross the Nerve Gap faster because some additional acetylcholine still remains undissolved in it. Following another brief pause the nerve is stimulated a third time. After several such stimulations the Nerve Gap retains such a large quantity of undissolved acetylcholine that its resistance to the very next message or command may be reduced to one-eighth of what it was originally.

You can achieve similar results in your everyday life with the Psychic Arc. This is the name for the trick of thinking just the opposite of the situation you face in order to counteract the effects of the first one on your conscious mind. If you are confronted with a situation that frightens you, for instance, think of something that makes you feel calm. *But think of it only for about two seconds.* Stop thinking about it *before* your conscious mind gets bored with it and returns to the reality of the original situation. After another two seconds, think that opposite thought once more but intensify it now with a psychic power command rocket delivered from your Psychic Power Center in your forehead. Continue that procedure, intensifying the opposite thought more and more each time you let it in your mind, so that you drive it into your conscious mind through more and more fibers of your unknown self. Continue doing so until the Nerve Gap or Gaps of that nerve pathway are so heavily saturated with acetylcholine that the opposite thought rushes across the Nerve Gaps to your conscious mind, faster than the original thought.

That, in a nutshell, is what the Psychic Arc consists of. You will learn how to create it easily in exercises farther along in this lesson, and it will bring about a swift change in your everyday life in many outstanding ways. With it you will learn skills, face new situations, perform in public and overwhelm others as you never dreamed possible. You will also control yourself with the confidence of a psychic master and keep a cool head under the most shattering circumstances. Just master the Psychic Arc, even to a minor degree, and that will be all of it you will need.

Note: Actually, there are three types of Psychic Arcs, and you will be taught them all in this lesson. They are:

1. The Psychic Arc
2. The All-Over Psychic Arc
3. The Delayed Psychic Arc

Study all three thoroughly and put them to immediate use. If you mastered all three alone you could do just about the impossible in your life. First, though, continue studying more about the Psychic Arc.

What Your Psychic Arc Does at the Nerve Gap When You Add Psychic Power Control to It

When you increase the speed of some of your reflexes in the usual, everyday manner, such as by repeatedly practicing a specified movement or skill, it means that whenever you engage in that movement or skill the endings of the nerve segments of its conditioned nerve pathway secrete acetylcholine faster from the very beginning than they did before. The confidence and efficient rhythm which you have acquired in that movement or skill add a feeling of pleasantness and satisfaction to your body and stimulate all your loving nerves to function better, and these nerves always secrete acetylcholine when stimulated.

So important is it for you to feel calm and contented in order to secrete acetylcholine, that whenever you are frightened you secrete sympathin from your fighting nerves instead, and no acetylcholine from your loving nerves. Even your digestion stops then, your heart beat races, your pupils dilate, your blood pressure rises, sugar pours from your liver into your blood and so on, as your muscles prepare for fight or flight. When you are calm and contented, however, your appetite and your digestion are good, your heart beat is regular, your pupils constrict, your blood pressure drops and normalizes, your liver stops pouring sugar into your blood and accumulates it instead because your muscles relax and feel at ease. To bridge your Nerve Gap faster and easier *productively* then, you have to keep your loving nerves dominant over your fighting nerves and that can be done best, by far, with the Psychic Arc.

When you add psychic power control to your confidence and efficient rhythm, you could increase your power of digestion alone *eightfold*, as you already know. Psychic power over your Psychic Arc, in other words, can increase the secretion of your digestive juices (which are stimulated into production by your loving nerves) *eightfold* without your Psychic Arc even bridging the Nerve Gaps faster. Imagine how much more your psychic power controlled Psychic Arc could increase your digestive juices

when it *does* bridge the Nerve Gaps faster! That is what your Psychic Arc can do at the Nerve Gap when you add psychic power control to it.

How to Master Any Skill Much Faster with the Psychic Arc

When you get ready to attempt a new skill or performance, fear and uncertainty seize hold of you and the nerve endings of your fighting nerves secrete sympathin, while those of your loving nerves "dry up." Your whole nervous system, as a result, acquires a sympathin, or an anti-acetylcholine, tendency. When you actually attempt the new skill or performance, then, the Nerve Gaps of your muscles secrete comparatively little acetylcholine and your muscles perform tensely and awkwardly. That deprives you of still more confidence and increases your fear. Your fighting nerves, as a consequence, secrete still more sympathin, while your loving nerves "dry up" still more. The Nerve Gaps of your muscles, as a result, secrete still less acetylcholine and your muscles perform still more tensely and awkwardly.

Soon after, though, when you happen to make a right move or two, you regain some confidence. Now your sympathin dries up slightly, and your loving nerves secrete some acetylcholine for a change. The Nerve Gaps of the command nerves to your muscles will do likewise and your muscles regain some rhythm and ease.

But as soon as you make another mistake your acetylcholine dries up again and your fighting nerves secrete sympathin once more. Again your muscles perform tensely and awkwardly.

With persistent practice over hours, weeks, months or years, you master the movement or skill and acquire deftness and confidence when engaging in it. Your loving nerves then secrete a satisfactory amount of acetylcholine when you perform it and you will develop into an expert.

Your whole learning and mastery period, however, can be reduced by as much as seven-eighths if you could maintain the same confidence in yourself while learning the skill as after you master it. Your goal, then, should be to adopt and retain the SAME MASTERFUL CONFIDENCE in yourself when you are learning anything new, as after you master it. You can achieve it by encouraging your loving nerves to secrete eight times the amount of acetylcholine from their nerve endings *at the very beginning* of your apprenticeship to ANY SKILL, so that your conscious mind and your muscles react eight times FASTER to the instructions you receive and to the practice you put into it. That is achieved with the psychic power controlled Psychic Arc.

Exercise 1. How To Learn Any Skill Fast With The Psychic Arc. Alone, undertake something manual which you wish to learn. It can be a hobby, sport, art, or do-it-yourself craft. Read the instructions or follow them from memory.

Whichever you do, your confidence deserts you and you turn tense mentally and physically. With the Psychic Arc you think immediately of a delicious food—a juicy steak, custard pie, ice cream or whatever delight you relish. Visualize it so clearly before you that your mouth waters in sheer anticipation. Your muscles relax and feel again more at ease. Suddenly concentrate again on the skill you are trying to learn and practice it more. Your tension returns. So, think again of the entrancing dish. Instead of letting your mind wallow in fear of possible failure and thereby cause your nerve endings to dry up, think of something wonderfully delicious to eat.

Try again to learn the skill and you will find yourself performing it easier and easier. After repeating the above procedure several times, you will be able to visualize the appetizing food so vividly in your mind from the very beginning of learning *any skill* that you won't turn tense in it at all, even when you engage in it in the presence of other people. Your ability to master any new skill thereafter with remarkable speed, will be permanent. Always apply the Psychic Arc, though, briefly, each time. Intensify it with a psychic power command rocket from your Psychic Power Center and the quantity of acetylcholine accumulating at your Nerve Gaps will increase fast and speed up your learning. That is how to learn any skill quickly with your Psychic Arc.

Exercise 2. How To Win People To You Easily By Transferring The Psychic Arc. The technique is the same whether you are a man or a woman, a friend or a stranger, and you can use it with either sex. You can even use it over the telephone. You are speaking to Jack or Jane, and you want him to like you, either for business or social reasons. When he talks, listen attentively but also think of something you enjoy. You could think either of a juicy steak again or of the fact (true or false) that Jack or Jane is an exciting person to know. (If he is not worth knowing, perhaps you had better not cultivate him at all, or you might regret it.) Think of all the superb qualities he possesses and aggrandize them in your mind.

Cut that thinking short after two seconds. Two seconds later, though, think it again. This time, also intensify it with psychic power. In order to do so, visualize to yourself that Jack or Jane is twice as attractive to you as you previously thought he was.

Again cut that thinking short after two seconds.

Two seconds later, though, visualize Jack or Jane as being three

times as attractive as he was before. Let *him* do most of the talking, too, so that you can concentrate more thoroughly on your thinking and visualizing. Visualize only the "marvelous" qualities which bless his appearance, voice, attitude, expression (as you recall it, if he is not present), humor and sensitivity, and forget his drawbacks.

Your whole system, as a result, will soon fill with an overwhelming liking for Jack or Jane. This overwhelming liking rushes to your Nerve Gaps, and your nerve endings respond by secreting a flood of acetylcholine. A feeling of delight immediately sweeps through Jack's Psychic Power Center, and it is relayed into his whole body. His loving nerves reply by secreting acetylcholine, too, and he yearns for your company. You have won him over to you by transferring your own Psychic Arc from yourself into him.

NOTE. Clark Gable openly confessed that by using, at a director's suggestion, a "juicy steak thought" (which is but a crude version of the Psychic Arc), he changed his futile movie career at the age of thirty to become the leading male attraction of his time. And he held this position easily until he was sixty, when he came to an untimely end. Rudolph Valentino is said to have done likewise. This "juicy steak thought" or something similar filled their eyes with "something mysterious" from their unknown selves which swept the opposite sex off its feet and brought these men fame and fortune SWIFTLY. Jean Harlow, and obviously Marilyn Monroe, as well as many other leading ladies and vamps, did likewise and catapulted themselves to fame and fortune with incredible speed, while far greater actresses who did not use that one little trick of their unknown selves, were practically never heard of by the general public and were promptly forgotten.

How Your Psychic Arc Controls Your Final Common Pathway

In physiology the last nerve segment that carries the command to the organ, gland or muscle being commanded, is called the final common pathway. Many other different nerves may be bringing different commands at the same time to this final common pathway, but the *only command* that finds its way through it to the organ, gland or muscle to be commanded, is the one which has the strongest nerve electricity.

You can, in plain language, nullify a weaker and less desirable command which is being delivered to your organ, gland or muscle with a stronger, more desirable command. Antagonistic commands, besides, cannot occupy the final common pathway simultaneously. The weaker of the two has to give way to the stronger because the final common pathway is

selective; otherwise you would be trying all day long to do a number of different things at the same time and wind up scrambling around doing nothing productive.

To enable the final common pathway of any nerve circuit of yours to put through your *desirable* commands instead of your *undesirable* ones, you have to drive your desirable commands more powerfully to your organ, gland or muscle than your undesirable ones. If you drive all your commands into it with the same power, your final common pathway won't "know" which one to let through and you will end up accomplishing nothing specific or progressive. And, of course, if you put more drive behind your *undesirable* commands than your *desirable* ones (as the pessimist and the defeatist does regularly), your *undesirable* ones will be conveyed to the organ, gland or muscle and you will lose more than you gain. This is a tremendous scientific fact to be aware of because it reveals to you an easy way to prevent *undesirable* influences from reaching your body and affecting it adversely. Just NULLIFY THOSE INFLUENCES WITH A STRONGER OPPOSITE COMMAND.

That is precisely what the Psychic Arc does for you. It can be used to overcome the possibility of inferiority complexes, hurt feelings, feelings of depression, sadness, discouragement, shame, despair, feelings of rejection, dreads of failure, anxiety, embarrassment or any other negative state of mind which threatens you during an unpleasant situation. Just think the opposite thought, or think of the juicy steak if you can think of nothing else at once; visualize it, smell it and taste it so vividly that it grows stronger than the oppressive thought. When both thoughts simultaneously hit the Nerve Gap preceding the final common pathway, the Psychic Arc will fill the gap with more acetylcholine than the oppressive thought could fill it with sympathin. The Psychic Arc thought will consequently bridge the Nerve Gap, and the oppressive thought will dissipate itself and its sympathin dissolve.

If you intensify your Psychic Arc immediately with a psychic power command from your Psychic Power Center ordering the steak to taste even juicier and to smell and taste even more delicious, the effectiveness of the Psychic Arc will be increased by many times. In that way you prevent your negative thought from commanding your organs, glands or muscles—or from affecting your body. Its influence over you will be shattered. Bombard it after that with psychic power command rockets from your Psychic Power Center ordering it to get out of your conscious and subconscious minds altogether, and it will weaken and get out and leave you free of it.

Should the oppressive thought have already crossed the Nerve Gap before you can rush your Psychic Arc to it and is therefore already lodged

in your conscious and subconscious minds, drive your Psychic Arc into your final common pathway repeatedly every two seconds, and rest it for two seconds in between. Drive it in a total of ten times. That will gradually overwhelm the negative thought and crowd it out of your conscious and subconscious minds. Bolster the attack at the end with two, or three, two-second psychic power command rockets delivered from your Psychic Power Center, and that will obliterate the oppressive thought entirely.

The Power of the All-Over Psychic Arc, and How to Use It

Master, next, the incredible power of the All-Over Psychic Arc. Your body reacts to a stimulation in a specific manner and no other. Why? Because all your Nerve Gaps do not offer equal resistance to the same stimulation. When you have applied a certain stimulation repeatedly to your body it forms a habit or conditioned reflex, and it will cross most easily over the Nerve Gaps along that particular nerve pathway because it is used to crossing them. The nerve endings at those Nerve Gaps, in other words, will secrete acetylcholine faster, and the acetylcholine will dissolve more slowly, when you apply that stimulation than they would at other Nerve Gaps. The stimulation has formed a Psychic Arc response at that Nerve Gap. It will encounter the same old resistance at the other Nerve Gaps which it is not used to crossing.

If the intensity of your stimulation is increased, however, more Nerve Gaps will lose their resistance to it and the stimulation will bridge across more of them. The stimulation, indeed, could be intensified to the degree where it spreads over your *whole* nervous system and builds up a Psychic Arc response all over it. That is scientifically called *irradiation*. It is an All-Over Psychic Arc.

The power of the All-Over Psychic Arc to respond to stimulation defies description. It can be used in so many different ways for your gain that they can hardly be listed. Below, however, is an exercise for a necessary way to use it in your everyday life.

Exercise. How To Ward Off The Effects Of The Antagonism Of Others Towards You, With The All-Over Psychic Arc. You had a recent dispute with Bill Adams, either socially or on the job, and you "feel" that he loathes you and wishes you harm. You try to forget him but he remains evilly in your mind. Unless you are overintrospective by nature the chances are that he is brooding vindictively against you and, whether he does so willfully or not, he does wish you harm. He might do no more than that, but the effects on you could be as telling as if he did, for it reaches your Psychic Power Center telepathically and throws you into a

morbid, apprehensive frame of mind. It is just as if he were practicing Black Magic on you. You should free yourself swiftly from the effects of such nefarious thinking on his part. You do so easily with the All-Over Psychic Arc. This is how.

Nullify Bill Adams' thinking from affecting you by preventing your fighting nerves from producing sympathin. Just contemplate for two seconds some dish you enjoy extremely (say, the juicy steak). Stop contemplating it for another two seconds, then contemplate it again. Repeat, intensifying your contemplation about the steak each time. Intensify it at first until your mouth feels like watering. Intensify it the second time until your hands feel warm. Intensify it the third time until your feet feel warm. Intensify it the fourth time until your stomach feels warm. Intensify it the fifth time until your chest feels warm. Intensify it the sixth time until your legs feel warm. Intensify it the seventh time until your neck feels warm. To feel pleasantly warm all-over you have to stimulate your loving nerves and draw the blood out of your muscles into your skin. Since your loving nerves secrete acetylcholine, they throw your whole body into an acetylcholine secreting tendency and all your Nerve Gaps secrete acetylcholine too and hasten your all-over feeling of pleasant warmth. Your body is then conditioned to secrete acetylcholine whenever your mind receives messages from Bill's undermining thinking. You will have developed an All-Over Psychic Arc against Bill's antagonistic introspection.

The All-Over Psychic Arc is a permanent acquisition and can be used against anybody who, without meaning to, dislikes you. Just picture the undesirable thinking as emanating from him and nullify it with the Psychic Arc and then just intensify the latter successively seven times.

How to Gain Unconquerable Self-Control from the Remarkable Secret of the Delayed Psychic Arc

The Delayed Psychic Arc is a stupendous way to suppress and exterminate an undesirable thought command from your conscious and subconscious minds. In physiology the word "suppression" means to hold back the responses of your muscles to your brain commands. Physiology, in short, admits that your brain commands to your organs, glands or muscles *can* be nullified by another command from another part of your brain. You accomplish just that with your psychic power command rocket when you fire it into any part of your mind or body to countermand any orders which your conscious mind sends out to it.

And that is not all. Physiologists have found that your motor area (or the area of your conscious and subconscious minds which commands

your muscles) will, on continuous stimulation, lose part of its power to command them. After fifteen seconds of continuous stimulation, in fact, your motor area temporarily loses *all* its power to command them.

The same must be true with your psychic power, for your Psychic Power Center is also brain tissue. If you drive your psychic power command through your nerves longer than two seconds, as has been frequently stated already, the command will start to lose its effectiveness. It will also start losing its capacity to keep an *undesirable* command off the final common pathway. If you kept driving it for as long as fifteen seconds, it would temporarily lose all its power.

From that fact evolves the secret of the Delayed Psychic Arc. Learn how to create it and apply it in the following exercise.

Exercise. How To Obliterate An Undesirable Habit Or Compulsion Which Enters Your Mind. Below are the first ten directions to follow.

1. Let the undesirable habit or thought enter your final common pathway.
2. Maintain it there for fifteen full seconds until you render it temporarily extinct.
3. Now, drive your Psychic Arc full strength with the opposite thought, into your final common pathway for two seconds.
4. Relax it for two seconds.
5. Drive it in again for two seconds.
6. Relax it again for two seconds.
7. Drive it in again for another two seconds.
8. Relax it once more for two seconds.
9. Drive it in for the last time for another two seconds.
10. Then relax it altogether. You have driven in your Psychic Arc with the opposite thought, and relaxed it, a total of four times. That converts it into the Delayed Psychic Arc.

IN CONCLUSION. You have completed Part I of *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL*. You understand now why your Primitive Autoconscious is the great source of the hidden power of your mind and body. You already know how to use it effectively in many ways in your everyday life, and that you don't have to ripen into a psychic master before you can profit from it outstandingly. You are no longer mystified by the anatomy and physiology of your Primitive Autoconscious for you know now what it consists of and how it operates. Now you understand better why miracles *are* possible to perform—and *without* supernatural help.

LESSON FIVE

How to Put the Nerve Electricity in Your Brain and Body Under Psychic Power Control

In this lesson you will be shown how vast and dynamic is the electrical potential in your brain and body and how, when put under psychic power control, it can be used to bring about mental and physical "miracles."

Your Nerve Electricity Potential

You already know about the electrical potential concealed in protoplasm, which naturally includes nerve tissue. The nerve message or command, however, is not similar to an electric current passing through a wire. A wire, for one thing, merely conducts the current, while a nerve creates its own current as a message or command moves along its length. The wire receives its energy from a battery or some other outside source,

while the nerve energy is created by the nerve itself. The potential of the electric current diminishes as it passes along the wire, while the strength of the nerve electricity maintains its full strength all the way. An electric current travels at the rate of 186,000 miles per second, while the nerve electricity travels at 100 meters per second, or less. Hereafter, the electricity in nerves will be called nerve electricity to distinguish it from the electricity in a wire. Nerve electricity is "flesh made" you might say, while wire electricity is inorganically made.

The Limitless Boundaries of Your Unsaturated Control Links

The muscle and sense areas of the brain have been properly located, but all those of the conscious and subconscious minds still remain a mystery. Stimulating them in the laboratory does not contract the muscles, and removing them does not paralyze your emotions and sensations. These large, "mysterious" remaining areas of your conscious and subconscious minds are thereby called, by physiologists, the "association areas."

Each half of your brain is divided into three lobes, and each lobe contains such an association area. In the association area the roots of the fibers (association fibers) are located by which the muscle and sensation areas in your conscious and subconscious minds *are linked together in every conceivable manner*. Your brain, indeed, has a staggering number of small nerves which link two nerve segments together between their nerve endings and by which almost *any part* of the conscious and subconscious minds is brought into contact with *any other part*. It is due to the incredible number of these linking (association) fibers, and in the variety of connections that they make, that the human brain excels that of lower animals. It is, among other important factors, what determines man's greater manual skill, his power of speech and, no doubt, his greater intelligence (that is, his conscious and subconscious mind intelligence). About 10,000 million association fibers arise from your conscious and subconscious minds. The number of connections between them, as a result, reaches the inconceivable number of 1, followed by 15,000,000 ciphers. Just to print that number alone would require all the paper and type of twenty volumes of *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL*.

In your brain, in other words, your message-bringing and your command-delivering nerves are linked together in every conceivable fashion. That explains why you can learn so much in so many different ways. Each of these connections (your cerebral links) cements into your brain a certain unit of knowledge or training or habit. Your cerebral links never

become saturated because you use only about one-tenth of your full intelligence or of your Primitive Autoconscious. If you could develop your conscious and subconscious minds enough to saturate these cerebral links, though, your old knowledge links would grow weaker with the passage of time and dissolve. You therefore "forget" what you know, and the old cerebral links become available again for forming new links. When you are hypnotized or develop your unknown self, all your old links can be reunited again, and then you can remember facts which your conscious mind itself cannot recall at your will.

How Your Cerebral Links Are Differentiated in Your Brain

Your cerebral links are created by the repeated crossing of the same message or command over the same nerve pathway. They are formed tightly in your brain, while the messages or commands which do not cross a nerve circuit often enough, are formed loosely in your brain.

But how, you wonder, can your conscious and subconscious minds select from the tightly-formed and the loosely-formed impressions that are made in your brain? How, to put it another way, can you remember something which you have studied longer or more thoroughly than something which you have studied not so long or so thoroughly; even though both informations have been recorded in your brain by their messages to it and by their resulting commands from it?

The secret is *your graded Nerve Gap resistance*. All Nerve Gaps are not bridged with the same ease. The ones which your information has crossed most frequently, as you already know, are the ones which offer the least resistance to its messages and commands. A mild message or command may be enough to cross the Nerve Gap of a tightly-formed cerebral link, while it would require a powerful message or command to cross the Nerve Gap of a loosely-formed cerebral link.

To state it differently, your tightly-formed cerebral link needs to be stimulated only by a small number of nerve fibers (or only by a small amount of nerve electricity), while your loosely-formed cerebral link needs to be stimulated by a considerable number of nerve fibers (or by a considerable amount of nerve electricity). That is how your conscious and subconscious minds select from the tightly-formed and the loosely-formed impressions that are made in your brain. They select with ease the ones which require the least expenditure of energy (in the form of nerve electricity) to bring to their attention, and ignore for the most part those which require the greatest expenditure of energy (in the form of nerve electricity) to bring to their attention. That is why you think faster, easier and more effectively with knowledge which you have converted into

tightly-formed cerebral links than with new, puzzling knowledge which is still shaky in your brain as loosely-formed cerebral links. When you multiply your number of cerebral links by learning much faster with the Psychic Arc, you will possess a razor sharp mind.

The Fast Way to Acquire a Cerebral Link for a New Skill

The fast way to acquire a cerebral link is the fastest way in which to "cement in" knowledge or skill in your conscious and subconscious minds. The whole basis of retaining a knowledge or skill, retaining a changed personality, influencing others repeatedly, making plans and remembering them and carrying them out, rests upon your building dependable cerebral links in your conscious and subconscious minds; very much as a computer does for itself. As you develop your Primitive Autoconscious, or even a minor percentage of it, you will form a whole new series of cerebral links too.

The fast way to acquire a cerebral link is by saturating your conscious and subconscious minds with it after it has bridged the Nerve Gap. The following exercise teaches you how.

Exercise. How To Cement In A New Skill In Your Conscious And Subconscious Minds. Suppose that you have just learned a new skill, say a manual one, with the Psychic Arc. Instead of putting it out of your mind and "relaxing," sit by yourself (even if in a bus or other transportation) and ruminate over it again from beginning to end. Mentally, retrace the whole procedure every step of the way, so that your conscious mind again delivers commands through that same nerve pathway and across the same Nerve Gaps it traverses to the organs, glands or muscles which enter into the performance of that skill. Repeat it several times until your subconscious mind itself goes through the procedure with your conscious mind.

Hours later, when you are doing nothing in particular, repeat the above, but add psychic power control to it each time. Each time you deliver the command, drive a psychic power command rocket from your forehead into the upper sides of your brain (your conscious memory), and then down through your neck to the muscles of your hands, feet, or of whatever other part of your body is used in that skill. Since your eyes are undoubtedly also used, deliver a special psychic power command to your eyes. Keep rocketing this skill repeatedly into yourself for several minutes until you can do it speedily with your brain. But rocket it only for two seconds at a time for each phase of the skill.

You will have formed a new cerebral link, and you will have cemented-in a new skill in your mind.

How to Put Your Personality Under Psychic Power Control

As has been demonstrated in the laboratory, the "Silent Area" of your brain (its forehead and temples area, which constitute your Psychic Power Center) brings you the power of foresight and the ability to critically evaluate yourself. Both of these qualities, when combined, render you practically immune to defeat in anything you undertake. When you critically evaluate yourself and understand your advantages and shortcomings with accuracy, you can take wise steps to overcome your shortcomings and to accentuate your advantages. If, on top of that, you add to yourself the power of foresight, you will be able to critically evaluate your future possibilities without error and to prepare to take advantage of the best opportunities that present themselves, as well as to avoid all pitfalls.

But your Psychic Power Center (the "Silent Area" of your brain) also harbors disadvantages which can defeat its blessings. That is why lobotomies are sometimes performed on psychopathic patients. They are performed because the "Silent Area" of the brain plagues the patient with a sensitive, complex personality such as excessive emotional impulses, fear, delusion and melancholia. After the lobotomy (that is, after the whole frontal lobe of the brain, which includes the "Silent Area," is removed) the patient enjoys relief from excessive anxiety or chronic depression. He is freed from monstrous emotional impulses arising in different parts of his brain. His state of fear, delusion or melancholia gives way to a feeling of euphoria (well-being). He is rid of his schizophrenia (split personality) and is at ease.

Don't be too surprised, though, at those drawbacks of the "Silent Area" of your brain. (*Note:* That part of your brain was called the "Silent Area" because physiologists believed for a long time that it had no function and exerted no effect whatsoever on the body and was probably just a pathway for the association fibers. Its name has now been changed to Prefrontal or Orbitofrontal Region.) The tremendous qualities with which it endows you (the power of foresight and the ability to critically evaluate yourself) require a sensitive personality. But sensitivity, unfortunately, adds a tension to the personality, which brings on fear. Fear, in turn, causes excessive emotional impulses, as well as delusions (since you might tend to exaggerate your faults, as anyone does who critically evaluates himself). The result is melancholia.

The patient with the lobotomy, however, has *lost* the power to critically evaluate himself and becomes stolid and insensitive. It brings him peace of mind, but it will not help him improve himself *by himself*. And

he can never develop his Primitive Autoconscious if he is insensitive to psychic phenomena, which he will be after losing the "Silent Area" of his brain.

The other quality of the "Silent Area" of the brain, the power of foresight, also makes you sensitive, fearful, overexcitable and so on because with it you habitually view the future from many different angles and with an impartial eye. It fills you with intuition too. But intuition, of course, has to be backed up with cool-headed analysis, or it will degenerate into hunches.

Your goal, then, is to extract the utmost benefits out of the "Silent Area" of your brain, as well as to suffer the least loss from its mental drawbacks. You accomplish that with the following exercises:

Exercise 1. How To Critically Evaluate Yourself And Gain From It Without Developing The Drawbacks Of Your Psychic Power Center. You have just experienced an unpleasant social, business or romantic encounter with Ray (or Kay, depending on your sex). The moment you are alone again your supersensitive Psychic Power Center bombards your conscious mind with a discouraging list of faults of yours which "contributed" to the unpleasantness. Your Psychic Power Center assesses your behavior with a sharpness which your conscious mind does not conceive of, since it depends upon intuition to analyze. It also registers Ray's thoughts (which your conscious mind does not) and adds them to your introspection. Since you are upset from the association, it is natural for you to let your Psychic Power Center temporarily gain ascendancy over your conscious mind, particularly because your conscious mind cannot easily single out the direct cause of the unpleasantness. Your Psychic Power Center, consequently, fills your conscious mind with fear, delusion and melancholia which could degenerate into excessive anxiety and chronic depression.

Do not try to halt the onrush of these squelching "explanations" at first. Your conscious mind does need their aid. But after a short while drive them out of your conscious mind, through your Brain Horns, outside of you with a command rocket and order them to vanish into space. From then on let your conscious mind assert *your own* importance and judge the encounter from *your* angle. But do keep faintly in mind the recollection of the different reasons which your Psychic Power Center offered. Every time your Psychic Power Center tries to influence you thereafter on that matter, drive them out into space again. You will be far better prepared thereafter to "make it up" with Ray when you see him again, and win him back. You will also have banished the fear, delusion and melancholia which were overpowering you due to the extreme

sensitivity of your Psychic Power Center. Meet, in that manner, every situation that affects you adversely.

Exercise 2. How To Develop The Power of Foresight And Gain From It Without Developing The Drawbacks Of Your Psychic Power Center. You are preparing to face a crucial test in your life. It might be the college entrance examination, or you are about to propose or be proposed to, or you are applying for *the* position you want, for the raise you seek, or you are trying to persuade someone with influence to help you achieve your ends. Your uncertain conscious mind instinctively calls upon your Psychic Power Center for help, since the latter is the one which possesses the power of foresight. Will you or will you not, you ask yourself, attain your goal?

Your Psychic Power Center rushes to your conscious mind a flock of possibilities, none exactly conclusive, from which your conscious mind must choose. All these possibilities leave you sensitive, fearful and overexcitable because they hold up the future to your eyes from so many different angles. But your Psychic Power Center also brings you the power of intuition to help you pick out the right one—the one which may not always seem like the right one to your conscious mind. So, you are thrown into a plethora of confusion and left uncertain and afraid.

With a command rocket from your conscious mind, drive all these possibilities out of it through your Brain Horns to outside of you and order them to vanish into space. Then let your conscious mind evaluate its own findings. From then on assert *your own* capabilities and rationally judge your future prospects from *that* basis. But do keep faintly in mind the future possibilities which your Psychic Power Center brought to your attention. Judge well, however, the particular one which your psychic power intuition seemed to stress most emphatically. Such intuition frequently turns out to be *prophecy* due to your Psychic Power Center spontaneously contacting the Earth Records Of The Future. (The latter will be revealed in a later lesson.) Make an extensive study of that particular possibility before making up your mind. That very one might turn out in the end to be the one that might offer you the least resistance to success because of some as yet unforeseen circumstance.

How to Put the Nerve Electricity in Your Muscles Under Psychic Power Control

It has been discovered from experiment that when the arm, for example, is not being used, its muscles are in a state of rest and its nerves are *un-electrified*. In this state the muscles are relatively alkaline. All at once, however, there is a sudden change. The muscles turn relatively acid

and the nerve is electrified. Nerve electricity is now flowing from the brain to the arm to direct and control its action.

What has caused this sudden change? The cause was a *mere command from the brain to move the hand*. That mental phenomenon was potent enough to change the relative alkalinity of the muscles into a relative acidity, as well as to send a current of nerve electricity surging through the nerve that supplies the arm. The brain, to be explicit, has commanded the Organs Control Center to order the liver to fill the muscles of the arm with glycogen (sugar), in order to provide them with sufficient energy to carry through the anticipated action. That is why the relative alkalinity of the muscles changes into a relative acidity.

The arm, now, goes into action.

When it returns to rest, its muscles turn alkaline again because they receive no more glycogen from the liver, while their accumulated waste products (mainly, lactic acid) are removed from them by the blood. Its nerves, too, resume their *un-electrified* state.

What may be concluded from this? It may be concluded that a command initiated in the brain, whether consciously, subconsciously or psychically, causes chemical and electrical changes to take place in the body. When the command is very strong (such as that resulting from strong habits or from a psychic power command blast) it causes even stronger chemical and electrical changes to take place in the body. That is why your aura changes color and movement according to what you think. That is why your mind can make you ill, but can also heal you.

This knowledge can be used in a most effective manner in your everyday life, as shown in the following exercise.

Exercise 1. The Electrifying Handshake. How To Restore Someone To A Happy Frame Of Mind With An Electrify Handshake. Gus Anderson seems to bear a grudge against the world. You cannot avoid him because you run into him regularly in business or social life. He could even be your neighbor. It would be most annoying, besides, to be constantly trying to "hide" from him.

The easy way to handle him is with the Electrify Handshake. The moment you behold Gus, take a deep breath and fill yourself with electrons. Gather this supercharge of electrons now in your Psychic Power Center. Immediately apply, meanwhile, the Psychic Arc in order to feel happy and contented yourself and thereby retain these electrons. When close enough to Gus, smile and reach out for his hand. The moment you grasp it, discharge into it a psychic power command bursting alive with your supercharge of electrons. Practice doing this part of the exercise alone until your supercharge of electrons is so powerful that it makes your own hand shake. (Practice it by shaking your other hand with it.)

Gus will feel as if a charge of delicious energy was suddenly injected into him. His capillaries will relax and lower his blood pressure, and he will be won over to you fast.

It is clear, therefore, that many phenomena and feelings which we can't explain otherwise, and which are universally scoffed at or passed off lightly as being "all in the mind," CAN BE upheld through bio-electrics.

Exercise 2. The Electron Restorer. The Easy Way To Restimulate Yourself When You Feel Discouraged Or "Under The Weather." During weather conditions that leave you depressed in spirit, or following disheartening news in love, business or health, you suffer a rapid loss of electrons. You might or might not be seized with panic upon learning the news, but your fighting nerves immediately assume control of you and fill you with anxiety and apprehension. Aside from raising your blood pressure and effecting other undesirable changes in your body, they cause a speedy loss of electrons from it to the air and you feel driven to drink, overeating, quarreling with the innocent or finding release in some other unsatisfactory escape. The most efficient means with which to restore your body to its normal electron balance swiftly is the Electron Restorer.

To create the Electron Restorer imagine at once that the greatest dream that could ever come true in your life is about to do so. Maybe you are going to win the person you want most, achieve the promotion you desire most, enter the school you wish to most, attain the success socially or in business which you have struggled for most, or overcome the affliction that dispirits you most. Visualize this dream so clearly as coming true in every detail that you actually feel as if it *has* come true. Reinforce the visualization with a psychic power command rocket from your Psychic Power Center. Drive the rocket into your conscious mind ordering it to supply still more details to the vivid picture, making it still more convincing.

How to Bring About a Balance Between Your Body Electricity and the Atmospheric Electricity

In bio-electrics it was found that a healthy body registers a *negative* electric charge (-), but that a diseased body (even when it only has a cold) registers a *positive* electric charge (+). When your body registers a negative electric charge, you *give off* energy; when it registers a positive electric charge, you *absorb* energy. Free electrons are found in the air just as they are found in everything else, and they are negative charged. Your body, according to your state of health, absorbs electrons or gives them off.

When you feel "full of energy" on certain days and "in the dumps" on others, it usually signifies that your body contains more electrons some

days than others. Your body's electric charge varies the opposite of the atmosphere's. Your body, for instance, loses energy during stormy weather and, with it, most of its electrons (-)... Why?... Because an electric current flows from negative to positive, or from the electrons (-) to the protons (+). The atmosphere contains more electrons during stormy weather. When the weather is dry and sunny, the atmosphere contains fewer electrons, but your body contains *more* of them. Since there is a steady loss of electrons (or of electricity) from the earth to the atmosphere (about 18,000 amperes per hour) nearly 4,000 thunderstorms have to occur at the same time over the surface of the earth to replace this loss. During a storm the electric field is often *negative* rather than positive, and negative currents flow to the earth. The rain (by carrying electrons back to the earth), as well as the lightning, restore the lost electricity to the earth.

Your confidence will rush back instantly, and the feeling of oppression will creep out of you. You will feel much younger right away, burst with enthusiasm once more, be full of wit and daring-do, and your negative attitude will vanish. Should it return later, just repeat the Electron Restorer.

How to Control Others With Your Nerve Electricity

When two healthy persons meet and shake hands, no electricity flows between them. Both are negatively charged, and electricity flows only from the negative to the positive charge.

When two individuals meet, however, and one of them is bold and aggressive, and the other one is backward and shy, the shy one's attitude allows him to be swayed telepathically by the aggressive one and electrons flow from the aggressive one to the shy one.

Fear, fright, inferiority feelings, defeat, submission, sadness, distress, bring about sudden big losses of your body electrons—so great at times that you feel cold all over and grow actively ill. You are positively charged then. That accounts for the staggering possibilities of curing psychosomatic illness by pouring needed electrons into the patient by means of laying on of hands. Or the patient may be persuaded to draw, by deep breathing from the air, the electrons he needs to help restore his health. Confidence, happiness, satisfaction and similar states fill a person with more than the usual amount of electrons and can even bring him back from sickness. Glandular changes also play an important part in the whole process and enable your body either to cast off electrons or to draw them to you quickly.

LESSON SIX

How to Multiply Your Energy with Psychic Power Control

Energy CAN be multiplied. You can start training by running one block and getting tired, and practice until you can run ten blocks and feel NO MORE TIRED than you did running the one block at first. You have multiplied your energy ten times.

The Need for Energizing Breathing

To maintain life, your body has to be supplied with many different substances. But its most urgent need is for a *continual supply of oxygen*. Almost as urgent for the body is a constant elimination of the waste product carbon dioxide.

Both a continual supply of oxygen and a constant elimination of carbon dioxide depend upon the circulation of your blood and upon your breathing. Any interference with your blood supply hastens your growing fatigued. This occurs, for example, in the contracted muscles of

your legs when you stand still for a while. Due to the high degree of tension in those contracted muscles their capillaries and small veins are strongly squeezed and the circulation of your blood through them is rendered difficult. That is what occurs in isometric exercise, and it is one significant reason why it is opposed here. That form of effort, in contrast to rhythmical exercise, fatigues you faster and lays an extra burden on your heart by compelling it to pump harder than it should during exercise, to try to push the blood through the unyielding muscle-encased blood vessels.

As you grow fatigued your efficiency decreases. You will then need suitable rest periods in order to maintain efficiency, or your performance in any effort will suffer. Since you require your greatest energy when engaging in psychic phenomena, you understand now why you should be thoroughly rested before doing so. Both your circulation and your deep breathing should be functioning at their peaks for your best results (or even for any results) in psychic phenomena.

How Energizing Breathing Affects Your Conscious Mind

Your respiratory center is a collection of nerve cells in your brain-stem which discharges impulses to your muscles of respiration and starts you breathing. A deep breath taken during fear, excitement or any other desperate emotion quiets your "panting" and induces calm in you again. How does this occur? When you breathe deeply you distend the air sacs in your lungs, and the distension causes a stream of messages to be discharged (through the trunk of your loving nerves, known as your vagus nerve) to the respiratory center in your brain. These messages depress the activity of the respiratory center: they reduce the frequency of the commands it delivers to your diaphragm and the other muscles of respiration, so that your "panting" slows down and your normal breathing resumes. (Unusually deep thinking also depresses your respiratory center and brings on shallow, slow breathing.)

The Most Beneficial Way to Deep Breathe Regularly

To extract the utmost benefit from regular deep breathing, habitually accompany it with regular exercise, even if the exercise consists of nothing more than walking. When you breathe deeply for longer than two minutes at a time while sitting, standing or lying down motionless, you expel an abnormal amount of carbon dioxide from your blood. But your blood requires a certain degree of acidity before it can stimulate your

respiratory center to cause you to breathe. That's why alkalemia ("alkaline" blood) halts your breathing for a minute or two, or long enough for your blood to turn acid enough again to stimulate you to breathe.

Severe alkalemia, moreover, is accompanied with tetany (muscle cramp) and an increased secretion of alkaline salts by your kidneys. When you deep breathe while doing rhythmical exercise, though, alkalemia does not result (or your blood does not turn alkaline). Lactic acid and other acids are then formed in your blood by the rhythmical exercise and break down into carbon dioxide, and carbon dioxide (the waste product) acidifies the blood. As a regular habit, then, it is best to do your breathing exercises when walking outdoors or when engaged in a rhythmical physical activity.

The Advantages of Deep Breathing for Psychic Power Uses

Deep breathing when your body is at rest, however, has advantages *when used* for psychic power purposes. The alkalemia which it causes brings you a short period of halted breathing which allows your body time enough to relax completely from the effort of breathing and to utilize that extra energy saved, for psychic power. It also helps you overcome fatigue fast because alkaline blood is packed with electrons. You will consequently be taught deep breathing now while your body is at rest, or the Horizontal Ozona.

The Horizontal Ozona: How to Regain Your Energy Fast When Fatigued

When fatigued, if convenient, lie down at once on your back. The speed of your breathing (or your rate of respiration) is slowest when you are reclining. Your breathing then grows slower and deeper and is accompanied by the least physical strain. (This is assuming that you are not suffering from any unusual breathing condition, like orthopnea.) To fill your lungs to the "utmost" with air, lie down with the soles of your feet flat on the bed or the ground and with your knees flexed. In that position you relax your abdominal (waist) muscles and you can fill your lungs to the bursting point.

Imagine, now, that inside your thorax is a big, round, empty tube which you want to fill with air. Inhale normally and start filling it from below, or from the area of your lower ribs and diaphragm. Feel this inside tube filling up first in front, then in back, then on the sides of you.

Inhale more in the same manner and fill it up higher, to the area of your breast. Inhale still more in the same manner and fill it up to halfway between your nipples and your collarbone. Inhale completely, finally, and fill it up to your neck and shoulders, both in front and in back and on the sides of you.

Exhale naturally now. Repeat the Horizontal Ozona five or six times, thoroughly oxygenating your blood and packing it with electrons. Then stretch yourself out completely for about twenty seconds before you get up.

Exercise. If your stomach is empty, lie down and practice the Horizontal Ozona and learn how to do it right. Nearly every day you will have reason for using it. If convenient and you are not badly fatigued, lie motionless afterwards for about half an hour sprawled out on your back.

The Stooing Zembla: How to Regain Your Energy Fastest When Exhausted

If you *can* lie down when exhausted, use the Horizontal Ozona. But if that is not convenient and you are out of breath, use the Stooing Zembla.

Exercise 1. Stand with your legs apart, toes pointed outwards.

Bend your knees and stoop forward, resting your hands on your knees to support your body. In this position your abdominal (waist) muscles are relaxed *to the utmost*, permitting your lungs to inflate to the full, all the way up to your throat and shoulders. You thereby supply yourself with an extraordinary amount of oxygen to feed your oxygen-starved tissues. When you are exhausted it means that your tissues have used up their supply of oxygen faster than you can replenish it and that, as the physiologists term it, you have gone into an "oxygen debt." This is a normal occurrence in athletes and others who engage in heavy or strenuous muscular activity, especially if it also involves speed. The longer you can hold off your tissues from going into an oxygen debt during unusual physical exertion, the sooner you can provide them with more oxygen and the longer you can postpone exhaustion and retain your endurance.

Take several deep breaths now and exhale naturally between each. With each deep breath fill up your thorax with air from diaphragm to neck, from front to back and from side to side. You will soon breathe easily and comfortably no matter how frenziedly you were panting before.

Then pause, remain in that same position for about eight to ten seconds, straighten up and walk on. The Stooing Zembla is truly a magical revivifier and will restore your vitality swiftly when you are exhausted following a strenuous effort like a hard run, climbing fast several flights of stairs or any other violent exercise.

How the Stooing Zembla Adds Amazing Potential to Your Power

Since you can fill your lungs more completely with the Stooing Zembla than with any other form of breathing when standing or stooping, you can take in more electrons from the atmosphere with it than with any other form of such breathing. That advantage is of incomparable value in psychosomatic healing. It is also of inestimable value in all psychic power activity in which you engage. You will use the Stooing Zembla regularly, even in the later lessons for miraculous powers—so learn it well.

Practice it too to increase the size of your chest cavity. You can then inhale more air (more oxygen and more electrons) per deep breath: or increase your vital capacity, as the physiologists term it. To practice it go out for a quick stroll, even trot or run if you can. Or stay in your own yard and run fast in one spot, or do deep knee bends if your heart is strong enough. To do the latter, stand in one spot with your heels six inches apart, your toes pointed out. Hold on to a post or to your bedpost, sink rapidly to your haunches and bounce back up again. After several repetitions you will be gasping for breath. Immediately stop, stoop over and do the Stooing Zembla. Inhale as deeply as you can each time in the Stooing Zembla, stretching out your lungs and your rib box to the limit. By doing it several times every day you enlarge your vital capacity (or your volume of air intake per breath) and therefore take in more electrons from the air each time you do it.

IN CONCLUSION. With the Stooing Zembla you can store away electrons like a storage battery stores away electricity. With it you not only strengthen your psychic power, but also all parts of your body, including your brain. You supercharge your brain and body with electrical power drawn from the air, and harness it, ready to displode it.

How to Acquire Abnormal Physical Endurance with the Stooing Zembla and the Horizontal Ozona

Walking at the rate of five miles per hour will increase your consumption of oxygen by about eight times, and your production of carbon dioxide (the waste product) by about nine times. Your markedly increased oxygen consumption (during which your arterial blood remains almost saturated with oxygen) is made possible by

- (1) the increased blood circulation in your lungs;
- (2) your deeper breathing—all due to the effort of walking, and

(3) by the fact that you breathe then about seven times more air than when you are at rest.

These three factors increase in proportion to the strain of the effort. During the heaviest muscular strain you may breathe in as much as eleven and a half times more air (if you are a man, or seven times more if you are a woman) than when you are at rest. Such an astonishing intake of air, of course, lasts but a few seconds. With steady deep breathing while exercising, however, you can maintain this abnormal air intake longer. Otherwise you waste considerable energy during strenuous physical activity both by breathing fast and by your heart beating fast. But you can control these two physiological changes effectively with the Stooping Zembla or the Horizontal Ozona. (Try it and you will see.) That is how the yogis and other psychic masters retain their endurance when they run amazing distances like one hundred miles without stopping. (More about this in the next lesson.)

How to Use the Zembla to Retard Old Age

Your vital capacity, to be physiologically exact, is the volume of air which you *breathe out* with the most forcible exhalation after your most complete inhalation. It is the total *movable air* in your lungs. (It is impossible for you to breathe all the air out of your lungs.) The vital capacity of about 200 college students ranged from 2500 to over 6000 cubic centimeters.

From your birth until you mature, your vital capacity gradually increases. But your costal (rib) cartilages stiffen and materially *decrease* your vital capacity in old age. That lessens your ability to carry on vigorous muscular work as you grow old. The Zembla strikingly resists this decrease in your vital capacity and can therefore significantly retard old age.

Body position is an important factor to consider in Energizing Breathing because, if you have a vital capacity of 4.3 liters in a standing position, it will be reduced by as much as 0.68 liters (or about one-sixth) when you recline. It is the reason why the Stooping Zembla (which you do from a standing posture) lets more air into your lungs than the Horizontal Ozona, which you do lying down. When you were "young" and exercised, your lungs breathed more deeply and their vital capacity increased. With maturity, however, and your pursuit of a relatively sedentary occupation, your lungs habitually engage in shallow breathing and your vital capacity shrinks. The Stooping Zembla helps you overcome that undesirable change and restores part of your lost youth.

To achieve all that the Stooping Zembla also affects your thoracic

index. The thoracic index is the ratio between the depth of your chest (at the nipple line) to the width. In a normal healthy chest the depth is about 67% of the width, and its vital capacity may be as much as 50% greater than in a chest with a higher thoracic index (or in a chest with more depth, but no more width). All other factors being equal, then, a flatter, wider chest is *less* prone to tuberculosis, bronchitis and other such lung diseases than a deeper, narrower chest. The Stooping Zembla, by inflating the chest powerfully in all directions, evens out its dimensions: it increases its depth when it is too flat, and its width when it is too narrow. That, too, retards old age.

The Indestructibility of Your Thinking Energy

To quote the *Dhammapda*: All that we are is the result of what we have thought; it is founded on our thoughts, it is made up of our thoughts.

Alter your thinking, in other words, and you are a different person. Learn how to use your mind in extraordinary ways, as in psychic power control, and you become a different person.

Energy can neither be created nor destroyed. That includes thinking, past occurrences, etc. The energy (your brain waves, which you will study later) are merely transferred into another form of energy.

Take an example of a physical object. Pick a book off the floor and set it on a table. As you go through the maneuver, the energy of motion obtained from your arm is transferred to its *potential energy of position*. This energy is now latent in the book. It is *potential energy of position* because the earth, through the pull of gravity, attracts the book. The energy of motion from your arm overcame the force of gravity when it picked up the book and carried it up to the table. When the table is removed, though, the *potential energy of position* is transferred into *kinetic energy of motion*, and the book falls back to the floor. When the book strikes the floor, its kinetic energy of motion is transformed into *sound and heat energy*.

The same holds true with thinking. The energy of thinking (your brain waves) is never destroyed: it is only transformed into different kinds of energy.

Note: In 1929 Berger discovered that the activity of your conscious and subconscious minds is associated, like muscle and nerve, with changes in nerve electricity. These electric changes or brain waves have been detected in the encephalogram and found to be different in everybody. In the same adult, on the other hand, their pattern remains remarkably constant for years. Your adult brain wave pattern is not fully established

until you are between fifteen and nineteen years of age. Each brain wave pattern, too, varies with the position in which the electrodes are placed on your skull in relation to the lobes of your brain. In sleep your brain waves become slower and very irregular. In pathological conditions of the brain (like epilepsy, tumors, mechanical trauma) abnormal brain wave rhythms are detected. You will learn much about your brain waves later.

How to Retain Your Body Electricity (or Your Energy) with the Body Lock

Your body as a whole being negatively charged, it is constantly losing electrons to the air and to everything it touches, including the ground. That is a normal process, and your body simply produces more electricity to replace the loss. When you don't feel too well, though, or when you are nervous, fearful or feel inferior to someone, or to a task, your body loses more electricity than it replaces and you start feeling weak. That is why an inferiority complex is so enervating—you are then regularly losing more electrons than you replace.

To retard this loss of electrons, or even to stop it altogether, "lock" your body. *Clasp your hands, or place one foot over the other.* You thereby retain your body heat, and a normal body temperature retains the body electricity. This is another reason why you feel strong and confident when the temperature is "just right" for you.

LESSON SEVEN

How "Never to Get Tired" by Putting Your Muscle Tons Under Psychic Power Control

How to Keep Yourself Generally Fit

Lack of using your muscles may cause fascial adhesions (adhesions of the coverings of the muscles) and that creates fat deposits. It is an important reason why you should exercise your body muscles regularly. Strenuous or competitive exercise is not important. Isometric contractions back up the blood into the heart and are therefore not recommended here. Exercises that are more rhythmical, continued longer and which contract and extend your muscles fully and repeatedly are the ones that break down your fascial adhesions, wear off your fat deposits and *strengthen* your heart. Strenuous exercises can be maintained for too short a period of time to achieve those goals. The same applies to isometric contractions.

CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL not being a course in body building, references here will be limited to the kind of exercises with which you are already familiar. If you are younger, lifting heavier barbells, powerful swimming and hard running are ideal for using your muscles rhythmically, for strengthening your respiratory muscles and increasing blood circulation through your lungs. If you are older, these same exercises, done with correspondingly less resistance or power, will suffice. Rhythmic swimming and bicycle riding are excellent for middle-aged people of both sexes. If you do no other exercise and if your physician approves, walk at least one hour a day at a brisk pace. But *never stand* on your feet longer than you can help it.

If you trot a little now and then, so much the better. And deep breathe when you trot. Also do exercises to massage your abdominal viscera and build up a corset of muscles around your waist. Keep your waist lean and squeeze out the stagnant pool of blood that accumulates in the mesenteric blood vessels when your waist is not exercised regularly. Hang by your hands from a pipe or something firm and stretch your spine daily. Even do chin-ups. Don't turn stiff and flabby and feel prematurely old. Feel young and flexible in your body, and it will spread reflexly to your mind.

Tortuous static exercises are not advocated either. Lasting benefits, to repeat, are obtained with motion exercises. Tortuous static exercises may teach you discipline, but they are not advised. Leave them for the yogi adepts.

The Great Value of Muscle Tone for You

Muscle tone is of paramount importance for your physical health and your psychic power. It fills you with the confidence to attempt and succeed with the seemingly impossible. Without the necessary confidence, as you already know, you possess no psychic power at all. When you put your muscle tone under psychic power control you need "never get tired."

When your muscles are at rest, first of all, they are frequently NOT thoroughly relaxed. They are, rather, *in a state of mild contraction which causes them to resist being stretched*. This is known as *muscle tonus*. Your masseter and temporal muscles (the muscles that hold up your lower, relaxed jaw) are excellent examples of it.

What creates muscle tone? It is created by the steady stream of nerve electricity descending from your brain and spinal cord to your muscles. When the nerve that supplies the muscle is cut, the muscle turns flaccid. It acquired its tone, in other words, not from itself, but from your brain and spinal cord.

All your voluntary muscles (those which you use at will) show some degree of tonus. But tonus is especially pronounced in your anti-gravity muscles, or those which maintain your posture. These, in the main, are the extensor muscles of your lower limbs, trunk and neck. That is why standing is more fatiguing than walking. When you walk you contract and relax your leg muscles with each step, but when you stand your leg muscles remain partially contracted continuously.

Cool weather, too, braces you up, while hot moist weather curses you with a feeling of lassitude. That is due to your gaining or losing muscle tone. See now how much muscle tone affects your frame of mind and your all-over feeling of vigor and ambition? You can also diminish your muscle tone at will in order to harness your energy for psychic power.

How Your Body Creates Muscle Tone

When the tendon of a muscle in your body (say, your biceps) is pulled upon by gravity or by the contraction of an oppositely pulling muscle (say, your triceps), your biceps contracts and resists further stretching. But the stretching of its tendon also stimulates your biceps and it sends a message to your spinal cord. There the message stops instead of going on to your brain, and your spinal cord delivers a command to your biceps to contract still more. That contraction is called the myotatic reflex. When the tendon of the biceps is stretched for a long time and the resulting contraction is also long, that is called muscle tone.

When you get up after a long sleep or rest, do you notice how comparatively small and soft your calf muscles are, and how much bigger and harder they become after you stand for some time? It is because when you first get up they possess comparatively little muscle tone, for they have hardly been stretched for hours. After you have stood for a while, though, and your calf muscles have been stretched, they are markedly bigger and harder. You are not being advised to stand for long periods of time: you are only being shown how muscle tone departs and returns to you without any special effort on your part.

An empty stomach increases your muscle tone by allowing more blood to fill your muscles, since it is not needed to assimilate the digested food. But hunger, as well as an overloaded stomach, reduces your muscle tone by drawing too much blood away from your muscles to carry on digestion and assimilation. In order to perform best athletically (and also to use your muscles best for psychic power) you should compete with an empty (but not a starved) stomach.

Note: Experiments by kinesiologists, it is true, have demonstrated that certain individuals perform best athletically with stomachs partly

full, or not too long following a meal. But this must be true only with individuals who possess a very high metabolic rate and who therefore digest their foods fast. Physiologists, on the other hand, have found that to exercise with a full stomach requires about 8% more effort from the heart than otherwise. To exercise with a loaded stomach, then, puts a strain on the heart. Depending on your metabolic rate, therefore, it is probably best not to commence exercising before one and a half hours after a meal and to end exercising no later than two and a quarter hours after you start. Fatigue sets in otherwise and saps you of muscle tone fast.

How Muscle Tone Can Be Prolonged Indefinitely, So That You "Never" Get Tired

Muscle tone cannot be said to defy fatigue merely because your biceps, say, is only partially contracted during an effort and therefore cannot tire. Such reasoning would be contrary to the all-or-none theory of muscle fiber contraction.

BUT—this is really what happens. Only a few fibers of your biceps contract fully at a time during the effort. When these tire, others contract. The more the muscle is stretched, though (or the heavier the weight or the greater the resistance it has to overcome), the more of its fibers contract at one time and the greater its muscle tone. Muscle tone, in brief, increases with the demand.

Your muscle tone is vastly influenced by your mental state. Mental excitement affects it significantly. When you are happy and hopeful your face muscles are toned up, your shoulders are drawn up and your step is firm. When you are overburdened with worry or grief your "face falls," or you are "down in the mouth." Animals are similarly affected.

When engaged in exertion demanding physical endurance, you can delay the onset of fatigue by maintaining just enough muscle tone throughout to keep you in action. Achieve that by sending a psychic power rocket to your conscious mind commanding it that you are NOT tired and assuring it that you CAN accomplish the endurance feat. Your conscious mind will immediately relax some of the fibers of the muscles involved, so that they regain part of their energy. The stronger the command, the more fibers will relax and the more energy you will regain.

You are not being encouraged, of course, to attempt an endurance feat for which you are neither trained nor fit. You might still achieve it, but you might also strain yourself seriously. Psychic masters train for years before tackling feats requiring miraculous endurance. But they train not only their muscles and their lungs but their minds as well.

Exercises to Prolong Your Muscle Tone with Psychic Power Control

Exercise 1. If your heart is normal, trot outside for a block or two. When you feel tired, send a psychic power rocket to your conscious mind commanding it that you are NOT tired, and continue trotting for another half block. If that is too easy for you, run faster. A two block sprint at top speed will exhaust anybody, so you don't have to sprint far.

Exercise 2. Repeat Exercise 1. This time send another psychic power rocket to your conscious mind commanding it that you are NOT tired. Then apply the Psychic Arc by thinking of something else you enjoy, so that you absolutely forget how tired you really are. At once many muscle fibers of your exhausted muscles will relax and you will regain more and more endurance.

Exercise 3. As you get stronger, continue doing Exercise 2 and gradually run as far as an extra block when tired, and *at the same pace.*

Exercise 4. Repeat Exercise 3. At the end of it, though, don't stop running but sprint another half block. Then run another half block *beyond that*, either by thinking that you are not tired at all, or by thinking about something else altogether with the Psychic Arc.

At the completion of all these exercises stoop forward and recuperate surprisingly fast with the Stooping Zembra. These exercises not only build up your heart but are excellent for developing Muscle Tone Control. They can be done with swimming, skating, climbing stairs, walking, chinning the bar, weight lifting with high repetitions, waist reducing exercises or with any effort whatever which may tire you in a comparatively short time.

How to Overcome Awkwardness with Selective Muscle Tone Control

Selective Muscle Tone Control is invaluable to you in everyday life, for it can help you overcome stubborn and undesirable physical habits. The physical cause of awkwardness, for example, is due to *too much* muscle tone existing between the flexor and extensor muscles of the part or parts being used in the movement. You try to make a certain move and NOT to make it at the same time. You have to learn how to select the necessary muscle tone for the muscles you wish to use, but simultaneously repress the hindering muscle tone of the muscles you DON'T wish to use.

Exercise 1. How To Select Specific Muscle Tone With Psychic Power

Control. In your room, try to do something safely which you are afraid to do. Try, say, to carry a saucer full of water across your room without spilling a drop. You will find yourself trying too hard at first, tightening both your flexor and extensor muscles at the same time trembling and tiring fast. In order to spill no water from the saucer, send a psychic power command rocket to your Muscle Coordination Center ordering it to relax *all* the muscles being used, except the ones *necessary* for the effort. Help it along by relaxing all the muscles of your hands and arms. You will instantly stop trembling and quietly continue carrying the filled saucer across the room. *That is Selective Muscle Tone Control.*

Exercise 2. Repeat Exercise 1 with other physical acts or skills which you fear to perform or which you don't do excellently. Not only will it uproot your different fears with them by putting them under Selective Muscle Tone Control, but it will train your conscious mind to cooperate in keeping you free from acquiring new fears in new skills which you try to learn, such as a new golfing stroke or a new job technique.

The Secrets of Miraculous Muscular Endurance

A psychic master can overcome physical fatigue and run more than one hundred miles without stopping. He does so partly, as you already know, by prolonging his muscle tone indefinitely. But that is only part of it. Here is the other part.

A nerve fiber never fatigues because it quickly *un-electrifies* itself after a message or command passes along its length. A muscle, though, does tire by accumulating intermediate or final waste products like carbon dioxide, lactic acid, pyruvic acid, acid phosphates, etc. It also grows deficient in energy furnishing materials like sugar (glucose). And when it tires it loses much protoplasmic irritability, much ability to convey messages or commands, and much power to contract. Even while it is tiring, it both contracts and relaxes more slowly. By relaxing more slowly it fails to stretch back out to its full length before it contracts again and therefore remains in a "contracture." That is an early sign of *fatigue*.

To avoid muscle fatigue, obviously, you have to prevent the fatigue substances from accumulating in your exercised muscle and also to provide the muscle with energy furnishing materials. Normally, deep breathing (or using your lungs) removes most of your fatigue substances, and your kidneys and your sweat glands remove the rest. But your lungs and kidneys can't remove them fast enough when you exercise strenuously or vigorously. So, they accumulate and you get tired and exhausted.

A muscle, however, does not fatigue nearly as quickly as you believe!

The Nerve Gaps along the nerve pathway which send commands to that muscle, are what fatigue much faster and the muscle then fails to respond as vigorously to stimulation. To greatly increase your muscle endurance you have to overcome the fatigue *at the Nerve Gaps*.

Exercise. How To Regain Your Energy Fast When Fatigued. You are engaged in some kind of exertion. It might even be part of your work. Your back is tired, your legs are tired, your shoulders feel as if they weigh a ton. You even feel groggy. Your muscles are soaked with fatigue-accumulating products, and your Nerve Gaps are clogged with sympathin. Every move you make now feels exhausting, particularly if the effort happens to be strenuous or long continued. You feel slow, clumsy and awkward. Your reflexes are delayed because your Nerve Gaps are flooded with sympathin, which stubbornly retards any stimulation that tries to bridge them.

Actually, your muscles are by no means as weary as they feel. It is only that the new stimulations cannot reach them easily. If the stimulations could only cross the Nerve Gaps faster and reach the muscles, the muscle reflexes would accelerate and you would get your second wind.

You can remedy the situation by reducing or displacing that abnormal accumulation of sympathin at your Nerve Gaps. The most effective way is the Allover Psychic Arc combined with Energizing Breathing. Just think of the juicy steak and intensify repeatedly your vivid picture of it until it spreads throughout your *whole* nervous system. Immediately thereafter breathe deeply as you continue with your exertions, and saturate your body with electrons. Then drive a psychic power command rocket from your Psychic Power Center to all your muscles ordering them to again BE just as strong as when you started the exertions. They will respond instantly to the command, and you will feel as if you have been reborn after a sound rest.

A muscle, though, *still* fatigues when it accumulates enough fatigue products. You therefore have to remove the fatigue products from the muscle quickly, or it will still fatigue. Below are three ways and means for doing so.

The Three Ways and Means of Removing Quickly Your Muscle Accumulating Fatigue Products

If you could remove the fatigue products from your muscles as fast as they accumulate, you would never get tired. To accomplish that, of course, is impossible. But the psychic master can do it to such an efficient degree that, for all practical purposes he can be said to remove them altogether.

How does he do it?

1. First of all, he develops a gigantic rib box—or a rib box capable of phenomenal expansion. The more air (oxygen) he can supply the venous blood in his lungs with each intake of breath, the faster he can rid himself of fatigue products. Commencing as late as fifteen or sixteen years of age with chest expanding breathing exercises, for no less than one hour a day (a half hour in the morning and a half hour at night), he can increase his chest measurement (through rib box expanding alone), as much as four inches within four to six months, or as much as seven inches within one year, and as much as thirteen inches in ten years. He succeeds then in expanding his rib box to the point where his chest, at the armpits, measures as much normal as expanded; and at the level of his navel he can expand it still four inches or more. With such a rib box the psychic master can inflate his lungs abnormally, oxygenate his blood with amazing rapidity and rid himself swiftly of carbon dioxide (the important accumulating waste).

2. Second, by excelling at Muscle Tone Withdrawal he can relax his muscles *fully* between contractions. Thus he prevents (or retards astonishingly) the onset of the "contracture" stage.

3. Third, by mastering Muscle Rhythm he throws his active or exercising body into such perfect movement ease that his breathing and his motions occur in concert, enabling him to rid himself of accumulating fatigue substances as fast as they are formed. Unless your muscle is injured or strained, it will NOT TIRE if it *does not accumulate fatigue products* and if fed the necessary energy furnishing materials.

These three ways and means will now be explained in detail so that you can learn them and use them and practically "never" get tired.

1st Way and Means. The Wonders of Fatigue Delaying Breathing

The psychic master takes deep, bursting breaths with his gigantic rib box and oxygenates an amazing amount of blood in his lungs swiftly. Such deep breathing does not exhaust him because he has deep breathed for years and his muscles of respiration are powerfully developed. The vital capacity of the lungs (the volume of air which you exhale most forcibly, following your most complete inhalation) varies in the normal person, as you already know, between 2500 to slightly over 6000 cubic centimeters. The psychic master, however, with a rib box *at least one-sixth bigger* than the average physically developed person (and 32% bigger than the average normal person) has a vital capacity of *at least 7000 c.c.* If the average person possesses a vital capacity of only 4000 c.c., it is clear

how much better supplied with oxygen are the lungs of the psychic master with a vital capacity of more than 7000 c.c.

With this abnormal power of deep breathing, increased by purposeful deep breathing during the violent exercise, the psychic master also increases remarkably the atmospheric pressure in his lungs (or the force with which he drives the air into his lungs when he inhales). This increased pressure forces still more oxygen into his blood. And the more oxygen he forces into it, the more carbon dioxide (fatigue accumulation product) he drives out of it into the air which he breathes out.

When you walk at the rate of five miles per hour (which, of course, is fast walking) you increase the amount of air you breathe from about seven liters per minute to nearly fifty. The maximum air available in your lungs per minute is eighty liters for men and fifty for women. Such titanic breathing, though, can be maintained only for a few seconds. But the psychic master, by enlarging his rib box an average of 30% more than the moderately developed and the undeveloped man combined, can make available to his lungs at least one hundred and fourteen liters of air per minute. By being able, besides, to continue doing it for some time, due to his superbly developed muscles of respiration (particularly, his diaphragm), he can add that extra supply of air much longer than they. That is why he can perform miracles of physical endurance.

Finally, by taking such deep breaths the psychic master retains his body heat (his energy) for a comparatively long time instead of dissipating it speedily in the swift gasps of the rapid shallow breather. He requires, as a result, less fuel to feed his entire body and saves it to feed his *muscles*. That is how he "lives on nothing" during an amazingly long and drawn out physical strain such as running one hundred miles without a pause. That is also why he can endure freezing temperatures with his body naked. His pores close tightly then to retain his body heat, and with deep breathing he requires less fuel to heat his body.

Exercise. How To Develop An Enormous Rib Box With The Sitting Zembra For Fatigue Delaying Breathing. The Sitting Zembra is the best exercise for developing an enormous rib box. It is the same as the Stooing Zembra, except that you do it sitting down. Deep breathing exercises performed when you are standing straight or with your arms above your head are not the best rib box inflators. In those positions your abdominal muscles are stretched, and they will pull your ribs back down towards your hips when you deep breathe instead of letting them expand outwards and upwards to their utmost.

So, practice the Sitting Zembra for several minutes every morning soon after getting up, and also before going to bed at night—if your stomach feels empty. Practice it no less than half an hour a day, and not

less than fifteen minutes at a time. When stretched repeatedly for at least fifteen minutes at a time, your rib box stretches more extensively in circumference than when you do so for only a few minutes at a time. If possible, engage in a little exercise before doing the Sitting Zembra (such as running in one spot for twenty seconds or doing about ten deep knee bends while supporting yourself against something) so as to avoid alkalemia. Since most people's systems are too acid, temporary alkalemia will probably do them a lot of good.

Note: At any age you can enlarge your rib box with the Sitting Zembra. Enlarging it is not primarily a matter of growing longer ribs, but of raising your ribs and thereby separating their curving bodies farther from each other. By developing your muscles of respiration with the Sitting Zembra they grow stronger, raise the bodies of your ribs higher and maintain them in a higher position even at rest. More important, therefore, is how much time you spend doing the Sitting Zembra each day, and how completely you expand your lungs with each deep breath. Your ribs are attached to movable joints, and they can be moved until you stop living. Anybody at any age, if in sound enough health, can do the Sitting Zembra and enlarge his rib box to his lasting benefit. The great advantage of the Sitting Zembra is that it enables you easier to fill the roots of your lungs, which extend upwards into your shoulders, as well as the broad bases of your lungs, which sit below upon your diaphragm. All of that increases your total lung capacity still more. By stretching your spine repeatedly as you inhale to capacity while doing the Sitting Zembra, you straighten your back and increase your height permanently.

2nd Way and Means. How to Excel at Muscle Tone Withdrawal

By excelling at Muscle Tone Withdrawal you conserve your energy and add immensely to your endurance. You do that directly from your conscious and subconscious minds. High centers in them can control your muscle tone. That's why relaxation is mentally induced. When your muscle sends a message calling for muscle tone and it reaches the first Nerve Gap in your spinal cord, commands from your conscious and subconscious minds meet it there, where they can either increase or decrease the resulting tonic discharge that will consequently be delivered across another Nerve Gap as a command to the muscle. You can multiply either of these effects, of course, with psychic power command rockets sent to that second Nerve Gap ordering it to do so.

Why is Muscle Tone Withdrawal necessary to add immensely to your physical endurance? It is necessary because, after using your muscles in

repeating the same movement for some time (as you do in any sport or physical activity that tires you), the muscles involved finally "cramp" (tetanus). Cramp is just too much muscle tone, and the nearer your muscles are to cramping, the more tired they feel. (That is, unless they are cramping following prolonged exposure to cold, or from abnormal loss of body salt during excessive heat.) The longer you can hold off the cramp, the longer your endurance will last. The psychic master has practiced and acquired psychic power control over the muscle tone inhibiting centers in his conscious and subconscious minds, and he can relax so thoroughly after each time he uses his muscles that it is virtually impossible for him to get tired. His muscles do not tighten up on him, but relax completely after each contraction no matter how frequently he repeats any particular movement. In that way he avoids fatigue. He even avoids Nerve Gap fatigue.

Exercises for Developing Psychic Power Controlled Muscle Tone

Exercise 1. Pick up a weight or chin yourself on a bar. Lifting a light weight is preferable to chinning yourself because, unless you are trim you will need considerable strength to chin yourself all the way up. If you are past middle age and not in the best condition, sit down and raise your arms straight up from your sides to slightly above shoulder level. Repeat the movement until you are tired. (Don't do it standing up. Cyclomancy stubbornly opposes unnecessary standing. Standing is "the great energy waster.")

As you lower your arms (or your own body if you chin) in either exercise, *relax completely*. DO NOT let your arms (or your body if you chin) down slowly and tensely.

As you grow tired, it will be more and more difficult for you to relax completely each time you lower your arms or your body, and a feeling of mounting fatigue will oppress you with each new repetition. So, send intensified psychic power command rockets to your conscious and subconscious minds to relax the tightening muscles of your arms, and both visualize, and feel them relaxing.

When raising your arms do it with the least amount of energy. Before long you won't be able to lift them (or your body) very high. Finally, you won't be able to lift them at all—or so you'll feel.

Do this exercise for at least a week, every other day. Then do Exercise 2.

Exercise 2. Repeat Exercise 1. But now, from the very start, send your conscious mind a psychic power command rocket to raise the light weight,

your body weight or your arms with the *least energy* possible, but at the same speed as before. Do this exercise just as perfectly as you did Exercise 1 but do it with less effort. It trains your conscious mind to discourage, from the very commencement of any physical activity, your building up of excessive muscle tone and hindering your best efforts.

Do this exercise also for a week.

Exercise 3. Combine Exercises 1 and 2. Relax and discourage excessive muscle tone formation from the very beginning of the exercise until the end of it. You will discover, by now, that your endurance when performing this exercise has markedly increased. Even more important, your *muscle tone control* has been strikingly augmented. (Endurance sports or exercises develop supreme muscle tone control.)

Exercise 4. Repeat Exercises 1, 2 and 3 by running, or with deep knee bends, or with any other "safe" exercise you know. They will bring you unusual muscle tone control, as well as improve your heart, providing that your physician allows you to exercise.

Exercises for Muscle Tone Control of Your Heart, an Aid to Longevity

Exercise 1. Do any exercise that leaves you breathing hard. Then, while stooped over, inflating your lungs to the full with the *Stooping Zembla* to recuperate fast, send a psychic power command rocket to your heart to relax and shrink back to its normal size. *Feel* its accelerated beat slowing down to normal and easing its drive. The *Stooping Zembla*, by supplying your heart with needed oxygen more quickly, helps it to *decelerate* and regain its normal size faster, but your psychic power command rocket and your "feeling" your heart return to normal, also inhibits it through its cardio-inhibitory center from maintaining excessive muscle tone and thus causes it to relax still faster.

Exercise 2. While exercising vigorously now, and growing tired, send a psychic power command rocket to your heart to slow down its beat and to shrink back to normal, and feel it doing so. Take deep rhythmical breaths as you do this exercise.

Exercise 3. Repeat Exercise 2, but from the very start send a psychic power command rocket to your heart to beat *a little* faster than when you were at rest, or just enough faster to supply your muscles with additional blood and oxygen, and *feel* it doing so. *Feel* it, in particular, remaining flexible and *relaxing completely* between beats.

Master all these exercises in order to control your heart muscle tone, your heart beat and your heart size during physical or emotional strain. It will help you as you grow older to postpone the possibilities of your

suffering a heart attack. Don't let your heart run riot. Use psychic power command rockets to control it to help you live longer!

Exercises to Control Muscle Tone at Will

Exercise 1. When you arise in the morning and feel soft and flabby all over, instantly send a psychic power command rocket to your conscious mind ordering your whole body to feel firm and *hard muscled* all over, as if ready for any physical emergency. You will experience little success achieving this "miracle" at first, but persist. Before long you will be surprised. Your muscles will feel hard, strong and full bodied in less and less time as your psychic power command rocket grows in strength.

Exercise 2. Repeat Exercise 1, but this time *divest* yourself of all muscle tone by sending several successive psychic power command rockets to yourself (timed two seconds apart) to turn soft and flabby all over, and *feel* your muscles become so.

A moment later, *regain* your muscle tone by sending yourself a second psychic power command rocket to turn hard muscled all over, and feel your body doing so.

Practice this exercise until you can lose or gain muscle tone *at will*, even when just sitting down or lying down.

Note: Accumulation of lactic acid (a fatigue product) in the muscles causes them, as was stated before, not only to react less sharply, but also induces lethargy in the nerves that supply them. To be at your psychic and physical power best then it is better to maintain your blood more on the "alkaline" side. Achieve that by doing the *Sitting Zembla* every morning for about five minutes, or the *Horizontal Ozona* lying down.

3rd Way and Means. How to Master Muscle Rhythm

Muscle Rhythm consists of perfecting your muscle coordination in the physical activity in which you are engaged. It means that your "principal" muscles, your antagonist muscles and your stabilizing muscles, blend their opposing contractions and relaxations so exactly with each other that you waste the least amount of energy in putting the brakes on your "principal" muscles or in stabilizing your supporting joints. The amount of energy which your body saves this way is unbelievable. You know yourself that it requires a much stronger braking to slow down a car when you try to stop it suddenly and completely than when you do so gradually. Muscle Rhythm consists of your doing the movements of your activity with such perfect timing and routine that you soon form cerebral links in your subconscious mind of these movements. These, in

turn, rule your Muscle Coordination Center and synchronize all the muscles you are using, so that they can act in unison with a minimum waste of energy.

You achieve this by forming a sort of psychic union between your opposing and stabilizing muscles. If you are running or bicycle riding, for example, you move your legs at exactly the same speed and with exactly the same power with repetition after repetition, so that the opposing and stabilizing muscles of your legs and body come to expect to repeat the same effort again and again at precisely the same interval and with precisely the same amount of energy. Long distance runners and sprinters do that during most of the race. They "change their pace" only when they suddenly coast slower or sprint more rapidly. But if they have some distance yet to go they resume it again in order to conserve the energy they lost during their change of pace. The same applies to all other sports or activities in which you engage long enough to bring on weariness, fatigue or exhaustion and which require constant activity: be it swimming, walking, mountain climbing, tennis, water skiing, housekeeping, factory work, writing, typing, singing, dancing, playing a musical instrument, speech making, work requiring steady use of the voice, gardening, driving a car and the other endless varieties of physical indulgencies.

Exercise. When engaging in a skill or activity which tires you:

(1) Suddenly relax your whole face (as you did in THE LAWS OF MENTAL DOMINATION). Relax your brows, your jaws and your lips. These always contract reflexly when you engage in any activity requiring strong or prolonged use of the muscles, even in housekeeping. With your face relaxed, the other muscles of your body are ready to follow suit, also reflexly.

(2) Keep your face relaxed now and continue with your physical activity. But do each movement in it with *the least amount* of energy possible. But do it *correctly*. That in itself saves you considerable energy, since it enables you to accomplish more with less effort. Hold your back correctly, in other words, your arms correctly, your legs correctly and, if you are speaking, your tongue correctly and your throat relaxed.

(3) Keep each repeated movement *exactly the same*, the more so the better. That alone tremendously economizes your energy expenditure. When runners do so they repeat over and over again exactly the same length of step. Indulge in no novelty or variety now.

(4) Do each repeated movement in exactly *the same amount of time*. This is possible when you do it *exactly the same* each time. DO NOT TRY TO HURRY IT, NOR TO SLOW IT DOWN. Just do it exactly the same each time, with your face *thoroughly relaxed*. That alone prevents you from hurrying, for when you hurry you instinctively tense your face. If you prevent

your face from tensing, though, it reflexly discourages any tendency on the part of your conscious or subconscious minds to speed you up.

(5) Keep right on now, feeling your body entering into this contented flowing rhythm, and DO NOT CHANGE IT, no matter what disturbances come your way. Ignore all outside influences whether they are noises, overheard conversations, the time of day or an unpleasant odor.

(6) Follow these several steps *exactly as described*, with any physical activity you engage in (not one which you are just beginning to learn) and you will permanently apply Muscle Rhythm. They will give your blood vessels enough time to quickly remove your accumulating fatigue products before they pile up.

IN CONCLUSION. These are the three ways and means of quickly removing your muscle accumulating fatigue products. Use them only 1% as perfectly as the psychic master (in addition to prolonging muscle tone indefinitely) and you will be astounded to what degree your physical endurance will increase.

You are now ready for Part III, EXTERNAL CYCLOMANCY. All the power of your Primitive Autoconscious which you have developed up to now deals with your own mind and body. In Part III you will project these powers *outside* your body.

LESSON EIGHT

How to Use the Astounding Power of Your Brain Horns and Put It Under Psychic Power Control

The Amazing Composition and Electricity of Your Brain Horns

Your Brain Horns comprise the fifth significant part of your Primitive Autoconscious. It is for psychic power projection *outside* your body.

Your Brain Horns consist mainly of your optic nerves and your retina, the inner covering of your eyeballs. Your optic nerve is not just a nerve; it is rather, like a tract of gathered nerve fibers from different areas *within* your brain. And your retina, to which your optic nerve leads, and where 80% of it terminates, is unlike any other sense organ. According to the best known anatomists, it is an actual *outgrowth* of your brain, or a true nervous center of its own.

Some of the fibers of your optic nerve originate *right within your very brain*, and pass from it to your retina. These are said to control the

photographic capacity of your retina. The rest of the fibers of your optic nerve originate in your retina and extend *into* your brain. These are concerned with your eye itself.

When light enters your eye it stops at your retina (the inner covering of your eye), and it causes, among other things, changes in its nerve electricity. In this electrical circuit your cornea (the outer covering of your eye) is the positive (+) pole; and your optic nerve, at the back of the inside of your eye, is the negative (−) pole. A series of waves are produced on the electro-retinogram when light is let into the eye. A steady current is set up, in fact, when the inner and outer surfaces of the eye (the retina and the cornea) are connected. A current also flows when one electrode is placed upon the outside of the eye (the cornea), and the other electrode is placed upon any moist surface of the body! Your eye, in other words, is ever ready to conduct electric charges to your brain or to any other part of your body.

The message carrying nerves from your retina are in close association with the Nerve Gaps in your brain and body. That's why so many of the phenomena of the retina represent interactions between different nerves. Phenomena, for instance, which have already been described for your Sensations Recording Center, your Organs Control Center and your Muscle Coordination Center such as spatial discrimination, temporal (time) induction, inhibition and so forth, have been demonstrated in the retina too!

Yes, the retina IS a true nervous center of its own, and it reacts to stimulation just like one. It can therefore transfer, out of your body, commands direct from your brain. Your body organs receive your brain commands in the form of nerve electricity sent from your brain, but your retina being an actual outgrowth of your brain receives them in the very form in which these commands are created: that is, in the form of brain waves. Your retina then transforms your brain waves into light rays (which is energy and heat) and projects them outside your body in that form. Before you can use your all-powerful Brain Horns, then, you have to know about your very important brain waves.

The Staggering Ammunition of Your Brain Waves

Your brain waves consist of five kinds of waves whose origin is obscure, each of which indicates the working of a different part of your mind. Your five brain waves are:

1. The Alpha Waves. (Your Subconscious mind.)
2. The Beta Waves. (Your Conscious mind.)
3. The Delta Waves. (Your Psychic Power Center.)

4. The Theta Waves. (Your Psychic Power.)
5. The Gamma Waves. (Your Deep Psychic Power.)

1. The Alpha Waves

Your alpha brain waves emanate from your subconscious mind. They have a frequency of 8–13 cycles per second.

They possess a voltage of 50 microvolts.

They originate mainly in the top sides of your brain, towards the back of your head, or from your memory region. (Your subconscious mind is based on your memory.)

They occur in the *inattentive* brain such as during drowsiness or light sleep, in narcosis (that is, in the drugged or anesthetized state), or when the eyes are closed. They occur in mental states, in brief, in which the subconscious mind more or less takes over control of the brain.

The alpha waves are abolished when there are visual and other types of stimulation for the individual, or by mental effort (like mathematical calculation) or in other states in which the conscious mind is used actively. They therefore disappear when your eyes open. They disappear even if you open your eyes in the dark and try to see, for then you again use your conscious mind actively.

If the visual field is uniform, however (in other words, if it has no eye catching pattern), or if you wear glasses that blur and rob what you observe of meaning, your alpha waves are not abolished. You are then not using your conscious mind actively enough. But if you make the least attempt to discern any detail in the visual field and therefore use your conscious mind actively, your alpha waves immediately disappear. A visual field that flickers causes your alpha waves to assume the same rate as the flicker. (That amounts to mild hypnosis.) **CANDLE FLAME**

The alpha waves disappear during sleep and are replaced by intermittent bursts of low voltage and high frequency, called "sleep spindles." That is so because, during sleep it is not really your subconscious mind that is in control, but your Primitive Autoconscious!

2. The Beta Waves

Your beta waves emanate from your conscious mind. They have a frequency of 15–60 cycles per second.

Their voltage is lower than the alpha waves, being 5–10 microvolts.

They originate mainly in the sense and muscle centers of your brain, which your conscious mind governs. They have a frequency of 20–25 cycles per second. They are not affected, naturally, by the closing or opening of your eyes, since you are conscious when they are present.

3. The Delta Waves

Your delta waves emanate from your Psychic Power Center. They have a frequency of 1–5 cycles per second.

Their voltage, though, is *very high*, being 20–200 microvolts. Your psychic power brain waves are consequently VERY POWERFUL.

They originate from the Silent Area of your brain which gives out waves at the rate of from 3–8 per second. Your delta waves are therefore unquestionably the waves of your Psychic Power Center.

The delta waves can be recorded rarely from the average adult when he is awake, but they appear normally when he is asleep or during the waking hours of a young child. That is not surprising because during sleep is usually the only time when the average adult uses any considerable portion of his psychic powers or experiences, ESP or other psychic phenomena. When delta waves are recorded in the average adult when he is fully *awake*, it almost always indicates that he is suffering from mental depression, depression of consciousness by toxic or other factors, or even from brain tumor or epilepsy. (By "average adult" is meant the everyday person who has not developed his unknown self.) Such a finding really means that his conscious mind is not fully in control of him; that he is under the control of some other "mysterious" mental influence with a staggering electrical potential. The delta waves, however, are NOT affected by your opening or closing your eyes: that indicates that your Psychic Power Center *can* function whether you are asleep or awake.

Since the *alpha waves* (the subconscious mind waves) occur *only* during drowsiness or inattentiveness, when the delta waves displace them in those states, it means that the Psychic Power Center is then in control and that the subconscious mind is "asleep."

4. The Theta Waves

The theta waves are not uncommon in the temples region. They have a frequency of 4–7 cycles per second. Since the temples region is also a part of your Psychic Power Center, both your beta and your theta brain waves are waves of psychic power.

5. The Gamma Waves

The gamma waves are those of very deep psychic powers, like those of the psychic master, or of the medium, in a trance. They have a frequency of 14 cycles per second.

The amount of electricity recorded in the brain varies with the

depth of consciousness. In light sleep, delta waves (psychic power waves) appear. The alpha waves (those of your subconscious mind) still remain, but they are then superimposed upon the slower frequencies of the delta waves. In deep sleep, however, the alpha waves disappear altogether and the delta waves replace them. (That occurs too, during hypnosis.) The Psychic Power Center is then in complete control of the brain. In some instances, though, the delta frequency is even replaced by a faster frequency, the gamma waves. However, these appear only in the psychic master or the medium, and in you only when you have developed, or can use at will, *all* of your unknown self.

IN SUMMARY. 1. Your alpha waves are the nerve electricity of your subconscious mind, or the nerve electricity of your known self.

2. Your beta waves are the nerve electricity of your conscious mind, or of the sense and muscle areas of your brain. That, too, is the nerve electricity of your known self.

3. Your delta waves and their stupendous voltage, as well as your theta waves, are the nerve electricity of your Psychic Power Center. That is the nerve electricity of your unknown self.

4. Your gamma waves (if you ever emanate any) are the nerve electricity of your total unknown self. They are the brain waves of the psychic master, or of the medium, in a trance.

Your Brain Wave Goals

Your first brain wave goal, in order to develop your unknown self as much as possible, is to put your alpha and beta waves (those of your subconscious and conscious minds) under the control of your delta and theta waves (those of your Psychic Power Center) when you are *wide awake*.

You already achieved that first goal in the exercises you practiced in the past lessons. In them you repeatedly subjugated your conscious mind to your psychic power commands.

BUT—you did so to deliver these commands into your own brain or body. Now you will deliver them to your retina, and from there you will project them out of your eyes into another person or thing.

The Artillery for Firing Your Psychic Power Blast with Your Brain Horns

Since 80% of your optic nerves end in the retinas of both your eyes, they carry brain waves from the different parts of your brain to your retina. From your subconscious mind they carry alpha waves; from your

conscious mind, beta waves; and from your Psychic Power Center, delta and theta waves.

At your retina these brain waves are converted into one of four forms of energy and heat before they are discharged outwards, or projected from your body. These four forms of energy and heat are:

- (1) Radiant heat. (For nearby healing, tranquilizing and alluring people, romantic conquest, stirring personal appeal.)
 - (2) Infrared rays. (For nearby or distant healing, tranquilizing and alluring people, romantic conquest, exciting the interest and obedience and others.)
 - (3) Radiowaves. (For psychic power projection.)
- These first three forms of energy and heat are projected as light rays.
- (4) Body magnetism. (For influencing inorganic substances, as in psychokinesis and levitation.)

The two important forms for your Primitive Autoconscious are Nos. 2 and 3, or the infrared rays and the radiowaves, and you will study both of them in this lesson. No. 1, radiant heat, will be more or less combined with No. 2, infrared rays.

The Overwhelming Power of Your Infrared Rays

Radiation being responsible for 50% of the total loss of the daily body heat, the sick or the depressed or melancholy person loses considerable body heat. When you restore it to him through your Brain Horns with infrared ray radiations or by laying your hands on him and filling him with electrons, he feels much better instantly. He feels, indeed, as if he were basking in the warm sun, for sunlight is the most important natural source of infrared radiation.

Your retina projects your infrared rays. Being light rays, they consist of a tremendous number of very small entities known as photons. Your infrared rays, in other words, are discharged by you to Jack or Jane like an astronomical shower of photons. They travel as fast as light in a vacuum (186,000 miles per second), until slowed down or stopped by a liquid (water, for example), or a solid (a wall or wood partition). But they are incredibly powerful, for they are produced by their stupendous speed and by the monstrous number of collisions taking place between the molecules of heat in your retina which create the infrared rays. The result is the creation of fantastic energy.

The speed of the photons, to be exact, is 400,000,000 times that of a rifle bullet of the same mass. When you consider that the formula for calculating the kinetic energy (or the energy of motion) of any physical body is $\frac{1}{2} M$ (or one half its mass) multiplied by V^2 (its velocity squared)

you realize that the power of the photon, compared to that of a bullet of the same size, is 400,000,000th greater, or 400,000,000 multiplied by 400,000,000 times greater than the power of the bullet. When your infrared ray photons strike the atoms of the air around you, they knock loose an astronomical amount of electrons in it and turn the space they zoom through, into a negative charged (—) channel.

The infrared rays produced by your 1% developed unknown self are long wave infrared. These are emitted by all heated bodies, exclusively by low temperature bodies like hot water bottles, electric heating pads, dull red heaters and your own body. They do not penetrate tissue very deeply (no more than 2 millimeters), and they are strongly absorbed in the outer layers of the other person's skin (that is, in its upper $\frac{1}{2}$ millimeter).

As you develop infrared ray power, the wave lengths of your projected rays will shorten and they will penetrate deeper and deeper into Jack's or Jane's skin. Short wave infrared rays are emitted by all incandescent bodies like the sun, the electric arc, incandescent lamps and the like. Especially designed high temperature infrared radiators can penetrate the skin much deeper (from 5 to 10 mm.) and can directly influence blood vessels, lymph vessels (to reduce infections), nerve endings (to reduce pain) and other tissues and stimulate them. They are widely used for their therapeutic effects. The psychic master can shorten the length of the waves of his infrared ray projection to the degree where it more closely approximates that of these high temperature sources and perform miracles of healing, of tranquilizing and alluring people, of exciting the interest and obedience of others and, if he were so inclined, of achieving fantastic romantic conquests. You can do the amazing with it yourself if you merely double the photon power of your infrared ray projection, or develop your Primitive Autoconscious just another 1%.

Exercises for Doubling the Photon Power of Your Infrared Ray Projection

Exercise 1. To double the photon power of your infrared ray projections you have to radiate no less than twice the amount of heat you normally radiate. How do you do that?

1. Bring twice the amount of heat to your body surface, or into your Brain Horns than you do now and project it outwards.
2. Then, with a psychic power command rocket, double the colliding speed of the photons you project.
3. That, in turn, doubles the number of collisions taking place between them.

4. That shortens the wave lengths of the infrared rays projected enough to double the resulting energy and heat they produce.

These four steps will now be described.

Step 1. To bring twice the amount of heat to your body surface or into your Brain Horns, use your Psychic Arc. Your Psychic Arc stimulates your loving nerves, and those nerves bring the blood from your muscles to the surface of your skin and warm it up. So, think of the juicy steak, and the surface of your skin will throw off more heat by radiation (both in the form of radiant heat and infrared ray radiation).

If you are dressed, though, your clothes will stop the infrared rays which leave the covered parts of your body because IR rays do not penetrate liquids or solids. To get around that, draw together the skin-heat from all over your body and pack it into your Brain Horns. Just visualize your body as being covered by a thick, hot skin, much like a suit of long winter underwear. With sheer imagination, draw this hot skin off your limbs, then off your torso and pack it tightly into two narrow, short hot rods. Fit each hot rod into each horn of your Brain Horns.

Step 2. To double the colliding speed of the photons deliver a psychic power command rocket to your Brain Horns, right behind these hot rods, like the trigger behind a bullet. At once "feel" the heat of these hot rods intensify so that your eyes feel warm and even a little drowsy. Then shoot out the hot rods with your psychic power command rockets, to their destination, hammering the hot rods powerfully enough behind them to double their speed.

Steps 3 and 4 occur automatically after that. The number of collisions taking place between the photons automatically double, and the wave lengths of the infrared rays projected automatically shorten, thereby doubling the resulting energy and heat they produce.

Note: Repeat those four steps now but increase the amount of heat you gather into your Brain Horns by intensifying the delicious picture of the juicy steak which you create with your Psychic Arc. The resulting short hot rods in your Brain Horns should increase so high in temperature that you actually feel them burning your eyes. Repeat it by making still hotter and hotter hot rods. Then blast them out with a resounding psychic power command rocket. That is how to triple and quadruple the photon power of your infrared ray projection. The psychic master, remember, can multiply his 109 times more than you. When he multiplies the power of the psychic power command rocket with which he cannonades it out by another 109 times, he will multiply the total resulting photon power of his infrared ray projection by 109×109 times more than yours is right now. That amounts to 11,881 times more powerful than yours is right now. No wonder he can accomplish miracles with his eye

power. Fortunately, eye power or Brain Horn power develops with surprising speed. It won't take you long before you'll be doing surprising things with your own. Practice the four steps you just studied, constantly intensifying them as directed, and you'll be astounded at the power you will gain from them.

A REMINDER. IR (Infrared) rays penetrate only gases (air). They will not reach Jack or Jane through liquids (water or rain), or solids (a wall, glass window, window shades, the solid back of a chair, clothing).

The Effects of Your Infrared Ray Photon Power Upon Jack or Jane

Photons exert pressure because they possess both mass and movement in high degrees. But since Jack or Jane is composed of a semi-solid body, he will slow down and stop your infrared ray photons $\frac{1}{2}$ millimeter after they penetrate his skin. The closer physically he is to you, though, the stronger your photon power will affect him, for the intensity or your radiation varies *inversely with* (or opposite to) the square of the distance between him and you. Walls, ceilings and reflectors, however, intensify your infrared ray photon power by bouncing the rays right back. Your greatest number of photons (or your optimum radiation) will sink into Jack or Jane if the two of you are in a position parallel to each other within the same enclosure, just as if both of you are standing facing each other. To exert their greatest power your photons should hit him at a right angle.

The energy your photons give off when they strike the body (the eyes, particularly), of Jack or Jane, is absorbed by him; and all energy, regardless of wave length, when absorbed by the receiver, is transformed into heat. This heat, in the retina of Jack or Jane, to which you direct your infrared ray projections when you cannot place your hands on his skin, is converted into nerve electricity. In that form it is sent on as a message or command to the part of his brain to which you directed it.

Exercise 1. How To Tranquilize Highly Wrought-Up People With Infrared Ray Projections. Vince Laplante has suffered serious blows through poor investments, business reverses or a shocking discovery about the state of his health. The moment you lay eyes on him, use the Psychic Arc to bring twice the amount of heat to your body surface. Think of the juicy steak to warm up your skin, then draw this heat quickly from all over you and pack it into two narrow, short hot rods in your Brain Horns so that they actually burn your eyes a little. Deliver, now, a psychic power command rocket behind the hot rods, with the following

command, "Vince, you'll win out! Just be a little patient! You'll win out!" (That prevents your conscious mind from analyzing the advice and reasoning out whether it is realistic or not. Just forget your logic and let your Psychic Power Center drive your psychic power command rocket straight to behind the hot rods, carrying with it all its confident power.)

This psychic power command rocket will consist of delta and theta brain waves, or of your psychic power brain waves. At your retina they are immediately converted into infrared radiation. With your body face to face with Vince's, so that you can reach him full blast, rip these hot rods out to him. At once reinforce them from behind with your hammering psychic power command rocket, to double their speed and their photon power. Aim them straight at his face so that most of them will flash into his Brain Horns. There they are absorbed and transferred into heat and converted into nerve electricity and sent to his Psychic Power Center. The nerve electricity is then converted into thought energy and its meaning understood. Vince's Psychic Power Center will then relay that meaning to his conscious mind, and the latter will accept it as its own thought, like a drowning man clutching at a straw, and calm down.

Exercise 2. Repeat Exercise 1 with Miss Gaynor or Mr. Griffith (your romance associate, depending on your sex), with your sick neighbor Jules, or with your patient, customer or client Henry Logan. But change the wording of the order carried by your psychic power command rocket to fit the other person and the occasion.

With Miss Gaynor or Miss Griffith, your romance associate, order her (or him) with the words, "You know you're mine! Why deny it? You know you're mine!"

With Jules your sick neighbor, order him with, "You feel better already! You *are* better already!"

With Henry your patient, customer or client, order him with, "I'm just the person you need! Just the person you're looking for!"

The Incontestable Sway of Your Radiowaves

Your radiowaves are the other important form of energy and heat into which your brain waves are converted before they are discharged from your body to the outside. It is mainly for psychic power projection, but it can also be used effectively for healing, especially from a distance. Unlike your infrared rays, which can penetrate gases (air) but not solids or liquids, your radiowaves can penetrate liquids and solids as well. They flow out, as a consequence, from all over your head when you project them without gathering them first into one particular projection channel, and that disperses and weakens them. As you will learn when you study

the Astral Tube, projections of light rays are intensified when gathered and shot out through your Brain Horns, and even more so after that when directed through the Astral Tube. Your radiowaves are electromagnetic waves, and they carry thought messages or commands from your own mind to that of someone else. Being light rays, they also consist of photons. To increase their photon power you have to increase both their voltage and their frequency. You achieve that with psychic power control, as shown in the exercise below. When its photons strike Jack or Jane they turn into high frequency currents.

Exercises for Increasing the Photon Power of Your Radiowaves

Exercise 1. How To Send A Psychic Power Message Or Command To Somebody You Know. You want to send a message to Ed, who is your relative, friend or business associate. Ed is probably home right now, all the way across town from where you live. Or perhaps he is traveling hundreds of miles away. Frame the message clearly in your conscious mind. Select the exact words, so as not to confuse him with ambiguity.

Deliver the message, now, from your conscious brain. Send it through your optic nerves to your Brain Horns and your retina. Being conscious thoughts or beta waves, they will be converted first, in your retina, to radiowaves before being projected out of you, and radiowaves consist of light rays or photons.

But simultaneously blast out with the radiowaves, when they are projected, an explosive psychic power command rocket thrusting the radiowave photons so forcibly against each other that they collide twice as hard (and therefore, twice as fast) thereby shortening the wave length of the radiowaves in half. That, in turn, doubles the energy and heat produced by them and carries the message or command to Ed with twice the photon power of before.

Since the radiowaves of each message or command are different from those of any other, they create different degrees of energy and heat when they strike Ed's retina. They consequently produce a different nerve electricity at his retina than that of any other stimulation, and so he "gets the message" you sent him.

Just make sure that you visualize your psychic power command rocket accomplishing all that, and it will do it. There is nothing fantastic in any of these achievements. Only the *results* are fantastic.

Exercise 2. Repeat Exercise 1, but double, triple and quadruple the speed of the psychic power command rocket which you explode with

the photons of the radiowave message to Ed. The message will be delivered to his Psychic Power Center with that much more force.

Radiowaves are also used to heal from a distance, both because they can penetrate liquids and solids and also because distance does not diminish their intensity readily. Radiowaves, of course, are the waves that carry your thought messages or commands, or which bring them to you like those of the radio.

Exercise. How To Win Back Your Husband Or Wife Whom You Suspect Of Being Relentlessly Pursued By Another Woman Or Man. You know that your husband John or your wife Joan is being pursued secretly but persistently by Helen or Harry. John's manner is somewhat distant lately and he remains away from home or goes out many an evening without a direct reason. You also know that the two have been seen together in certain out-of-the-way places at suspicious times. Yet you love your husband (or wife). You feel that he loves you too and that the two of you are very well suited to each other.

The next time he leaves home suspiciously, guess as best as you can where he might be. Even more important, though, is to picture him vividly in your mind in the company of Helen. That is really all you need, for that makes his mind more receptive to a message or command from you. Recreate in your mind, now, a past delicious romantic scene between you two. Create it so vividly that you visualize every detail of it—particularly John's (or Joan's) joyful and excited expression and intense reactions.

Deliver this vivid picture from your conscious mind, through your Brain Horns to your retina. There it is converted into radiowaves. Fire out these radiowaves into where you think John might be right then and immediately reinforce them with an explosive psychic power command rocket with them to shorten their wave length and double their energy and heat.

Wherever he is, John will receive these radiowaves on his retina. As nerve electricity, they will be rushed to his Psychic Power Center, and from there to his conscious mind. His conscious mind will immediately drift back to you. Helen will sense this sudden distraction by his manner and will resent it. Deliver that vivid picture several times during the next half hour and the two of them are pretty sure to end up quarreling or somewhat disillusioned in each other.

Body Magnetism—The 4th Form of Body Energy and Heat

You will study body magnetism later and use it for levitation.

LESSON NINE

How to Put Your Seeing and Hearing Reflexes Under Psychic Power Control

Your Seeing and Hearing Reflexes constitute the sixth significant part of your Primitive Autoconscious. Man has allowed these reflexes to degenerate in him; but now, in his seemingly safer world, he has more need than ever for them in his occupation and in his everyday life. His present world, also, is no longer as safe as it was thirty years ago since hoodlums, vandals and delinquents have become commonplace. Your Seeing and Hearing reflexes are therefore of major importance for you to develop.

Your Superior Colliculi, Your Seeing Reflex Centers

Your superior colliculi are two rounded eminences in your mid-brain. They are the chief centers for your Seeing reflexes. (They are NOT your Highest Visual Center. The latter will be developed in the next lesson.) In the submammalian forms of life, though, the superior colliculi are

very prominent and *do* constitute their Highest Visual Centers. In fish and birds they are large or larger than the brain itself, but in higher animals they are much smaller. In man they are relatively inconspicuous, their seeing functions having been taken over by his Highest Visual Center in his conscious mind. They are still your chief center for your Seeing Reflexes, however, and receive messages from:

- (a) your retina, through your optic nerves;
- (b) from your Highest Visual Center (in your conscious mind), and
- (c) from your spinal cord, or from your whole body.

They deliver, in turn, commands down to your spinal cord to your whole body.

What Your Seeing Reflexes Do for You

Your Seeing Reflexes correlate your eye movements with the movements of your head or with those of your trunk and limbs. The main ones are:

- (a) your turning your eyes in order to keep them fixed upon a stationary object whenever you turn your head *away* from the object;
- (b) moving your head with your eyes in order to keep a moving object *still in view*, and
- (c) moving your limbs, neck or trunk, as when you avoid a moving object or fend off a blow threatening your eyes. (Your lids, simultaneously, close to protect your sight.)

It is obvious that these reflexes are of prime necessity for the animal in hunting or protecting itself, as well as in play. With man these reflexes are required in sports for keeping an object in view, like the ball when playing baseball, tennis, golf and other games. Turning the eyes to keep them fixed upon a stationary object when you turn your head in the opposite direction is most essential when performing medical or dental surgery, typing, swimming, shooting, driving, playing a musical instrument, acting and in practically every trade. Moving your limbs, neck or trunk as in avoiding a moving object or fending a blow are of prime necessity in fencing and other self-defense activities, dancing (your partner is a moving object), love play. Your Seeing Reflexes provide you with alertness and protection; alertness to anticipate an attack, and protection by enabling your warned conscious mind to plan an effective defense against it in time. It helps the dog, the rat and the cat take care of themselves in their daily lives. It gives your muscles "eyes" to direct their agility in acrobatics, ballet dancing, ice skating, skiing and other skills requiring extreme muscle coordination; to direct your eye muscles for

subtlety in using your eyes in flirting or for guiding your fingers when playing a musical instrument.

To summarize, when you reawaken your superior colliculi, you become many times more proficient in any sport requiring the use of your eyes, limbs, head and body. You also can walk and move with more grace and attract instant admiration wherever you go. You end wasteful, naive movements and acquire the calm, cool manner of a dignified person. You inspire profound admiration from others, as well as a healthy respect from belligerent people. When you multiply these gains with psychic power commands, you instantly stand out above the crowd.

How Your Superior Colliculi Function

The stimulation which causes your superior colliculi to function, usually reaches you through your eyes in the form of a visible person or object before you, although it might also reach your Psychic Power Center through a psychic communication and from there be relayed to your superior colliculi. When it reaches you through your eyes (in fact, whenever you see anything at all with your eyes) its image enters them in the form of light rays. The light rays cause a series of nerve electricity changes to take place in your retina. These are called the *retinal action currents* and they can be recorded as a series of four waves, *a, b, c, d*. When you are under anesthesia the last waves of the four to disappear are the two fast initial ones, the *a* and *b*. That is why the hypnotized subject, when directed to, has so much better Seeing Reflexes than the conscious subject—the light rays that enter his eyes cause only the two fastest waves of his retinal action currents to form. The two slower waves, the *c* and *d*, do not form in him. The same is true of the psychic master and the medium in a trance. The psychic master can even achieve that in the conscious state, though, with a powerful enough psychic power command to his retina. You also can when you know how and practice it enough, as you will be taught in this lesson.

The stimulation of the light rays is then conveyed (in the form of nerve electricity—better known as the retinal action currents—by your optic nerves, from your retina, to your superior colliculi. Your superior colliculi then deliver a command to the particular areas of your conscious mind which rule the muscles of your face or body which can execute the Seeing Reflex.

To increase the vigor of your Seeing Reflex with psychic power, deliver a psychic power command rocket from your Psychic Power Center to your Highest Visual Center, and from there relay it to your superior colliculi ordering them to increase the power of your Seeing Reflex.

In the exercises below, these functions are greatly simplified because most of them occur automatically in the exercises when you do it right and improve.

Exercises for Putting Your Seeing Reflexes Under Psychic Power Control

Exercise 1. How To Star At Any Sport For Which You Are Talented, By Developing Your Seeing Reflexes. There is one activity which you can practice in your own backyard or gymnasium to develop your Seeing Reflexes for just about any sport. It also develops the speed of reaction of your arms and legs and body. It can be engaged in at any age, is fine for the heart and can be indulged in alone or with a partner. All you need is a wall and a small rubber ball. Yes, it is handball. Playing it alone requires speed and endurance in great measure because you cannot rest until you stop altogether. Playing it with a partner requires even faster reflexes in another way because you cannot easily predict how he will hit the ball. Volley ball, tennis and basketball are also excellent for developing your Seeing Reflexes, but they call for a partner, or a team, or special gymnasium equipment. Handball, either alone or with a partner, is consequently the most practical. In cold weather you would have to play it in your basement, unless there is no snow on the ground and you are warmly attired. It is best to play it with handball gloves for then you can hit the ball harder without stinging your palms. The Seeing Reflexes you develop from it can be used effectively to star you in any sport.

Exercise 2. If you are practicing to attain superiority in a particular sport, rehearse your weak moves in it repeatedly. That alone develops your Seeing Reflexes extraordinarily. The same applies to your playing on a musical instrument or to any skill in which your hands or your feet or your whole body is used considerably.

Exercise 3. How To Excel At Flirting By Mastering The Seeing Reflexes. As ridiculous as it may sound, when a woman flirts she uses her Seeing Reflexes remarkably. She cannot merely plan to move her eyes this way and that—they have to move automatically in the right direction at the right time and at the right speed. She can then sweep man after man off his feet and leave other women who have not mastered the art, looking on indignantly. Her Seeing Reflexes, when used in flirting, also cause her to move her body and limbs synchronously with seductive grace. Even if her eyes possess no unusual beauty, they look beautiful then and her less attractive features and body parts gain allure with the feline movements of her body, slight though they may be.

Stand before your mirror and imagine that your image is Arthur,

the man whom you wish to sweep off his feet. Immediately throw off all the logic and restraint of your conscious mind, as well as the supersensitivity of your Psychic Power Center, and let your Seeing Reflex Center take over full control. To do so, use the Psychic Arc (or visualize the juicy steak). At once it gets rid of the inhibitions of your conscious mind.

Greet Arthur by letting your eyes (and your body, which follows it reflexly) react spontaneously to your imaginary picture of a juicy steak. In other words, let your Organs Control Center (which rules your loving nerves) dictate to your Seeing Reflexes Center how to act now. Your conscious mind and your Psychic Power Center, as a result, will be forced off the scene.

When Arthur comes up now and associates with you, *maintain the Psychic Arc*. Keep visualizing the juicy steak and let your eyes, arms and body move instinctively. You will be sweeping him off his feet with flirtatious glances and gestures which should NOT be practiced beforehand, but which should occur automatically. You will be astonished at the results.

The Mystery of Your Power of Perception of Movement

Your vision and its contradictory mental interpretations make use of the authority which your Psychic Power Center holds over your conscious and subconscious minds. You will find this demonstrated particularly well now as you learn the mystery of your power of perception of movement, a quality for which you will find limitless uses, be it in sports, in labor or professional skills, or just for your own self-protection against an assailant.

It is a familiar fact that you can detect a slight movement of an object (say, of a ball, an instrument or a person) more readily when the object is not moving directly in front of you. The reason is that the image of the object then falls upon the most sensitive portion of your retina, which is situated between an angle of 10° and 15° beyond its area of most distinct vision.

Here now, though, is a big mystery.

When you pursue a *moving* object with your eyes, you see that it is moving, despite the fact that its image on your retina does *not* move. Conversely, when you glance here and there with your eyes, you still see that a stationary nearby object does *not* move, despite the fact that a succession of new images of it then form on your retina, just as if the object *were* moving. How, now, can such illogical visual contradictions be explained? Why do you still see a *moving* object as moving, despite the fact that its image on your retina does *not* move; and a stationary object as stationary, even though a succession of new images, as if it

were moving, form on your retina? Why is your conscious mind, in other words, refusing to accept as fact the images which are recorded on your retina?

Physiologists explain this big mystery on the basis of your power of attention which, as you were informed in Lesson 1, is under the control of your Psychic Power Center. When you pursue a *moving* object with your eyes, your attention remains fixed on the *movement* of the object. To keep your attention fixed on that, your Psychic Power Center simultaneously commands your Highest Visual Center (in your conscious mind) to ignore the fact that the image of that moving object is remaining *perfectly still* on your retina. And, reversely, when you see that a stationary object remains perfectly still, even when you glance here and there, your attention remains fixed on the *stillness* of the object. To keep your attention fixed on that, your Psychic Power Center simultaneously commands your Highest Visual Center (in your conscious mind) to ignore the new images of that stationary object which form on your retina when you glance here and there. In both instances, to summarize, your Psychic Power Center helps out what you "see" by ordering your Highest Visual Center (in your conscious mind) to ignore the new visual images it receives from your retina and to continue "seeing" the object as still doing what it was doing before. Such "contrary" commanding, besides, is not under the control of your subconscious mind because it is effected also in lower animals with single binocular vision like man—animals who possess little or no cerebral cortex, but who *do* possess a highly developed Primitive Autoconscious.

Your Inferior Colliculi, Your Hearing Reflex Center

Just as your superior colliculi serve as your center for Seeing Reflexes, your inferior colliculi serve as your center for Hearing Reflexes. (They are NOT your Highest Auditory Center and are NOT concerned with auditory sensations.)

The Hearing Reflexes also vary considerably in different classes of species. In the bat with its radar ears they are developed to an extreme degree. The bat's wings respond at once to the slightest detection of audible sound and direct its flight accordingly. In the deer and other comparatively defenseless animals in the woods, the reflexes of flight are so instinctively linked to their ears that, even when the creatures are deeply engrossed in food, their limbs will suddenly leap into flight before their conscious minds are even aware of a threatening peril. The tiger, the cat and the snake, which stalk their prey, spring at it when the jumping distance is just right, most of the time even before their con-

scious minds estimate it. Civilized man has lost that instinctive use of his Hearing Reflexes due to the comparative safety and organization of his environment. Socially, professionally and in his everyday life, though, his Hearing Reflexes are of greater need to him now than ever before. Even a musician has to react instantly to sound (especially if he is part of an orchestra) and not wait until his conscious mind decides the issue for him. The same applies to the one who drives a car... acts on the stage... saves a life during an emergency... a sentry on duty... a mother responding to the faintest cry of her baby... the competitor in track, in swimming and equestrian events... to hearing a prowler... to keeping yourself under control during an emergency and doing the right thing swiftly.

Exercise. How To Develop Safety Creating And Fascinating Self-Control Through Your Hearing Reflexes. Set the alarm clock to ring at an undetermined time during the next half hour. Set it down somewhere behind you and engross yourself in something—say, in reading or a hobby. When the clock unexpectedly rings later, at once relax every muscle in your body, from head to foot. Let it catch you by surprise so that you will tense. But relax immediately afterwards. Repeat it on different occasions and on different nights to avoid conditioning yourself to it. Before long you will be able to meet any emergency coolly and acquire a striking repose for everyday life which fascinates other people.

The Great Advantages of Putting Your Seeing and Hearing Reflexes Under Psychic Power Control

By putting your Seeing and Hearing Reflex Centers under psychic power control you easily keep cool under competitive or dangerous conditions and save a tremendous amount of energy daily. You also acquire eye catching poise with the resulting economy of motion and deliberate action. You will not panic when suddenly confronted with a fast moving ball, a threatening individual, an unexpected difficulty when working with your hands, a difficult passage in music or an awkward social position. You stop moving your head or your arms jerkily around as you talk; you keep your head still instead when there is no need to move it and your arms and legs in calm repose except when they are used. Instead of following a moving object with your whole head you follow it mostly with your eyes and keep your hands and legs quiet. When suitably attired and conducting yourself on the stage platform or in public you move easily and leisurely, with your eyes gazing placidly before you, not darting about restlessly in response to every minor sound or distraction. Such demeanor sweeps those watching you off their feet and stamps you as a

leader or a deeply respected person. You learn to suppress your immediate reactions to everything you see or hear and to peacefully ignore the unimportant. When in action you let your eyes conserve your physical energy by stealthily "watching the ball" and by doing little until the "ball" is in the right position for striking. You cross a room or platform with nicely timed, well-proportioned steps and go to your place smoothly instead of bungling your way across. Little things like that make or break your hold on people.

By watching and listening intently and using psychic power control over your Seeing and Hearing Reflexes, then, you reduce wasteful physical expenditure to a minimum and allow your mind to function at its best while you are in action. When you add psychic power control to it by developing your unknown self, even to a minor degree, your whole mien will become so compelling that you will control dangerous animals or criminals with a look. Both will be stunned by your penetrating repose. You also conserve energy limitlessly because your loving nerves will keep your body functions normal and your muscles relaxed. You conserve so much energy in fact, that you could continue competing physically, amazingly long, with nothing else but that.

LESSON TEN

How to Put Your Primitive Seeing Center and Your Highest Visual Center Under Psychic Power Control

Both your Primitive Seeing Center and your Highest Visual Center are the seventh significant parts of your Primitive Autoconscious. Your Primitive Seeing Center is your external geniculate body, one on each half of your brain. It comprises a portion of the larger newer part of your thalamus. (The older part of your thalamus is your Sensations Recording Center.) The newer part is larger in man than in other creatures because its different portions contain more nerve pathways leading to their highest centers in his conscious mind such as those to the highest centers of his skin (cutaneous) and to those of his visual and auditory senses. Your Highest Visual Center occupies much of the cortex (conscious and sub-conscious minds) of the back portion of your brain. Develop first your Primitive Seeing Center and then your Highest Visual Center.

The Functions of Your External Geniculate Body, Your Primitive Seeing Center

In all vertebrates the optic messages from their retinas are sent to some area in their brain stems. In man these areas are the external geniculate bodies, the Primitive (or Primary) Seeing Centers. In the rat, cat, dog and other mammals the external geniculate body serves as a second Highest Visual Center. These animals can still perceive crudely after their Highest Visual Centers are removed from their conscious minds. In man, though, removing his Highest Visual Center leaves him totally blind because he has allowed his external geniculate body (his second highest, or Primitive Seeing Center) to grow dormant.

In a frog, all the nerves from its retina discharge their messages in its optic lobes, which is equivalent to the superior colliculi (the Seeing-Reflex Center) of man, which you already studied. From its optic lobes the resulting commands are dispatched directly to various muscles of the frog through command delivering nerves. NO VISUAL IMAGES are relayed to its conscious mind. The creature acts spontaneously to the visual images it receives from its retina without the intervention of its conscious mind. Removing the visual area of its conscious mind, then, leaves the Primitive Autoconscious of the frog in full control of its vision. Its Primitive Autoconscious thereafter completely determines the creature's reaction to the visual images which its retina sends to its brain. In slightly higher developed animals, a few message carrying nerve fibers are present which connect their Primitive Autoconscious with their conscious minds. That enables their conscious minds (by means of command delivering nerves) to control, to a limited extent, the animals' muscular activities. Their Primitive Autoconscious, nevertheless, *still retains* most of the control over their muscle reflexes. In fact, even in birds, removing their conscious minds causes little visual disturbances in them because their Primitive Autoconscious still mainly controls their vision.

As the animal rises higher in the phylogenetic scale, however, its Highest Visual Center (in its conscious mind) gains the ascendancy when the number of message carrying nerves from its Primitive Autoconscious to its conscious mind, progressively *increases*; while the number of command delivering nerves *from* its Primitive Autoconscious to its muscles, progressively *decreases*. In a dog, for instance, after its conscious mind is removed, the animal can still discriminate between different intensities of light, but it cannot distinguish forms or behold obstacles in its path. In man, the visual images sent by his retina to his external geniculate body (his Primitive Seeing Center) can stimulate commands to be sent

either to his brain or body *only through* his conscious mind. Removing his Highest Visual Center from his conscious mind, therefore, leaves him completely blind because no visual images can reach it thereafter from his retina. His Primitive Seeing Center (his external geniculate body) having grown dormant, it cannot substitute for his Highest Visual Center as it can in the dog and other lower animals.

How to Awaken Your Primitive Seeing Center (Your External Geniculate Body)

It is obvious that if you awakened your Primitive Seeing Center you would automatically possess two important seeing centers instead of one. You would possess a power of sight which you never had before. You would be able to read much faster than you do now, no matter which speed reading system you use, because you will be seeing with "four eyes" instead of two. When you stare now at a word on a page, you do so with your conscious mind. Your Primitive Seeing Center, once awakened, will automatically stare at more print around what you see now and instantly increase by that much the amount of visual material which your retina photographs at one time. The psychic master develops his Primitive Seeing Center 109 times what yours is now and can thereby see far more than you can when he looks at anything.

Exercise 1. How To Study Concentrated Material Faster—And Still Miss No Details. In speed reading the person rushes so swiftly through it that he deeply absorbs the general material only. In learning from textbooks and other concentrated material which requires careful study, you still have to study fast, *but you cannot overlook the details, for those are the true meat of the subject.* The detailed matter, indeed, is the most important part for practical application. The general material merely provides you with a secure grasp of the whole, so that you realize where the details fit in. This exercise teaches you how to use your Primitive Seeing Center to help study such material considerably faster and miss comparatively few details.

Open a "heavy" book somewhere in the middle to make sure that you are not readily acquainted with it. Select any paragraph and read it in the following manner. Glance at the word printed on the first third of the line from the left margin. Read it and quickly grasp the meaning of the words that immediately precede it and follow it. Then glance at the word printed on the *second* third of the line from the left margin, and do likewise. That is the way to grasp the full meaning of the line speedily without missing details. Do it slowly at first to develop your Primitive Seeing Center. Let your eyes see clearly and perfectly to each

side of them. Then do it faster and faster. Finally, do it all the way down the page. Your ability to read and understand difficult material will grow by leaps and bounds.

Next, you will develop your Highest Visual Center and add still more to your visual powers.

The Important Parts of Your Highest Visual Center, and How They Work for You

Your Highest Visual Center occupies the greater part of your cortex (your conscious and subconscious minds) in the posterior part of your brain. It has two divisions which the physiologists call the visuosensory area and the visuopsychic area. For the sake of simplicity they will be referred to as the visual image receiving area and the command delivery area. The two will now be described.

1st Division. The *visual image receiving area* of your Highest Visual Center receives from your retina visual images in the form of nerve electricity (retinal action currents) after they have bridged two Nerve Gaps. They convey to it impressions of color, form, motion, illumination and transparency which have been photographed by your retina from the outside of your body. Those different impressions are recognized and determined there by your conscious mind. In order to both recognize and identify, you need the aid of the command delivery area of your Highest Visual Center.

2nd Division. The *command delivery area* of your Highest Visual Center surrounds most of the visual image receiving area. It is responsible for developing in acute detail the visual images it receives from the visual image receiving area and in integrating them with your past experiences. That process leads not only to your recognizing but also to your identifying whatever you see. The command delivery area also determines the distance and the position of the objects you observe in space. It causes your eyes to move to achieve those ends, too, by commanding the muscles of your eyes to accommodate your vision to them. Like your Seeing Reflex Center, it even keeps your eyes fixed on an object when you rotate your head in another direction from the object.

The Sought-After Gains That Accrue to You from Developing Your Highest Visual Center and Putting It Under Psychic Power Control

1. By increasing your power to recognize, determine and identify color and form, you acquire a truly artistic eye or improve it immensely, if you already have one. You enjoy art, nature and fashion better than

ever. Even in business you will be able to appeal to the public or to your individual contacts better. If you are a man, the chances are that you are more deficient in this respect than a woman. In every occupation worthy of the name, though, you need an excellent understanding of the effectiveness of color and form in order to reach the heights fast. This applies not only to the commercial artist and the clothing salesman, but to the executive, the foreman, the dentist, the lawyer, the clergyman, the inventor, the tradesman, and the soldier.

2. By being better able to recognize, determine and identify motion (not only the perception of movement as you did in the last lesson) you can excel at skills, callings and sports requiring the use of skilled movements.

3. The same applies to illumination and transparency. Improving that faculty enables you to see deeper or more thoroughly through brightness or darkness. The advantages gained by that are too many to enumerate.

Exercise 1. How To Get—And Remember—At Sight Mental Pictures Of People Or Objects Which You Observe Only Briefly. Glance quickly at any person, car or object on the street. Then look away and describe to yourself hurriedly what you saw, in detail, from head to foot. Check and see how accurate your mental picture was. This ability to reproduce what you saw exactly, at a glance, is of inestimable value to you both in business and social life. It is also a unique artistic asset.

Exercise 2. Glance at a photograph of a skilled performer engaged in a movement in something in which you would like to excel. It could be a vocation, an avocation, a sport. Look away and describe to yourself what you saw. Check how well you observed him. Whatever you missed is usually the very fault or faults which hold you back in that activity. That is the great use to which you can put your Highest Visual Center when you put it under psychic power control.

How to Develop Keener Sight with Psychic Power Control

Exercise 1. Watch a bird fly off into the distance in a clear sky and try to see it still, even after it vanishes from sight. As the bird looks smaller and smaller in the distance, deliver a psychic power command rocket into your eyes and "compel" them to continue seeing the bird as looking *no smaller*. You are compelling the muscles of the lens of your eyes, through your Sensations Recording Center, to alter the shape of the lens enough so that they can see still farther into the distance than they have before.

Even after the bird "disappears" from view in the clear sky, after all, it is still flying there. If your eyes had a longer focus, or if you used binoc-

ulars, you could still see it. If you could alter the shape of your eye lenses so that they focussed still farther in the distance, you could still see it, too. So, continue staring at where the bird "vanished" from your sight, but visualize yourself as seeing it still and then "compel" your eyes to see it also. Doing so gives your Sensations Recording Center "the idea" that you want to reawaken its former use.

Exercise 2. When you perceive a sign too far away to read, try to decipher it as in Exercise 1.

Exercise 3. Try to fathom windows on buildings so far away that you can hardly recognize the buildings themselves, just as you did in Exercise 1.

Exercise 4. Try to read the exact time (to the minute, and to fractions of a minute) on faraway clocks, again just as you did in Exercise 1.

Exercise 5. Repeat Exercises 1 and 2 when you are strolling through a cloudy mist or fog.

Exercise 6. Try to select the color of the eyes of a person on the sidewalk long before you are close enough to him to determine it for certain. Do so by glancing at him now and then, not by staring at him rudely. Do it as you did it in Exercise 1.

Exercise 7. Now hold a page of rather small printed matter about twelve inches in front of your eyes. Bring it close enough to your eyes so that you no longer see it clearly. The print looks "double."

Stare at one word alone, now. With sheer psychic power "compel" your eyes to stop seeing double and to see that one word clear again. As you do so you will feel as if your very brain is turning hard as steel, but it is only your eye muscles and the muscles of your eye lenses being put herculeanly to work. Repeat with still smaller type.

Exercise 8. How To Increase Your Visual Acuity With Psychic Power. Place two objects across the room, one in front of the other. Move them closer and closer to each other until the one in front practically conceals the one behind. Then *make yourself see the one behind.*

Exercise 9. How To Control What Others See By Altering Their Negative After Images. When you stare intently for several seconds at a small yellow card and then at a white sheet of paper, you see blue. That is the negative after image. If a yellow card be substituted for the white, you will see yellow-blue. Black is the negative after image of white, and white is that of black. You can see how limitlessly you can control others if you alter in their Highest Visual Centers (in their conscious minds) the negative after images of what they see. So, stare now and make yourself see the negative after image of each of these cards.

Exercise 10. Putting Your Highest Visual Center Under Psychic Power Control. Hold the sketches on page 108 five inches from your eyes.

Place a cardboard partition between your eyes, resting against your forehead and your nose, and look at the sketches on the left and follow the directions on the right.

SUMMARY. Aside from the fact that these exercises reawaken your dormant Primitive Seeing Center, you are also improving your eyesight considerably.

From the everyday vocational and leisurely standpoint, too, these exercises are of paramount importance. By improving your eyesight you are better able to advance in your vocation. You perfect your golfing, painting, music or any other pastime you pursue. You increase your economic rewards as well as your delight in living.

How Your Primitive Seeing Center and Your Highest Visual Center "See" Color for You

Colors are not truly existent—they exist only in your conscious mind. The outer world produces them for your consciousness by means of ether vibrations of various wave lengths. The word color, in fact, means "sensation," and it refers to a particular wave length or combination of wave lengths of visible ether vibration. When ether vibrations of a wave length of about .00079 mm. strike your retina, for example, they create nerve electricity (retinal action currents) which stimulates your conscious mind (or your Highest Visual Center in it) to interpret them as "red." The same applies to all other wave lengths. Each one produces a specific result in your conscious mind. By mixing two or more colors (two or more wave lengths of light) still other color sensations may be produced in your conscious mind. To summarize, no images of color form on your retina from what it photographs. The "color" you perceive is *only an interpretation* in your conscious mind of what you see.

The one hundred and fifty year old Young-Helmholtz theory is the best known theory of color vision. It places the analysis of color in your retina. The analysis is conveyed from there by retinal action currents, to your Primitive Seeing Center. There the different types of nerve electricity of the different ether vibrations are segregated. Then they are relayed to your Highest Visual Center in your conscious mind and interpreted as different colors.

EXERCISES FOR PUTTING YOUR HIGHEST VISUAL
CENTER UNDER PSYCHIC POWER CONTROL

Hold the sketches below five inches from your eyes. Place a cardboard partition between your eyes, resting against your forehead and your nose, and look at the sketches on the left and follow the directions on the right.



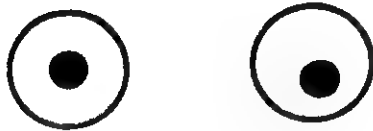
1. Look at both inside circles until they fuse into one.



2. Look at both inside circles until they fuse into one, but make them both fuse in the middle of the outer circle.



3. Look at both inside circles until they fuse into one, but make them both fuse on the lower right side of the outer circle. Do it with a sheer psychic power command "compelling" your eyes to do so.



- 4, 5. Repeat 2 and 3 with these two sketches.

6, 7. Repeat 4, 5 but use only the sketches at the extreme left. Cover those at their right. Now, try to un-fuse the sketches until you "see" both the left and the right sketches. With shattering Psychic power commands. Look at the sketch at the extreme left of 4 with the sketch beside it covered, and "compel" your Highest Visual Center to see the two sketches just as if both were uncovered. Do likewise with 5. That is REALLY putting your Highest Visual Center under psychic power control.

How to Rejuvenate Your Eyes Daily with the Astounding Nerve Electricity of the "Off-Effect"

When your nerve electricity is turned on, it is called the "on-effect." When it is turned off, it is called the "off-effect." The burst of nerve electricity which springs into being in the optic nerve when it is turned off, however, has confounded physiologists because NO OTHER NERVE in the body reacts like that. With all the other nerves the nerve electricity vanishes immediately when it is "turned off," or when the stimulation that caused it ceases. With the optic nerve, however, the nerve electricity becomes *even stronger* when turned off!

But the explanation of that astounding phenomena seems clear now to physiologists. When the nerve electricity is turned off in the optic nerve, it means that the retina is perceiving no more light, but only darkness, and therefore it is not being stimulated and creating retinal action currents. Darkness, however, is *no less important in the life of an animal than the signaling of light!* A shadow or dark effect in the field of vision might indicate food or the approach of an enemy! Darkness of itself, then, is no time for the animal's retina to rest or go to sleep! It therefore adapts itself immediately to the dark by regenerating visual purple; and that, according to many, increases the irritability of the retina by a *millionfold*. A feeble light which previously made no impression on the animal's retina will now set up vigorous retinal action currents! The animal has become far more vigilant than before!

This fact is of primary importance to you because it upholds the value of closing your eyes and resting them several times a day. It gives your retina a chance to increase both its sensitivity and the power of its nerve electricity (the retinal action currents) when you use your eyes again, thereby enabling you to see better. It is best, indeed, to lie down on your back if you can, even for a few minutes at a time, and to cover your eyes with something black, like a clean sock, so that practically no light can reach it (yet, air can) and your retina can thereby recharge itself to the maximum fast with nerve electricity. That will also rest your Highest Visual Center, since its cortex is one of the thinnest of your brain. Wearing sun glasses outdoors on sunny days, as well as indoors against fierce lights, will do somewhat the same thing for your eyes.

LESSON ELEVEN

How to Put Your Primitive Hearing Center Under Psychic Power Control

What Your Primitive Hearing Center (Your Medial Geniculate Body) Can Do for You

Your Primitive Hearing Center is the eighth significant part of your Primitive Autoconscious. It consists of your medial geniculate body, one on each half of your brain. Like your external geniculate body, it comprises a portion of the larger, newer part of your thalamus.

The main function of your Primitive Hearing Center is spatial differentiation. Spatial differentiation is the ability to perceive differences and distinctions in space according to sound frequencies. The bat, as already explained, is phenomenally gifted for that. Your own ear is most sensitive to pitches ranging from 2000 to 5000 c.p.s. (cycles per second): that is, to the upper two octaves of the pianoforte. Your maximum sensitivity for tones is 2700 c.p.s., but the bat can hear frequencies of 98,000 c.p.s. By means of these high pitched (supersonic) cries which it emits, and

its detection of the echo of such sounds from objects in its path during flight, the bat is guided and able to avoid collisions. It possesses a natural radar station. In order for you to hear such fantastic frequencies you would have to develop the Primitive Hearing Center of the psychic master. He achieves it by developing his Cochlear Electricity.

Your Cochlear Electricity—Your Mysterious Other Hearing Electricity

Your cochlea is a tubular, spiral shaped structure in your inner ear. It contains your microscopic "hair-cells," as well as other cochlear structures. When sound reaches your "hair-cells" it throws them into vibration. Its energy, as a result, is then transformed in the nerve endings of the auditory nerve which surround the hair-cells, into nerve electricity. The nerve electricity crosses two Nerve Gaps on its way to your Hearing Reflex Center, another to your Primitive Hearing Center, and still another to your Highest Auditory Center.

Physiologists, however, have discovered to their amazement that *another* unexplainable current is also produced then along the auditory nerve *independent* of the nerve electricity current. Here is how it was discovered. While testing a decerebrate animal (one in which all its brain, except for the cerebellum and the lower projections of the temporal lobe, has been removed) they found that, to their utter disbelief, spoken words and other sounds were *faithfully reproduced* when electrodes were placed upon the auditory nerve and connected with a telephone receiver or loud speaker. Not only that, but the physiologists even picked out *two distinctly different* components in the nerve electricity of the auditory nerve. These turned out to be:

1. The true auditory nerve electricity itself which resulted, as expected, from the sound energy reaching the hair-cells in the cochlea and being transformed in the nerve endings of the auditory nerve that surround them, into nerve electricity. But the *second* component was what baffled them. . . .

2. It consisted of a new, unsuspected *body* electricity which was generated by the same sound waves upon other *non-nervous* structures within the cochlea. The confounded physiologists called it Cochlear Electricity.

The mystery has deepened because *no function* can seemingly be found for the Cochlear Electricity. Physiologists consequently accept it as an accidental occurrence of auditory function. By doing so, though, they shut their eyes to the fact that **NOTHING** in the body or in Nature occurs accidentally. There is always a physical, chemical, physiological, psychological, chronological or supernatural explanation for it. The ex-

planation, indeed, is usually a combination of two or more of these. Besides, hearing *can* be lost in the absence of Cochlear Electricity. Cochlear Electricity, then, *must surely* contribute significantly to hearing.

The Mysterious Power of Your Cochlear Electricity

No function has yet been found for most of your temporal lobe (or the lower sides of your brain). Most of the cortex of the lobe consists neither of your conscious nor subconscious minds. It must consist of some other mind entirely, and that mysterious mind must be psychic power, for it can be nothing else that man knows about.

Besides, there are many proofs for that assumption. Cochlear Electricity differs from true nerve electricity in many decisive ways, except that it exerts its influence over your body from the sides of the brain instead of from your Psychic Power Center in your forehead and temples area. It must be that your Highest Auditory Center has a psychic power center of its own.

The Ten Convincing Differences Between Your Cochlear Electricity and Your True Auditory Nerve Electricity

1st Difference. In general anesthesia (or in sleep, or in the hypnotic, or the psychic trance) your true auditory nerve electricity is abolished. But your Cochlear Electricity is not—because it is not a conscious mind electricity, since you are not awake. Cochlear Electricity, therefore, is the only hearing electricity which is present in you when you are *not* conscious.

2nd Difference. When your cochlea is cooled, your true auditory nerve electricity is lessened, but your Cochlear Electricity is **NOT**. It therefore *does* behave independently of your true auditory nerve electricity.

3rd Difference. When the blood supply to your cochlea is arrested, *both* your true auditory nerve electricity and your Cochlear Electricity are abolished. That indicates that your Cochlear Electricity is brain controlled, too, because brain tissue stops functioning quickly once its oxygen supply is curtailed.

4th Difference. Following death, the true auditory nerve electricity disappears *much sooner* than the Cochlear Electricity. Obviously, again, the Cochlear Electricity is not under the control of the conscious or subconscious minds, otherwise it would also disappear immediately following death. Only something "beyond" your conscious and subconscious minds could exist after death—something like your Primitive Autoconscious.

5th Difference. Your Cochlear Electricity is produced *much sooner* after the sound waves reach your cochlea than your true auditory nerve electricity. To express it in scientific terms, it has a much shorter latent period. That indicates that the producer of your Cochlear Electricity is always better prepared to create it because its ability to do so does not even disappear when you are under general anesthesia or in a trance. And its producer must be either your subconscious mind or your Primitive Autoconscious because those two are your only minds that are never asleep.

6th Difference. True auditory nerve electricity can be recorded in you *only* from your auditory nerve or from some part of your auditory pathway such as your Hearing Reflex Center, your Primitive Hearing Center and your Highest Auditory Center. But your Cochlear Electricity can be recorded from *any part* of your internal ear, or even from any part of your skull, provided that the amplification is adequate. The reason is that the psychic power emanating from your temporal lobe is not confined to your auditory nerve alone, as is your true auditory nerve electricity. It may also be a part of your Primitive Autoconscious structures and is consequently relayed all through your brain and can therefore be recorded from any part of your skull.

7th Difference. Your Cochlear Electricity has a much greater tendency to spread through the tissues of your body than your true auditory nerve electricity.

8th Difference. Your true auditory nerve electricity synchronizes with sound waves up to a maximum of 3000 c.p.s. Your Cochlear Electricity, however, synchronizes with sound waves up to 20,000 c.p.s. With more advanced instruments to record it, it is expected by physiologists to synchronize with sound waves of up to 30,000 c.p.s. That fact again proves that your Cochlear Electricity is under a certain power of mind which is considerably stronger than your conscious mind.

9th Difference. Your true auditory nerve electricity can be created by summation. That is, it will finally be produced even if the sound waves reaching the cochlea are too weak at first but are repeated a number of times. Such, however, is not the case with Cochlear Electricity. It is produced **ONLY** when the initial sound wave reaching the cochlea is strong enough to create it in the first place. It would require a powerful psychic power command to produce it otherwise.

10th Difference. Cochlear Electricity, finally, consists of *piezzo-electric* currents, like those generated by pressure upon a quartz crystal. Nerve electricity does not. Piezzo-electric currents are monstrously intense, and that is undoubtedly why many hysterics are extraordinarily sensitive to all sound. Noises, in fact, disturb them to the point of pain. Their hearing

can become so acute that they distinguish whispered sounds through several closed doors. Experiments have shown that their sound perception may be increased by as much as sixteen times that of a normal person. And yet, all efforts to scientifically train the hearing of normal individuals to attain such hyperacuity has failed. And why? Because the hysteric increased his hearing acuity fantastically, **NOT** with his conscious or subconscious minds, but with Cochlear Electricity multiplied by the psychic power commands of his terrified mind. Since the Cochlear Electricity consists of *piezzo-electric* currents it is astronomically more penetrating than any other kind of electricity. With it the psychic master develops and acquires incredible hyperacuity.

The Stupendous Benefits That Await You When You Put Your Cochlear Electricity Under Psychic Power Control

Even if you put only 1% of your Cochlear Electricity under psychic power control, you will reap unbelievable benefits from it in your everyday life. Here are some of them, resulting from the hyperacuity you acquire.

1. Your hearing will become decidedly keener. Since about 50% of the people in the United States alone are handicapped with a certain amount of hearing loss, anything that improves one's hearing through natural means is most valuable.

2. It increases your social success beyond limit because you will add more variety to your syllabic inflections when your ears are keener and your speech will consequently be more spicy and effective. Your popularity will multiply fast because your jokes will be funnier to listen to, your romantic remarks more endearing, your manner softer and more winning, your speech tone more personal and intimate.

3. It increases remarkably your ability to enjoy music, singing and delightful conversation.

4. You will overhear conversations markedly farther away from you without straining your ears and learn far more about humanity without prying. You will not "miss a thing." You will also overhear easier those who speak too softly. Shy, retiring, frightened people speak gently, as a rule, and are hard to understand. If you can understand them when others can't, you'll win them over to you by helping or advising them when others can't.

5. In most occupations keen hearing is an invaluable asset (in many, an indispensable asset). It is also an energy-saver. Even the nurse and the surgeon have to listen to the pulse and the blood pressure of the patient; the speaker, to the least sound of dissension among his listeners; the actor,

to the least sound of appreciation among his audience; the salesman, to the least hesitation in his prospect's voice.

6. Since Cochlear Electricity is recorded in any part of the skull, it should help those with bone-conduction deafness. It will be of little value in nerve deafness since all sound, to be heard, has to reach the Hearing Reflex Center, the Primitive Hearing Center and the Highest Auditory Center through the auditory nerve.

7. When danger threatens, such as when you are out late at night, or there is a prowler in your house, or you are a soldier in a wooded area or acting as a sentinel, or a watchman at night, hyperacuity can save your life and that of others.

The Three Steps for Acquiring Hyperacuity

To acquire hyperacuity you have to:

Step 1. Increase the audible range of your Primitive Hearing Center. It ranges between 500 to 8000 c.p.s., and you should either try to increase it to 20,000 or more, or to the synchronizing frequency of your Cochlear Electricity. That alone would increase your hearing acuity by four times.

Step 2. Increase your Cochlear Electricity by listening more keenly to the sound so that

Step 3. More hair-cells in your cochlea on both sides of the one or ones which are in tune with the sound wave are stimulated.

You achieve those three steps with auditory psychic power control of your Cochlear Electricity, as you will be taught next. By doing so you also automatically intensify the functions of your Primitive Hearing Center and thereby acquire "four" ears instead of two.

How to Develop and Put Your Cochlear Electricity Under Auditory Psychic Power Control and Automatically Intensify the Functions of Your Primitive Hearing Center

1. Since Cochlear Electricity still manifests itself when you are under general anesthesia, asleep or in the hypnotic trance, it means that it may be controlled best, for auditory exercise, through your loving nerves. Your loving nerves (your parasympathetics) are in control when you are asleep.

Since Cochlear Electricity is produced *much sooner* than your true auditory nerve electricity after sound waves reach your ear, it can be controlled best, for exercise, if the exercise is so brief that no significant amount of true auditory nerve electricity can be produced to help it.

3. Since Cochlear Electricity can be recorded from *any part* of your

skull, provided that the amplification is adequate, it will improve most if you do the exercise with your ears plugged with cotton.

4. Since Cochlear Electricity can synchronize with sound waves up to 30,000 c.p.s., even though your Primitive Hearing Center has an audible range of only up to 8000 c.p.s., it is best to exercise your hearing with sounds which you can hardly discern with your ears unplugged. Your Cochlear Electricity cannot depend then upon any slight aid it might receive from your Primitive Hearing Center.

5. Since Cochlear Electricity does not improve with summation but true auditory nerve electricity does, do NOT do the exercises so soon after each other that you also produce the auditory nerve electricity and unwittingly help out your Cochlear Electricity.

SUMMARY. Follow exactly the five rules below when you do the exercises for developing and putting your Cochlear Electricity under psychic power control.

Rule 1. Sit comfortably and alone in your room and apply the Psychic Arc to stimulate your loving nerves only.

Rule 2. Do each exercise no longer than two seconds at a time.

Rule 3. Plug your ears with hard-packed pellets of cotton a little bigger than the opening in your ear.

Rule 4. Do the exercises with sounds which you can hardly hear with your ears unplugged.

Rule 5. Count about seven seconds before repeating an exercise or doing another one.

Exercises for Developing Your Cochlear Electricity and Putting It Under Auditory Psychic Power Control

Exercise 1. Sit comfortably in your room, with your ears plugged with pellets of cotton. Listen to anything you heard faintly before, like the ticking of a clock, and force your ears to hear it *just as loudly* as you did before.

Exercise 2. Place the clock still farther away and repeat Exercise 1.

Exercise 3. Repeat Exercise 1 with the clock still farther and farther away.

Exercise 4. Repeat Exercises 1, 2 and 3 with something else like your wrist watch, the roar of traffic on the street, or anything different so that you don't get used to the ticking of the clock.

Important. In all four exercises don't forget to use *all the five rules* enumerated immediately above.

Exercise 5. How To Put Your Cochlear Electricity Under Auditory Psychic Power Control. Repeat Exercise 1. After doing it for one second,

deliver a psychic power command rocket from the lower sides of your head (your temporal lobe) down into your auditory nerve in your ear, commanding it to hear much more intensely than it does. The amount of Cochlear Electricity it is producing will increase at once. Immediately thereafter hold your breath, close your eyes and visualize the ticking of the clock pummeling through your skull into your auditory nerve and also increasing enormously the amount of Cochlear Electricity it produces.

Exactly one second later, relax completely so as not to let your true auditory nerve electricity be stimulated enough to help out your Cochlear Electricity.

Exercise 6. Wait ten seconds, then repeat Exercise 2. This time deliver a still stronger auditory psychic power command rocket to your auditory nerve. You need more of it now to hear as well as in Exercise 5.

Exercise 7. Wait ten seconds, then repeat Exercise 3. Deliver such a strong auditory psychic power command rocket now that your whole body will tense. **BUT DON'T LET IT.** Keep yourself thoroughly relaxed with the Psychic Arc. Cochlear Electricity, as already explained, is developed quickest when your loving nerves are in control.

Exercise 8. Repeat the above with Exercise 4.

Do all these exercises and amazingly improve your hearing.

SUMMARY. As with your eyes, these exercises will improve your hearing startlingly. If your hearing is already normal or better, they will add a new world to it. In your occupation or in your leisure activities keen hearing is usually of the utmost importance.

LESSON TWELVE

How to Use Autoconscious Healing to Bring Others Under Psychic Power Control

Your Great, Practical, Everyday Use of Autoconscious Healing

To make others feel good is probably the most effective way to put them easily under your psychic power control. "How are you today?" "How do you do?" "My! You're looking fine!" "How is your wife (husband or child)?" "You look tired today. Don't you feel well?" These and scores of other everyday expressions of greeting, in practically every language, fully attest to the fact that people have always showed concern for each other's health or knew that the other person would be flattered if concern for his health was shown him.

Why is that so? It is for the simple reason that most everybody is sick at one time or another. If he is not sick enough to be in bed when you meet him, he might still feel below par. Most people chronically suffer from headaches, stomach trouble, liver trouble, heart trouble, sinusitis,

melancholia, menstrual depressions, love sickness, financial "blues" and scores of other borderline ailments which would not exactly confine them to bed. They feel "under the weather," to use a common expression. Your being able to help them feel *much better* when and after you meet, is a truly rewarding secret power. You could, if you wish, perfect your ability in it until you acquire that of a psychic master. Everybody, though, is not gifted enough with that talent to become a psychic master in it. Even among the Apostles, once they embraced the faith, some were gifted for performing certain types of miracles and some for performing others. Several of them were gifted for psychic healing, others were not.

Everybody, nevertheless, possesses some talents in that direction. At least he possesses all he needs of them to develop it for psychic power control over others in his everyday life. Then it is Autoconscious Healing.

The 4 Steps of Autoconscious Healing

When your pet, your child or your beloved was injured or ill, you felt that you could stroke the pain or sickness out of him (or her). When you suffered a bruise as a child, you wished that your mother would come and rub it for you. She might have exhibited psychic healing powers with nobody else, but she exhibited them with you. She instinctively used Autoconscious Healing with you. She stroked your injuries tenderly, spoke to them and ordered them to get well. You, too, had absolute faith in her power to heal you. Without all those conditions psychic healing is impossible. Had some stranger instead passed by and rubbed your injury—someone particularly whom you feared or despised or in whom you lacked faith, you would not have been swiftly healed or felt healed by him. Had your mother, in fact, been too impatient to bother with you and had rubbed your bruise "any old way," meanwhile grumbling or scolding you, you would have felt only worse. You would have had no faith in her power to cure you. Both you and the other person have to attain a certain degree of rapport with each other even before Autoconscious Healing can work. Then you pursue another four steps, or a total of five easy steps, and you will have him firmly under psychic power control.

The 4 Easy Steps for Autoconscious Healing are:

Step 1. Establish rapport with the other person first.

Step 2. Project infrared rays to him through your Brain Horns and

Step 3. Press your body electron surplus into him with your hands.

Step 4. Climax it all with Healthy Organ Visualized Forms projected through your Brain Horns.

These four steps will now be explained and you will be taught how to use them.

STEP 1. The Torso Cure is the easiest means with which to establish rapport with the other person for Autoconscious Healing. Most of his ailments, including headaches, originate in one of the organs of his torso like his stomach, his heart, his lungs, his liver, his intestines, his colon, his rectum, his kidneys, his bladder, her uterus. When you encounter Jack or Jane, at once project him or her the Torso Cure before you even utter a word. If you meet him too suddenly, then project it to him immediately after you exchange greetings.

Exercise. How To Establish Mutual Rapport Fast Between You And Anyone. You run into Martin on the street, in the office, at a social gathering, in your house or his, the club, the golf course or anywhere else. Instantly visualize his torso, from head to thighs, as secreting within it a profusion of acetylcholine at every Nerve Gap. Or you can just visualize his torso and at the same time think strongly of a juicy steak or of something else that you relish eating. Maintain that thought or vision clearly for two seconds.

This mental picture will automatically be telepathized into Martin's mind. It will be a picture of a *painless* torso, for acetylcholine is secreted by your loving nerves, and those are nerves of *pleasure*, not pain.

Martin's conscious mind will subsequently ignore any pain sensations it receives from his Sensations Recording Center which originated in his torso or which are caused by it reflexly, like a stomach headache. So he feels better immediately and subconsciously associates you with that feeling. He is left eager to meet you or associate with you again. You have created mutual rapport between you two... fast.

STEP 2. Start conversing with him next. If he already felt fine you can influence him no more with the Torso Cure. Autoconscious Healing is more effective on the person who does not feel fine. If he feels sickly and reveals his real or imagined affliction, deliver to him, through your Brain Horns, a blast of infrared rays backed up with staggering photon power.

STEP 3. If Martin is confined to his bed and you visit him, fill him with electrons to fight off his malady by the laying on of hands with the *tender touch*. Stop regarding your hands as if they are nothing more than fists for striking or tentacles for grasping. View them as if they are gentle projections for petting loving animals.

Exercise 1. How To Fascinate Your Pet Animal With The Tender Touch. Practice the *tender touch*, first with your pet animal, let's call her Prissy. If the touch is rough, Prissy will try to avoid it and you will have

to soften it before she will tolerate it. When it is gentle enough Prissy will press her body against it and plague you for more of it. If you stroke her tenderly repeatedly she will fall into a semi-hypnotic trance. If she is a cat she will half close her eyes and purr; if she is a dog she will wag her tail and lick your hand.

Note. Prissy, you will find, enjoys most being petted on her back, neck, back of her neck and abdomen.

When you touch sick Martin, use the paddings of your fingers exclusively. They transmit most easily into him your surplus body electrons, your radiant heat and your infrared ray radiations. **DO NOT** use the ends of your fingers nor your palms. Make a pretense of feeling Martin's pulse, and that will enable you to touch him only with the paddings of your fingers and transmit your Autoconscious Healing powers into him. Since the electric current flows from the negative to the positive, electrons will flow from healthy YOU (who are negative charged) to sick Martin (who is positive charged). The sicker he is, the more positive charged he will be, and the more electrons he will absorb from you.

STEP 4. If Martin is not sick in bed, you will have little chance of using the *tender touch* on him. So, once he confides to you what afflicts him, immediately apply the Visualized Cured Organ on him. (Apply it to him also when he is in bed and you use the *tender touch* on him.) The Visualized Cured Organ exerts a specific effect on him and is a potent follow up to the Torso Cure. With it you pinpoint the exact organ which he complains about and psychically drive a healthy organ "into him" in its place. This is a most effective step in Autoconscious Healing and it will have a miraculous effect on Martin. It is the quick way to drive his morbid attention away from the body organ that obsesses him so that he reflects about you alone and feels that he cannot do without your company after you two separate. So, study this step well, and learn how to create the Visualized Cured Organ.

How to Create the Visualized Cured Organ

You have seen most of the organs of the animal body in the meat market or the butcher shop. At least you have seen the liver, the stomach, the heart, the kidney and perhaps the lungs. The intestines, colon and rectum are prolongations of the stomach, since they all make up the alimentary canal. They are more tubular in shape than the stomach and are folded neatly inside the abdominal cavity in order to fit into it. Also you already possess a general idea of where these visceral organs are located in the torso. The lungs are in the chest; the heart is in the lower

middle left of the chest; the liver is in the right side, by the lower ribs; the stomach is just below the lower tip of the breast bone; the intestines are between the stomach and the navel; the colon is like an inverted U in the abdomen; and the rectum is between the gluteal groove.

Common organic diseases, particularly the everyday variety which keep people feeling "out of sorts" originate most often in one or more of these visceral organs. These, consequently, are the important ones to learn to visualize as cured.

Exercise 1. Stare into space and visualize each of the above named visceral organs, one by one. (If your memory needs refreshing, go to the meat market or butcher shop and look over these organs again. Do not study them from textbooks. Unless you are a professional student the illustrations in the textbooks will only confuse you.)

Exercise 2. Stare at your image in the mirror, gluing your eyes at the part of your body where each visceral organ is more or less located. Visualize each one in its proper place lying there in the healthy state.

NOTE. But don't forget to reverse the sides of your body when you stare at your image in the mirror, just the way you will stare at the other person when you meet him on the street or even visit him when he is confined to his bed. His right side, as well as that of your image, lies at the *left* of you then, and his left side lies at the *right* of you. The organs on the *right* side of your body should be visualized as lying on the side of his body which is to the *left* of you, and vice versa.

If his back is facing you, of course, then your sides and his sides would coincide.

Exercise 3. Now, visualize each visceral organ as functioning. Visualize your heart receiving blood through one opening at the top of it and pouring it back out through another. Visualize your liver producing red blood corpuscles to enrich your blood and pouring them out into it. Visualize your stomach partly filled with food and engulfing it with digestive juice and kneading it rhythmically. Visualize your lungs filling with air and forcing oxygen into your blood. Visualize your kidneys filtering your waste-carrying blood and then being "cleaned" by the water you drink. Visualize your bladder as slightly alkaline in content and holding clear pale urine. Visualize your rectum as a smooth tube through which your solid body wastes are pushed out easily.

Exercise 4. Shut your eyes now and open them again. This time see your image in the mirror as being Martin himself. Visualize, now, a healthy red liver floating in the air. With a psychic power command rocket, implant it into Martin's right side (which is on the left of your image) so that it instantly replaces his ailing one.

Exercise 5. Do likewise with the other visceral organs. Practice so that you can visualize *any* of these organs instantly and can implant them immediately in the right spot. *That* is the Visualized Cured Organ.

That is what Autoconscious Healing consists of. Start applying its four steps on people as soon as possible. You will find them staggeringly effective.

LESSON THIRTEEN

How to Do the Seemingly Impossible with Your Body Electricity and Your Brain Horns

The Human Lamp

It is common knowledge that the psychic masters can illuminate darkness by creating a light from themselves which casts no shadows. Certain bacteria emit not only heat by also *visible* light rays. In 1923 Gurwitsch discovered that cell divisions were stimulated when growing plant tissue was exposed to the tip of an onion root. By appropriate devices he showed that radiations, which he called "mitogenic rays," were emitted from the onion's root tip and that these rays stimulated mitosis (division and multiplication) in cells. It is by no means inconceivable that the power to create light lies dormant in *all matter*, living or dead. Light is created by heat; and all bodies, living or dead, can create heat through their living processes or through the atomic movement within them.

You have also been shown repeatedly that your muscles and nerves react electrically: indeed, that your whole body reacts electrically to your external environment. Also, that it produces both radiant heat and infrared radiation. What could be more natural than for the psychic master to develop that heat 109 times more than normal, without even counting the further multiplications which he can bring about at the Nerve Gaps, and create a Human Lamp?

How to Create a Human Lamp

The electric organs of fish like the electric eel and torpedo can discharge an electric shock which, in some of the large species, measures from 400 to 800 volts. Their electric organ is composed of plate-like structures arranged in series or columns which are believed to have evolved embryologically from the end-plates of skeletal muscle. One side of each plate is innervated and that side acquires a negative charge (—) when the creature releases an electric charge. The other side of it acquires a positive charge (+). High concentrations of cholinesterase (the enzyme which breaks up the acetylcholine after it is produced at the Nerve Gaps) are produced in these electric organs. In some instances several kilograms are formed in an hour, or about three or four times the weight of the electric organ itself. Acetylcholine, therefore, is closely associated with the electric discharge of these electric organs. In some species the acetylcholine *even accompanies* the conduction of the nerve electricity along the bodies of their nerves, too, for it is secreted in them *not only* at their Nerve Gaps but throughout *the whole length* of their nerve bodies! The production of acetylcholine is consequently absolutely necessary in order that the nerves and the electric organs of these species produce electricity.

How, then, could you create a Human Lamp? Obviously, by your liberating acetylcholine *not only* at your Nerve Gaps but also along the whole length of the nerve body. How could you accomplish such an incredible thing? The most logical answer is—with the Psychic Antidrom.

The Miracle of the Psychic Antidrom

When the message to your brain reaches the end of a nerve segment, it cannot bridge the Nerve Gap and proceed farther along the nerve circuit unless the nerve ending secretes acetylcholine between the gap. And, according to the Bell-Magendie law, the nerve electricity (or the message) in a message carrying nerve segment can travel only **TOWARDS** the brain, and never **FROM** the brain. **HOWEVER**, as far back as 1876–1877 Stricker reported the existence of antidromic nerves. He found, in other

words, that the nerve electricity, particularly in certain types of message carrying nerves, *could also travel in the opposite direction*, or **FROM** the brain. But since his discovery did not conform with the accepted Bell-Magendie law it was ignored. Much later, though, Bayliss studied the question anew and concluded that Stricker was right. The nerve electricity in such a nerve segment, he found, **COULD** travel in the opposite direction. Upon reaching the Nerve Gap, in other words, it could reverse its direction and send the message **BACK** to where it came from—or even send back a different message entirely. Bayliss and Langley therefore called such nerves *antidromic* (or running against the current). In the limbs such nerves pass mainly to the blood vessels of the skin. Few, if any, pass to the blood vessels of the muscles. Those antidromic nerves are the ones that can create the Human Lamp, for the skin is what throws off the light rays and lights up. The muscles, even if they could, are too deeply embedded in the body to throw off visible light.

Bayliss and Langley, furthermore, found that the antidromic messages could be elicited by either electrical, thermal or mechanical stimulations. The stimulation just had to be strong enough, or the condition of the body had to need such a message to help it.

You already know that the hysteric **CAN** make any physiological reaction take place in his body because his psychic power command, even if negatively used, is a powerful enough stimulation. The same applies to the Psychic Antidrom. You too can make such a nerve of yours reverse the direction of its nerve electricity and convey messages in the opposite direction—providing that you send it a powerful enough psychic power command ordering it to do so. You then cause the segment of that nerve to *retain*, at the Nerve Gap, the acetylcholine which it produces to enable its nerve electricity to bridge the gap, and to **REABSORB** it instead and thereby carry the message *right back* in the same direction from where it came.

The resistance which this antidromic nerve electricity encounters in the body of the nerve segment results in the creation of a stupendous quantity of energy and heat. Your skin, as a result, throws off an abnormal quantity of radiant heat and infrared rays. That is the Psychic Antidrom. The hotter and shorter these infrared rays are, the shorter their waves will be, and the brighter they will show in the dark. By augmenting the energy and heat produced in the nerve body one hundred and nine times more than yours, the psychic master creates the Human Lamp. (That is not even counting his multiplications at the Nerve Gaps.) The exercise below will develop a powerful Psychic Antidrom for you.

Exercise. How To Develop The Psychic Antidrom And Create A Human Lamp. Sit alone in your room and immerse one hand in a bowl

of very cool water. A message will at once rush up your message carrying nerves TOWARDS your brain. When it reaches the Nerve Gap in your spine it will leap across it and sail upwards to your Sensations Recording Center. The nerves of your hand, arm, on up to your Sensations Recording Center, in other words, will have produced along their course, a negative charge (—) of nerve electricity.

But DON'T LET your Sensations Recording Center relay that message on to your conscious mind, or your conscious mind would either retrain your Sensations Recording Center and command it to accept the sensation of coolness coming through your hand as being less cool than it actually is, or it will deliver a command to your arm muscles to withdraw your hand immediately from the unpleasant cool water.

To prevent that from happening, *the moment* you place your hand in the cool water, deliver a smashing psychic power command rocket to your Sensations Recording Center ordering it to *convert* the sensation of coolness it receives from your hand, into one of intense heat. If your psychic power command rocket is powerful enough it will cause an antidromic (running against the current) effect to meet your message at the Sensations Recording Center, halt it, and deliver *back into the nerve*, instead, a negative charge (—) of nerve electricity down your message carrying nerve, *back* to the skin of your hand, carrying a command of intense heat.

Practice this exercise and multiply fast the *strength of delivery* of your psychic power command rocket to halt and *convert* the message until your cool hand actually feels warm. That is how to develop the Psychic Antidrom and start creating a Human Lamp yourself.

IN SUMMARY. Needless to state, you won't develop overnight, if at all, a Human Lamp which anybody can detect even in the dark unless you practice it as relentlessly as a psychic master. But the exercise will develop in you the power to radiate an overwhelming body warmth at will which will enslave people to you with incredible speed socially, romantically and in business.

Exercises for Using the Psychic Antidrom for Everyday Gain

Exercise 1. How To Kindle The Fires Of A Cooling Wife Or Husband With The Psychic Antidrom. Your wife or husband Joan or John (depending on your sex) does not seem as ardent towards you as she was in the past. That very night start exerting the Psychic Antidrom on her.

Her message of coolness has already reached your Sensations Recording Center and produced along its course from your Brain Horns, a negative charge of nerve electricity. Deliver, now, a smashing psychic power command rocket to your Sensations Recording Center ordering it to convert that sensation of "coolness" from her into one of ardent desire. Your powerful psychic power command rocket will at once cause an antidromic (running against) effect against her message of coolness at your Sensations Recording Center by halting it and driving it back along the same nerve, but now as a command of ardent desire. Her continuing "coolness" message will battle you back, but intensify your psychic power command rocket and drive her message out through all your nerves to your skin. As the battle rages on, such a great heat will accumulate on your skin surface that it will overcome her resistance to you when you press your advances on her.

Exercise 2. How To Quickly Overcome The Other Person's Defenses Against You With The Psychic Antidrom. Joe acts suspicious of you socially or in business or both. He may even be a new client, customer or patient who does not trust you too much. In your very bones you seem to feel that enervating watchfulness on his part. It is time to use the Psychic Antidrom on him. Send a smashing psychic power command rocket to your Sensations Recording Center ordering it to convert this sensation of "heated antagonism" which he arouses in you to one of gentle calm and coolness. That sets up a "battle" between your conflicting attitudes. Intense heat results when your psychic power command rocket drives his to your skin, and it subdues Joe.

How Your Psychic Power Center Can Keep You Young

Recorded instances of human beings living to incredible ages (some up to three hundred or four hundred years) amount to quite a number. With many of them the individual, shortly after crossing the century mark, grew back a new crop of natural color hair, a youthful skin, regained his sex activity and appeared forty years younger. Many who lived beyond two hundred even experienced these spontaneous rejuvenations twice or more.

Since these automatic rejuvenations are under the influence of the Primitive Autoconscious (for they are certainly not under the influence of the conscious or subconscious minds, or practically everybody would apply them to themselves) they are undoubtedly induced by reaching the Primitive Autoconscious forcefully enough. Or perhaps they are induced by psychically reactivating the aging endocrine glands—the thyroid,

pituitary, thymus, adrenal, parathyroid, as well as the sex glands. Such an influence would certainly be followed by an all-over automatic rejuvenation, provided that the individual's organs and blood vessels are still normal—unless these rejuvenate too.

The key to longevity, then, is NEVER to accept old age as inevitable. Feel and think as if you are always hale and hearty and much younger than you are. NEVER consider yourself as being over twenty-eight or thirty-five years old. You have to eat and live right, of course, in order to *feel* young, but you still have to continue driving psychic power commands into your Primitive Autoconscious to remind it that you are always young. That conditions it into keeping you much younger than you actually are, just as the hysteric conditions it into keeping him much sicker than he actually is.

How to Rest Lying Down in the Dead Man Position

An important rejuvenation and longevity aid is to schedule yourself to rest about twice during the day, a half hour each time. Such resting relaxes you and helps to prevent you from feeling "sapped." You will be practically staggering on your feet by bedtime otherwise. By resting lying down several times a day, too, you will go to bed only half as exhausted as otherwise and will regain swiftly the electrons which your body lost during the day as it grew fatigued. The best times for those half hour rest periods are during your coffee breaks or just before lunch and supper. If the only convenient time is just before supper, then indulge in it at that time. Resting once a day is still much better than not resting at all.

Exercise For Practicing The Dead Man Position. Remove your shoes and lie flat on your back with legs outstretched. Relax your feet and let them turn outwards naturally. . . . Rest your arms comfortably alongside your body. Close your eyes and cover them with a soft piece of cloth or a black sock to shut out all light. That soothes your eyes and allows you to relax better. Irritated eyes are a primary cause of tension and cause an unnatural loss of body electrons to the air.

Now, consciously relax every muscle of your body. Surrender your whole weight to the couch or ground. Lying on sand is excellent, as it gives gently to the curves of your body. Next to sand, lying on a foam rubber mattress on the floor is ideal, or lying on it on the bed with a layer of plywood between it and the bedsprings. Let your heels dangle freely off the end of the mattress. Use no pillow. If the mattress is too hard beneath your head, add a two inch layer of foam rubber beneath your head. Lie perfectly still. This, the Dead Man Position, removes ten-

sion from your muscles, soothes your nerves and recharges your body speedily with electrons. *Rest of the muscles*, in other words, *precedes rest of the mind*.

The Upside Down Position, and Its Great Values

If you can stand on your hands with your feet braced against a wall several times a day, when your stomach is empty, you will bring more blood to your brain and help stretch your brain capillaries permanently. Narrowed brain capillaries always threaten one with a "stroke." You are as old as your blood vessels, particularly your brain's.

Note. If you suffer seriously from nearsightedness, however, engage sparingly in this exercise. Increasing the blood flow to the eye increases its intraocular pressure and lengthens the eyeball. That increases nearsightedness.

Increasing Your Electrical Potential

Live foods are most important to health and therefore to longevity. Foods in their natural state act as electrolytes in the body. They can conduct a current of electricity, to be more explicit, as well as be decomposed by it. Through that ability of the foods, the body nourishes itself.

And, all life is electrical in nature, including man's complex organism. You already know that the atmosphere is electrical and has a positive charge (+), and that the Earth has a negative charge (-). The interaction of the positive charge of the atmosphere with the negative charge of the Earth makes all life possible. Man, consequently, *has to be* electrical in composition, since he is a living thing. He is composed of both positive and negative charges, but he is charged negatively. When he deviates from that normal charge, as you are already informed, he turns ill.

Your body, then, is constantly immersed in a sea of electrical energy from which you draw your life. You absorb this energy through many avenues, all leading directly into each body cell. These avenues consist of the foods and fluids you consume, the air you breathe and, last but not least, your nervous system. To improve your health you have to increase your electrical potential. Your psychic power can be projected more strongly when your body is fed electrically. Pure air, live foods, rest and control of your Primitive Autoconscious—all add electrical potential to your body. That, in turn, brings you increased muscle tone and a feeling of POWER WITHIN. The result is, *invincible confidence* in anything you undertake.

Why You Can Perform Miracles—The Power of Molecular Action

"Miracles" are possible to execute because all life, both living and "non-living," are one. Life is like a colossal invisible cloud as big as the universe itself. It penetrates and is therefore a part of everything. Men might differ regarding its nature, but all agree that it is One. They grow confused only when they try to analyze the One. Idealists call it the Mind. Theologians call it God. Naturalists call it Nature. Mystics call it the Unknowable. Occultists of the East and West call it the Absolute. . . . But all of them agree that the One permeates every apparent form of life. They all agree that all material forms, forces, energies and principles must issue from that One and consequently are "of" it. Since *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL* seeks mainly a *scientific* understanding of all mystery, it will call the One, Molecular Action.

Everything, then, results from, is always constituted of, and remains or becomes Molecular Action. Nothing is free of Molecular Action. You can, for that reason, influence *anything you want to* because everything has Molecular Action and so do you. You just have to use your own Molecular Action (exerted through your body emissions) to control anything you want to. Time, space, cause or effect do not exist in the Eternal. All of it is Molecular Action. That, to repeat, is why miracles are possible to execute. Control the Molecular Action of anything thoroughly enough and you can execute "miracles" with it. In physics and chemistry, Molecular Action of different substances are controlled by changing their temperatures or by putting them together with other substances with which they react, at the temperatures and pressures at which they react. They are also controlled through electricity and different light rays. They are even controlled through magnetic attraction or repulsion. Still other means, used by the mind, will be explained in subsequent lessons.

The Latent, Inconceivable Power Teeming in Everything

Everything in the universe is alive, molecularly speaking. The molecules of all matter, either living or "dead," are in constant motion; they are always either being attracted to or repelled by one or more molecules. Matter changes only physically, chemically or both. The molecules of matter may divide up and their parts recombine with other atoms or molecules and form new molecules, but they still continue in motion.

Ice may turn to water, the water to steam and the steam to air, but it is still matter, and matter consists of molecules in action. When the matter is a pure element like calcium it consists only of atoms of that element. But since most matter exists in a combined form (that is, its unit structure consists of two or more atoms of different substances chemically combined into one molecule), it is more practical to call the One, Molecular Action.

That is why you can develop remarkable hidden powers such as the power of mind over matter, of divining the future (precognition or seership), levitation and more. All matter consists of Molecular Action. You can perform every miracle the psychic master can, when you control the power of molecular attraction that holds together the molecules of the matter being influenced.

The Power of Psychic Power Control Over Matter

You understand now how you CAN exert psychic power control over objects and events. You need only to establish Molecular Psychic Contact with them, and that is possible because everything is composed of Molecules in Action.

How do you establish Molecular Psychic Contact with objects and events? Through varying the temperature and pressure of your psychic power projection. In a solid the molecules are therefore more numerous and thus remain closer together than in a liquid or gas. A solid contains far more molecules per cubic unit than a liquid. (Ice and water are perhaps the only exceptions because ice expands.) A liquid contains far more molecules than a gas, or gases. The molecules of gases attract each other more strongly, as a result, than those of liquids or solids, but for the same reason they bounce off each other less actively when they collide. The molecular speed in a solid (except in ice) is consequently slower than that in a liquid or gas. It is fastest in gas (or in plasma, the latest state of matter discovered).

When a substance is heated, its molecules move faster and thereby bounce farther away from each other after they collide. The substance then expands. When it is heated hot enough its molecules move so fast and bounce so far away from each other after they collide that the substance changes its form. A solid then changes into a liquid, and a liquid into a gas.

When a substance is cooled, the opposite phenomenon takes place. Its molecules are then drawn closer and closer together so that the substance contracts. When its temperature falls low enough, its molecules

move so slowly and are drawn so close together that the substance again changes its form. A gas then changes into a liquid, and a liquid into a solid.

The same occurs even with sound. When the frequency of a sound is increased (or its wave lengths are shortened) its pitch rises. When its frequency is decreased (or its wave lengths are lengthened) its pitch falls.

In order to perform a miracle involving any substance, you have to alter your psychic power projection to it to a degree where it more closely corresponds to that of the molecular concentration of that substance. You will then influence the maximum number of molecules in it. If it is a gas, you have to speed up your psychic power projection to do so. If it is a solid, you have to retard it.

The following exercises will show you how amazingly Molecular Action can be psychic power controlled.

Exercises For Molecular Psychic Contact. The exercises for Molecular Action are simple to explain.

Exercise 1. How To Establish Molecular Psychic Contact With A Liquid Or Gas. Sit and gaze at the water or air and apply the Psychic Arc to it as intensely as you can. (Think of the juicy steak or of something very delicious.) The hotter your Psychic Arc for the air the better, for its molecules move faster and farther apart still than those for the liquid. The psychic master, by heating himself up so much hotter than you, naturally contacts so many more molecules than you that he can perform miracles with water or air. The exercise, however, will perfect your ability to project very hot Psychic Arcs, and you already know how effectively you can use the Psychic Arc in your everyday life.

Exercise 2. How To Establish Molecular Psychic Contact With A Solid. Sit and gaze at a solid object and apply the Violent Arc to it as intensely as you can. The Violent Arc heats up the *inside* of your body, like a fever—but also like a fever, it cools down your skin to a chill. The narrow short rods which gather from your cold skin and create in your Brain Horns, then, are *cold* rods. The colder (or the more intense) your Violent Arc the better for this exercise. Its projections from your Brain Horns will consequently vibrate correspondingly slower and contact correspondingly more of the slower moving molecules of the solid. The psychic master, again, by chilling himself far colder than you, will naturally contact so many more molecules than you that he can far more effectively “bend them” to his will, such as in miracles in which he multiplies loaves of bread. The exercise, however, will perfect your ability to project very cold Violent Arcs, and you already know how it can be used in your everyday life.

Molecular Eyes—How to Dissolve a Cloud

Some psychic masters have developed the power of dissolving a cloud. Incredible as it seems, reflect first of all upon how a cloud is formed. These are its scientific steps.

(1) There is an air mass in the sky which contains enough moisture to saturate it.

(2) In the cold part of the air mass, a warm current of air enters.

(3) The resulting temperature of the union of the cold and warm air will be below that of the moisture already saturating the air.

(4) MORE moisture forms, as a result. And so, there is *too much* moisture in the air mass.

(5) This excessive moisture condenses immediately around floating particles and forms a cloud.

To dissolve the cloud you have to *raise* its temperature and cause the excessive moisture in it to evaporate. You have to project *heat rays* to it, in other words. The psychic master can do that with the Psychic Antidrom.

Exercise. Be thoroughly rested for this exercise. Before commencing it, too, engage for five minutes in calisthenics to warm up your body and start producing excessive body heat.

Now, stare at a cloud in the sky and fasten your eyes on its darkest spot. There is where its most excessive moisture is concentrated and from where rain could start falling first.

Take slow, deep breaths and fill yourself with electrons. Now, do the Psychic Antidrom, intensifying it to the peak. Great warmth and energy gather at your skin surface, as a result, and you experience a sensation of steadily growing, insurmountable power bursting through your chest. Explode from your chest, next, this rolling ball of fire skywards, and ram it into the cloud with another psychic power command rocket from your Brain Horns. Do it four times, like a cannon bombarding a fortress.

Climax the exercise with Visualized Forms. Visualize the cloud warming up and its darkest spot fading. Project this Visualized Form to the cloud. Continue projecting one Visualized Form after another to it until the cloud dissolves.

CONCLUSION. Of course you will experience no perceptible success with this exercise. You would have to build up your psychic powers at least another one hundred and nine times before you could. But the exercise will develop your Primitive Autoconscious for practical purposes.

The Power of Your Words

Many miracles are accomplished easier through the help of words, so don't be reluctant to direct your psychic power commands with oratory, silent or otherwise. With the power of words, as preposterous as it seems, psychic masters have been known to cause earthquakes, storms and tempests. Lesser lights have, in the interiors of India and the West Indies, by uttering only a few words and making a few gestures, brought down torrential rains with terrifying claps of thunder. Words give your Visualized Form more realistic substance, too, because you envision it more dynamically when you also describe it to yourself. The proper words, repeated to yourself, can prove as effective for you as those of the hypnotist can be for him.

LESSON FOURTEEN

How to Develop—and Gain Unbelievably from —Psychic Power Vision

Psychic Power Vision is the ninth most significant part of your Primitive Autoconscious. It is also one of the most astonishing parts.

The Miracles of Psychic Power Vision

Stupendous feats are performed with Psychic Power Vision. Even with a moderate amount of it, the psychic master sees through brick walls, solid steel and granite and perceives what goes on in an adjoining room or in some place nearby. With Psychic Power Vision he reads passages from closed books, reads sealed letters and observes the contents of locked steel boxes. With it he sees within the bodies of the sick. If he knows pathology he can diagnose ailments. With a developed Psychic Power Vision 109 times more penetrating than yours, which he multiplies by another 12x12x12 by overcoming three Nerve Gaps without losing much of his retinal action currents, the very ground over which he treads grows transparent to him and he can peer down into its depths. Inside

the earth he can discern worms at work; he can discover veins of mineral, coal, oil and underground streams. With Psychic Power Vision he can magnify, like a microscope, minute physical or astral particles to a thousand times larger than the microscope can. With it he can peer even inside *the atoms themselves*.

Not only does he perceive both the inside and outside of any substance, but even its astral body fitting snugly into it. (But more about astral phenomena in later lessons.) Psychic Power Vision is an incredible accomplishment.

Psychic Power Vision, though, has some limitations. It diminishes with, and fails altogether, beyond a certain distance. That distance varies according to the amount of development of your unknown self and also according to the power of your Psychic Power Vision projection.

When you gaze through the earth with it, you don't see through it as clearly as if you were looking through glass. You see through it more as if you were peering through a body of water or through a moderate fog with your physical eyes alone. To repeat, you can still see through the earth, but what you see inside of it grows dim with distance and finally disappears from view. By adding the astral tube to your Psychic Power Vision, of course, as you will learn later, you can get better results. But the limitations described still apply.

How to Acquire Psychic Power Vision, the 6 Means

As the Oriental occultists describe it, Psychic Power Vision is "the power of making your vision large or small at will." You attain it by enormously varying your visual apparatus through six means. The first three means are the ones you are to apply. The last three are for the psychic master.

The first three means, or the normally used ones are:

- (1) Vary the convexity of your eye lens.
- (2) Vary the convergence of your eyeballs.
- (3) Vary the size of your pupils.

You should add to them the fourth means:

- (4) Peep through the inter-molecular ether.

The fifth and sixth means, those for the most advanced psychic master, are:

- (5) Either elongate or shorten the eyeball with eye muscle power and thereby move his retina backwards or forwards. (That is what the mollusc *pleten* does.)

- (6) Move the lens itself forwards or backwards. (That is done by man in photography and by bony fish.)

How the Normally Used Three Means Can Function to Bring You Psychic Power Vision

Your normally used three means can function to bring you psychic power function by greatly improving your near and distant vision, as detailed below.

1. How The Normally Used Means 1, 2 and 3 Function When You Look At An Object NEAR YOU. (Accommodation For Near Vision.)

(a) When you look at an object near you, your eye lens increases its convexity.

(b) Your eyes converge or move closer together, so that both of them can gaze at the same object at the same time.

(c) Last, your pupils contract and reduce the color and the amount of light being reflected into your eyes by the object in order that you may recognize it more easily. (The closer the object is to you, the more color and light is reflected into your eyes.)

2. How The Normally Used Means 1, 2 and 3 Function When You Look At An Object FAR AWAY FROM YOU. (Accommodation For Distant Vision.)

(a) When you look at an object far away from you, your eye lens decreases its convexity.

(b) Your eyes *diverge* or move farther apart to bring their two gazes more parallel to each other. Both of them can then look at that same object at the same time.

(c) Last, your pupils *dilate* and increase the color and the amount of light being reflected into your eyes by the object in order that you can recognize it easier. (The farther the object is from you, the less color and light is reflected by it into your eyes.)

How to Develop Psychic Power Vision with the Normally Used Three Means

To develop Psychic Power Vision with the normally used three means, do the following exercises faithfully. You won't have to think of the three means as you do the exercises because the latter are designed to put them automatically into action—the exercises will automatically vary the convexity of your lens, the convergence or divergence of your eyeballs and the size of your pupils.

Exercise 1. How To Develop The Psychic Power Vision Magnifier And Improve Your Near Vision. Open any book to any page of the text and stare at any letter on it. Look NOT at the whole letter but at each

individual line or curve in its contour so that your eyes have to converge upon their hair-like thinness.

Now, deliver a psychic power command rocket from your Psychic Power Center (in your forehead) to your Highest Visual Center (at the back of your head) ordering it to visualize the letter as growing to twice its size both in length, width and line thickness.

To reinforce it, immediately deliver a second psychic power command rocket to your Organs Control Center, ordering it to stimulate your loving nerves. That is achieved easily with the Psychic Arc. So, as soon as you deliver Rocket 2, think of the juicy steak as vividly as possible and your loving nerves will dominate your body and cause your eye lenses to bulge still more, your eyeballs to converge even more, and your pupils to constrict still more. All these changes will increase your near vision visual acuity.

This exercise will be of even greater benefit to you if you are farsighted and have trouble seeing clearly when you read or do close work. The psychic master persists with it until he can magnify fine print, far too tiny to read, like a magnifying glass and read it with ease. Subjects under hypnosis can read print many, many times smaller than the best normal eye can.

Exercise 2. Repeat Exercise 1 with other letters, and then with whole words.

Exercise 3. Repeat Exercises 1 and 2 with smaller and smaller print.

Exercise 4. How to Develop The Psychic Power Vision Magnifier And Improve Your Distant Vision. Stare out your window at an object so far away in the distance that you can hardly discern it. Select something which possesses a little width, like a faraway tree or car, and look at *both* ends of it at the same time in order to prevent your eyes from converging. Keep your visual axes, in other words, as parallel as possible. To do so your eyes should approximate their *position of rest*.

Now, deliver a psychic power command rocket from your Psychic Power Center (in your forehead) to your Highest Visual Center (at the back of your head) ordering it to visualize the tree or car as growing to twice its size both in length and width.

To reinforce Rocket 1, immediately deliver a second psychic power command rocket to your Organs Control Center ordering it to stimulate your fighting nerves. This is achieved with the Violent Arc. The Violent Arc is done exactly the same as the Psychic Arc except that instead of concentrating your mind on something delicious like a juicy steak, concentrate on something that infuriates you, like an enraging experience. That stimulates your fighting nerves (your sympathetics) and they secrete sympathin and dominate your body. During terror and hysteria, for

instance, the fighting nerves can increase so enormously the amount of sympathin they secrete at the Nerve Gaps that the hopelessly paralyzed have leaped out of their beds and fled from burning houses, and emaciated maniacs have successfully resisted the strength of six attendants. Your fighting nerves therefore cause your eye lens to flatten out still more, your eyes to diverge still more, and your pupils to dilate still more. These changes increase your distant vision visual acuity.

This exercise will be of even greater benefit to you if you are nearsighted and have trouble seeing clearly when you look into the distance. The psychic master persists with it until he can magnify far-away objects so effectively that he can study their details just as clearly as if they were right before his eyes. Subjects under hypnosis can see astoundingly far away and very clearly with the naked eye.

Exercise 5. Repeat Exercise 4 with other simple objects and then with complicated objects like a tree with fine leaves. Even try to count the leaves.

Exercise 6. Repeat Exercises 4 and 5 with objects still farther and farther away.

How to Develop Psychic Power Vision with the 4th Means

The fourth means for Psychic Power Vision is for peering through the inter-molecular ether. Since, as already stated, the ether pervades everything, to see through solids you have to see through the ether space between the molecules of the solid. Such a "miraculous" stage of Psychic Power Vision, of course, can be attained only by the one who sets out to become a psychic master and who will develop his unknown self not just 109 times greater than yours, but even many times that by overcoming the resistance of the Nerve Gaps. For you to increase yours by a mere 1% of your Primitive Autoconscious though, would amount to increasing it no less than 100% of what it is now. Your keenness of sight would gain amazingly from it, and it should enable you to retain exceptionally good sight, comparatively speaking, until the end of your years. Most people lose the keenness of their sight as they grow older. The reason is not only pathological; it is also due to their neglect of regularly sharpening up their eyesight. They not only abuse their eyes, but they also neglect them as they neglect their muscles, and their eyes lose their bird-like keenness. Their faces, accordingly, acquire such a bovine look that it suggests a dull mind even if they are brilliant. Any good first impression they make upon others diminishes fast. Keen sight, on the other hand (not a bold, scrutinizing stare), keeps you feeling

youthful and full of life and leads others to respect your mentality at sight and to consider you much younger than you actually are. So, do these exercises eagerly. You will also find them fascinating.

Exercise 1. The Honeycomb Exercise. Take a section of cardboard about one-foot square. Punch a number of holes in it, like a honeycomb. Make holes of about one-quarter inch in diameter.

Tape the cardboard flat against a dark surface so that you can see the dark color through the holes you punched. Sit several feet from the cardboard and stare at the dark spaces through the holes.

Sit farther back and do it again.

Sit so far back that you can hardly tell the holes apart, so that they look like one dark surface.

Start, now, to develop Intermolecular Vision by applying the Psychic Power Double Command.

1. Deliver a psychic power command rocket from your Psychic Power Center (in your forehead) to your Highest Visual Center (at the back of your head) and order it to magnify tremendously the image of the cardboard in your retina. To reinforce it, at once

2. Deliver a second psychic power command rocket from your Psychic Power Center to your Organs Control Center and immediately apply the Violent Arc to stimulate your fighting nerves. Just think of some experience that fills you with anger (the angrier the better) and your eyes will automatically diverge and your pupils dilate. The holes in the cardboard will reappear and you will again detect the cardboard ringing them.

Exercise 2. After you excel at Exercise 1, repeat it with another piece of cardboard with holes only one-eighth of an inch in diameter. Continue with this exercise until you sit as far back from the cardboard as you did in Exercise 1 and still detect the cardboard ringing the holes. To do so will require considerable development of your keenness of vision, perhaps four times that of before.

Exercise 3. Whenever possible—say, when you are traveling in the country or on a vacation—stare at a muddy pool and try to see through it to the bottom. Try to decipher what lies at the bottom of it.

Note: You are to practice looking at a dark surface between the holes of the cardboard because the intermolecular ether is dark. It consists, indeed, of shadows changing so swiftly, due to the movements of the myriads of molecules all through it that it may be viewed as being more or less one fixed shadow. If you desired to be a psychic master you would continue exercises with smaller and smaller holes; you would before long be trying to see the dark spaces in the pinpoint holes at the same distance at which you deciphered the one-quarter inch holes. You

would finally paste a handkerchief across the same surface and try to see through the mesh. But you don't have to go to that extreme. Just develop the 1% of your unknown self and you will be highly rewarded.

The 5th and 6th Means for Miraculous Psychic Power Vision

The fifth and sixth means are those which the psychic master uses to help him effectively achieve Psychic Power Vision. They will be described briefly, since they are exceptionally difficult to master.

The 5th Means. The Psychic master can either elongate or shorten his eyeball at will and multiply his near or far vision to staggering proportions. Physiologically, you can elongate your own eyeball quickly to a certain degree by standing on your hands for a minute or so, even with your legs propped against a wall. In that body position your eyeball fills with more aqueous humor than normal. Or you can shorten it by hanging from a chinning bar or a tree branch for a half minute and let more blood than normally collect in your legs. In that position your eyeball loses some of its aqueous humor. Those very states occur in man following prolonged periods pathologically in diseases like glaucoma, thyroid goiter and hysteria.

But the psychic master does not elongate nor shorten his eyeball by altering the amount of aqueous humor in his eye. He contracts or extends his extraocular (external eye) muscles in order to elongate or contract his eyeball. He can then achieve his ends with no danger whatsoever.

The 6th Means. The sixth and last means of Physical Psychic Power Vision consists of moving the eye lens forwards or backwards, as is done by man in photography and by bony fish. This is a difficult skill to master. You do apply it to a certain degree already, however, in the fifth means when you elongate and shorten your eyeball. But perhaps you had better leave the sixth means also to the psychic master.

ADDENDA. When you are autointoxicated there is a high concentration of glutathione in your eye lens as compared to other tissues, as well as a thermostabile protein residue (B-crystalline). You consequently need a definite oxygen intake for your eye lens in order to maintain those substances in equilibrium. (It may be a small intake of oxygen, but it is an essential one.) In other tissues, such an equilibrium plays a secondary role in autointoxication, but it plays an important one in the eye lens. When practicing all eye exercises, then, be certain that you do so in well-aired quarters.

Excellent foods for eye power should contain high concentrations of potassium.

LESSON FIFTEEN

How to Develop—and Gain Stupendously— from Psychic Power Hearing

The Unchallengeable Proof of Psychic Power Hearing

Your Psychic Power Hearing is the tenth and last significant part of your Primitive Autoconscious. The hearing of the hysteric, you have already been informed, can become as much as *sixteen times* more acute than the normal person's. The leading cause is his overwhelming terror of persecution by, and his universal distrust of, others. His hearing becomes so not due to an abnormal control of it by his conscious or sub-conscious minds, for all attempts to train normal people scientifically to increase their hearing even by a trifling fraction of that degree have failed miserably. There is no doubt then that *another power* within the hysteric achieves that miracle for him. That power is evidently his Psychic Power Hearing.

Your Psychic Power Hearing

The anatomical structures of your Psychic Power Hearing are your auditory nerve and your temporal lobe, or the lower sides of your brain. The part of your auditory nerve which is concerned with Psychic Power Hearing is your Cochlear Electricity; but *both* parts of your temporal lobe are concerned with it—that is, your Highest Auditory Center as well as your Auditory Psychic Power Center, which consists of the vast, unidentified areas of the cortex of the lobe. You already know, though, how to increase your Cochlear Electricity with psychic power control. Study now your Highest Auditory Center and how to put it under Auditory Psychic Power Control. Add intensified Cochlear Electricity to that and you will attain Psychic Power Hearing.

The Composition of Your Highest Auditory Center

Your Highest Auditory Center is located in the cortex of your temporal lobe, which comprises the lower sides of your brain. It *does not* receive sound waves of the same frequency (cycles per second) as that of the original sound. That is so because the nerve electricity which reaches it at the end of the resistance-filled journey from your ears (due to the four Nerve Gaps it has to bridge) is tremendously reduced. That is why your hearing acuity does not compare to that of the bat. But it *HAS* the wherewithal to equal it! You just have to reawaken this tenth and last significant part of your Primitive Autoconscious. And it can be done! *How?*

You can do it through crushing the multiplied Nerve Gap resistance by:

(1) a gigantic creation of Cochlear Electricity. (Just deliver a blasting psychic power command rocket from your Auditory Psychic Power Center (in the lower sides of your brain) to your ears, ordering them to multiply the Cochlear Electricity in your auditory nerve.) And by:

(2) your immediately thereafter assuming the All Over Psychic Arc. (The All Over Psychic Arc fills your Nerve Gaps with acetylcholine and effectively reduces their resistance to your supercharge of Cochlear Electricity, thereby allowing far more of it than otherwise to continue crossing the Nerve Gaps and flowing to your Highest Auditory Center.)

Exercise 1. How To Increase The Sensitivity Of Your Hearing (Of Your Cochlear "Hair-Cells"). Strain your ears to detect the individual sounds creeping through the chaos of jabber from a group of people some distance away from you. Eavesdroppers and detectives develop

an unusual sense of hearing. At first, you will catch hold of only a syllable or two, or a word or two, now and then. (Distinctness will precede magnification.) Now, drive a mighty psychic power command rocket from your Auditory Psychic Power Center (in the lower sides of your brain) to your ears, ordering them to multiply the Cochlear Electricity in your auditory nerve.

Immediately follow it up by assuming the All Over Psychic Arc. (Think of something you enjoy (like the juicy steak) and intensify it until it spreads through your whole system.) The individual sounds from the group will grow steadily more intense to you, as well as more distinct.

Exercise 2. Repeat Exercise 1 from increasingly greater distances.

Exercise 3. Turn your radio or television set very low and listen to every word coming from it. Half a minute later turn it still lower and listen to it again. Continue until you can hardly hear it and then drive a mighty auditory psychic power command rocket to multiply the Cochlear Electricity in your ears (as above) and immediately follow it up with the All Over Psychic Arc. As with your eyes, remember, the sounds are continuing: it is just that your ears are not hearing them. So, use the two means to make them hear the sounds. Turn your radio and television set lower still and intensify your auditory psychic power command rocket to your Cochlear Electricity and to your All Over Psychic Arc.

Exercise 4. How To Hear Before You Actually Hear, Like The Blind. Lie in your bed at bedtime and listen to the faintest sounds you can. Your whole body, you will note, relaxes and lies as quietly as a statue as you literally prick up your ears to catch the faintest faraway sound.

You can easily train your ears to listen so acutely to sound that you "hear" it with your muscles before it makes a perceptible sound in your ear. With that ability you might save your life or that of another person some day.

So, lie awake and very still in the middle of the night when everything is quiet and deliver an auditory psychic power command rocket to your Sensations Recording Center to feel keenly with your sense of touch the least pressure of a sound wave against your opened hands.

When a sound wave of a frequency beyond that which you can hear easily, reaches your cochlear hair cells, it will be felt by the skin of your hands and conveyed to your Sensations Recording Center. From there it will be automatically relayed to your cortex (your conscious and subconscious minds), and your cortex will instinctively command the muscles of your hands to react to the pressure against them by withdrawing suddenly, such as by jerking ever so slightly.

The important fact is that in this nerve pathway your sound wave electricity has to overcome *only two* Nerve Gaps instead of four. The frequency of the sound wave going through it will thereby have been diminished many times less that it would through the auditory pathway, or only by 12 times 12, instead of by 12 times 12 times 12 times 12. Even though the nerve electricity of the sound wave will not benefit in that nerve pathway from the aid of Cochlear Electricity, since it will not be conducted by means of the auditory nerve, it will nevertheless have to overcome only the resistances of two Nerve Gaps instead of four, and so the muscles of your hand will be stimulated surprisingly powerfully by it. You will not hear the sound with your hand nor recognize it, but you will feel "something coming on." Your muscles will flex the slightest and thereby warn you of the sound even before your ears respond to the slightest inkling of it. You have given your muscles "ears." The blind man develops this ability to an abnormal degree.

Exercise 7. When you are in bed, try to hear the faint breathing of someone asleep in another room, the rumble of a vehicle several blocks away (and know *exactly* how many blocks away), the song of a distant bird or insect.

Exercise 8. Repeat Exercise 7, but now try to hear sounds that are drowned out by other sounds. In physiology this is called "unmasking."

The Less Significant Parts of Your Primitive Autoconscious

The remaining but less significant parts of your Primitive Autoconscious will be summarized now. You will not be shown how to develop them because there is a correspondingly less practical need for them. But you should know what they are. The remaining three are mainly:

1. Your Rhinencephalon. (Your Smelling Center, in your temporal lobe.)
2. Your Pineal Body. (Your epiphysis, at the base of your brain. Function unknown.)
3. Your Zona Incerta. (Its nerve connections are poorly known.)

1. Your Rhinencephalon, Your Smelling (Olfactory) Center

Your rhinencephalon represents the oldest part of the telencephalon (your end-brain). It forms almost the whole of the brain in fish, amphibia and reptiles. It is feebly developed in you in comparison to the rest of your brain, but you do possess an olfactory correlation center and a

reflex olfactory pathway. Your rhinencephalon includes all those portions of your brain which are concerned with receiving and conducting olfactory (smell) impressions. In lower vertebrates it consists of the olfactory lobe and includes nearly the whole of the fore-brain. In man, though, some parts of it have been thinned out into a fine sheet, while other parts of it have become overgrown and buried by the development of the neighboring areas of the brain. Your Smelling Center is situated in your temporal lobe.

2. Your Pineal Body

Your pineal body is a small, conical, reddish gray body which lies in the depression between your two superior colliculi (your Seeing Reflex Center). Your pineal body represents the rudiments of a photo-sensitive organ, the third eye, which is present in certain reptiles and other lower vertebrates. In Hatteria (a New Zealand "lizard") the pineal eye comes to the surface of the middle of the head and is believed to function as a light or warmth receptive organ. Its function in man is unknown.

3. The Zona Incerta

It is the so-called "central lobe." Its nerve connections are poorly known.

IN CONCLUSION. In the lowly organized vertebrates (fish and amphibia) the spinal cord, which is the lowest level of nerve development, exhibits considerable independent activity. It should therefore actually be called the original Primitive Autoconscious. It is still a part of the present Primitive Autoconscious because all the nerves that rule the body pass from the brain into and through it. Other forms of nerve development appear (like your Primitive Autoconscious in *your brain*) as the animal advances in the phylogenetic level, as seen in the frog, hen, dog, ape and finally in man until it acquires an important cerebral cortex (or a conscious and subconscious mind). The higher the animal stands in life, the more control his cerebral cortex (the highest level of nerve development) exercises over his lower levels of nerve development, and the less ability these have of acting independently.

To put it another way, the progressive increase in the complexity of life, as seen in the frog, hen, dog, ape and finally in man is largely due to a corresponding increase in the size and especially in the complexity of the cerebral cortex and its expanded influence and control over the lower levels of nerve development. Complexity, though, develops

the reasoning mind (the cortex) and puts the primary centers to sleep. The upper nerve developments, however, *do not* supplant the lower ones—they only act through them just as your brain acts through your spinal cord. To develop your unknown self you have to restore to these lower levels of nerve development (mainly the ten significant parts of your Primitive Autoconscious) their independence, and then to control them with your PSYCHIC POWER CENTER.

You are now ready for Physio-Astral Cyclomancy.

LESSON SIXTEEN

How to Put Your Aura and Its Power of Psychometry Under Psychic Power Control

What Controls Your Physio-Astral Powers

It stands to reason that your aura, your astral body and all their means and uses are NOT under the control of your conscious mind. They are not even under the control of your subconscious mind because the latter disappears immediately with death while your Primitive Autoconscious survives a little beyond death.

Your aura and your astral body *must be* then under control of your Primitive Autoconscious. In order to gain psychic power control over your aura and your astral body you therefore have to develop your Primitive Autoconscious (which you have already done by at least 1%, if you have studied these lessons faithfully) and then use it to put those parts of you under psychic power control. That is why you are ready now to learn Physio-Astral Cyclomancy.

How to Use Your Aura for Psychic Power Control

Your aura and your astral body proceed from your body. They are, consequently, made by your body . . . from the very body powers which you have studied already. They are incredible only because they achieve what baffles the imagination. But there is no mystery about them. Learn how to use them without awe.

Your Aura and Its Composition

Your aura is a foggy-like extension all around your body which accompanies you everywhere. It is invisible to the unpracticed eye. It changes shape and size and colors, depending upon your state of mind and body. But actually it is nothing more than the combination of your four forms of body emissions, and it is for that reason affected keenly by both your different brain waves and by the alkalinity and acidity of your blood. Your aura is a gas or plasma, and it is composed of

- (1) H₂O (water.) (Sweat.) And CO₂ (carbon dioxide in your sweat).
- (2) Radiant heat.
- (3) Infrared radiations.
- (4) Radiowaves. (Electromagnetic radiations.)
- (5) Magnetism (which keeps it clinging to your body.)
- (6) And it is acid or alkaline, depending upon your body physiology and your brain waves. The physiologic normal (the pH) of these varies with your state of mind and health.
- (7) Your aura is very sensitive to mental and psychic control. It does "as the mind thinketh." It is always raring to go as directed by your mind or body, much like an eager, pet police dog on a leash.

The Importance of the Alkalinity or Acidity of Your Aura

Alkaline foods provide you with a stronger grasp on your aura, which has a marked effect in prolonging your youth and retarding old age. An acid system contains excessive waste products in the blood—products like non-protein nitrogen, carbon dioxide, creatine and creatinine. An alkaline system contains considerably less of these and makes fewer demands on your heart. Your heart then has to pump less blood per minute through your lungs to oxygenate the gaseous waste product (carbon dioxide) in it. When your system is acid, therefore, you not only feel older (because your heart is working harder and is conse-

quently more fatigued than it would be otherwise), but also you *are* physiologically older than you would be if your system were alkaline. You are "closer to the grave," to use a dispiriting term.

Your aura, in other words, is trying more desperately than to separate itself altogether from your body, which it does at the termination of your mortal span. When you are sick enough, your aura, like your electrons, tries still more desperately to separate itself from your body. When you recover, your aura clings more determinedly to your body, again like your electrons. When you "rejuvenate" yourself your aura clings to you again as tenaciously as if you were that much younger. When your system is alkaline your mind is at its clearest, freshest and most invigorated, and your psychic power is at its strongest normally. Your control over your aura then is *also* at its firmest.

When your body is acid and your mind loses its freshness and fatigues easily, your psychic power weakens and your power over your aura is reduced. When you are unconscious, as in sleep, or when you are feeble and near to breathing your last, your aura separates itself from your body and suspends itself several feet above you, although it remains connected to you by a thin cord. Your body by then has lost much of its magnetism.

To control your aura masterfully you need the mental vigor to deliver exposive psychic power commands. You need a mind and body that are thoroughly rested and a system tending to the alkaline.

Note. The terms "acid" or "alkaline," applied physiologically, actually mean that the blood has used up a large portion either of its alkaline or acid reserve in order to maintain its "physiological normal," commonly referred to as the pH. The blood itself *always* remains normal enough physiologically, except in terminal cases like uremia. When the blood has used up a large portion of its balancing reserve, however, the body strives feverishly to restore it to normal, with frenzied deep breathing in the case of acidity (to take in more oxygen and get rid of more carbon dioxide), or with restlessness in the case of alkalinity (to create more waste products for more carbon dioxide).

You can use your aura most effectively in many different ways. One of the most remarkable for your everyday life is the Psychic Harpoon.

The Psychic Harpoon

A certain young man projected such powerful infrared ray photons from his Brain Horns that they pushed out his aura far enough to touch a girl walking twenty feet ahead of him, like a very long hand. When the girl turned around and perceived no one near enough to "get that

fresh" with her, she fainted. That, of course, was an abuse of the Psychic Harpoon.

As dumbfounding as this ability seems, it is not a difficult psychic power skill to acquire. But it is one that you should master to use for a variety of purposes, as you will discover in the next few lessons.

Exercises for Developing the Psychic Harpoon

Exercise 1. How To Startle And Amuse Your Girl Friend Or Your Wife With The Psychic Harpoon. The next time you spy your wife or your girl friend (or your husband or boy friend if you are a female) strutting ahead of you on the street, stare at her intently and immediately visualize your aura surrounding you like a thick, invisible sack.

Apply the All Over Psychic Arc now to your body. Just think and intensify repeatedly the vivid picture of the juicy steak, to increase markedly the heat on the surface of your skin.

Draw together, next, the skin-heat from all over your body and pack it into two hot rods in your Brain Horns. With a staggering psychic power command rocket, drive these two infrared ray hot rods out of your Brain Horns, reinforced by tremendous photon power, however, so that they stretch your surrounding sack-like aura out with them until it touches her.

She will suddenly look around. She might refuse to admit it, but she will feel as if you had just touched her.

Needless to state, don't try that with a stranger.

Exercise 2. How To Develop A Powerful Psychic Harpoon. Sit quietly in your room and stare at an object across from you and repeatedly practice Exercise 1 on it. But steadily increase the drive of your psychic power command rocket, as well as that of the photon power.

You already know how to increase the drive of your psychic power command (Lesson 2). To increase your infrared ray photon power, though, reapply the All Over Psychic Arc to your body. Just visualize juicier and juicier steaks so that your loving nerves increase the circulation on the surface of your skin and bring more and more warmth to it. Then draw together the skin-heat from all over your body and pack still hotter infrared ray hot rods into your Brain Horns, ready to be discharged out of them.

Exercise 3. How To Use The Psychic Harpoon To Discourage A Dangerously Defiant Person. Someone approaches you menacingly. Explode a psychic power command rocket through your Brain Horns to push your sack-like aura out to him and reinforce it with savage photon power. Your eyelids will droop automatically like a waiting cat's and add

hypnotic power to your gaze. Your would-be attacker will suddenly feel as if all his strength has deserted him.

Practice the Psychic Harpoon and before long you will project it many times more intensely. With it you can compel someone who ignores you, romantically especially, to notice you, as shown in the exercise below.

Exercise 4. How To Compel Someone Who Ignores You Romantically To Notice You With Keen Interest, With The Psychic Harpoon. You have your heart set on interesting or winning Juliana or Howard (depending on your sex). But she displays little interest in you romantically. Your tense attempts at conversation with her, or to do unasked favors for her, arouse little response in her. Yet you feel that she is for you if you could only stimulate uncontrollable interest from her in you.

The Psychic Harpoon is ideal for this. The next time you are in her presence, but not facing each other, stare at her intently and visualize your aura surrounding you like a thick, invisible sack. Now, apply the All Over Psychic Arc to your body. Just create the juicy steak picture in your mind and intensify it quickly and increase the heat on the surface of your skin. Draw this skin-heat from all over your body and pack it into two hot rods in your Brain Horns. With a staggering psychic power command rocket ordering her to be fascinated by you, drive these two infrared ray hot rods out of your Brain Horns, reinforced with staggering photon power, so that they stretch your surrounding sack-like aura out with them until it touches her. Deliver a second and even stronger psychic power command rocket with the same order if you have to, although you probably won't have to, for she will feel as if you touched her and will look around. When she realizes that you are too far away to touch her, she will acquire a strange interest in you. *She has noticed you.* From then on proceed and use the laws of mental domination on her (or him).

How to Use Psychometry for Psychic Power Control

Psychometry is the ability to tell the history of a strange object through psychic means. Successful physicians have put it to amazing uses but have kept it a secret because they feared ridicule. With it Zschokke described the lives of total strangers to him. Psychometry is an unbelievable Physio-Astral power. A psychometrist woman has even described scenes of centuries past by merely holding in her hand a stone belonging to those ruins.

What is the basis of this astounding ability? Well, it so happens that the human aura imprints itself and its "biography" on everything it comes in contact with, and this imprint can remain affixed to the object for centuries or longer. To acquire the ability of psychometry you have

to learn how to "sensitize" yourself to the Molecular Action of the aura imprinted on or attached to the object. Learn how to do so in the following exercises.

Exercise 1. How To Extract The Past History Of A Strange Object By Merely Holding It In Your Hand. You have just received a present from your husband or wife, but you have good reason to suspect that it had been bought and presented to someone else first. But you don't want your mate even to dream that you suspect him. Use psychometry for this. Sit in a quiet dark room without outside distraction. The least disturbance will defeat your best efforts to psychometrize. Hold the present lightly in your hand. Close your eyes and blank out your conscious mind so that your Psychic Power Center can adapt itself to the Molecular Action of the aura that is imprinted or attached to the article. (That is, to the aura of the possible third party.)

Remain still and fire a Psychic Harpoon through your Brain Horns at the article. Your own aura, as a result, engulfs it and permeates every astral particle of the aura attached to the article.

Two seconds later, with a psychic power command, start drawing your Psychic Harpoon *back into you* through the skin of your hand which holds the object and let it bring "the feel" of the Molecular Action of the aura attached to it. Hold your breath for absolute stillness and let "the feel" penetrate your skin and stimulate the appropriate nerve electricity in your message carrying nerves.

The first few times you try it you feel nothing, but soon you are aware of the slightest tingling in your fingers. But the sensation ceases all of a sudden; so start drawing your Psychic Harpoon back into you with a more spirited suction. Gradually, now, you are aware of a vibrating sensation creeping up your arm to your spine as the nerve electricity in your message carrying nerve increases. *Still keep your conscious mind a total blank* meanwhile in order not to interfere with the message. The sensation you feel, in fact, is different from any other you have experienced.

The creeping sensation moves on up to your Psychic Power Center and then, all at once, you feel like when you unexpectedly remember a name which you tried a long time to recall. You experience a series of sudden flashes in your conscious mind as message after message pours into it from your Psychic Power Center for its reasoning interpretation.

Suddenly, a vague image of something appears through the black void in your conscious mind. It turns clearer little by little and unfolds into something with meaning, either in still forms or moving forms. It might even evolve into an actual scene. Describe what you see *exactly*

as you see it, and you will have extracted the past history of that present by merely holding it in your hand.

Exercise 2. Practice Exercise 1 with different objects (such as articles loaned to, and returned from other people) and try to extract more and more information out of each. To improve your results, when you blank out your conscious mind also relax every muscle, from head to foot. Relax first your brows, then your cheeks, jaw, neck, arms, hands, shoulders, waist, legs and feet. Feel as if you have just turned lifeless but are still holding in your hand the object to be psychometrized.

Exercise 3. For still better results, rest your hands in your lap, palms down, with the object being grasped by one of them while it lies easily across your thighs.

Tense no muscle—not even any in the hand holding the object.

Cross your *feet* and let your knees sag outwards restfully, even if awkwardly.

Don't keep your feet flat on the floor. Let them rest, even if ungracefully, partly on their outsides.

Relax your neck, but don't let your head drop forward on your chest. That would cut off the circulation to your head.

Relax so thoroughly in mind and body, in other words, that you do not present the least barrier to the inflow of messages into you from the aura attached to the object.

Exercise 4. How To Find Out, With Psychometry, What Is Going On At A Certain Place At A Certain Time. Hold, in your hand, objects connected with distant scenes such as a bit of metal, a plant or something of the like. Apply the same techniques you have learned in the above exercises and try to fathom what is occurring at those places at that very moment.

Exercise 5. How To Find, With Psychometry, The Location Of A Similar Mine In The Same General Locality. Hold a specimen of the mined substance (say, of metal or coal) originally unearthed in that locality. Close your eyes, blank out your conscious mind and relax every muscle in your body. Fire, now, a Psychic Harpoon at the substance and let it envelop it and "soak" into every astral particle of its attached aura.

Two seconds later start drawing your Psychic Harpoon back into you through the skin of your holding hand and let it drag the attached aura of the metal with it.

Hold very still now and try to "feel" the Molecular Action of the attached aura as it penetrates your skin and stimulates nerve electricity in your message carrying nerves. You feel nothing at first, but soon there is the slightest tingling in your fingers.

The sensation ceases all of a sudden. But gradually you experience a vibrating sensation running up your arm to your spine. You are about to extract information from the substance's aura. You have attuned your Psychic Power Center to its incoming messages and they are pouring into it.

But do not prevent these messages from reaching your mind by thinking about something else. *Still keep your mind a total blank* and all your muscles relaxed.

All at once there are a series of sudden flashes in your conscious mind as message after message finally rushes into it from your Psychic Power Center. With your eyes still closed, a vague picture emanates through the black void in your conscious mind. Little by little it turns clearer. You begin to see land, rocks, trees. The picture clarifies and lo and behold, a distinct panorama unravels before you. If you are already acquainted with the locality you will know where it is. If you are not, when you come upon it you will recognize it immediately. Specimens of the same substance possess the same Molecular Action and maintain a radiowave connection with each other, especially if they are only a reasonable distance apart. The attached aura of one of them will alert your Psychic Power Center to that connection so that, when you come over the spot where more of that same mined substance is buried, your hand holding a specimen of it will tremble violently.

Psychometry with Past History of Objects

With psychometry you can describe scenes related to objects *thousands of years old*. You can even describe, in fact, scenes related to an object hundreds of years *before* it was found in antiquity.

Psychometry through old letters. Go into your attic, pick out an old letter and try to psychometrize it. You will be astonished at the information which you will extract from it after some practice. Psychometry, obviously, can be invaluable to you in your everyday life. If you enjoy writing fiction it could uncover surprising mysteries and plots for you. It can reveal to you an astonishing amount about another person's past and his true character. It can even help you locate a rich mine. It is a Physio-Astral skill which you should take pleasure developing.

A Striking Observation About Your Aura. Physiologists declare that in ordinary vision you do not perceive the colors surrounding the images on your retina because you have come to ignore them. Such colors must undoubtedly be the colors of auras of the objects photographed on your retina.

LESSON SEVENTEEN

How to Develop and Use Your Astral Senses for Psychic Power Control

The Importance of Your Astral Senses

Your astral senses are your super-physical senses. They contact planes above your physical plane. They are connected to your astral body just as your physical senses are connected to your physical body. Your astral body, according to Webster, is "a supposed spirit or ghost-like double of the human body, able to leave it at will." It exists exactly with your body; it carries your exact form and shape and does not leave it permanently until you die. Your astral senses, to repeat, are connected to it and they enable you to receive impressions on the astral (or spiritual) plane, just as your physical senses enable you to receive impressions on the physical plane. Your astral senses, in brief, are the counterparts of your physical senses. They do exactly what your physical senses do, but on a different plane.

Psychic contact occurs on both your physical and astral planes. On

your physical plane, however, psychic communication is less continuous and less accurate because you have "lost" full use of your Primitive Autoconscious. On the astral plane, however, psychic communication is clear, continuous and reliable. Like the average person, you use your astral plane only occasionally and accidentally, but the psychic master can shift from his physical senses to his astral senses *at will*. He can even function on *both* his physical and astral planes *at the same time*. This incredible accomplishment, which is only possible after you develop your unknown self to the full, is called the Physio-Astral state.

It is not necessary, furthermore, to travel in your astral body in order to use your astral senses. In clairvoyance, astral visioning, psychometry, crystal gazing and seership you still remain in your physical body, but you draw information from the astral plane *through* your astral senses. And you don't even have to put yourself into a trance. Needless to state, nothing you do with your physical senses can approximate what you can do on the astral plane. Unless you are a born mystic, though, you cannot expect to achieve even the slightest voluntary success on the astral plane unless you first develop some skill with, or some power over, your physical senses as you have done in the preceding lessons. But having already done that, you are ready to add the incomparable power of the astral world to your Primitive Autoconscious.

How to Put Your Astral Senses Under Psychic Power Control

The easy way to put your astral senses under psychic power control is through developing two important astral senses. The two of them require powerful psychic power control to make them function. The two are:

- (1) The sense of the presence of living things, and
- (2) The psychic sense. (Your Psychic Power Center, which you have already been developing all through this book.)

The first one, the sense of the presence of living things, is primarily a protective sense. Like the Primitive Autoconscious, it lies dormant in civilized man because he has long assumed that he has far less use for it than formerly. But, soldiers at the front need it when the enemy is near. So do war prisoners trying to escape. In cities and other places where crimes against the person have mounted sharply, you regularly need the sense of the presence of living things to warn you of impending bodily danger. With it developed even to a minor degree, you could not be waylaid nor unexpectedly assaulted from behind so easily. The sense of the presence of living things is also essential for your psychic power pro-

jections because it intensifies your radiowaves (your "psychic feelers," as well) and thereby enables you to achieve contact with the "living thing" easier.

Exercises for Developing the Sense of the Presence of Living Things

Exercise 1. How To Protect Yourself Against The Menace Of A Sneaky Assailant. Sit in a safe park or city square and shut your eyes. Keep them shut for five to ten minutes, until you no longer suspect who (if anyone) is approaching your way.

Then hold your breath and sit absolutely still. Strive to hear the least sound near you and "sense" how close that person is to you. Do so by delivering a Psychic Harpoon to him so that you can "feel" the Molecular Action of his aura, and by drawing it back immediately into your Psychic Power Center. You will be amazed at how rapidly you progress in this exercise.

Exercise 2. To perfect Exercise 1, repeat it. But this time break it down into smaller parts.

Close your eyes, still yourself with a deep breath and listen instantly to different sounds near you, whether they are human, animal or otherwise. Estimate exactly from where they originate. Then open your eyes and check on your estimate.

As the accuracy of your Molecular Action "feeling" improves, repeat the exercise with sounds that are farther away from you and which are less distinct. Climax it with sounds that are far away and very indistinct.

But check all your estimates closely. Never assume offhand that they are good enough. In that way you train your conscious mind to acquire exactitude in judging distance and origin of sound. That automatically trains your subconscious mind and Psychic Power Center to do even better.

Exercise 3. Repeat Exercise 2, but apply it to moving objects. With closed eyes and your breathing stilled, estimate the exact speed of a moving vehicle and determine where it will be in another one or two seconds.

Turn your head towards that spot, count off the one or two seconds, then open your eyes to check on your accuracy.

This sense is of immense value in judging the speed of an advancing invisible enemy or in selecting the best position to point the Astral Tube at him. (You will learn about the Astral Tube in this lesson.)

Exercise 4. How To Know What People Look Like Before You Even See Them. Repeat Exercise 3. This time, with your eyes closed, visualize

what the person approaching you probably looks like. Then look up at him and check.

Your initial picture of him (except in rare cases) may be far from accurate, so do it scientifically. Drive a powerful Psychic Harpoon at him and carry your sack-like aura out to him with it and wrap it around him to get a mold of his appearance. Then "feel" the Molecular action of this mold and draw it back to your Psychic Power Center.

As you develop this ability you will be able to "see" people in everyday life *even before* you meet them and can thereby prepare much better for them beforehand and handle them to your advantage.

How to Use Your Astral Tube for Psychic Power Control

You come now to one of the greatest devices for sending or receiving messages or commands on the astral plane. This device is the Astral Tube. It is a tube which you will form through the air or the ether by means of powerfully driven psychic power commands and photons either delivered or received by you. The Astral Tube is begun with *two* narrow tubes with thick astral walls, about six feet long, one for each eye. The opening of each should be no wider than the diameter of the pupil of each eye. The light rays that you fire from your Brain Horns, through each of the tubes will then travel parallel to each other like those of a laser, because the thick walls of the tubes prevent them from scattering in different directions and confine them all to the diameters of the tubes. Many times more rays, as a result, are projected in one concentrated direction and their intensity per square unit area is multiplied by hundreds or thousands of times. Once the light rays (which consist of infrared rays and radiowaves) have been kept parallel for six feet, they continue parallel until they reach their destinations.

When the psychic conditions are ideal—such as when Jack or Jane is asleep or in an otherwise proper mental state to receive your projections—and you discharge a psychic power command to him with its infrared rays and its radiowaves concentrated in these two small tubes so that none of them are dispersed, it will carve a channel of electrons to him through the air and the astral atmosphere. This channel is the Astral Tube, and it immediately becomes an easy pathway for you to transmit or receive psychic impressions to or from him. Actually, it consists of two small channels which come gradually closer together in the distance, like the sides of a steeple, and which meet at their destination.

Your Astral Tube intensifies your psychic power projections to such a phenomenal degree that they "stun" Jack or Jane and drive home

your messages or commands all the more forcefully. If you are trying to receive messages or commands from him or from an object, you will, for the same reason, receive them all the more forcefully through the Astral Tube. If you are trying to see, hear or read the thoughts of others from a great distance, you will see them more clearly, hear them louder and read them easier through the Astral Tube. The Astral Tube, however, is more exhausting to form and use than to send or receive psychic messages or commands without it. With it you have to drive a hole through the ether with your infrared ray photons. If it has to carve channels through liquids and solids (say, through water or walls) you will have to add to it a multiplied radiowave photon power. But its results are, to use a common but also fittingly descriptive expression, "out of this world." Another big advantage of the Astral Tube is that in order to use it you don't have to fall asleep or into a trance first. It is therefore very practical for everyday use to communicate with others by means of thoughts alone. So, practice the following exercises avidly.

Exercise 1. How To Create The Astral Tube For Psychic Power Projection. You can do this exercise either standing, sitting or lying down. It is best to do it lying down if you can, because you can relax better then as well as save all your physical energy for it.

So, alone in your room, lie down on your bed. Close your eyes and relax from head to foot, as you did for psychometry.

Now create two thick tubes of misty astral material, six feet long apiece, around each eye. (Deeply visualize yourself doing so.) Leave a hole in the center of each about the size of the pupil of each eye.

Now, apply the All Over Psychic Arc to your whole body. Visualize the juicy steak again and again, intensifying the picture each time until your mouth waters freely in order to warm up the surface of your skin with your loving nerves.

Next draw together the skin-heat from all over your body and pack it into two narrow, short hot rods. Fit each rod into each horn of your Brain Horns.

Now, displode a violent psychic power command rocket behind these hot rods, like the double-trigger behind the cartridge of a double-barreled rifle. Your infrared rays will flash out of your eyes with herculean photon power and carve two narrow channels through the air by knocking loose a sea of electrons.

Aim the Astral Tube straight to Jack's or Jane's Brain Horns, so that the infrared hot rods travel directly to him. Reinforce their power by driving one, and then still another, psychic power command rocket through the Astral Tube itself.

A sense of rigidity will arise between you and Jack or Jane after you

create the Astral Tube between you two, as if the tube consisted of a tough, rubbery, opaque substance which reached all the way across to him and formed a direct channel of communication between you two.

Exercise 2. How To Project Your Message Or Command Through The Astral Tube. Now, project your conscious message or command to Jack or Jane into your Brain Horns. At your retina it is converted into energy and heat, and then into radiowaves. From your retina you fire these radiowaves through your Astral Tube to Jack or Jane. Since your Astral Tube keeps your radiowaves parallel to each other during the first six feet of their travel, as you already know, they remain parallel the rest of the way and intensify your message or command by hundreds or thousands of times, like the laser. But you still double the intensity of the message or command with a simultaneous psychic power command rocket to double the photon power of the radiowaves and thereby shorten their length.

When your radiowaves reach Jack or Jane they flash into his Brain Horns and are converted into nerve electricity at his retina. The shorter their waves, the more fibers of his optic nerve they will charge with nerve electricity (retinal action currents), and the more potently the effects of your message or command will be registered in his Psychic Power Center and relayed from it to his conscious and subconscious minds. Practice then intensifying the projection of your message or command through the Astral Tube by doubling the photon power of your radiowaves.

Exercise 3. How To Extract Or Receive Information From Another Person Through The Astral Tube. As with Exercise 2, practice this one either standing, sitting or lying down. Just be certain that you are fully relaxed, and for that it is best to lie down.

Now, close your eyes. (As you already know, your delta and theta brain waves—or your Psychic Power Center brain waves—are rarely manifested in the average adult when he is awake. By closing your eyes you thereby reduce the visual distractions around you and more nearly simulate sleep.)

Create an Astral Tube between you and Jack or Jane and deliver him a psychic power command rocket ordering him to contact you through the tube at once. Now, "suck" your psychic power command rocket back from him into your Brain Horns and visualize your retina receiving it and converting it into nerve electricity (retinal action currents). Then visualize the nerve electricity racing through your optic nerves into your Psychic Power Center. A radiowave message will promptly or immediately follow behind it from Jack or Jane.

Repeat the exercise, doubling, tripling and quadrupling the speed of his response to you in order to intensify the "sucking back" of your

psychic power command rocket from him into your Brain Horns and thereby accelerate his reaction to you.

How the Snake Uses the Astral Tube to Overcome Its Prey

The Astral Tube is practically what the snake uses instinctively to paralyze—and even kill—birds and small mammals like squirrels. The reptile does not try to hypnotize them; it only stares at them and projects into their eyes a bloodcurdling hunger to swallow them alive. A psychic power command may be said to instinctively dart out of its Brain Horns to that of its potential prey and to stun it with its photon power. Then the rocket is drawn back through the Astral Tube to the Brain Horns of the eager snake with such an overwhelming eye-sucking power that the prey feels as if already being swallowed alive. That accounts for the feeling of helplessness that overtakes the creature long before its enemy has made a move in its direction. The snake then merely holds its mouth open, and the enslaved prey just drifts into it without resistance, to meet its fate.

How to Develop the Astral Microscope

With the Astral Microscope, of course, you can see through anything. But, like everything else astral, you might never master it. And yet you might master it much sooner than you suspect. Even if you don't succeed with it at first, you might succeed with it later.

The following are the steps, briefly stated, for creating the Astral Microscope.

1. Sit quietly in your room, close your eyes and relax from head to foot, as you did for psychometry. With the misty astral material (which will be thoroughly described in a later lesson) create two Astral Lenses before you; one in front of the other, like a microscope.

2. Help it out by envisioning the fine misty material exuding from your face and solidifying into the two Astral Lenses.

3. Create the Astral Lens nearest to you about two inches in diameter and convex, and set it about one inch in front of you.

4. Create the second Astral Lens about half the diameter of the first and set it about twenty inches in front of you.

5. Enclose both lenses with an Astral Tube no longer than thirty inches. Otherwise, the image viewed will be so large that it will be spread too extensively over your retina and look too faint. That is the Astral Microscope.

How to Look Through the Astral Microscope

1. Hold a piece of cloth before you.

2. Focus the Astral Microscope on it and try to see between the mesh. In order to do so, stare through the *top edge* of the large near lens—then let your visual rays expand after that to peer through the *whole body* of the small, farther away lens.

3. Climax it with the Psychic Power Double Command by firing Rocket 1 to magnify the mesh by five times. Immediately reinforce it with Rocket 2 to your Organs Control Center to tremendously stimulate your loving nerves with your Psychic Arc in order to super-accommodate your eyes for near vision.

As you improve, try more difficult "seeing" with your Astral Microscope. Not only is it an excellent eye exercise, but it also continues developing your unknown self.

How to Develop the Astral Telescope

With the Astral Telescope you can see for limitless distances without your astral body leaving your physical body. But you won't see as perfectly, of course, as when you travel in your astral body. From your astral body your vision is all around you, as if you are traveling in person, while with the Astral Telescope you see only from where you are. The Astral Telescope, too, is subject to disintegration or to interference by other astral currents or by other Astral Tube concentrated projections because the astral plane is constantly crossed by currents and cross currents of infrared ray and radiowave projections. With the Astral Telescope, nevertheless, you *can*, even at great distances, detect the auras and the emotions and most of the thoughts of the people you are observing. It is consequently, a power of your unknown self which is worth every effort at developing, even to the slightest degree.

The steps for creating the Astral Telescope are tersely described in the following exercise.

Exercise. How To See What Your Wife Or Husband Is Doing Two Thousand Miles Away, With The Astral Telescope.

1. Sit quietly in your room, close your eyes and relax from head to foot, as you did for psychometry. With the misty astral material (which will be described thoroughly in a later lesson) create two Astral Lenses before you, one in front of the other, like a telescope.

2. Help it out by envisioning the fine misty material exuding from your face and solidifying into the two Astral Lenses.

3. Create the Astral Lens nearest you about two inches in diameter and concave, and set it about six inches in front of you.

4. Create the second Astral Lens about twice the diameter of the first and set it about sixty inches in front of you.

5. Enclose both lenses with an Astral Tube. *That is the Astral Telescope.*

How to Look Through the Astral Telescope

1. Visualize where your wife or husband is supposed to be at the time and

2. Focus the Astral Telescope towards that place and try to see her (or him). In order to do so, stare through the *bottom edge* of the small near lens—then let your visual rays expand after that to peer through the *whole body* of the large, farther away lens.

3. Climax it with the Psychic Power Double Command by firing Rocket 1 to magnify your wife or husband five times, and immediately reinforce it with Rocket 2 to your Organs Control Center to tremendously stimulate your fighting nerves with your Violent Arc in order to super-accommodate your eyes for distant vision.

If your wife or husband is absent from that place at that time, you will not observe her (or him) there. If she is accompanied by somebody, you will see who that person is and their association at that moment. You will not be able to hear what they say, though. And you should not come to swift conclusions following any momentary gesture you observe. You would have to focus the Astral Telescope on them repeatedly before you could interpret anything you see, and that requires a herculean output of psychic power energy with the Astral Telescope. Use it best for finding out fast where the other person is at the moment, and with whom, if you wish.

The exercises for acquiring the Astral Microscope and Telescope render it increasingly unnecessary for you to wear glasses, or they enable you to wear them less and, in some cases, to discard them altogether.

How to Develop X-Ray Eyes

X-ray eyes can be acquired by a human being because the body has been found to be radioactive. That fact in itself, though, is of lesser importance. More important is to establish a mechanism with your body emanations which reproduces the means of producing X-rays. You produce them outside your body with the means which you have already learned—mainly, by projecting powerful photons from your Brain Horns

through the Astral Tube. But now you use the Sawed-Off Astral Half Cone. You will learn the reason why below.

To create X-rays outside your body, follow these simple steps:

1. Create a Sawed-Off Astral Half Cone from your forehead, like a giant eyeshade. Let it extend downwards at an angle of about 30° and be about eight inches long, or long enough to reach to a level halfway down your nose.

2. Now, project from your Brain Horns a powerful stream of electrons. Do so with a psychic power command rocket rushing from your Psychic Power Center out of you through your Brain Horns.

3. Multiply their speed by reinforcing them with a monstrous photon power thrust delivered simultaneously.

4. When this raging stream of electrons strikes the slanting surface of the overhanging Sawed-Off Astral Half Cone, it is stopped suddenly and its electron energy is given up and changed into another form of energy. Less than one percent of this new energy is used to produce X-rays; by far the greater quantity is converted into heat. With actual electricity the impact of such heat is sufficient to melt any known metal. That is why the X-ray machine uses a rotary stopping target to reduce the concentrations of that heat on the target. But *you*, certainly, need never worry about creating even a flicker of such heat.

Needless to state, the chances are that you will not develop X-ray eyes powerful enough to look through the human body, unless you devote years to practicing it like the psychic master. You would then have to develop an electron delivering psychic power command rocket, together with a reinforcing photon power backing, several thousand times more devastating than you can now. You would have to multiply your unknown self enormously and successfully bridge the Nerve Gaps without losing nerve electricity. *Then* you could look through the human body with your X-ray eyes. Practicing to acquire X-ray eyes, on the other hand, will endow your gaze with a warmth of glance penetration which will subdue other people's resistance to you swiftly. So, practice the simple steps outlined.

How to Acquire Astral Hearing

With Astral Hearing, as with Astral Vision, you can hear voices from great distances without being present there in your astral body. It has identically the same relationship to astral body traveling as Astral Vision. It loses its keenness of hearing, in other words, the farther away you are to what you are listening to, and it is subject to interference from astral currents and cross currents. Neither can you see what is going on at the

scene, as you can with your astral body presence. When combined with Astral Vision, however, it is incomparably effective next to astral body traveling. **AND**—you can use it when you are *conscious* and awake, while you cannot use your astral body unless you are asleep or in a trance.

Exercise. For Listening to Jack Or Jane When Two Thousand Miles Away From You. Sit quietly in your room and relax from head to foot. Create an Astral Trumpet outside one of your ears. One ear is enough because it requires too much concentration to listen through two Aural Trumpets at the same time. When you normally listen to sound, anyway, you automatically listen to it as if your two ears were one—just as when you see an object, you stare at it as if your two eyes were one.

Create the Astral Trumpet in the same manner as you created the Astral Tube. But create it in the shape of a trumpet which commences small at your ear and widens until it is about four feet long and two feet in diameter.

Deliver, now, a psychic power command rocket from your Auditory Psychic Power Center (in the lower sides of your brain), down through your auditory nerve in a reverse, antidromic movement (running against the current of nerve electricity), ordering your cochlear "hair-cells" to receive sound from where you know Jack or Jane is right then. Since you are already acquainted with his or her voice, your Auditory Psychic Power Center oversensitizes your "hair-cells" to the right frequency of sound wave to expect from it. Your ear can respond to sound waves ranging from 16 to 20,000 c.p.s., and within those limits you can distinguish about 11,000 different pitches.

Immediately create an Astral Tube before your eyes and deliver a psychic power command rocket from your forehead, out through your Brain Horns and your Astral Tube to Jack or Jane and contact his Psychic Power Center. Order it to flash his words back to you.

The radiowaves of his words will at once be "sucked back" to you through your Astral Tube. But, break up the tube when you "feel" the radiowaves near you and "suck" them into your ear through your Astral Trumpet. They will drum into your ear to the right cochlear "hair-cells" and stimulate both your true auditory nerve and your Cochlear Electricity. Intensify your Cochlear Electricity to the peak with the Violent Arc (by thinking of something you despise bitterly) and it will rush Jack's message to your Auditory Psychic Power Center, which will relay it to your Highest Auditory Center in your conscious mind.

LESSON EIGHTEEN

How to Extract Profitable Knowledge from the Physio-Astral World with Psychic Power Control

The Mystery of Contacting the Past or Future with Your Mind

Occultists call the records of the past and future happenings on earth, the Akashic Records. They declare that every earthly scene or phenomenon, past or future, is imprinted forever in the ether in the form of light rays. Those of the past are moving away from the earth, and those of the future are moving towards the earth. To read the past or the future of anything, you have to attune your mind to the specific wave lengths of its light rays and direct your psychic message to them for the answer; or you can dispatch your astral body to read them there for you.

But there is one important physical fact about the Akashic Records which has not been explained. How can the psychic message from the

human mind to the light rays of the past catch up with them, when both are light rays and travel at the same speed? . . . Only with the astral body could the light rays of the past be contacted by the human, because only in that plane can anything from the living body travel faster than the speed of light. The records of the past, however, *can* be read without the astral body. The Akashic Records, consequently, are not a satisfactory explanation.

The Earth Records of the Past and Future

It is more believable that, instead of consisting of light rays moving away from or towards the earth, the past and future are imprinted forever in the ether in the form of Earth Records. These are apparently packed upon the surface of the earth like an astronomical pile of wounded soldiers in the wake of a fantastically disastrous battle, rising thousands of miles high, yet with each hero ready to respond to the voice of the right relative or friend.

The Earth Records of the Past consist not only of light rays but also of sound waves, both of which have resulted from its physical, chemical and mental activities when they occurred on earth. Instead of darting off into space with the speed of light and sound, though, they have drifted off the earth together in "combined forms" and have been prevented from moving too far away from it by the vast, overhanging pile of combined forms which have been accumulating ahead of them since time immemorial. This thousand mile high thick crust of combined forms also is being perpetually thickened from below by the endless addition of new combined forms. Why those combined forms do not dart off into space with the speed of light and sound is a mystery; but the fact that they can be contacted readily by attuned minds indicates that such *is* the case. It also explains why scenes that occurred centuries ago are occasionally re-enacted spontaneously in astral form. Reliable witnesses have stared aghast at whole battles that were suddenly "fought again" centuries later in a certain locality. It likewise explains the mystery of haunted houses and repeated apparitions of the same spirit at the same place over an extensive period of time.

All these supernatural entities *must be* close enough to the earth all the time. They could not have been whizzing away from it at the speed of light for centuries, and yet be able to return all that distance suddenly and reappear again, unless they did so on the astral plane. But since the past *can* be reached without the astral body, the combined forms of the Earth Records cannot exist solely on the astral plane. It *could* be that

they possess weight or substance and are therefore held close to the earth by the pull of gravity. Or they may possess an astral psychometric attachment to the people or places concerned and remain attached to them until these are destroyed. That is why tearing down a haunted house terminates the apparitions. But even then they don't dart away from the earth after that, for they can still reappear to him whose mind is attuned to them. So, in the end, it might still be predominantly the pull of gravity or an astral magnetism (like an aural attachment) which fastens the Earth Records Of The Past to the earth.

No further explanation of that mystery will be offered here. The sole intention was to point out that the records of the past can hardly exist as the Akashic Records explain them, but more likely exist in the combined-forms of The Earth Records of the Past.

The Earth Records of the Future, in contrast, are composed of the light rays and sound waves emanating from the physical, chemical and mental forces on earth which are converging from various means and directions, to one specific point or locality on earth, to bring about a particular phenomenon or occurrence. These, too, cannot be approaching the earth from faraway in space and traveling at the speed of light. They *must be* hovering very close to the earth where the physical, chemical and mental forces *on the earth* which will cause them, are emanating and converging to bring them together at a specific time and place. If you are to encounter Jack or Jane unexpectedly on the sidewalk tomorrow morning, for instance, the light rays and sound waves from your minds and bodies which are converging to draw you together is certainly not traveling towards the earth millions or billions of miles away. It exists, rather, right down here on earth *in* both your minds and bodies. After you encounter him and separate, the occurrence remains attached to both of you in the form of memories and stays close to the earth. As the two of you gradually forget the incident, its combined-form separates more from your minds, but still remains close enough to both of you because it can be recalled by your conscious mind under hypnosis if necessary, or with psychic power while you are conscious. When both of you die it finally separates from your physical bodies altogether, but floats around where it occurred, for there is its real home. It does not suddenly dart off the earth at the speed of light. Should anyone who knew both of you well, or any other attuned mind, spend some time in that very place, he *could* "feel" or even witness that very scene re-enacted before his eyes—even if the people around him did not.

That, then, is the whole basis for being able to extract profitable knowledge from the Physio Astral world. Know how to attune your mind

to what you want to know from it, and you can get to know it. (To attune your mind to the light rays and sound waves of a scene is equivalent to "feeling" the Molecular Action of an object, as you did in psychometry.)

Clairvoyance of the Past and Future

Clairvoyance is the ability to contact the Earth Record of the Past or Future and to perceive them as if they were originally taking place. It does not include the ability to see apparitions or visions or other supernatural entities.

For Clairvoyance of the Past you attune the receptivity of your Psychic Power Center to the light rays and sound waves, or to the combined-form, of a phenomenon or occurrence which lie among the Earth Records of the Past. Each and every phenomenon or occurrence possesses its own individual light rays and sound waves. No two are exactly alike and all of them can be contacted with the proper psychic power receptivity. The whole secret again lies in your assuming this "right receptivity," or of attuning your Psychic Power Center (as well as your Auditory Psychic Power Center) to the specific light rays and sound waves that compose that particular combined form. The Right Receptivity is more easily assumed in the trance state because your doubting, introspecting conscious mind and its firm supporter, your subconscious mind, then lose their influence to disrupt it. Your Cochlear Electricity and your *a* and *b* brain waves (your psychic power brain waves) are then far better in control.

For Clairvoyance of the Future you attune the receptivity of your Psychic Power Center to the most probable light rays and sound waves which are converging physically, chemically and mentally *on* or in the vicinity of the earth to bring about a certain phenomenon or occurrence. The secret, once more, lies in your assuming the Right Receptivity.

How to Acquire the Right Receptivity for the Earth Records of the Past and Future

In psychometry the aural imprint of the object puts you swiftly into the Right Receptivity for its Earth Records, but to do so likewise with clairvoyance you have to find a substitute for the object. But you can do that by thinking of something else that transpired at the same time as those Earth Records of the Past did. Once you acquire the Right Receptivity for the Earth Records of the Past of that "something else," it will be easy to continue concentrating among the Earth Records of that

same period of time and place and acquire the Right Receptivity for the combined-form you wish to contact.

In reverse, you *will* receive a psychic message occasionally *from* the Earth Records of a combined-form of a past phenomenon or occurrence but be unable to determine the time or place when it occurred. To determine them, hold before you, for instance, the picture of a building resembling the one you perceived in that message, or of a historical personage of that period, and use it to encourage the Right Receptivity.

Exercises for Developing the Right Receptivity for the Earth Records of the Past

Exercise 1. How To Find Out Where Your Best Friend, Or Your Romance Friend, Went Last Night After You Two Parted Company. Instead of trying to contact the combined-form of a scene that took place twenty or fifty years ago, try first to contact that of one that took place just last night. Start, too, with scenes that made big impressions on you. Then do it with scenes set farther back in the past. This is an unsurpassable "remembering" exercise, and remembering the forgotten is an indispensable quality for all artistic endeavor.

An excellent scene with which to practice first is to try to find out where your best friend or your romance friend went last night after you two parted company, and what he or she did for the next hour. Sit or lie down in a quiet place—preferably your own room—and relax your muscles from head to foot. Visualize Peter (or Christie) as you saw him last night and reproduce in your mind the picture of you two departing from each other. Keep it vividly in mind.

Imagine yourself now as becoming *him* immediately afterwards, so that you now think and feel like doing close to exactly what he himself thought or did then. That is the swift way to attune your mind to his and make it highly receptive to the combined-forms which he released into space thereafter. The light rays of these combined-forms, as a result, will be "sucked into" your Psychic Power Center, and their sound waves into your Auditory Psychic Power Center. It is as simple as that.

If you don't enjoy immediate success, rest for a while and try it again. Then try it with another person you met yesterday. After you practice the exercise for a while (it may even extend into weeks) scenes will promptly form in your mind when you do it and you will develop quickly the ability of the Right Receptivity.

Exercise 2. Make Exercise 1 more stringent by doing it with scenes that occurred farther and farther back in time.

Exercise 3. Repeat Exercises 1 and 2 with historical scenes. You will be astounded at how easily you will acquire the Right Receptivity by now, and you will soon be extracting profitable knowledge from the Earth Records of the Past.

Exercises for Developing the Right Receptivity for the Earth Records of the Future

The way to acquire the Right Receptivity for the Earth Records of the Future is similar to that for acquiring it for those of the Past. But instead of putting yourself into the position of the past, you put yourself into that of the future. Instead of putting yourself into Pete's or Christine's place *after* you parted from each other last night, in other words, you put yourself into his place as he (or she) will probably act *when you meet again*, let's say tonight.

Exercise 1. How To Find Out Beforehand What Your Best Friend, Or Your Romance Friend, Will Do Tonight When You Meet Again. Sit or lie down in a quiet place—preferably your own room—and close your eyes and relax your muscles from head to foot. Visualize Peter or Christine as he probably will be or feel like tonight. To facilitate matters, create his "today" first as you assume it is happening, to help you acquire the Right Receptivity for tonight even faster. Soon, as your ability improves, great waves of color pass before your closed eyes in sleeping, rolling lengths, moving from side to side. They diffuse and give way to forms and scenes of Peter or Christine going about their daily chores. Now shift your concentration to him as you assume he will probably act tonight. Since the combined-form of himself as he will *actually* behave tonight is already being formed, its light rays and sound waves and those it is attracting to it for his experience tonight, will find ready receptivity in your Psychic Power Center and your Auditory Psychic Power Center. As these forces are already converging for some time before they actually meet and create a combined-form for the Earth Records, your own mind will be carried along with them with the Right Receptivity and thereby find out **AHEAD OF TIME** what Peter or Christine will most probably do tonight. It is like parachuting off a plane at the same time as someone else, but landing below long enough before he does so that you can figure out in advance just about where *he* will land.

Exercise 2. How To Find Out Beforehand What Your Best Friend, Or Your Romance Friend, Will Do At Some General Time In The Future. Sit or lie down and close your eyes and relax your muscles and concentrate again on Peter or Christine. But try to contact his Earth

Records at no specific time. Visualize yourself once more as being him, to acquire rapidly the Right Receptivity for his future combined-forms. Analyze him as fairly and thoroughly as you can and try to *be* him. The more genuinely you convert yourself into him the more receptive your two psychic power centers will become to his combined-forms.

Then send a psychic power question rocket through your Brain Horns to his Psychic Power Center asking it when will he marry, make big money, lose his job, fall seriously ill, get a promotion, move from the city or whatever else you wish to know about him. Since his own Psychic Power Center is already receptive (even if his conscious mind is not) to the converging light rays and sound waves which are ultimately to meet and create a combined-form in the future of the answer to your question, your question will be relayed to them with the Right Receptivity and will detect the final construction of that imminent combined-form and bring back that knowledge to your Psychic Power Center as the answer.

Note: Don't expect one hundred per cent success, because you by no means understand Peter or Christine thoroughly enough. You probably understand no more than ten per cent of his true self with any degree of accuracy. Also, neither have you developed your Right Receptivity one hundred per cent, since you have not developed your unknown self one hundred per cent. But to develop such an ability even a mere one per cent may be all you need to extract a practical enough answer to your question. You can usually surmise with astonishing exactitude the rest about anybody after you get such a "lead."

How to Use Crystal Gazing to Aid Your Right Receptivity

Crystal gazing can aid your Right Receptivity, although you will develop your best Right Receptivity by practicing without the crystal. Props may contribute to swift initial results in mastering anything, but they eventually retard progress by encouraging sluggishness of the faculties used. Practicing alternately with props and then without props is wiser. Your periodically easier advancement with the prop will then renew your shaky confidence and launch you forward faster to new attainments in the skill.

A wide variety of different objects or makeshifts have been used for crystals. Among these were crystals themselves and other light reflecting objects, sections of clear quartz or glimmering pebbles, highly polished metal, quiet clear water under blinding sunlight, bright flame, sparks, glowing embers, polished surfaces of black or dark colored stones, shining pieces of flint, a mirror, a blot of ink, a drop of blood (the Maoris), an

outdoor pond, a watch crystal laid over a piece of black velvet, small polished pieces of metal like silver, tiny cups painted black inside and filled with water. Different ones have been used in all ages and lands by different peoples, both civilized and uncivilized.

A crystal ball itself is not necessary, so long as its substitute possesses a shiny surface to stare at. An intensely shiny surface reflects so much light that it temporarily stuns the nerve endings of the optic nerve in your retina so that your eyes perceive only the brightest surfaces within the field of vision and overlook the rest that are darker. The effect partially hypnotizes your conscious and subconscious minds, and your Psychic Power Center then assumes control over you. But that does not constitute developing your Primitive Autoconscious but merely allowing your known self to lose some of its control over you, and also permitting your undeveloped Primitive Autoconscious to control you easier momentarily. Your true Right Receptivity grows only by your developing your Primitive Autoconscious as much as possible *beyond what it is normally*, as in the past exercises. Practice the following exercises, nonetheless, in order to gain more confidence in developing the Right Receptivity for extracting knowledge faster still from the Physio-Astral world.

Exercise 1. How To Use Crystal Gazing For Increasing Your Right Receptivity And Extract Knowledge Faster Still From The Physio-Astral World. When you stare at the crystal or a similar object you have to be quiet and serious. Sit in a comfortable chair and set the crystal or otherwise shiny object about two feet before your eyes at a level halfway between your breast nipples and your navel. At that level both your eye and neck muscles are relaxed and will consequently enable you to fall more swiftly under the spell of the crystal or other shiny object. Gaze at the crystal lazily for two or three minutes. Don't wear yourself out, though, and even wink your eyes if the impulse seizes you.

Try to see in the crystal something with which you are familiar—perhaps Peter's or Christine's face or a typical everyday scene at work. After several trials (or perhaps after more practice) the first form you will descry will be a foggy milky mist, and the crystal will lose its transparency. Gradually, a form, a face or a scene unfolds on it, like a film negative being developed. You might be successful the very first time you try it, especially if you try to "visualize" in the crystal something with which you are very familiar, like a chair, a ring, or the face of Peter or Christine.

Note: Keep your crystal in a safe place, well-covered and protected. When you use it regularly, its surface molecules alter their positions, if ever so slightly, and acquire a Molecular Action harmony with your

Psychic Power Center. Your crystal then becomes even a better aid for helping you develop your Right Receptivity faster. But it is still *only an aid*.

How to Use Practical Seership to Better Your Whole Future

Seership (the ability to foresee the future) is unquestionably a desirable possession. With it you could arrange your life most efficiently and take advantage of every opportunity that comes your way. It is the supreme skill of reading the Earth Records of the Future. It is nonsense to state that, to know your future is to take the spice out of your life. Knowing your future, on the contrary, *allows you to make the most out of your life and to derive the maximum pleasure out of it*. You are then forewarned against impending disasters, as well as guided towards your greatest prospects. It would be asinine to denounce acquiring security for your old-age on the grounds that it would take the spice out of your old-age; or to drive your car without knowing whether your brakes function, on the premise that it is more exciting to drive it that way! Constantly running into unnecessary dangers which could have been avoided is what *takes the spice* out of life.

The same applies to knowing the future. How much better and more easily could you plan your life then and escape unnecessary hazards! If you study your future objectively and lay down sensible and practical plans for it, you will be able to live the most satisfactory future possible for you. Most of your difficulties in life, if you just think about them objectively, *could have* been avoided had you only been aware of a few trifling, but catastrophic, details. Could you have foreseen what lay ahead of you instead of being taken by surprise by them, you could have investigated the approaching tragic situation beforehand and devised a practical plan to abort it. Had Hitler or Napoleon, for instance, foreseen the crippling winters that overtook their victorious armies after they invaded Russia, they could have prepared better for them or delayed their invasions for a better time.

Unless you have been very fortunate, you yourself have probably lost out repeatedly in business, social and romantic life just because you were not aware at the time of some trifling drawback of yours, or of some unexpected detail, which "any child" should have known about. A minor change in your personality may be all you need to help you avoid most of your future difficulties. But how can you know what that minor change should be, if you have no conception of what your probable future will be?

How to Practice and Develop Practical Seership

To be a seer is to develop to a maximum degree the ability to contact, with your Psychic Power Center and your Auditory Psychic Power Center, the converging light rays and sound waves of the Earth Records of Your Future (or those of another), in order that you can convert them into thought forms which your conscious mind can study and interpret.

The practice of Seership involves four important Steps.

Step 1. Set aside a definite time each day for practice in a quiet room.

Step 2. Lock your door to prevent interruptions. Then darken your room. Seership is *twenty times* more successful when conducted in a dark enclosure than in a light one. Next to a dark room, starlight is best, then moonlight.

Step 3. (The Test Of Gifted Seership.)

Look at a speck on the wall for six minutes with your conscious mind a blank. If you feel drowsy by then, you have the makings of a seer. All you need is patience.

Step 4. Another test—the hyperventilation test—consists in breathing rapidly and vigorously for ninety seconds. If you turn dizzy you can develop into a seer because it indicates that your brain quickly responds to too much oxygen, and that your body absorbs electrons from the air swiftly. If you repeat this test several times it is pretty sure to throw you into a conscious dreamy state. While lying down in that state you will be able to see without your eyes. If after a little while you see sparks, flashes, streaks of quick and lingering light, vapor or misty clouds before your face, continue these “seances” and you will become a seer. You are contacting the Earth Records of the Future in full degree. If you stay perfectly calm instead of growing alarmed, these clouds and sparks may alter into forms of friends of the past. Your Psychic Power Center is transferring into thought-forms for your conscious mind the Earth Records of the Future which you have contacted.

Exercise 1. How To Foresee Your Future—And Profit Incredibly From It—With Practical Seership.

1. Sit in your dark, quiet room and turn your mind into a blank. Concentrate on the black void before your closed eyes until you are totally oblivious to the material world.

2. Write down anything that is “communicated” to you. Get used to translating into words everything that reaches you from the Earth Records.

3. Do this every day for a half hour, if possible. If you can't devote that much time to it, do it as long as you can.

4. Ask no questions at first of the vague forms that appear before your eyes. Ask none during the first seven practice sittings.

5. Ask a few questions on the eighth sitting.

6. At the beginning you will sit better alone. Later you can sit with others who *believe* in psychic phenomena.

7. Later, ask yourself questions about your future which you want answered, and write down the answers you get. Do not accept these answers as final for some time because they will not be accurate until your skill at contacting the right combined-forms of the Earth Records of the Future is excellent. But you will improve in time until you can rely, in great part, on what you receive from them and can then act on them with a certain measure of confidence.

Even if some of your interpretations of the communications you receive seem fantastic at first, write them down nevertheless and see if they come true. You will find out that, frequently what seems improbable upon first learning of it, turns out to be dumbfoundingly plausible later when and if it comes true. If adversity is prophesied, you can at least be on guard against it. If it is good news, you can prepare to make the best of it. Seership, like the Right Receptivity, need not be one hundred per cent accurate to bring you untold profit. It merely has to hint at the probability of possible future events in your life so that they won't catch you by surprise. In that way you cannot lose out on your greatest opportunities.

LESSON NINETEEN

How to Use the Secrets of Psychic Power Domination to Control Others at Will

How to Create the Dominating Psychic Atmosphere with the Outcurving Astral Cone

Mental domination requires from your psychic power nothing beyond thought transference and the use of your aura. Psychic power domination, however, requires the use of your astral mechanism as well, as demonstrated in the following exercises.

Exercise 1. How To Attract To You Those In Your General Locality Who Feel As You Do Towards A Certain Project. Sit alone in your room and visualize the important project which you wish to carry out. Create one big Outcurving Aural Cone extending from before your eyes. Have it curve outwards like the ending of a trombone. Fire a psychic power message through your Brain Horns but let it disperse from the Outcurving Aural Cone in all directions in space. Spread it even farther in space by immediately reinforcing its photon power in space with a psychic

power command rocket. Spread it out until it forms a quarter-sphere of from ten to fifteen miles in radius and contacts the receptive minds of all the prospects within that area.

Everybody with such a receptive mind in that area won't flock to you next day. Many, for one thing, would receive your message in the form of a dream, or a hunch, or a vague call to meet "someone" somewhere.

It is not necessary, though, that every such person be drawn to you. You might need but one partner, for one thing. So long as you draw him to you, that is sufficient. If you visualize your project clearly enough and propel it outwards with enough reinforcing photon power, the possibilities are excellent that this "ideal partner" will "run into" you sometime in the near future. The meeting will appear to be sheer coincidence, but the chances are that it will not be that by any means. Your similar receptivities, linked together by the astral radiations from your Outcurving Astral Cone, is what will more likely bring you together. You established a Dominating Psychic Atmosphere for your wish, and that individual fell within its field of influence.

How to Apply and Gain Marvelously from Your Dominating Psychic Atmosphere

A. The Three Great Steps To Establish The Dominating Psychic Atmosphere.

Step 1. Desire with all your zeal to convert your project or objective into a fact.

Step 2. Visualize it clearly, in every detail, becoming a fact.

Step 3. Sit calmly and project that psychic power message through your Outcurving Astral Cone and spread it out into a quarter-sphere with a radius of ten to fifteen miles and create a Dominating Psychic Atmosphere for it. You can immediately turn about-face and spread it out in the opposite direction, thus creating altogether a hemisphere of from twenty to thirty miles in diameter. Extend it no farther than that, though, or your Dominating Psychic Atmosphere would lose drawing power.

The farther away the people are who are reached by your Dominating Psychic Atmosphere, the less are the prospects of their wandering into your vicinity and ultimately meeting you. Someone in your neighborhood, though, could certainly, if suddenly seized by an unexplainable urge to drift into a particular street, or to sit on a particular park bench, or to step into a particular store at a particular time, do so; and there is bound to be at least one person in your neighborhood whose mind will be receptive to your psychic power message.

How to Move Up Remarkably Socially and in Business with the Uncontrollable Pull of Your Outcurving Aural Cone

Practice visualizing your psychic power message ripping out of your Outcurving Aural Cone with such irresistible tension that you feel as if it is dragging out your very body with it and hurtling it into space. Visualize the message being received by, and electrifying the, Psychic Power Centers of dozens of persons with the Right Receptivity for it.

Now, start drawing this psychic power message radiation back to you. Tense your fists and forearms as you do so, with your eyes still closed. "Feel" people being torn out of their homes and being drawn to you. Feel them being drawn closer and closer to you until they are outside your hall. If you were a psychic master you would by then be seeing these people individually in your Highest Visual Center and know where they live. But you don't have to be any such expert to be able to move up remarkably socially and in business with the uncontrollable pull of your Dominating Psychic Atmosphere.

If you re-created this Dominating Psychic Atmosphere repeatedly for weeks and then visited different parts of that general locality, you would be astonished at the number of harmonious individuals you would "run into."

When you find yourself among a large group of people or in a club room or in an assemblage, radiating a psychic power message and creating a Dominating Psychic Atmosphere will be most rewarding. Doing it daily in your place of business draws more people into it, especially if you are located on the ground floor in the business section of a suburb or small town or some place where you can be singled out. If you train your employees or subordinates to adopt the manners that befit that atmosphere, your prospective customers will feel it the moment they pass by your door or enter your establishment and be gripped by it. Those you serve will be enchanted and will praise you far and wide and stimulate your business.

IN SUMMARY. Your Dominating Psychic Atmosphere, in brief, brings about a series of advantageous circumstances for you. These are:

(1) the circumstance of drawing people to you who are receptive to your radiated psychic power message dispersed through your Outcurving Aural Cone;

(2) the circumstance of them praising you to the skies to their friends and acquaintances, and

(3) the resulting circumstance of more and more people flocking to patronize you, and

(4) the circumstance of your acquiring a bigger bank account, better security, more happiness, confidence, respect and the luxuries of life.

In life you can't merely dream great plans and expect them to realize themselves. You have to launch them into action! Your Dominating Psychic Atmosphere is the power with which to launch them.

How to Use Your Dominating Psychic Atmosphere to Attract Spontaneous Necessary Knowledge and Information

You have frequently enjoyed the experience of suddenly and unexpectedly drawing to you certain knowledge or information which you eagerly sought. Sometimes you "accidentally" run into someone who provides you with the key to that knowledge. Or perhaps you just "drift" into a bookstore and examine a shelf of books and "come upon" a passage that explains it to you. Or perhaps you pick up a newspaper "at random" and your eyes fall upon something that answers your question. Many will call those happenings sheer coincidence and dare you to prove it to be otherwise. But neither can *they* prove it to be mere coincidence. To the psychically informed there is frequently more to such happenings than sheer coincidence—they could also have been *induced occurrences* which resulted from the receptive communications set up between you and others by a Dominating Psychic Atmosphere which you unwittingly created when you concentrated abnormally on the knowledge you sought. Your conscious mind then becomes so eager to acquire that knowledge that, when it fails to do so by itself, it instinctively calls upon your Psychic Power Center for help. The latter responds by creating a Dominating Psychic Atmosphere to draw you to the attached auras where such information is found, or to bring you into contact with the aura of anyone in your general locality who might harbor it.

Exercise 1. How To Attract Specific Necessary Knowledge To You Spontaneously. Sit alone in your room and visualize *clearly* a trying problem which you want solved. Or you might be seeking a rare bit of information. Formulate it into exact words. Even write it down and revise the wording to make it instantly understood. Then repeat the words slowly and penetratingly in your conscious mind.

Starting from your Psychic Power Center, fire the words out of your Brain Horns in the form of radiowaves, through your Outcurving Aural Cone, and feel them spreading out rapidly in a psychic quarter-sphere to a distance of ten to fifteen miles. Immediately turn about-face and

repeat the projection, so that you create a Dominating Psychic Atmosphere the size of a hemisphere of twenty to thirty miles in diameter. Visualize your psychic power message seizing possession of the receptive minds of a dozen people in that general locality and prodding deeply into their conscious and subconscious minds and extracting your desired information out of them. Then draw it back to your Psychic Power Center and relay it to your conscious mind.

Repeat the exercise several times the same night. In the immediate future you will be amazed at how regularly the answer to your trying problem or rare bit of information comes to you: either directly through other people or through your "accidentally" running across it in other sources of information. You will "fall upon," at the very least, a stupefying line-up of clues leading to it.

The Overwhelming Perils Drawn to You by Fear, and How to Avoid Them

Be careful about fearing things. Just as you tend to attract to you what you desire, you also attract to you what you fear—be it a person or circumstances. An overpowering fear that something undesirable will occur to you, can attract to you the converging physical, chemical and mental forces of that phenomenon or occurrence which can bring it about. By continuously dwelling upon something which they fear will happen to them, many persons attract that very something to them just as if they had prayed for it to happen. They repeatedly create vivid mental pictures of it and radiate these all around them through instinctively constructed Outcurving Aural Cones of their own into the Earth Records Of The Future until they contact the converging light rays and sound waves of that potential occurrence. The latter are drawn to his receptive mind and *occur*. After that they are converted into combined-forms.

The people you fear (not necessarily those with whom you feel shy) usually don't like you and try to dominate you. By fearing them, you fail to build up enough protection against their nefarious thought commands. Although they might not consciously project these to you, they habitually introspect domineeringly against you and inadvertently communicate it to you steadily through radiowaves because your fearing mind possesses the Right Receptivity for it. Subconsciously satisfied with its reception in you, your evil-doer's mind is instinctively encouraged in its vicious thinking and thought commanding, and your Psychic Power Center continues receiving a steady assault of hostile fire from it. It automatically relays these to your conscious and subconscious minds and

thereby intensifies all the more your tense dread of that person. So, never let undue fear get a grip of you. The best defense against it is the Aural Helmet. Learn how to create one right now.

How to Build the Aural Helmet—Your Best Defense Against Psychic Power Domination

Your best defense against the psychic power domination of another person is the Aural Helmet.

The Aural Helmet consists of nothing more than forming, with your aura, an aural sphere around your head which prevents the psychic power domination radiowaves of another person from reaching your Psychic Power Center or your Auditory Psychic Power Center to influence and control you. Sit quietly in your room and close your eyes. Visualize your aura spreading upwards from around your neck, and enclosing your head all-around, like a diver's helmet. Let it be roomy enough on the inside, leaving an empty space of about two inches beyond the contours of your head. Construct its walls six inches thick, though, so that they can withstand effectively the penetrating power of the other person's radiowaves. Do not make the outer surface slick and smooth, but irregular and saw-toothed in order that the radiowaves which strike it will be dispersed or altered in shape and frequency. Even those that penetrate it will then no longer convey the exact antagonistic psychic command they brought to you and will consequently exert little influence on you.

It is very easy to build the Aural Helmet. Practice and perfect it and you will possess an unconquerable defense against another's efforts to dominate you psychically. The full strength of the Aural Helmet will last about twenty-four hours, whereupon it should be renewed.

Note: The Astral Tube (which you studied in Lesson 17) is the best *artillery* for psychic power domination. With it you can deliver the greatest concentrated amount of psychic power command radiowaves to the Psychic Power Center of another person. But remember to apply it no longer than one second at a time, and not to repeat it for another two seconds or longer. The Aural Helmet is the best *defense* against psychic power domination.

How to Intensify Your Psychic Power Domination with Astral Body Traveling

Astral body traveling is one of the foremost achievements of psychic power development, and it is obviously an unsurpassed tool for psychic power domination. But you have to use it when you are either asleep

or in a trance. You also have to *materialize* yourself. Towering feats, nevertheless, can be accomplished with astral body traveling. The records are full of dying persons without psychic power training, who spontaneously engaged in astral body traveling and appeared before others thousands of miles away, shortly before they expired.

Do you recall occasions when you awoke in the morning, all worn out, even though you had enjoyed a night of peaceful sleep? Remember the times when you dreamed of falling through space and awoke just before your body struck the ground? Have you ever dreamed of walking in the streets and being shocked upon realizing that you were walking in your pajamas, or perhaps stark naked? Such experiences are usually the distorted recollections of astral body traveling.

What You Need in Order to Travel in Your Astral Body

Men well-trained in, or well-gifted with psychic power, report that they need but to command themselves before going to bed to appear before a certain person at a certain hour of the night, and that their astral bodies will do just that. Such a simple routine, though, will not work successfully with everybody unless his unknown self is highly developed.

Astral body traveling depends upon a staggering psychic power control over one's astral self, upon unbelievable physical-body astral-body separation power, and upon overwhelming visualization. These three stupendous qualities, backed by an unshakable faith in your ability to perform this "miracle," render it possible. The least lurking doubt which you harbor about your ability to achieve it, even if it lies concealed in your subconscious mind, will nullify your ability to execute it. Unless you number among the well-gifted psychically, you will need practice and unswerving faith in yourself in order to engage in astral body traveling. And yet, by trying it you will develop your unknown self quickly and remarkably, for you will be trying to equal the "supernatural."

Animals, it is commonly known, recognize the presence of supernatural bodies nearby long before the humans present do. They recognize them even if the humans present don't. It is obviously because their Psychic Power Center (or their whole Primitive Autoconscious) is far wider awake than man's. For astral body traveling you have to awaken your own considerably.

The Logical Composition of Your Astral Body

The easiest way to learn how to command your astral body to travel is to know first, or to have an idea of, what it consists of. Your astral body is more commonly known as your spirit or your ghost. It is the exact size and shape of your body and remains in it all your life, to leave it permanently only when you die. But since it can and does leave your body temporarily when you are alive, it must be composed of substances which your own body gives off. Your astral body then must certainly consist

(1) of hydrogen, nitrogen and oxygen, or of gases in the air. Your physical body can project these gases out of it through the energy let loose by your brain (your Psychic Power Center) when you are in the trance state.

(2) of other gases, like chlorine.

(3) of metals? Doubtful, unless it contains some carbon.

(4) of water (sweat).

(5) of carbon dioxide, from your exhaling.

(6) of radiant heat.

(7) of infrared rays.

(8) of electromagnetic radiation. (Radiowaves.)

(9) of heat, due to energy involved in the projection of the astral body and in creating the different forms which the latter is capable of assuming.

(10) of the possibility of a different atomic or molecular action? Or of no such action at all? And is that why no heat is felt, but only a cool sensation through the air when a spirit or an astral body moves past one?

(11) of a mind and will of its own, but no perceptible tissue or viscera, for it cannot be injured or killed.

(12) of the capacity to pass through the ether spaces of the most compact solid.

(a) So, either its molecules are infinitesimally small and very far apart and for that reason lose very little heat quickly, or

(b) It must generate some heat of its own because it is NOT cold like ice, but like a fog.

CONCLUSIONS

Since the astral body penetrates the most compact solid, it must be a

(a) gas, plus

(b) electromagnetic radiation (radiowaves); and it must be

(c) absolutely controlled by a will or a mind;

(d) but this mind may or may not be that of a human being.

Is it the subconscious mind? Or the Primitive Autoconscious? ... Certainly it is neither of them shortly after the body expires, even if the Primitive Autoconscious can still be recorded electrically from the body briefly after that. The astral body also

(e) can be converted into a solid at will;

(f) can be converted back to a gas at will;

(g) can change its shape, form and substance at will.

(h) In the psychic state of possession, it can even replace the astral body of the unfortunate victim and impose *its own will* on him.

How to Master the Three Stupendous Qualities for Astral Body Traveling

Quality 1. How to Psychic Power Command Your Astral Body to Travel

The dying man seldom possesses superhuman psychic energy, but he is desperate to contact his distant dear ones for the last time and frantically draws electrons out of the air to provide his nerves with the nerve electricity they require for miraculous psychic power projection. He also visualizes his dear ones so directly that his astral body can find them with ease. Cases are recorded, in fact, in which the moribund made apparitions before *two* different faraway dear ones at the very same time. Such a manifestation requires superhuman psychic power indeed, but the dying person practically loses all reason in his hysterical last effort to bid them his final good-bye. He consumes so much of his remaining energy in the effort, in fact, that he usually breathes his last either during it or immediately afterwards. Yet, up to that moment he and nobody else even suspected that he possessed remarkable psychic powers. His dormant Primitive Autoconscious was finally awaked fully—at death's door.

When you psychic power command your astral body to travel, don't just think out, "Astral body, I command you to appear before Jack or Jane tonight at eleven o'clock." Every psychic power command is more effective when backed by a mental picture of what you hope to attain with the words. So, learn how to psychic power command your astral body to travel by doing the following exercises.

Exercise 1. How To Psychic Power Command Your Astral Body To Travel. In order to psychic power command your astral body to travel, lie quietly in your bed and shut your eyes in order to concentrate more deeply. Picture, in your Psychic Power Center, your astral body as filling

completely every part of you. Deliver, now, a psychic power command rocket to your astral body, ordering it to prepare to separate itself from your physical body and dart through space and make an apparition before or near Peter or Christine. Repeat this exercise several times until you actually feel your astral body coming alive in your own body like wave after wave of power, ready to burst out of it at the right signal.

Quality 2. How to Separate Your Astral Body from Your Physical Body with the Giant Astral Suction-Cup

Now, create a giant suction-cup from your aura, with a diameter of seven feet. Keep this Giant Aural Suction-Cup hovering immediately above your body and have it start drawing air furiously into itself. Lie perfectly still and imagine it dragging the whole mass of your astral body out of your physical body. The savage suction will cause the hair all over your physical body to stand up. Double the "pull" of the suction by delivering a Psychic Harpoon blast to the back of your astral body just as it is hauled out of you.

Quality 3. How to Make the Astral Body Apparition with Overwhelming Visualization

Once your astral body has been separated from your body, instantly disintegrate your Giant Aural Suction-Cup and get it out of the way. At once order your Psychic Power Center to observe everything and forget nothing that your astral body sees and does during its journey. Then deliver a psychic power command rocket to your astral body, directing it where to go and what to do there.

Now, visualize your astral body freed from union with your physical body, dart through space and appear immediately before or near Peter or Christine. If it finds him at a party, have it stand aside unseen, if you prefer, and observe and overhear everything that transpires. (Your astral body, though, cannot interpret what it hears. You have to depend upon your conscious mind for that. If you are overly suspicious about Peter or Christine in any way, it might not be prudent to investigate him with astral body traveling.) But if he expects to see you, have your astral body materialize itself into a human form before him. Just order your astral body to make itself visible and visualize it doing so, and it will do just that. Instructions are obeyed in a fantastic manner on the astral plane, since nothing in that plane is impossible. You just have to *get on that plane first*, that's all, and give out your psychic power commands and

visualize them as taking place exactly as per your instructions. The "mysterious molecules" of that plane are sensitive to thought beyond human conception.

Practice astral body projection with calm and ease without setting any deadline as to when you will achieve it. Dying men, as you already know, have achieved it *instantly*. So can you if you follow the directions for it as explosively as the dying man or the hysteric. Otherwise, it will take you time to master it. But even the development of a modicum of that ability will enable you to contact the minds of others with much greater ease than before.

How to Project Personalized Astral Thought Forms

If you lack the time to master Astral Body Projection, you can master Personalized Astral Thought Forms much easier and achieve stupendous results. So, study carefully how to do it.

You can concentrate on another person so intently, first of all, that your thoughts can take form spontaneously before him as a likeness, either visible or invisible, of yourself. Although it still maintains a thin astral-cord connection with you, it will have no conscious connection with you and will therefore bring you *no* communication. You *can*, though, project thought-forms to him that will retain a conscious connection with you and bring you communications from him. Those are Personalized Astral Thought Forms. They are used rather commonly in India. Learn how to create and use them through the following exercises.

Exercise 1. How To Check Up On Somebody's Present Activities Fast With The Personalized Astral Thought Form. Sit or lie quietly in your room and think of Peter or Christine. Be quite positive that he is in bed or alone in his home, or some place which you can envision clearly. That will help your Personalized Thought Form to reach him *quickly*.

Create in your mind such a vivid picture of yourself being present watching him or her that it seems real. Visualize from head to foot, in other words, every detail of yourself standing there. Calmly observe him doing more or less what you presumed he would be doing. To construct a pretty accurate picture of him and his activity, be objective and banish from your conscious mind all envy of, or prejudice against, him. List these down on paper beforehand, if necessary, so as to be positive that you overlook none. When you possess an impartial, fair-minded attitude towards him, your Psychic Power Center acquires the Right Receptivity

for his. His will then respond readily to any psychic communication from yours and will practically "invite" you to appear in person before him.

Peter or Christine will now grow suddenly conscious of the fact that you are occupying his thoughts intensely and will start thinking actively about you in his conscious mind.

Now is the right time to send him your psychic power message. The succeeding steps then take place automatically. Your message lands in his Psychic Power Center and is subsequently relayed to his conscious mind. His conscious mind dispatches the reply to it to your Personalized Astral Thought Form which is standing there, and which Peter or Christine is vaguely aware of. From there it is rushed to your Psychic Power Center and relayed to your conscious mind.

If you enjoy no immediate success with Astral Body Traveling, practice this exercise and gain proficiency in it. It will multiply your powers of concentration, of contacting the other person and of seizing his attention without your even being present physically where he is.

LESSON TWENTY

How to Put the Physio-Astral World Under Psychic Power Control and Acquire Miraculous Power

How to Create the Magic Picture for Others to See, with Induced Vision

For centuries the East Indians have baffled foreigners with their power of Induced Vision. This power results from your creating Thought Forms so authentic that the people in your presence actually see them and accept them as factual. East Indian fakirs have developed this ability so fantastically that they have shown travelers mountains in the distance suddenly undulating and moving around at their verbal commands. In the Western world there are actors who can gaze into space and "see" scenes which don't exist and can induce the audience to "see" them without a word.

How is this achieved when your optic nerve is only a message carry-

ing nerve—or a nerve which only carries images from your retina to your visual centers? It is achieved because your optic nerve also contains a few fine command delivery fibers which run from your Highest Visual Center (in your conscious mind) to your retina. You can use these to convey to your retina the pictures which you create in your conscious mind by driving them to it with an intensive psychic power command. These pictures (or images) are converted in your retina to radiowaves. You can drive them into the Brain Horns of the other person so that they reproduce the picture you conceived in your conscious mind, clearly on his own retina. That is how you create the Magic Picture for him to “see” and accept as a true picture.

To succeed with Induced Vision you have to reproduce most accurately the structures you visualize in your Thought Forms so that you can produce an authentic image of them in your Highest Visual Center. Otherwise the image will not be reproduced clearly enough to implant a convincing enough image on the other person's retina. You have to create your Thought Forms like the good story teller who relives the whole story himself when he tells it. Jack or Jane has to perceive the exact details which you visualize and ignore those which you ignore. That is Induced Vision, the specialty of the Indian fakir. Master it yourself now.

Exercises for Making Others See What YOU Want Them to See

Exercise 1. Stare at a garden or a lawn but imagine that you see only a rippling river. With a psychic power command from your Psychic Power Center, drive the image of the river which has formed in your Highest Visual Center, out of it through the fine command delivering fibers of your optic nerve, to your retina. There the image is converted into radiowaves. With phenomenal photon power behind them, drive these radiowaves into the garden or lawn before you until the river looks as if suddenly pasted right on top of the garden and is concealing it from view. To make it hold, visualize at once different details of that river. See the sun's rays glancing off it, for instance, and its banks beginning where the garden ends.

Even though you *do* see the river by now, you probably still see the garden. To obliterate the garden completely from your sight, deliver to it two or three more intensified psychic power commands of the river. That will stamp the garden out of your “view” and leave it covered by the river. If you tell the onlooker now that he is seeing a river, he will see it instead of the garden. This is a tremendous exercise, but you will enjoy it. You will also master it in no time.

Exercise 2. Throw a stick on the ground and visualize it turning into a snake. With a psychic power command from your Psychic Power Center, drive that image of the snake which has formed in your Highest Visual Center, down through the fine command delivering fibers of your optic nerve, to your retina. There the image is converted into radiowaves. With phenomenal photon power behind them, drive these radiowaves into the stick on the ground until the snake looks as if pasted right over the stick. To make it hold, visualize at once different details about the snake. See the scaly skin, its waiting eyes, its pointed jaw and claw-like fangs. Now, as the picture of the snake completely obliterates that of the stick, see the snake slowly undulating and gliding away. That is how the “snake trick” can be performed with psychic power. Although the stick remains just a stick, your power of visualizing it turning into a snake can be made so compelling with Induced Vision that the observer sees exactly what you yourself visualize in your Highest Visual Center and project from your retina with dynamic photon power.

Comment. To facilitate your success, you may describe in words to the observer exactly what you yourself are “seeing.” “There is the river now,” you could say. “See it coursing along? See its yellow water trickling through the shallow, muddy bed? This place is plagued with drought this year. Not a bird is in sight.”

For the snake exercise you could say, while you visualize it, “There is the snake—coal black and shiny. A pretty snake, too. Look how small and uniform its scales are. It is moving now, wiggling away, raising its little pointed head and showing its fangs. There it goes! There it goes!”

Exercise 3. Repeat Exercise 2, using other creatures or objects. Describe them vividly, first orally, then silently. That is how to practice creating the Magic Picture with Induced Vision. Describe the scene you are imagining, step-by-step, just as if it were actually taking place.

Exercise 4. Repeat Exercise 3. But no longer describe what you see, either orally or silently. Just stare at it, as if were a genuine river or snake. The onlooker will see what you see through thought transference (telepathy).

Exercise 5. Repeat Exercise 4 by visualizing other animals or objects.

IN SUMMARY. Obviously, you can use Induced Vision for more practical purposes. It is invaluable for you if you are a salesman, professional man (doctor, lawyer, dentist, for example), leader or speaker, because with it you can induce the prospective customer or client or patient to see what you want him to see instead of what *he himself* wants to see or tries to see. Such an advantage helps you sell your product faster, improve a patient sooner, draw supporters to you more swiftly and add

a gripping quality to your speech. It is equally effective in romance and social life, for the very same reasons, and enables you to attain your ends in those directions much easier.

How to Use Your Astral Body for Telekinesis

Telekinesis is defined as the movement of physical objects without physical contact from the person responsible for moving them. It means, in simpler language, that you move physical objects without touching them. Much psychic phenomena is wrongly attributed to spirits. Little, however, need to be attributed to them exclusively. The physical, after all, includes the psychic.

Your moving physical objects without touching them, then, is not an accurate expression, for it implies that you do not touch them at all. You do touch them with your astral body. Spirits, of course, can still be invoked to move objects and perform other invisible phenomena. In haunted houses they even do so spontaneously. But do not confuse a spirit performance with an astral body performance.

Exercises for How to Extend Your Astral Arm Consciously and Move Objects with It

Exercise 1. How To Reach Out From Across Your Room And Touch Something With Your Astral Arm. Sit quietly in your room, thoroughly relaxed in a comfortable chair. Stare at an object which you would like to move with your astral body, such as your hairbrush on top of the dresser. Create an Astral Suction Cup a little longer than your arm and place it against your arm. Sit perfectly still and let the Cup draw air furiously into itself. Visualize it dragging your astral arm out of your physical arm with Physio-Astral Separation. The very hair on your physical arm will stand up as a result, and the limb will turn cold. Attempt no more at first. Repeat the exercise several times during the next three days.

Exercise 2. When your astral arm is completely sucked out of your physical arm (although it still remains connected to your body), instantly disintegrate your Astral Suction Cup to get it out of the way. Then at once discharge a psychic power command rocket through your Brain Horns to your astral arm, ordering it to stretch itself out until it touches the brush. Your astral arm will hesitate, but reinforce your psychic power command rocket with stronger and stronger ones.

Don't feel discouraged if nothing happens at first. The inhibitions of your conscious mind are your greatest obstacles, just as they have been throughout your life. Suddenly, though, you will again feel the very

hairs of your physical arm standing on end and the limb turning cold. It feels, in fact, as if the very skin is being ripped off.

By now you are too weary to proceed further. Your conscious mind, too, alarmed by the sensation that your skin is being ripped off of your arm, arouses your fighting nerves to protect it and to draw the astral arm back into it.

Practice these exercises no more that day. *Always feel strong and energetic before practicing psychic phenomena.* You will only waste your time if you don't, because your conscious mind inhibitions will then successfully resist the psychic power commands of your Psychic Power Center.

Don't rush past this phase of the exercise either. It is an important phase.

Exercise 3. This time saturate yourself first with the All Over Psychic Arc to keep your fighting nerves under control. (Visualize the juicy steak repeatedly, in other words, and intensify its salaciousness each time.) Then repeat Exercise 2. Persist now, though, with more psychic power command rockets until you succeed in raising your astral arm to shoulder level. Once you progress that far, you are really getting results.

Exercise 4. Deliver a psychic power command rocket to your astral arm, ordering it to stretch itself out to the brush by thinning out like softened chewing-gum when its two ends are pulled apart. Although the stretching will not pain your nerve-less astral arm, your conscious mind, due to visual suggestion, will feel excruciating pain, as if your physical arm were being subjected to the tortures of the rack. This "pain" again brings the inhibitions of your conscious mind to the fore and causes your astral arm to snap back defensively into your physical arm. Intensify your All Over Psychic Arc and repeat the exercise. It won't be long before the inhibitions of your conscious mind will be conquered.

Exercise 5. Your progress is swift thereafter. Psychic power commands your astral arm. Visualize it, extending farther and farther out into the room and growing thinner and thinner as it does so. Finally, it reaches the hairbrush.

Exercise 6. Touch the hairbrush with your lifeless astral arm. To vitalize it, fire photons from your Brain Horns all through its length. Its fingers now come alive and the whole astral arm feels strong and capable, like your physical arm. It feels many times stronger than your physical arm, in fact, since it is under the absolute control of your Psychic Power Center, as your physical arm is when you are hypnotized.

Exercise 7. Grasp the hairbrush with the now vitalized fingers of the astral arm and lift it. The fingers will be shockingly thin and spidery, but they will be as strong as your Psychic Power Center can make them.

Practice these exercises in order to develop your astral body ability for table-tilting, playing upon musical instruments from across the room without moving your physical body, and doing other mediumistic "miracles." But even if you master it by only one per cent you will still acquire enough telekinetic power to influence the movement of dice, to make others feel that you are influencing them physically without laying hands on them, to convert you into a more formidable foe in sports or to increase your effectiveness as a suitor, because you will acquire the ability to make your physical presence felt very strongly by others without your even touching or approaching them physically.

How to Master and Use the Power of Materialization

Materialization is another advanced Physio-Astral ability. It is not easy to master because it is also handicapped by the incredulity of your conscious and subconscious minds. Mediums perform it regularly while in the trance state, but they credit it to the invoking of spirit help. (In the trance state the medium's body practically goes into suspended animation.) Psychic masters, nevertheless, achieve it solely with astral body projection.

Your astral body projection can assume any form you wish it to. Just visualize the desired form convincingly enough in your Psychic Power Center after your astral body is separated from your physical body and send it a psychic power command to reproduce the visualization. Practice how to do that now.

Exercise 1. How To Materialize An Astral Part Of You Into A Physical Part. Sit in your room and relax thoroughly. Reach across it again to your hairbrush with your extended, thinned out astral arm, but don't pick up the brush. With a staggering psychic power command, objectify at the end of your wizened arm, in keen detail, a normal hand coming to life and picking up the brush. Behold the very hairs on the back of this "living" hand, the rougher skin covering the knuckles, the slightly stained fingernails, the flexible finger joints and wrist. Visualize an actual, flesh-like hand, in brief—a hand dislimbed from a living arm but still attached to it by a long, cord-like mist resembling a finger-thick nerve. Pick up the brush with that hand, wave it in the air and set it back down. Then let the hand diffuse into the astral form again. That is materialization.

Exercise 2. Repeat Exercise 1, but this time drive a psychic power command to your astral arm to change itself into a whole human arm. Then lift and wave the brush with it.

Exercise 3. How To Materialize Living Animals With Your Astral Body. Sit relaxed again. Stare at the empty floor in the middle of your room and project a mass of astral body out of you. Let it settle in the center of the room and send it a psychic power command to assume the shape of a big brown-and-white dog. Envision the animal standing there breathing, facing your right, like another human being. Send it another psychic power command through your Brain Horns to wag its tail and bark. It will look like a real dog and if touched by anyone, its fur will feel like a dog's. But its mind will be your mind, not the mind of a dog. It reacts according to how your mind reacts. Send it a psychic power command to talk to you, and it will repeat your own words in your own voice. Turn angry, and it will growl like an angry canine. Be happy, and it will wag its tail and yap. It has no instincts of its own, but only your Psychic Power Center to guide it, even if its actions are those of a dog.

Repeat this exercise several times. Don't materialize the animal gradually, but fully and instantaneously. To make certain that you overlook no detail, visualize a dog you already know. You might objectify the form of an imperfect dog otherwise.

Exercise 4. Materialize furniture and other inanimate objects in the same manner.

The Miracles You Can Expect from Tri-Conscious Cooperation

If you did succeed with these materializations you would be exhausted after engaging in each one. Each consumes an astounding amount of electrons. But your capacity grows with practice until you can materialize a series of scenes lasting for minutes at a time. Materializations do not consist of living tissue but solely of ectoplasm, or of astral body substance. If a sword were plunged into the materialized hand or dog, no blood would flow. And if the hand or dog moved, it could drift through the wall. You could reproduce any form, living or dead, with ectoplasm, but it is still only a reproduction of that form; it is not the real form, living or dead. You can even turn the dog into a horse or an eagle if your psychic power command is strong enough and your visualization authentic enough. The animal will do exactly as your conscious mind commands and thinks because it is an extension of yourself which obeys implicitly your visualized psychic power thought commands. It will even fly if you visualize it. It will laugh like Figaro, stammer and stutter, crow like a cock, meow like a cat, sing like a canary. It behaves like a dog only when and if you visualize and command it to behave like one.

You could visualize and reproduce in that fashion a whole regiment of men, a funeral parade passing by, or a mountain in the distance dancing up and down before the eyes of others. It all depends upon how much cooperation you build up between your conscious and subconscious minds, and your Primitive Autoconscious. It all depends, to put it crisply, upon your perfected degree of Tri-Conscious Cooperation. The psychic master's Tri-Conscious Cooperation is from 109 to over 3000 times more perfected than yours. Even with yours no more than 1% perfected, though, you would gain a power in your eyes and mind that will bring you astounding control over people and such small objects as dice.

How to Perform Levitation Consciously

Needless to say, nothing you ever did would confound others more than your performing levitation, especially when you lift your own body in the air without any physical support. Practically everybody is acquainted with the yogi feat of taking a nap in the air, about four feet off the ground, with nothing whatsoever supporting him from below or holding him up from above. Just imagine what psychic power domination you would hold over another person if he witnessed you in such a performance. But only a psychic master can do it, or someone highly gifted with such powers. To know how it may be done, on the other hand, and to practice doing it, will, in itself, increase your own psychic power unbelievably, as well as your power of psychic power domination.

Levitation Through Reversed Magnetization

For thousands of years man has tried to explain the phenomenon of levitation. Since it runs counter to the law of gravity, modern scientists are totally baffled by it.

Spiritistically, it may be achieved by lifting the physical body in the air by means of limb-like projections of the astral body to the ground. This will be demonstrated shortly in an exercise. Many a psychic master, though, levitates himself without using his astral body. That may be evidence that levitation can also be achieved by means of *reversed magnetization*. When you walk on the earth your feet have a magnetic polarity (N) *opposite* to that of the earth (S), while your head, which in that position carries a magnetic polarity (S) *opposite* to that of your feet (N), has one like the earth's (S). If you could reverse the magnetic polarity of your body voluntarily, now, so that your feet acquired one like the earth's (S), and your head one *opposite* of the earth's (N), your body would turn upside down because likes repel and unlikes attract. When

you lie on your back, likewise, your back acquires a magnetic polarity *opposite* to the earth's, while the front of you acquires one like the earth's. When you lie face down, the front of you acquires a magnetic polarity *opposite* to the earth's, while your back acquires one like the earth's.

If your whole body, then, could voluntarily assume a magnetic polarity like the earth's, it would be *repelled* by it. Levitation, then, could be actually a *magnetic repellation*. The body and the earth at that time repel each other. Since the earth is bigger than the body, it stays where it is, while the body is thrust away from it. To perform levitation, then, the psychic master need only have his physical body assume the *same* polarity as the earth's, and the earth will thrust it away from it. That is Reversed Magnetization.

Study now the two ways to perform levitation.

How to Perform Levitation with Your Astral Body

Exercise 1. Lie on your back on your bed. Visualize yourself suspended in the air, but being supported by extensions from your body down to the ground. End the vision now. You have visualized the picture which you want your Primitive Autoconscious to bring about.

Now you are ready to start. Visualize yourself, as you lie on your back, acquiring extra arms and legs (*astral arms and legs*) which slowly push your body upwards into the air.

Practice this exercise until you feel your astral limbs projecting out of your physical limbs and pushing your physical body upwards, off the floor.

The Normal Magnetic Polarity Repellence Existing Between All Human Beings

The easiest way to perform levitation through Reversed Magnetization is from the horizontal position because that position brings more of your body into close contact with the earth than any other position. Its greatest mass of potential magnetic resistance is then presented to the earth, making it possible for it to be repelled easier when its polarity is made like the earth's.

To reverse the magnetic polarity of your body, however, and concentrate it to the degree where it can be repelled by the earth is no simple accomplishment. Only a psychic master can do it. But there is a more important reason for learning how to do it, even on a microscopic scale, for sweeping people off their feet in your everyday life. When you meet

someone face to face, both of you possess the same magnetic polarity on your fronts and backs, since both of you are attracted equally to the earth. It means that there is a normal magnetic repellant existing between all human beings when standing face to face. This repellant, naturally, is influenced widely by the thoughts, clothes, circumstances, health, beauty, personality, complexion and other qualities of each. Underlying all of that, however, is the constant, unchanging magnetic polarity repellant between all individuals when facing each other. You will be taught how to nullify this unavoidable magnetic repellant between you and others with Reversed Magnetization, so that you exterminate it *at sight* and put everybody you meet swiftly in the palm of your hand.

How to Reverse the Magnetic Polarity of Your Body with Psychic Power

The easiest and simplest way to reverse the magnetic polarity of your body when you wish to attract another, or others, to you, is to fill yourself with a bursting desire to know that person, to be his friend and to help him in any way you can. Since Duncan's own mind is suspicious of yours (because he dislikes you) and distrusts you to the point where he may even try to avoid meeting you, it will automatically intensify the *like* magnetic polarity on the surface of his body which faces yours. If you feel the same towards him, yours will also intensify and you will indeed be repelled powerfully by each other. But now, if you instantly reversed the magnetic polarity of the surface of your body facing his, its magnetic polarity will reverse itself and assume the opposite polarity. Your two facing body surfaces will then be *attracted* to each other instead of being repelled.

Should you and George be eager to meet, you might not get along so well with him at first because the two of you again possess the same (eager-to-meet-you) magnetic polarity on your facing body surfaces, and you expect too much from each other at once. When your expectations are not fulfilled immediately, or are even mildly disappointing at first, both of you rapidly acquire some distrust of each other and again repel each other with identical magnetic polarities on your facing body surfaces. The widening gap between may become permanent, too, because your facing body surfaces retain their *like* polarities towards each other.

Turn the tide by NOT losing your own eagerness to meet George, no matter how disappointed he or you might be feeling about the other. THEN—when *he* loses *his* eagerness to meet you, his magnetic polarity

instantly becomes the *opposite* of yours, and that attracts him *back* to you, since *unlikes* attract.

Exercise 1. How To Fall Sound Asleep With Reversed Magnetization. Lie flat on your back, on your bed. Your back and your bed *do not* possess the same magnetic polarity, for they do not repel each other—or not enough for your body to be thrust off it. The polarity of your back, in other words, is the opposite of your bed's, since it is not repelled by it.

To acquire a magnetic polarity *like* that of your bed, your back should feel as if it *loved* lying down on it. So, simply think to your back that it *LOVES* lying on your bed; that it would love to lie on it forever. Imagine that your back is your whole you and think to it, "I *LOVE* lying on this bed. I never want to get off it. I love every feel of it. I love it, I love it, I love it," and relax into it as if you are a permanent part of it.

Feeling that happy and relaxed, you will probably fall asleep quickly. You know now why the psychic master falls into a sleeping trance before his body goes into levitation. He sleeps so soundly that his whole body becomes supercharged with a magnetic polarity which is both the *like* and the *equal* of that area of the earth upon which he rests. Naturally he sends his body a psychic power command before falling into the trance, to levitate itself while he is in the trance. It cannot help but be repelled by the earth then, and his body levitated.

Again, expect no miraculous results from this exercise. It takes years of long, persistent practice to master levitation. But this exercise will improve your health by inducing sound sleep in you and resting you better for the next day.

How to Keep Your Primitive Autoconscious Always Awake with the Psychic Mold

You have studied and practiced and acquired at least 1% development of your unknown self by reawakening your Primitive Autoconscious. Learn how to keep it awake permanently. Do it with the Psychic Mold.

The Psychic Mold—for Keeping Your Primitive Autoconscious Awake Permanently

The Psychic Mold is the quick way to put your Primitive Autoconscious in full control of its ten significant parts and free it from the restraining influence of your conscious and subconscious minds. It consists in simply bringing about two easy conditions in your mind.

1st Condition. You subdue your alpha and beta brain waves and put your delta and theta brain waves in control.

2nd Condition. You put your Cochlear Electricity in control of your hearing, instead of your true auditory nerve electricity.

Explanations. The 1st Condition puts your Psychic Power Center in control over your conscious and subconscious minds, as it does during sleep.

The 2nd Condition puts your Auditory Psychic Power Center in control over the hearing and auditory centers of your conscious and subconscious minds, as it also does during sleep.

Bring about these two conditions swiftly *while awake* and you can always reawaken your Primitive Autoconscious and keep it independent of your conscious and subconscious minds. That is what you achieve with the Psychic Mold.

How to Create the Psychic Mold

To create the Psychic Mold just

- (1) throw yourself into a mild trance-like state, and then
- (2) consciously command your Psychic Power Center and your Auditory Psychic Power Center to take over full control of you.

The Easy Ways to Do (1) and (2)

(1) The easy way to throw yourself into a mild trance-like state is by:

- a. Relaxing every muscle of your body, from head to foot. First of all, relax your brows, your hands and your feet. Then relax your jaw. The rest of your body follows reflexly.

- b. Then close your eyes, or gaze stupidly into the distance with your eyes focused on nothing. And think of absolutely nothing. If your eyes are closed, just keep staring at the black void at the back of your closed eyelids. If they are open, just keep staring stupidly into the distance.

(2) Now, deliver a command from your conscious mind to your Psychic Power Center in your forehead, and another to your Auditory Psychic Power Center in the lower sides of your head, to take over full control of your body.

- a. Then count off four silently, to give these two Centers time to put through their commands.

That is the Psychic Mold. It will reawaken your Primitive Autoconscious if it has been falling asleep again. Otherwise, create the Psychic Mold about once a week (even once a day if you wish) just to keep the

fantastic potentials of your Primitive Autoconscious ever ready for instant use. After three months, do it only when you feel like it. It takes you only a few seconds to do it, and it brings back to you all the "miraculous powers" of your Primitive Autoconscious which you have acquired.

How to Be the New, Unsurpassable You for the Rest of Your Life

You have completed *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL*. You have practiced and awakened your dormant Primitive Autoconscious and become a far more effective person than ever before. No longer are you the prisoner of your pusillanimous conscious mind, but the freed leader of your expanding hidden powers which you can explode to rocket you to heights undreamed of. With your **NEW UNSURPASSABLE YOU**, you will stand out head-and-shoulders wherever you go, socially, romantically or in your occupation.

Step-by-Step Method for Using the New Unsurpassable You

Here, step by step, is how to use the **NEW UNSURPASSABLE YOU** in everyday life and profit limitlessly by it.

In The Morning. When you arise in the morning, sit by your window and engage in some Energizing Breathing to fill yourself with electrons. After that, fill yourself with Muscle Tone and start the day bursting with energy.

Then saturate yourself with the All Over Psychic Arc in order to digest your breakfast better and encourage your bowels to move.

As you leave the house, use Selective Muscle Tone Control to endow your every movement with grace and poise.

On the sidewalk you run into your acidic neighbor Jack. Sweeten him towards you with Reversed Magnetization and the Electrified Handshake.

At your office or wherever you work, subtly drive your thoughts into the minds of others with such potent photon power that you swiftly bring them under your control.

By reducing the resistance at the Nerve Gaps you learn everything new with a speed you never imagined possible, and you also cement-in that new skill in your conscious and subconscious minds.

You meet new clients or customers with Induced Vision and make

them see what you want them to see, no matter what they actually see. To attract still more of them into your place of business create the Dominating Psychic Atmosphere.

Before addressing anyone within your view, render him practically unresistant to your orders, suggestions or requests with the Psychic Arc.

To intrigue your marital partner or your romance friend, fire him or her a message or command through your Astral Tube.

At lunch try and rest your eyes with the "Off-Effect."

In The Afternoon. In the afternoon—in fact, any time you are weary following an unusual physical effort—reinvigorate yourself with the Stooping Zembla.

With the Psychic Harpoon, when he is not looking, compel the person who ignores you romantically or otherwise, to notice you with keen interest.

If you have to use unusual strength, multiply your muscle power with psychic power control over your Muscle Coordination Center.

If you feel that jealous rivals are trying to undermine your equanimity, protect yourself against their insidious thoughts with the Aural Helmet.

If your occupation requires the use of keen hearing, increase the sensitivity of your own Cochlear Electricity.

At Night. Back home at night, rest from a quarter to a half hour lying down and revitalize yourself with the Horizontal Ozona. At the same time, again renew your eye strength with the "Off-Effect."

If you engage in any sport later that evening or that weekend, surpass your best performance with your Seeing and Hearing Reflexes.

If you read serious materials or study that night, do so much faster (but also by overlooking no details) with your Primitive Seeing Center.

If you visit ill and crabby Teddy, improve his frame of mind with the tender touch.

When you go to bed, do the Zembla to retard old age.

When you lie there, win back a vacillating romantic interest, or wife or husband, with the Psychic Antidrom.

Arouse your marital partner incredibly with the Human Lamp.

Add to your years by doing the Muscle Tone exercise for your heart.

Put yourself into sound sleep quickly with the All Over Psychic Arc.

If you care to go farther and develop more along the lines of the psychic master, you know how to do it. You can aspire to perform miracles of any kind, materialize animals and objects, achieve astounding feats of strength, see through the densest object like an X-ray; see and hear thousands of miles away, read the past and prophesy the future, travel in your astral body and even levitate yourself.

But even if you limit yourself only to the accomplishments of the 1% development of your Primitive Autoconscious, you will outclass your past performances in anything, for you have learned the secrets which the psychic masters have used for thousands of years to eclipse the achievements of others. Apply them yourself and also eclipse the achievements of others with astonishingly little time and energy. Make all these attainments permanent with the Psychic Mold.

Read *CYCLOMANCY: THE SECRET OF PSYCHIC POWER CONTROL* all over again, now, and you will gain so much more from it that you will automatically double, triple, or quadruple the development of your Primitive Autoconscious. Thereafter, consult regularly the sections which develop the particular parts of your unknown self which you wish to perfect and do the exercises given for them. Keep the course available for ready use, as it is packed with information which required the determined search of three generations of men extending over a century and a quarter, to amass, simplify and analyze for you.