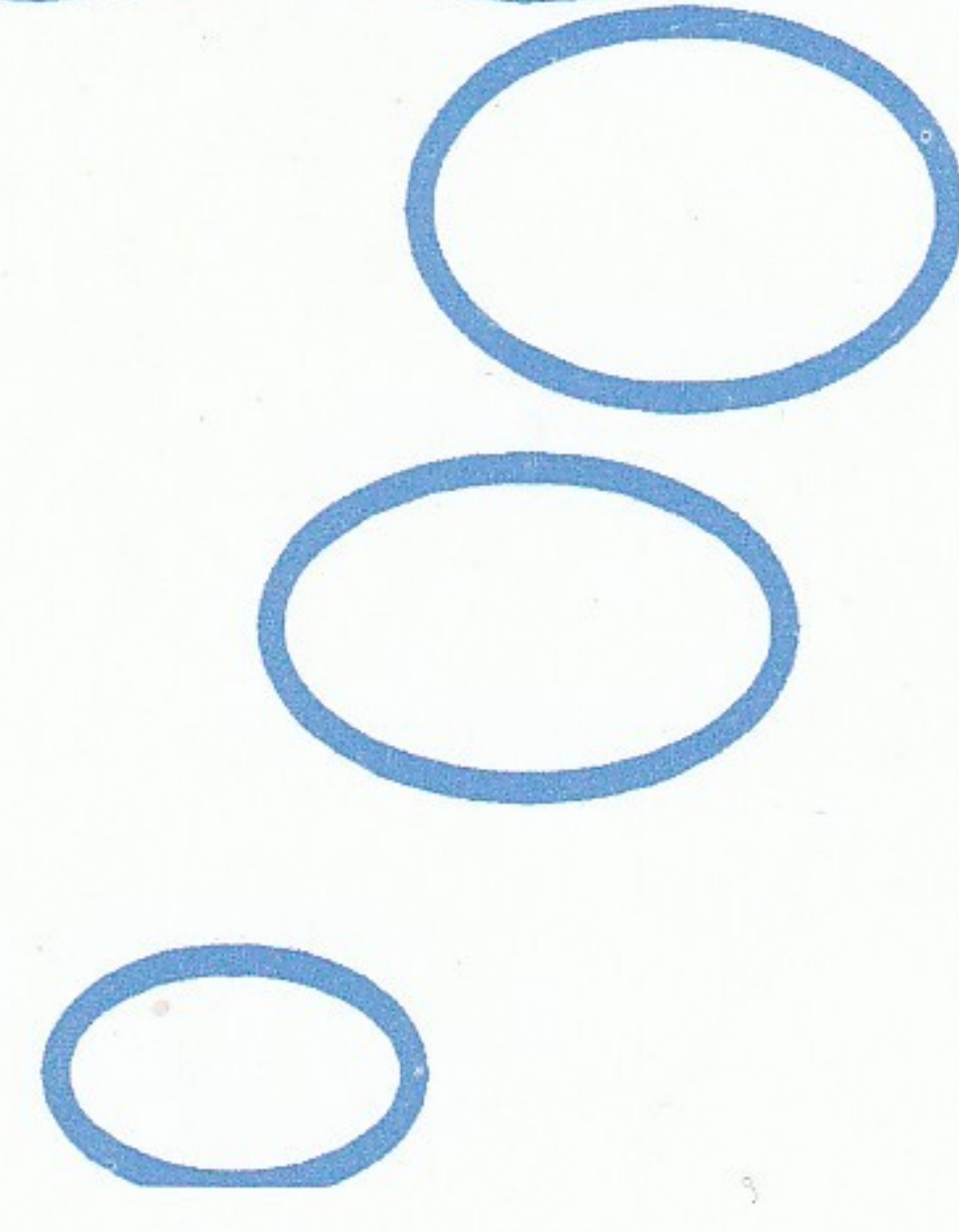


ACTIVE DREAMING

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Active Dreaming: The Key to Power

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Chapter 1

Of The Power of Active Dreaming

Imagine being able to do whatever you wanted to. Absolutely anything at all. No-one could stop you. Even better, no matter what you did, when you had finished, you could return everything to exactly the way it had been before you started. The exact details are up to you. Maybe you want to visit the mysterious forests deep in the mountains of China, talk to King Henry VIII, play a rock concert to hundreds of thousands of adoring fans, or rescue a beautiful princess from a terrifying dragon. What would you say if I told you that you could? The chances are, you'd tell me to dream on. You'd be exactly right.

Scientists have proved that everyone dreams, every single night of their lives. On average, people spend one third of their life asleep – about 25 years. That is an awfully large amount of time to waste. Some people have difficulty remembering their dreams. but when you know how, it's a very easy thing to learn. So easy, in fact, that it can be mastered quickly by anyone. It is great fun remembering your dreams, but this is passive – you are carried along by events. There is another form of dreaming, however, where you wake up **inside** the dream, and you can do whatever you want. I call this 'Active Dreaming'. Because it is your dream, you can say **exactly** what happens, if you want to. It feels rather like being a god, because your wishes – all of them – are instantly fulfilled. Everything seems at least as real as everyday life, too. The potentials for experience are totally unlimited. No doubt this sounds

good to you. If you suffer from bad nightmares, this book will change your life completely. However, you will be thinking "This 'Active Dreaming' seems like fun, but it doesn't mean anything. It's not real. It is just a dream, right?"

Wrong.

Active Dreaming is the most powerful occult secret that mankind has ever found. With the techniques that I will show you in this book, you will be able to make people fall in love with you, talk to friends hundreds or thousands of miles away, attract money to yourself, spy invisibly on anything happening anywhere, heal yourself or loved ones of disease, learn new skills in seemingly no time at all, and even make yourself younger and more attractive. In fact, you can use the limitless power of Active Dreaming to achieve almost anything that you want to.

You may be wondering how something so incredible has not been known about for centuries. The simple answer is that it has. The Ancients knew the power of Active Dreaming, and used it all the time. Special people, called Shamans, would be picked at childhood and trained in the skills of Active Dreaming, to work for the good of the society. Other people were not usually told how to become Active Dreamers, so that the Shamans would be powerful, but there were some societies where everyone was an Active Dreamer! Because the knowledge was usually kept by a restricted number of people, it faded into myth when the early Europeans changed the nature of societies all across the globe, but it has always been there, waiting for dedicated seekers to find out the old techniques.

The way that it works sounds quite complicated, but is really very simple. It is another very big occult secret, but I have taken no vows of silence, and so I am free to tell you. The human body also has a non-physical part to it, called the Astral body. (In fact, the Astral body is made up of several layers, but that doesn't matter.) This Astral body is what religious people have called the Soul, and it can survive without the physical body. All of our personalities and thoughts come from this Astral body, and the physical body is really just there to give us a vehicle to walk about in. When we dream, our Astral body leaves the physical body, and usually wanders around the Astral realm. In passive dreaming, we have no real purpose or direction to where we are voyaging, and so we don't pay much attention to what is really happening. As a result, our imagination adds things to what we are seeing, which is already far outside normal physical existence, and so our dreams seem silly, strange or scary. With Active Dreaming, we take much more notice of where we are, and so everything is much clearer.

The material of the Astral realm is very strange. Unlike physical matter, Astral matter is only very loosely fixed into its shape. It can be changed easily, and the force that changes it is thought. When you are dreaming, it is your thoughts that create everything around you (unless you are interacting with someone else, but I'll explain that later). That is why dreams are so variable – because your mind is creating the dream, out of the material of the Astral realm.

It isn't only people that have Astral bodies. If a lot of people think of something as having an existence or identity, then that thing too will gain an Astral body, because of the power of the people's thought. This means that many large companies exist as ideas on the Astral plane, along with fictional characters from films, books and plays, nations, and so on. Because the Astral realm is so fluid, it is very simple to slightly change something's Astral body. You will remember that in people, the Astral body contains the personality, so it should be no surprise that if you change the Astral body, you change the thing in the physical world, as well. This means that you can change yourself or others, or influence groups or events, just by a little bit of work in the Astral realm. The possibilities should be obvious to you. Later in the book, I'll tell you how to make these changes, and also to do many other incredible things. Firstly, however, I'll teach you how to become an Active Dreamer.

Summary

- * Active Dreaming allows you to fulfil all your fantasies in complete safety.
- * Everyone dreams – and everyone can be an Active Dreamer.
- * You can also use Active Dreaming to achieve almost any physical desire, including:
 - Getting any lover you wish for
 - Attracting wealth
 - Healing/rejuvenating yourself and others
 - Travelling invisibly to any location

Chapter 2 Of the Remembering of Dreams

The first stage in becoming an Active Dreamer is to be able to fully remember your dreams, every night. Some people can do this already; for most of us, however, there is a certain amount of discipline required. The actual method of remembering your dreams is so simple that it may sound like I'm teasing you, but I am absolutely serious. Write your dreams down.

"But," some of you will be saying, "how can we write our dreams down when we cannot remember them?" The fact is that nearly everyone can still remember one or two tiny fragments of dream when they first awake. If no action is taken, then the memory fades very quickly – so quickly that soon, you no longer can even recall having ever remembered any dream at all. What you have to do is keep a pad of paper and a pen by the side of your bed, and as you wake up, grab it and write down anything you can remember. It doesn't have to be full sentences. The first dream I ever wrote down was five disjointed words ("Underground. Clown. Hall. Purple. Elephants."!!), and I still have absolutely no idea of what the dream actually was. I only just remember the physical act of writing down the words. If you can't recall anything at all, then just write down the first images that come into your head. All that actually matters is that you have taken your dream seriously enough to write it down.

I'd better explain here. Everyone has a second level of thought, called the 'subconscious', that they are not really aware of. This subconscious mind is the part that makes your heart beat in time, controls your body rhythms, analyses what you see, hear, smell, touch and taste, controls your memory, and so on. In other words, it takes care of all your automatic functions. The subconscious mind is also the part that is most aware while you dream normally, and so most dreams get stored in the subconscious memory, along with every other sensation and memory that ever came your way. This is a vital function that allows you to work properly in everyday life; if the subconscious did not hold back irrelevant memories, each time you became aware of anything, you would recall every memory linked with it, and then all the memories linked with the recalled ones, and so on, and you would be totally unable to think or function, because you'd be flooded with irrelevant knowledge. Unfortunately, the subconscious mind tends to presume that dreams are also irrelevant, because they belong to the astral realm, and we live on the physical one. This means that it tries its best to keep memory of your dreams buried, unless you can convince it that you actually want to know. This is why it is so important to keep a dream diary – it reassures your subconscious mind that you are serious about your dreams, and so it then makes it easier for you to recall them.

The actual effect of this is startling. Every morning that you wake up having written your dreams down the day before, you will remember more. A fortnight after writing down the five cryptic words I mentioned above, I realised that I had just written two sides full of A4 paper describing a long and amusing dream involving myself, Sinbad the Sailor, and deep caverns full of buried treasure!

Some days you will remember your dreams more clearly than others. This is perfectly natural, and a result of biorhythm cycles interacting with lunar and planetary influences. While you are still starting, or if you hit a poor day, the best way to stimulate your memory of a dream is to take an event in the

dream that you recall clearly, and then ask yourself what happened just before, that caused this event to happen. If you start at the thing you were dreaming just before you awoke, and then push backwards, you will find that it is not long before you can remember everything from when you went to sleep until you woke up. For purposes of Active Dreaming, this is the ideal, but as long as you have a pretty good idea of what happened while you were dreaming, then you can progress to being an Active Dreamer.

One word about Dream Diaries – they are absolutely vital. It is absolutely necessary to write your dreams down in a book where you can keep them permanently, together, and dated. You should do this even if you can already remember your dreams, because purely and simply, the more attention you pay to your dreams, the stronger they will become. Ideally, you should prepare the diary yourself in some way – to make it more special to yourself, and so make it more important to your subconscious mind. You should also keep the diary from others. You have to be able to write down exactly what you dream, and sometimes friends and family may not like that, so never let anyone read your Dream Diary. If anything that strikes you as odd happens during the day, also write that in there, because often dreams will tie in with strange happenings. If you meditate, or do any other psychic or occult work, also keep a record of that in there too. All this will help to encourage your subconscious to give you full access to your dream memories. It is also very encouraging to read back through your first dream notes after a couple of weeks, and realise how much better you have become. The Dream Diary is an essential tool of the Active Dreamer.

But what if you can't even get to the first step? Even if you wake up with your mind a complete blank every morning, there is still no need to despair. People dream in cycles, which vary from person to person, and if you always wake up in between dream periods, you might have some difficulty in remembering your dreams. The easiest way to correct this problem is to change your sleep times. Go to bed slightly earlier or later, or set your alarm clock to an unusual time. If you wake up half an hour earlier than usual, you will have a much easier time remembering dreams, and you will have plenty of time to write them down before you have to get up.

In exceptional circumstances, you may find it necessary to set your alarm clock to a time like 3:30am, write some dreams down, and then go back to sleep. Time and again, scientists have found that people who are certain that they never dream will remember dreams if they are made to sleep in a disturbed manner. It also helps if you are not very tired or drunk when you go to sleep; if you sleep lightly, you will remember your dreams much more easily. You may like to eat lightly in the evenings, and then go to bed earlier than normal, following a brief period of meditation, yoga or just quiet, relaxed thought. This is a good thing to do even if you can remember your dreams easily, because it will improve your day-to-day health and awareness. We eat and sleep far too heavily in the West.

Summary

- * Your subconscious mind, which takes care of the day-to-day running of your body, needs to be convinced to let you remember your dreams.
- * To achieve this, keep a Dream Diary, in which you must write down what you can remember of your dreams every morning, the **instant** that you wake up.
- * Do not let **anyone** read your Dream Diary.
- * You may find that your dream memory is helped by sleeping and waking at unfamiliar times, or in unusual patterns.
- * You can also help your dream memory by going to bed early, eating lightly in the evenings, not getting drunk, and meditating a little before going to bed.

Chapter 3 Of Becoming Aware

The actual key to Active Dreaming is to realise that you are dreaming, **while you are still in the dream**. As soon as you realise that you are in a dream, and that you are aware of it, your attention fixes on the dream. This means that the world you are in – the Astral world – comes into full focus, and your senses start taking notice of exactly where they are. In practical terms, this means that everything becomes far more real and vivid than normal dreams. It is from this state that you can control what happens. Because you can control the dream, it means that you can control the Astral world around you, and so control others, and the world at large. Later, I'll explain how to control things, and how to produce specific effects, but first you'll need to take control.

Realising that you are dreaming may seem like a very difficult task, but there is one big difference between waking life and dreams that is so obvious, you may wonder why I'm mentioning it. In dreams, things are nearly always strange, **but it doesn't seem important**. You may be walking down the road you live in, and find that in place of your neighbour's house, there is a huge

palace. If you were awake, you'd be amazed. You would wonder how it got there, how your neighbour could afford it, if he had planning permission, how they built it so quickly, and so on. Your mind would be buzzing with a thousand perfectly reasonable questions, which you would try to answer or explain. If you were dreaming, you would most likely just look at the palace, and think "Oh, Jack has a palace now. How nice." It would never cross your mind that it was out of place. Clearly, there is something missing. That something is the ability to see things that are wrong – to criticise your surroundings. To realise that you are dreaming, you have to awaken your ability to criticise. The way to do this is to find certain triggers – objects or actions – that you associate with dreaming.

There are certain patterns that recur in the dream world. Some are unique to certain people, and some are true for all humans. For example, on the odd occasions that I choose to dream passively, I often find that I am a gigantic eagle, flying over the world. The location varies – it could be deserts, mountains, towns, or anywhere – but I am still often an eagle, flying high in the sky. It is likely that once you have several weeks or months of dreams written down that you can look at, you will see patterns emerge. You can use these patterns as triggers. If you just relax and think about the triggers that come up, and how they mean that you are dreaming, then when they next happen in a dream, you'll think to yourself "Oh, an elephant with a man's head. Isn't that something to do with my dreams? Oh yes, it means I'm dreaming. HEY!" The more time you spend re-reading your dreams, and thinking about your triggers, and that they mean you are dreaming, the sooner you'll become aware while you are dreaming.

You should consciously look out for your personal patterns when you remember to, and just ask yourself if you are awake or not. If you are dreaming, the act of asking yourself if you are awake is enough to make you think critically, and you will immediately realise that no, you are not awake! The more you look for your triggers, the more you are likely to realise that they are there, and that you must therefore be dreaming.

Some of the general patterns are also very useful for our purposes. In a dream, if you read something, it will change as, or just after, you read it. That means that if you read something twice, and it is different the second time, then you are dreaming. To get into the habit of reading things twice while dreaming, it is best to do it in real life. As you are going about your daily life, any time you see a sign, or notice, or really anything written, read it a second time, and ask yourself "Am I dreaming? Are they the same?" If you work in a job that involves a lot of written text, then it would obviously be impossible to read everything twice, but every so often, just stop and double-check. Within a few days, you'll get into the habit of just double-checking that you are awake. Soon, you'll find that there is a piece of text in a dream, and it is different, and you'll realise that you are dreaming. The first time this happened to me was after about four days of continuously re-reading everything that it was practical to, and asking myself if I was dreaming. On the fourth night, I

found myself in a long hallway that had appeared on my bedroom wall. I was walking down this to try and find out why it was there when I saw a sign on the wall. I read it, of course; it said "NO ENTRY". I was used to re-reading things by now, so I read it again, and it said "BEWARE OF THE DOG". Suddenly, I realised that this was different, and that writing couldn't just change like that. I felt a pressure building up in my mind, as I tried to work out the contradictions, and then suddenly, I was still standing in the hallway, but I was **actually** standing in the hallway, and I knew that I was dreaming. It's a fantastic feeling!

Another good trigger that is universal in people and easy to check is that electrical things often do not work in the way they should. In particular, if you are looking at an electric light as you turn it on, it will not turn on properly. It may not turn on at all, or another light may turn on, or it may even turn on as if it were a totally different sort of light. Therefore, you should make a point of looking at lights as you turn them on (and off, because if the light is on, it won't turn off properly in a dream), and asking yourself if you are dreaming or not. Of course, your light bulb may have broken, but if the light doesn't work properly, you should look very carefully around yourself, and ask yourself if you are awake. Ideally, you should find something to read twice, just to make sure.

A third universal pattern seems strangely to be the act of looking at the backs of your hands. If you actually manage to see the backs of your hands in a dream, this makes you realise that you are dreaming. This seems to happen because our hands are the part we use most to actively achieve things in the world, and so looking at them reminds us of our place in the world. If you also get into the habit of looking down at the backs of your hands during the day, at random intervals, it will not be long before you do so during a dream, and realise what is going on.

Additionally, you can also help yourself to realise that you are dreaming by repeatedly telling yourself that you are going to do so. The best way to do this is to take the sentence "Tonight, I will realise that I am dreaming", and either say it to yourself, or better, write it down, over and over again. I would advise doing this a minimum of 100 times daily. It may not work the first night, but each day that you do it will make the command stronger, so that soon you will realise that you are dreaming. The first person who I told this method to realised that she was dreaming on the third night, and she has since gone on to become a powerful Active Dreamer.

If you combine all of the methods I have mentioned above, you will very rapidly become aware of the fact that you are dreaming, and this takes us onto the next stage – control. Most importantly, have patience. The time it takes varies from person to person. I was lucky – my occult training made it quite easy for me to learn this, and my first active dream came after only two nights of combination of several of the above methods, but it can take some people several weeks to realise that they are dreaming, and even longer before it happens regularly. Each time you realise that you are dreaming, it becomes

easier the time after, but if the first time took a long time, the next one might take several days, or even a couple of weeks. If this is the case for you, keep practising! As long as you keep going, you will master this skill – everybody can.

Summary

- * In dreams, we do not usually question what happens, and so we do not notice the unreality of the dream.
- * The way to realise that you are dreaming is to look for events or objects that happen regularly when you dream.
- * Some of these triggers will be personal – read through your dream diary to find what things occur regularly.
- * Others are universal – such as writing changing when you read it twice.
- * Look for your triggers, and ask yourself if you are dreaming as you do so. The act of asking, if you are dreaming, will make you realise the true situation. Also, if you find a trigger when you look for it, that will make you realise whether you are awake or asleep.
- * Increase your ability to criticise in dreams – and thus the chance of realising that you are dreaming – by repeatedly writing down the sentence “Tonight, I will realise that I am dreaming.”
- * Have the patience to keep going if it doesn’t happen immediately. Patience is one of the greatest virtues for any occult work.

Chapter 4 Of Taking Control

You have found yourself ‘awake’ inside a dream. Now what? Well, in a few cases, you’ll be so surprised that you have succeeded that you’ll wake up. While this is irritating, don’t worry – the feeling is very unfamiliar, and it is really just a matter of practice. If you find that you’ve realised that you are dreaming, then you have entered into the Active Dream state. Whether this lasts five

seconds or five hours, when you wake up give yourself a really luxurious treat, by way of congratulation. Not only will you have earned it, but it will help encourage your subconscious mind to help you have more Active Dreams.

If you are one of the few people who finds themselves waking up, then there is a simple exercise you can do that will help you stay Actively Dreaming. Before you go to bed, get a piece of paper and write down a list of things that you want to do inside the Active Dream. To start with, it is best to keep these things simple – just a manipulation of your immediate dream surroundings, the people in them, and what you do. Make a list of things, as detailed as possible, in order, starting with:

1) Realise that I am dreaming. I will then relax, enjoy the feeling, and look around with interest at where I appear to be.

The other things that follow on from this should be phrased in a similar way. The effect that this has is to help make the Active Dreaming feel more normal, and to give you something specific to do. Read the list several times before going to bed, and if you do not actively dream that night, then continue to do so (along with your other exercises) until you do. You will find that by having some specific tasks to do, the Active Dream will be more tightly focused, and you will be more strongly held in it. Also, you will have things to achieve, and this will help keep your mind from thinking about how new and unusual this all is. When you realise that you are dreaming, just relax, and try not to think too hard about it.

Once you are able to realise that you are dreaming, and stay in the dream, then you are ready to start learning how to control your environment. This has several different areas, depending on what you wish to control.

The simplest thing to control in an Active Dream is yourself. If you want to do something, then you just do it. It doesn’t matter what. One of the best feelings I know is flying in the air. To fly during an Active Dream, you just take off, and fly. I can’t give you a more detailed set of instructions, because there is no more detail to have. All you do is launch yourself upwards, and fly. Sometimes it is fun to have a run-up, and take off like a small airplane; other times I fly from a jump which does not come back down, by leaping off a cliff, or just by shooting straight up like a superhero from a comic book. The same thing goes for any other action that you may want to perform. Regardless of whether you could normally do it or not, just try, and you will find yourself able to do it. Running like the wind, changing shape, seeing inside the molecules that make up matter, or just scratching your neck, it is all just as easy inside an Active Dream.

If you wish to control the scenery, this is slightly different. Even in an Active Dream, your mind dislikes having to face a paradox. After all, it was most likely to have been the paradoxes of your situation that let you realise that you were dreaming. You can interact with the things around you just as if they were real without any problems. You can pick things up, open doors,

and so on, and because you have no physical limitations, you can bend steel bars, walk through walls, tunnel through concrete streets, or whatever. What you cannot do is change things without either some possible physical cause, or a break in you looking at the scene. I'll explain that further.

Imagine that you are on a desert island, alone on a beach. There is jungle behind you, and a beautiful azure sea in front. The sun is beating down. What there isn't, is any sign of life. You decide that what you really want to do is drive a brand new Ferrari Testarossa along the beach at its top speed of 181 miles per hour. However, there isn't a car dealer around, and you can't just make a car appear out of nowhere. What you **can** do is make something happen, however unlikely, that will add the car to the beach. A large military airplane may fly overhead, and drop the car onto the beach. Someone may drive it up the beach, or out of the forest, and give you the keys. You can even walk through the palm trees to find a clearing with the car in it, if you want. Basically, the point is that you cannot just create something **inside of your line of sight**. If you can't see it appear, then it is OK, because you don't know for certain that it wasn't already there. The military plane would have flown in from the horizon, beyond which you wouldn't have been looking, and the same with the clearing, or the person driving the car up to you.

If you want to completely change the scene, it takes a similar process. Say you've now had enough of the beach and the car, and you feel like flying over a big city, and looking at all the lights, and the life. You can set yourself a break inside the dream like before – walking through the palm trees, up a track which takes you into a city, or if you are near a door, that is an excellent way of changing, because doors (and bridges and windows) connect two different places together, and so make great natural breaks. The other way to do it is more direct. You place your hands over your eyes, and think of where you want to be, and with whom, when you remove them again. You can do this no matter what. You can use this technique to get away from a monster in a nightmare (although zapping it with magic fire balls is far more satisfying!), to change place, or you could even use it to add things to a scene, like the car in the previous example. Which method you use is up to your personal tastes. I enjoy working within the logic of the Active Dream world, and so I always try to do things from within the Dream, but you may prefer covering your eyes, deciding how you want things to be, then uncovering them again. Both ways work as well as each other, because you are the absolute master of the Dream, which is something you should always remember.

To return briefly to the unpleasant subject of nightmares. As a child, I used to suffer regularly from horrible nightmares. Often, it was the same one, in which I was running through tropical jungles in a nasty red/orange half-light, rather like the forest was burning. Somewhere behind me, something 'nasty' was chasing after me, to rip me into little pieces. It was fast, and it took all my effort to stay ahead of it. Eventually, despite my running to the point of exhaustion, it would get very close to me, and then grab my shoulder with a terrifying clawed hand, and I'd wake up screaming. As I got older, the dream

faded in frequency, but I'd still have it once or twice a year, and so when I first came across the legends and tales of Active Dreaming in old books, I was very interested. One night, some months after I'd first come across Active Dreaming, and after I'd had about 10 of them myself, I had my nightmare again. Running through the jungle, I suddenly remembered that this was one of my recurring dreams, and that I had to be dreaming. I admit, I was still scared of the thing, but I stopped running, and turned around. It was quite early on in the sequence, and it wasn't very close to me yet, so I had a chance to prepare myself. Suddenly, it burst into view. It was hideous, a revolting, half-rotten humanoid shape with a long muzzle, big teeth and claws, and covered in short brown fur. To be honest, it looked rather like an evil, monstrous teddy bear. When it saw me facing it, it stopped in surprise. It didn't know what to do, it seemed. I did, however. I waved my hands in what felt like some strange, mystic passes, chanted some words that came into my head in a voice of thunder, and then pointed all ten fingers at the thing. A huge ball of blue, shimmering fire flew from my wrists, down my hands, and straight to the monster. It was totally engulfed, and it screamed once, and then blew up into a thousand tiny pieces. It felt incredible, to have finally destroyed this monster that had been terrorising me for years. Needless to say, the dream never came back, although in a certain way, it would be fun if it did, so that I could blow the beast up again!

Have no doubts. If you suffer from nightmares, then Active Dreaming is the key that will unlock your prison for ever. I have had the very occasional different nightmare since that night, but every time, I realise that I am dreaming, and deal with the situation, and all the people I've helped with bad dreams have said the same thing. Once you Actively Dream, even once, then you will always defeat your nightmares from that day on.

There is a third category of things that you may wish to control in a Dream, and that is the people around you. In Active Dreaming, people (and occasionally places, but more about that later) can sometimes be real live people, and sometimes just part of the Dream that you are creating. I refer to the latter as phantasms. Dream phantasms are not real – you have created them from the material of the Astral world, usually unconsciously. You can control them in the same way that you can control events, by thinking what you want them to do or say next. As you think it, the phantasm will do it. If you are dealing with another sleeping person, then they have the right to control themselves, and you'll find that what you think won't work. You can still force things to happen to them, but you can't get them to obey you by thought alone. There are many ways to work very profitably with real people, but these are advanced techniques that I'll discuss later. To start with, it is best to not bother a person that does not respond to your mental commands. You can do whatever you like to your phantasms – after all, you created them, and they won't exist without you. The majority of people in your dreams will be phantasms, as will the majority of objects and landscapes.

In short, you can make yourself do anything whatsoever, just by doing it.

You can also make a phantasm do anything, by thinking that it should do it. You can change objects and your surroundings in the same way, as long as there is a possible method for the thing to happen, or by covering your eyes and deciding what the surroundings will have changed to. It is really very simple, and it is even easier than it sounds.

Summary

- * Give yourself a treat after an Active Dream – partly to reward yourself, and partly to encourage yourself for next time.
- * When you realise you are in a Dream, stay there by having a list of things to do, so that you have something to focus on. Keep relaxed – after all, it's only a dream!
- * If you want to do something yourself, then just do it. You will find no problem doing so, no matter what it is you want to do. There are no limits to what you can do in an Active Dream.
- * Make changes to the items and scenery around you by either starting events that produce the effect you want from outside of your line of sight, or by closing your Dream eyes and saying what you want to see when you open them again.
- * Banish your nightmares for ever by taking control and turning the tables.
- * Control Phantasms – people and things that seem to be alive, but only exist in your Dream – by mental command.

Chapter 5 Of Guilt

Although Active Dreaming is great fun, that is all that it is unless we use it to more practical aims. Some people wonder if using Active Dreaming to actually achieve things is right. Well, if the concept of using your own power to get what you want feels wrong to you, then that is your choice. However, if you started a very successful company and became very rich, you would not feel that you had done anything wrong. Similarly, if you were a very talented

singer, then you would not feel guilty if your singing made you famous and much loved. Active Dreaming is, when you get down to it, a talent that can be developed. There is absolutely nothing wrong with using your talents to your full advantage. If a company failed to use its resources as profitably as possible, it would go out of business because of the competition, and make no mistake about it, life is a competition nowadays. Active Dreaming can fulfil all your dreams – literally as well as figuratively. To not use the skill, once you have developed it, is no more sensible than refusing to use your right hand when typing, because you are too good. If other people find themselves not doing as well as you, then that is because they are wasting the fantastic resource of their dream time. It will spur them to try harder, and in the process they will grow stronger.

Enough of such discussions. Active Dreaming is perfectly natural, and people have been using it since before writing was even imagined. Using your skills to your advantage is perfectly normal, and Active Dreaming is no different to that.

Chapter 6 Of Altering Yourself and the World at Large

Because of the techniques used, working with the real world falls into several different categories. These are changing yourself, changing others, receiving information, and using magick to set patterns. Each of these categories is slightly more complex than the one before, so I'll go through them in order for you.

In fact, to my mind the techniques for changing yourself are perhaps more exciting than any of the other uses of Active Dreaming. To give you an idea of what you can do, you can quickly and easily heal yourself of disease, you can make alterations in the way you think about yourself, the world, or anything else, you can learn new skills in greatly accelerated time, and most incredibly of all, you can actually change your physical body altogether, altering not only your appearance, but also your age.

To help you to understand how this can be, there are some things that you have to know. The most important of these is that the physical world is produced from the astral world (and the other 'inner' worlds, but that doesn't

really matter at this point). This means that if you change the astral world, then the physical world will become like it. This will become clearer as I go along.

First, healing yourself. Disease attacks the body through the Aura, the magnetic field that surrounds all living things. When a disease attacks the person, it damages the Aura of the body, and then the area of the body that corresponds to the damaged part of the Aura manifests symptoms of disease. This is a very well-known aspect of psychic healing, and there are many excellent books you could easily find that will go into this in greater detail. All the techniques for psychic healing come down to the same thing, however – repair the damaged part of the aura. In fact, the drugs of medical science work in much the same way, but that is extremely complicated to explain here. To heal yourself of a disease, then, what you have to do is (1) find out which part of your Aura is damaged, and (2) repair it.

To actually do this is very easy indeed. Inside your Active Dream, close your eyes, and say “When I open my eyes again, I will see a replica of my Aura hanging in front of me. Damaged areas will be extremely obvious to me. This replica of my Aura will be tied to my real Aura; any changes I make to the replica I will also make to my real Aura.” By saying exactly what you intend in this way, you make it the truth. Then open your eyes, and you will find that there is a glowing shape in the air in front of you, just slightly larger than your own body. When you look at it, if you have any disease, then some parts will be wrong. Usually this means that they are very dim, or do not protrude as far as the rest of the Aura. If you are suffering from a general infection, then your whole Aura may be dim, and thin. Look at the replica, and find the spots that are wrong. They will be immediately apparent to you.

Once you know the trouble spots, then say aloud “I call the powers of the universe to provide me with the power of healing”, and clap your hands together twice. As you clap them the second time, your hands will start glowing with a warm, comforting golden light. Reach out and touch the damaged parts of your Aura, and say “Heal me now.” The golden light – pure energy of healing – will pour from your hands, and into the Aura. It will first flow into the dim, damaged areas, like water into a dip, and it will quickly fill them up. When all the damaged parts are filled up, then put your hands on the Aura, and just pour golden light into it. The Aura will expand, and become brighter and stronger all round. When it stops getting any larger, then remove your hands, say “It is done.” and clap your hands once again. As you do so, they will stop glowing. Step forwards and up into the Aura. It will fit all around you like a glove, flare up slightly, and then vanish. This is perfectly alright, because it is your repaired Aura meshing with your Astral body, and locking in with your physical body. From then on, you will start recovering.

A friend of mine suffered terribly from back pains and overall body cramps. Doctors had been totally unable to find anything wrong with her, and it had been making her life a misery for years. I taught her this technique to use, and within three weeks of using it, she was fully recovered. Her GP was

amazed, and she is delighted. Needless to say, the trouble hasn't bothered her since.

With any form of psychic healing, it is also very important that, if you are receiving professional medical attention, you do not give this up. The reason is simple. If you stop following the instructions of your Doctor, your subconscious mind starts to presume that this means that you don't want to become better, and so makes illnesses for you. The results of this can be tragic. With all things in the occult, mix magickal action with physical action to get the best results, because otherwise you are not trying as hard as you can, and so you hamper yourself. You wouldn't try to win a race by running only with your left leg, and in the same way, to achieve things in the real world, you should also include real-world action if it is appropriate. To do otherwise is to be half-hearted, and being half for something means that you are half against it.

Now, changing the way you think may sound very dull and uninteresting, but stop for a moment and consider it. You may be lacking in self-confidence, and wish that you were able to go up to people you found beautiful and start chatting them up in absolute confidence. You may be a very tense person, and have terrible trouble relaxing. You may have a stutter, or get very aggressive, or have trouble losing weight, or any of a thousand different things about yourself that you wish to change. Using the power of Active Dreaming, you can do all these things, and in fact, change any thing about yourself that you do not like.

The way to do this is by taking control of your subconscious mind. The subconscious, as I mentioned previously, has absolute control of all the bodily functions, and so if you control your subconscious, you control your body. The way to do it is this.

Close your eyes, and say “When I open my eyes, I shall be floating safe and secure inside what seems to be a void. At my feet, there will be a large book, and in front of me, there shall be a shimmering curtain.” Now, open your eyes and pick up the book. You may read the front cover, but for the moment do not open it. Say aloud “In a moment, I shall walk through the curtain of light into a large room. Inside this room, I shall find all the factors that go to make up ...”, and then describe what it is about yourself that you wish to change, as exactly as possible. Continue “I shall change these factors to my benefit, and in doing so, I shall change myself.” Once you have done this, walk through the curtain of light, into the room. Inside the room there will be a variety of strange objects/machines. Exactly what they look like and how many there are will vary. If you then open the book, on each page you will find a picture of one of the machines, a description of what it is, and how it affects what you want to change, and then exact instructions to follow to change the machine – and so your bodily and mental processes – to achieve the result that you want. When you have finished, say “Now, I have changed myself in the way I wish, I shall leave this control centre to its new configuration, and return to my Active Dream”. Place the book on the floor,

and close your eyes. You can then select a new destination as normal, or at random by opening your eyes again with no set place in mind.

The results of this process will be immediate. I had always been a rather shy person before I discovered this technique, and so my first thought was to give myself some more confidence. When I came into the room – which looked rather like a sports hall on this occasion – I only saw three items in it, close together in the middle of the hall. One was a large red pulsing bar, on an iron stand, with a clip at one end, one was a large dial set in the floor, with a knob in the middle, and one was a pipe that came out of the floor and then went back in again, with a big tap in the middle. When I opened the book, I found that it had three pages. The first had a picture of the pipe and tap, and said “Adrenaline secretion under stress. Currently set to minimum, so subject feels weak and drained at crisis. To increase confidence, turn tap to one third on. More than this may cause aggression, and so this option is suppressed.” I shrugged to myself, went over, and turned the tap around. After one third of a rotation, it would turn no further, so I left it at that. I then turned the page, and found a picture of the red bar and iron clip. The text read “Social self-consciousness. Childhood upsets have led to this factor being set at an unusually high position. Optimal confidence will arise from sliding the clip three quarters of the length of the bar to the right”. I slid the clip across, and experimentally tried to push it all the way to the right; it went easily. However, bearing in mind the book, I estimated the position of the clip for the one-quarter mark, and left it there. The last page in the book had a picture of the dial, and next to it, it said “Subconscious verbal backup. Currently set low, so that the subject talks nonsense when under stress, or says nothing. Increasing this factor from 0.02 to 0.08 will allow the subject to be witty and interesting without having to think too hard about verbal output.” I changed the dial to the setting it said, and then closed the book, put it down, and left. The next morning, I got on the bus into town, and found myself sitting beside an extremely pretty girl. She had a lovely red satin bow tied into her hair, and to my amazement I turned to her, smiled, and told her how nice the bow was. She smiled back, and we started talking. I left the bus 10 minutes later with her telephone number, and a promise from her to come out for a drink the next evening. The enormity of it didn’t hit me until later that day – I had actually started talking to a beautiful girl, and I was taking her for a drink! Since that day, I haven’t looked back.

Summary

- * The Astral world decides the physical world – not vice-versa.
- * Disease is caused when your Aura becomes damaged. To cure the illness or pain, you need to repair the Aura, which you can do by filling the damaged spots with healing energy.
- * Never ignore real-world action merely because you are taking occult

action. To do so is foolish, as you restrict what you can achieve, by undermining your occult efforts.

- * Change the things you dislike about yourself by changing the factors that make up who and what you are. By doing this, the improvements in your life will be startling.

Chapter 7 Of Altering Yourself; Advanced Techniques

While the techniques in the previous section have astonishing implications, they are still things that you could do in several ways. The advanced techniques of changing yourself are unique to Active Dreaming, and their power is utterly incredible.

It is important that you realise at this point that time in Active Dreams, and in fact in the entire Astral world, does not necessarily run in the same time scale as the physical world. Some dreams seem to last for moments, and then it is the next day, whereas others last for hours and hours, but in reality you have only been asleep for ten minutes.

One woman I know came to me after she had suffered a horrible dream in which she had been imprisoned in a concentration camp. This would be nasty enough in its own right, but as far as she had been concerned, she had been stuck in the dream for something over a month of apparent time. When she had woken up the next morning, she had been in a terrible state – not surprisingly, she was terrified that it might happen again. I taught her Active Dreaming, so that she could escape from the situation if it ever arose again, but the main point is the amount of time the dream lasted – one month – as opposed to the length of time she spent asleep, which was only one night. I personally have had dreams that seemed to last several days, but of course I still woke up the next morning.

The reason that you need to know about this change of time flow is to make use of one of the most thrilling aspects of Active Dreaming – the ability to learn a new skill or talent in nearly no time. Now, as I mentioned earlier, your subconscious mind remembers absolutely everything that you have ever encountered with any sense, no matter how fleetingly. What I did not mention

is that it can also draw upon the memory of the universe itself. This strange thing is called the Akashic Records, and it is a library of everything that has ever happened or will ever happen. I'll explain more about it later, but for the moment, you just need to know that it exists, and that your subconscious mind can draw information from it, if you tell it to.

Now, you will probably be starting to see how you may learn a skill. Sadly, you cannot just 'download' the information into your mind, because the information will join all the other subconscious matter that is kept suppressed so that you can think. What you have to do is practise the skill. By doing this, the knowledge is slowly moved from suppressed memory into easy-access memory, and you learn it. It is the same with a physical talent. The body has to get used to reacting in set patterns to achieve something. However, the fantastic thing is that you do not have to do the practice in the real world.

What you can do, from inside an Active Dream, is to move to a point where time flows much more slowly than the real world, so that you have a long time, and then create a phantasm from your subconscious that has the knowledge of the skill that you want to learn, and then get it to teach you. You can learn anything this way, from a new language or academic subject, through to how to playing the guitar, painting or being a Kung Fu expert. In the last case, where the body has to be improved, then some real-world training is also necessary, but the Active Dream practice will make your subconscious mind release the hormones and enzymes that will change your physical body, and it will be far easier for you to learn. In addition, you'll also develop, get fitter, etc at a much faster rate than would normally have been the case.

The procedure is as follows. Once you have decided what it is that you want to learn, and have got into the Active Dream state, cover your hands with your eyes. Next, say aloud the following:

"When I open my eyes, I shall have moved from this place into a location where the flow of time has changed. At this island in the river of time, one night of terrestrial sleep shall last ...", and say how long you want to stay. Then continue "At this place, which I will find pleasant, relaxing and comforting, there will be a Guru, with the wisdom of Solomon, the patience of Jesus, and the gift to both show mankind the light and make it understood. This Guru will hold all the knowledge of the Akashic Records on the subject of ...", and here state as precisely as possible what it is that you want to learn.

After reciting this, open your eyes, and you will find yourself in a lovely location, with a person who can and will teach you what it is that you want to know. Do not be surprised if the person is somebody famous who is associated with the skill that you want to learn. As they are the repositories of all knowledge on the subject, they will often appear as someone whose ability in the area is immense. If you wish, you can have a specific person present, to teach you their particular style – especially useful if you want to gain skill with a particular musical instrument. If you do this, then the Guru will partly actually be the person concerned, drawn from their subconscious.

If at any point you want to leave, all you have to do is cover your eyes with

your hands, think of where you want to be, and say "And so I leave this Guru and this time stream, returning to my normal space/time with the speed of Hermes." Then open your eyes, and you'll be back in normal Active Dream space. In fact, at any time that you are Active Dreaming, you can wake up by closing your eyes, concentrating on yourself asleep in bed, and then moving a part of your physical body – usually a finger or toe is the most effective.

Of course, it should be obvious to you that you do not have to travel to a spot with loosened timeflow to learn. You can of course just come out for a couple of weeks holiday, should you see fit. When I am particularly busy, and have not had a chance to relax for a time, I often take the chance to spend a fortnight of Dream time in a lovely little Caribbean-style holiday resort that I have created. It is possible to create places - along with people and things – that do not just vanish when you leave them, but continue on. Once you have named the place, and given it some stability, you can find your way back there. If someone else knows the name, then they can find their way there too, because a name is more than just a sound – it is an identity. I have told several friends and students the name of my resort, and I hear from a friend of mine there, a fisherman, that it is becoming quite popular. Sometimes I even bump into someone I know there, which is always lovely! This may all sound strange, but let me assure you that it is commonly done amongst occultists. To explain it is beyond the scope of this book, but if you are genuinely interested, then you can write to me at the publishers' address.

The other advanced technique of self-alteration that I want to explain is perhaps the most astounding of all – keeping yourself young, and changing your appearance. First, the easy bit. The mere act of Active Dreaming releases chemicals in the body. There is nothing unusual about this; every action releases chemicals. Some actions, like eating, release chemicals that make you feel good. Others, like sport, release adrenalin that makes you feel alert and powerful. The chemicals that Active Dreaming releases are similar to those released by meditation, relaxation, and general harmony. They counter the effects of stress and tension. As a side effect, they keep you younger. There is nothing new about this, either. Earlier this century, a Chinese man died at the age of 260, with medical records to verify his age. The secret, he always said, was to be calm and relaxed. Certainly, people living a peaceful rural existence live far longer than those in the high-pressure urban environments. The mere act of Active Dreaming will keep you younger, by releasing these chemicals that are related to relaxation.

Now, the harder bit. It is a biological fact that with the exception of the brain, every cell in your body will have been replaced within two years. Every single cell. Biologically speaking, we age because the brain does not get replaced, and so as brain cells die, the cell replication process gets worse and worse, and things start going wrong. While this is true, we have more than enough brain to theoretically last between 500 and 1000 years. The brain, however, is not the be all and end all of it. It is a little known fact that at the start of the 1990s, an American man had a routine brain scan in

hospital. There was nothing unusual about this man's life; in fact, he held a degree in Engineering from Harvard University. The brain scan revealed that over 97% of his brain was nothing but fluid. He did have some brain tissue – a small strip of it, around the back of the skull. The doctors were astounded – previous medical opinion had been that anyone with such a minute amount of brain tissue would be unable to live. He was fine. As I told you earlier, this is because the mind is not held inside the skull, but is part of the makeup of the Astral (and other) bodies. The only reason that we age and die is quite simply that we expect to, and that everyone else expects us to.

The same is true about our bodies being rebuilt in the same shape that they were in. There is no reason for this. The only thing that stops your subconscious mind from making your body cells get replaced into a totally different pattern is the expectations of yourself and those people who know you. The pattern that decides how you physically appear is part of your Astral body. Like everything else on the Astral plane, it can be changed, and once you change the Astral world, then you change the real world, too. This is slightly different from the previous things in that other people know what you look like. This certainty of theirs will tend to shape you. For this reason, the Astral body rapidly reverts to its original form if you are with people who know what you should look like.

There are two ways around this. The first is to re-change your Astral body every night. The more often you do this, the stronger the change will become, and after a while, you will find that it has not slipped back at all during the day. The other option is to isolate yourself from all the people who you know, and never let anyone see you more than a few times. This is not a very practical option in today's world, but was by far the favourite with the ancients.

You see, when you change the Astral body, you are doing just that. You can make yourself look younger on the Astral – 10, 20 30, 40 years younger. You can make yourself look better than you did when you were younger. In fact, you can make yourself look better anyway, even if you are happy with your apparent age. I won't tell you how I started out, but I now look like a six and a half foot, well-muscled 25 year old with black hair and hazel eyes. You need patience. As I told you, it takes two years for all the cells to re-cycle, and even if you push for the external body to change first, you still won't see any difference for several months. It also helps if you start a physical activity that produces bodily change – exercise, weight-training, dieting, whatever – so that you have a physical reason to change your appearance. It makes people less prone to expect to see you in a certain way, and so makes it easier for your body to change.

You can change any part of your body that you wish to. The first thing to do is to sit down and decide exactly what changes you wish to achieve, and then write them down in an absolutely precise form, so that you don't start changing your mind, adding things, or leaving things off. If you start varying it, your body will get very confused, and that can lead to health problems. Be

as specific as possible, down to as many small details as you can. If it takes you several hours to write down, then so much the better. I strongly suggest that you include items such as "The entire body, both its whole and all constituent parts, is to be fully functional and in perfect health, free from all disease, defect or weakness", and "The entire body will be restored to the same physical age", because it is easy to forget the internal organs, and it is no use looking 20 if your heart is getting old and tired. When your list is finished, give it a name. It doesn't matter what the name is. It could be an index number, a title, the name of a pet, or anything, just as long as you know what it is called. Then put the list somewhere safe and private, where it will not get damaged, and it will not get seen by anyone else. Do not mention what you are doing to anyone whatsoever, because their immediate disbelief, and knowledge of your age and appearance, will severely hamper you.

Once you have the list safe – mine is sealed in plastic, and buried in a lead-lined casket far from habitation – then get into an Active Dream, and (as usual) put your hands over your eyes. Say aloud "When I open my eyes, I will be in a comfortable, peaceful place, alone. My Astral body will be visible before me, and ready for me to make changes to it." Now take your hands from your eyes. In front of you, you will see yourself, but it may not look like you. You will know that you are looking at yourself, but you may not recognise the appearance. Now say "On the count of three, all my bodies will align in form, and be tied to my Astral body in the here and now. One. Two. Three." When you reach three, you will feel a strange wrenching, and you may feel slightly disorientated. This is perfectly normal. In addition, you will find that your Astral body now looks exactly as you do. Say "It is my will to change my physical vehicle in accordance with the list of alterations that I have named ..." and say the name of your list. Continue "In a moment, I shall clap my hands, and when I do so, these changes will be fixed into the patterns and seeds that make up my physical body, and in time my physical body will reflect them. This shall be done with all reasonable haste. These changes will forever alter all my subtle qualities for the better. As I will, it is done." and clap your hands. You will feel another wrenching, and your Astral body will shimmer and change exactly, according to your specifications. You may also feel different, physically. Say aloud "It is fixed", put your hands over your eyes again, and go elsewhere. It is best to repeat this as often as possible – ideally, once a night. Have patience, and in time, you will look exactly as you want to.

As a side note, you may have noticed that I always start these techniques by having you cover your eyes with your hands. There is a good reason for this. The act of shutting off sight in Active Dreaming is special, and it tells your subconscious mind that what you are about to do is important and different from just playing around. This adds extra strength to whatever you do. For the same reason, I try not to cover my eyes with my hands unless I am doing something special.

Summary

- * Time runs differently in the Astral world, and you can easily jump to areas where time flows at a different speed, so as to have a much longer dream than you would think could fit into your sleep time.
- * Learn new skills and talents overnight by learning them in a slow-time location with a Dream teacher.
- * Don't forget – you can leave an Active Dream at any time by moving a finger or toe on your physical body.
- * Merely having an Active Dream will help keep you younger by releasing healing, rejuvenating hormones.
- * You can change your physical body – over time – by changing the pattern that your cells fall into.

Chapter 8 Of the Manipulation of Others

In this next chapter, I will explain to you how you can go about affecting other people. For reasons I explained earlier, these techniques can also be applied to groups, organisations and corporations, and affecting the group will automatically affect the people who form it. There are a great many different things you can do to others, but for reasons of space, I shall only discuss some of the most commonly useful: communication with someone, making them love you, and making them obey you.

All the techniques for affecting others, whether people or groups, have a factor in common. This is that you have to track down the actual essence of the person. Now, as I have said several times, the personality – the **essence** – does not reside in the physical body. The physical body is a shell we inhabit, rather like a diving suit, or a box of tools. The essence is the actual person. When you Active Dream, you are existing purely as the essence, which is why everything is so vivid and powerful. Even if you are awake, your essence is present in the Astral world. With groups/companies/etc, the existence of the group is in the minds of those who make it up. As an identity to the group, a

shared concept that all the members understand, begins to form, so an essence begins to form with it. A group essence takes on the characteristics of those who have created it, and reflects their expectations and wishes. At the same time, it influences them into its own character. This is why religions are so successful. The essences that have been created for them are very strong, because of the numbers of believers, and so the group itself – independent from the members – has a lot of power to attract new members, and influence the world.

A word of caution. Do not try to contact the essence of one of the major religions. If you decide to try and influence the Catholic church, for example, at the best you will end up instantly converted to the religion by the overwhelming aura of the essence, and at the worst, you could become very severely mentally and physically damaged. The gods of dead religions are very useful and powerful to work with – the Greek and Egyptian deities in particular – but keep away from the current major world religions, Christianity, Islam, Judaism, Buddhism and Sikhism.

So, avoid the “big boys”. Major companies, myths, popular book/TV characters, institutions and old, dead or nearly-dead religions are the best to work with, if you want to influence groups.

The initial step of working with someone other than yourself is to locate their essence, and move to it. You can do this by covering your eyes with your hands, and thinking very hard about the person. When you have a strong mental feel of them, say their name three times, and then say “When I open my eyes, I will be with” and the person's name. Continue “I shall be with [his/her/its as appropriate] true essence, in the same phase of time and reality. Take me to [Person] NOW.” and open your eyes.

You will find yourself with the person concerned. In a few cases, they will not look as you expect, but you will have no doubt that it is them. In a very few cases, you will not be with anyone. If this happens, then you have picked a person of power, and they are shielding themselves from casual visitors. The course of wisdom in this case is to forget about trying to influence the person using occult means, because only powerful occultists can do this shielding, and it will be dangerous to try to interfere with them. If you are determined, then contact me for further instructions.

Once you are with the person, then there are many things you can do. The easiest is communication. This will work best if the other person is dreaming, for then you will appear to them to have entered their dream. If they are awake, then information from the essence will be filtered straight into the subconscious, and while they will find themselves thinking about you, you may not be able to get a message across. Dreambusting, as I call it, carries the message far more effectively. At first, the other person may not be aware of you. Go up to them, stand in front of them, and call their name. If they do not respond in any way, put your hands on their shoulders, look into their face, and call “[Person's Name] [Person's Name] [Person's Name], by the force of Thoth, I summon thy attention to me now. Hear me!”. At the same time,

shoot beams of golden light from your eyes into theirs. The reaction will be immediate – they will look up and see you. Once you have their attention, you can chat with them as much as you like. It is best to wake someone up after a discussion of this nature, to make sure that they remember the dream. The way to do this is to tell them that they are dreaming, and then take hold of their forehead. See your hands glowing with purple light, and the light flowing into their head, then say “[Person’s Name], I banish you to wakefulness.” As you say this, push them hard, down towards their body. This is a direction that is not in one of the three dimensions of earthly existence, it is more of a feeling. The person will vanish – often, with a slight pop – and will wake up in their beds. I hardly need to add that dreambusting a friend/acquaintance impresses the hell out of them, particularly when you tell them about it the next morning.

There have been several Hollywood films in recent years about people being harmed on the physical world in their dreams, by other dreamers. This is nonsense. If you go up to another dreamer in an Active Dream, and produce a large sword, and chop their head off, all that will happen is that the person will either wake up, or move off to a different dream area. There is no way to harm someone in this fashion. In fact, several times I have had a great deal of fun by gathering 10 or 20 friends together in one Active Dream, and then we all choose weapons that we like, and fight each other until only one of us remains. Its great fun! Sadly, I don’t win very often, but it is a very relaxing and entertaining way to spend a night.

To make someone fall in love with you is slightly different. In the Astral world, love is visible as ties that bind two people together. I strongly suggest that before you do it for yourself, you go and have a look at two lovers together in the Astral world (which of course you can do by closing your eyes and saying that you want to go to a pair of lovers). The forces will be readily visible as sparkling, twisting bright red ropes linking the two people together, both between bodies and looped around both. It is a very pretty sight. When you have got to the person that you want to fall in love with you, go up to them, embrace them, and say “Bestarbeta Corruptit Viscera Eius Mulieris”, if you want to attract a woman, and “Bestarbeta Corruptit Viscera Eius Virilis”, if you want to attract a man. Kiss the person. As you finish speaking and kiss the one you desire, you will see a shimmering, and then the red bonds of love will start to form. Stay holding them, and say “You, [Person’s Name], love me, [Your Name], more than anything has ever been loved before. We are as Shiva and Shakti, and we shall be together for eternity.” Keep repeating this until the bonds of love are strong, and richly coloured, and moving slightly – like they were with the lovers that you saw. At this point, say “As I will, so mote it be”, and then you are free to leave if you wish. The person will wake up thinking about you – even if they have never met you before – and when they next see you, it will be all they can do to stop themselves rushing up to you, and begging you to be with them.

I gave this technique to a friend who asked me for help – let’s call her Carol,

because she wants to stay anonymous. Poor Carol isn’t really what you would call gorgeous. She is medium height, with a slightly heavy build, and no matter how hard she tries, her hair always manages to look out of control. Still, one day last year a new guy started at her office. Simon is tall and athletic, with very piercing blue eyes, and a really kind man. He is also about four years younger than Carol. Carol fell for him completely. I had been teaching her how to Active Dream, and one day she finally admitted that she was just desperate to win this guy. Simon had barely noticed her. I gave her the above technique, and a few days later, she decided to try it. In her own words, “It went swimmingly. I couldn’t believe how easy it was to find him in the Active Dream, and when I embraced him, it felt like heaven! Still, I managed to remember what I was supposed to be doing, and I created the bonds around us. I have to admit, I did stay for a while afterwards. When I woke up, I could hardly wait to get to work. I dressed very carefully, and spent ages on my hair, and I managed to get myself looking quite good. To my horror, Simon was really strange to me in the office. He wouldn’t look at me, or anything. I nearly burst into tears. I was going to give you a good slap, Rob! At lunch time, I was just about to go to the pub on the corner and drown my sorrows, when Simon came up to me. He looked very upset. My heart sank. Then he paused, and blurted ‘Carol, I want to take you to lunch. Please say yes.’ I was so shocked, I didn’t know what to say. He misunderstood, and lowered his head. I heard him mumble ‘I’m sorry.’ Suddenly understanding, I grabbed his arm, and said ‘Of course I’ll come, Simon.’ Well, one thing led to another, and last month, we got married. I’m so happy!” Carol’s father died some years ago, so she asked me to give her away at the wedding. Of course, we didn’t explain why!

You should know that you cannot make someone love you without also falling in love with them at the same time, because the bonds pull both ways. You shouldn’t play with people for no reason – it isn’t kind. However, if you really want someone to love you, then this technique could save you much heartache.

For a more general means of controlling people, you have to use a slightly slower method. For any given case, there will be a quick, powerful way to do whatever it is that you want to do, but there is no possible way that I could write them all down in one book. The method I am about to tell you will let you produce any effect that you choose.

Before you start, you need to decide on a phrase that is a good summary of what effect you want to produce. This has to be phrased from the point of view of the person you want to affect, and put in such a way as to make it sound like a current fact. Say, for example, that I wished my bank manager to give me a loan, I would phrase a command like “Rob Balthazaar is a low-risk investment. I will happily give him a loan, secure in the knowledge that it will make me money.” If I wanted a troublesome neighbour to move, I may use a command like “I am moving from this house. I dislike it, and am moving out of the area, where I am much happier.” As long as the command is from

the point of view of the other person, and phrased in the present tense, as a fact, then it will work well.

Once you are with the essence of the person, then immediately make yourself invisible (by wanting to become invisible, you will do), and then go and stand behind the person you wish to influence. Stay behind them, repeating the command out loud into their ear. Keep doing this for at least an hour, but the longer the better. Most people will need a couple of nights of this, but particularly stubborn or strong-willed ones may take up to a week. I have never known anyone take more than a week to command using this method. This is a very powerful form of hypnosis, and you can make anyone do anything, so long as it is not directly opposed to who they are, and is not obviously harmful to themselves. The command that you are repeating goes straight into the person's subconscious mind, which then thinks that the thought is internal. With time, the subconscious will believe the thought – because of its persistence – and start generating it itself. When this happens, your work is finished, and the person will behave as you wish.

I repeat my earlier warning to you. This is very powerful, and not something you should do casually. Any harm done returns threefold to the one who did it, so you should have a good reason for affecting people this way. Obviously, this method is far better suited to influencing groups than the previous ones, because a group essence does not really have a physical body.

With the techniques I have given you, you can become extremely powerful in real-world terms, should you wish it. Personally, I have found that physical power is a real drag – it takes a lot of time, and severely restricts your freedom – so nowadays I shun it, but if that is what you desire, then you can get it. In fact, with the techniques above, there is very little you cannot achieve in the real world.

Summary

- * The essence of a person is their actual real self. This can be located easily with the power of Active Dreaming.
- * Communicate with someone by entering their dream and grabbing their attention. Make sure they remember your conversation by waking them up afterwards.
- * Make someone fall in love with you by binding them to you in the bonds of love. From that moment on, they will find you utterly irresistible.
- * For more general control, hypnotise someone by standing behind them invisibly, and repeating a command to them. This will enter their minds, and lodge, as if it were a thought of their own.
- * Don't forget that you can affect groups as easily as people, but do not try to influence major world religions.

Chapter 9 Of Discovering Information

The power of Active Dreaming is as immense in gathering information as it is for any other field of life. You can use Active Dreaming to find out anything or everything about a person, to locate hidden treasures and see different locations in time and space. The potential of Active Dreaming to provide information on any subject is infinite.

The key to most of the informational puzzles of Active Dreaming is a strange part of the Astral world named the Akashic Records. You may remember me mentioning it before. Quite simple, the Akashic Records are a recording of the whole of time, down to the tiniest detail, from the moment of creation to the end of everything. There are many parallel dimensions – a fact which Quantum Mechanics has recently proven – and the Akashic Records holds all the information from them. For practical purposes, it is best to think of it as a huge library, or a mammoth computer database. Humans can enter the Akashic Records without restriction, and can retrieve pretty much any information that could be understood by the human mind. The only exception is the future. Because the future is not totally preset, there are an infinite number of possible futures arising from each event and instant in time. The Akashic Records stores them all, until the events have been fixed. This means that it is difficult to tell the future from the Akashic Records, because it holds all possible futures. At any point, you can see the most probable future of any particular thing, but it is never definite. There are other ways to gain insight into the future – Dreamquests – but I lack the room to go into them now, as they are a complex subject.

To gain information about a person, all you have to do is go to the Akashic Records, and ask for the facts that you require. Finding the Akashic Records is relatively simple. From any point in an Active Dream, you start by flying straight up into the air. Think about the Akashic Records, and how you are going there, but fly straight up. After a little while, the 'air' around you will start becoming dark, and you will see the planet Earth receding beneath you, because you are leaving the confines of normal Astral dreamspace. The planet will dwindle fast, and eventually become a pinprick and vanish. As it does so, ahead of you, you will see another small spot of light. Head for this. It will get larger and larger, a huge pale sphere, seemingly featureless. As you get closer, you will find that there is a bright area on the sphere. Head for this. When you get close, you will see that it appears to be a mighty temple in the style of classical Greece, marble, with columns. Land in front of it, and enter in through the doors. If they are not open, then just push gently, and they shall part for you. Enter, and you will find yourself inside the Hall of the Akashic Records. As far as I can tell, the hall looks different for each person, each time they visit. It will, however, always appear to be a place dedicated to the storing of knowledge, and there will always be an obvious means of locating the knowledge that you want. Once, for example, the Hall appeared to be a

huge private library with row after row of leather-bound books on shelves attached to the walls of thousands of plush corridors. A small, sweet-faced old man sat me down in a lovely armchair, and asked me how he could be of service. Another time, the Hall was a small office with a simple computer terminal at a desk, telling me to "Press Space to Begin". Exactly how the Hall appears to you is beyond my telling, but it will be immediately obvious as to how you use it.

It is extremely easy to get information about a person, place or thing. Once in the Hall of the Akashic Records, all you do is use whatever means of retrieving information that the Hall has provided for you to ask for information about whatever it is that you want to know about. The more specific you can make your topic, the more exact and precise the answers will be. You will get the information that you require in a readable form. You can try to remember it, but you can also ask for a copy of the information, which you will receive in a manner fitting to the nature of the Hall on this visit. Just slip this inside a pocket, pouch, or fold of clothing, and it will stay where you put it. If you encounter a seemingly live representative of the Records, be polite and respectful. The person is most unlikely to get cross or be threatening in any way, but the Records are extremely powerful, and it is wise to behave with honour.

If you need to get information on something that you cannot specify, provide as much detail as possible. I once needed a particular style of hat for a fancy dress costume, and asked the Akashic Records for the supplier of such a thing nearest to my physical location. The Records were not only able to provide me with the location of a shop which had such a hat – a second-hand shop, as it happened – but also the name of the style of hat, and the price I would have to pay! If you want information about someone who you do not know by name, you can identify them by referring to a time and place. However, it is better to mentally label someone interesting at the time. This is done very easily. You look at the person, and say to yourself "This person is", and then the label. I tend to index people with a category label, and then a sequential number - G23, for example. Then you strongly visualise the label stamped on the person concerned. This gives you a very handy reference to the person for any occult work, not just identification. By naming someone, you gain a channel of access to them.

You do not have to ask for information about a person, although the Records will readily provide you with information such as name, address, state of health, shoe size, etc. You can ask about anything, and that includes factual questions about present and past. It is well worth your while asking the Records to tell you whereabouts you can find the nearest lost, forgotten or hidden thing of value that you may safely and legally reclaim. When I was starting off in Active Dream work, one of the first things I did was to go treasure-hunting, and then I was led to an old pot in a junk store. I bought the pot for 50p, and when I smashed the base open, as directed, there was a small horde of ancient roman coins baked into the base. It was this that provided

me with enough money to dedicate myself to occult work. As I mentioned earlier, the Akashic Records can only give you a rough estimate of the future based on current probabilities, and the further into the future, the less reliable it becomes. When phrasing a question, it is best to start with the phrase "With exclusive reference to the chronospatial framing of my current incarnation in the physical dimension in which I generally reside, ..." I know this is one hell of a mouthful, but it states that you only want to hear about things relevant to yourself, in the world you know, as referenced from the current time and place. Without this, information based on data from foreign dimensions or your previous lives may creep in, and distort the facts that you are after.

It is also possible to use the power of Active Dreaming to visit other times and places. You can easily transport your Self to any place that you would like to visit, at any time past or present. You can target your arrival point by memory of a location, by address or geographical area, or even by reference to an object or person. The method is extremely simple.

In an Active Dream state, start by covering your eyes with your hands. Say "When I open my eyes, I will find myself standing in front of a shimmering curtain of light. When I step through this curtain, I will move away from the Astral world, and on to the Etheric. I will find myself located at [LOCATION], in the time of [EVENT/DATE-TIME/"The Present"]", fully able to observe all things around me, and act as my will dictates." Having firmly stated your desired location point, open your eyes, and you will find yourself at the curtain. Step through, and you will be where you want to be. For your information, the Etheric world is similar in nature to the Astral world, but closer to the physical. This means that things are a much more accurate representation of the real world than on the Astral, because they are far harder to change. As things happen on the physical, they happen on the Etheric. The effect is that you will seem to be in waking life, but as an invisible onlooker.

Once you have arrived at your destination, you may well have some questions. If you are following a person or object, the first is likely to be "Where and when am I?" With any question that you have, merely ask it aloud. The physical world will not be able to detect this, but you will find that a disembodied voice will answer you. This is a part of your subconscious, and is nothing to be concerned about. You can move at any speed you want to, either through space, time, or both, and can instantly relocate at will, but bear in mind that any future you enter into is liable to be highly inaccurate. Once you have finished, you can get back into normal Active Dream by merely saying aloud "I want to be back in my normal Dreamspace, now." If you attempt to move to or spy on a powerful individual, you may find that you cannot do so. This indicates shielding, and if you encounter it, it is best to back off. Do not try to force your way into locations where you are not welcome without a high degree of skill and training - it will only exhaust you, and you may attract the attention of someone who might just take offence.

As with the Akashic records, you do not have to specify targets by exact identification. You can also specify qualities. One of my pupils who lives in

a remote village used the Akashic Records to locate, in his words “The nearest girl to me who is my age, single, kind and intelligent, slim with waist-length auburn hair, and who will be instantly attracted to me on all levels.” He got her name and address, an Active Dream picture of her, and the location of her favourite pub. After several nights going to this pub – it was only 20 miles away – she came in. He introduced himself, they got on fantastically, and they are now engaged to be married later in the year. He could just as easily have found her by stepping through a curtain of light tuned to the same specifications as a target. You can use the power of Active Dreaming to help you find anything and anyone that you want to.

Summary

- * The Akashic Records hold all the information that has ever existed in the universe.
- * You can get information freely from the Akashic Records – just by requesting it. It can be on any topic you want.
- * ‘Index’ people that you do not know for handy – and powerful future reference.
- * Use the power of Active Dreaming to project yourself to other places, people, objects or times as an invisible observer.

Chapter 10 Of Dreaming and Magick

Magick is commonly defined as “The art of making a change in the world, according to one’s will, without invoking material causality”. Put simply, this means causing something to happen without giving it a physical reason to do so. The realm of Magick and Spellcasting is vast, and there are thousands of works that deal with it in great detail. I shall look – only very briefly – at how to cast magick spells from within the Active Dream state. The subject deserves a whole series of books to itself, so I will just give you a basic introduction, and some starting techniques.

The main point about Magick and Active Dreaming is that Magick works by forming a spell inside the Astral world, and then letting that spell go loose to do its work – rather like giving an item of clothing to a bloodhound, and then setting it loose to find its quarry. In Magick a lot of the effort of casting spells goes into getting a good connection between the Magickian and the Astral world. Because, in Active Dreaming, you are already fully functional inside the Astral world, then the power of the spells you cast as an Active Dreamer is going to be far greater than if you were awake. You can use the techniques I will give you here on the physical world. They will still work, but they will be less powerful.

One of the most important things about casting a spell is to make sure that it is done in a special, reserved place. Earthly Magickians have a temple that they use for casting spells, even if it is portable, and Active Dream Magickians must have the same. Fortunately, it is very easy to set up a Dream Temple for work.

While awake, get a piece of paper and a pencil, and sketch out a floor plan for your temple. You will want an altar in the middle, covered with a cloth, and along one wall there should be large cupboards that will be able to miraculously produce any equipment that you might need. The altar should basically be a rectangular block, about waist height, but the material it is made from is your decision, as is the material and patterning of the cloth. The altar should hold two candlesticks and an incense burner at all times. You should also design a simple shape or pattern that will act as the sigil for your temple – in effect, its name. Something along the lines of the complexity of two or three geometric shapes blended together, or whatever takes your fancy. The Temple should also have one door, behind the altar, and one window, in front of it. All the other details are to your taste, but the more effort you put into designing your temple, the stronger it will be.

When you have designed your temple, and want to work with it, get into the Active Dream state, and cover your eyes with your hands. Say “When I open my eyes, I will see before me a large door marked with the sigil of my temple. This is the door to my Dream Temple, and only I can open it.” When you open your eyes, you will be standing in front of a large door, with no handle or lock, and with the sigil of your Dream Temple on the front of the door, at about chest-height. You will not be in the same location that you were previously, and the location that the door is in will always stay the same. Push the door open by pressing on the sigil with the open palm of your right hand. It will swing open, and you will be able to enter your temple. As soon as you are inside, you will find that the door is closed. Say aloud “By the powers invested in me, I declare this temple open for the furtherance of the great work”, and clap your hands loudly. Go over to the cupboards, and open the tallest one. Inside, you will find a cowed, hooded robe. Take off all clothing that you are wearing, and put on the robe. Put your clothes inside the cupboard, and close it. In one of the other cupboards, you will find a large chest. This will contain several items wrapped up in silk of differing colours.

There will be a sword wrapped in light blue, a wand wrapped in red, a cup wrapped in white, a disk on a chain wrapped in gold, a dagger wrapped in darker blue, a bell wrapped in green, and a lamp wrapped in yellow. Take out the dagger, close the chest, unwrap it placing the silk on the chest, and hold the dagger in the hand you normally use for writing.

Stand behind the altar (between the altar and the door, facing the altar). In this direction, you will be facing east. You now have to perform a very old and powerful ritual called "The Cabbalistic Cross". This will protect you and your temple, build up your magickal strength, enhance the power of all magick you do, help give you magickal shielding, increase your psychic power, improve your health, and too many other functions to mention. Suffice to say that you should learn this ritual off by heart, and it would probably be a good idea to perform it every morning and night, physically (imagining the visual effects that will arise in Active Dreaming), for as long as you live. It really is one of the most powerful occult rituals, and you will find it mentioned in a lot of occult works. The ritual goes as follows:

- 1) Face east. Touch your forehead and say "ATEH" (Pronounced Ah-tay). See (or imagine) a white light glowing where you touched your head.
- 2) Touch your pelvic girdle and say "MALKUTH" (Pronounced Mal-kooth, with the 'a' as in 'mat'). See the light in your forehead extend down to your pelvis in a white, glowing line down your body.
- 3) Touch your right shoulder and say "VE GEVURAH" (Vay Geh-Voo-Rah). See a light glowing on your shoulder.
- 4) Touch your left shoulder and say "VE GEDULAH" (Vay Geh-Doo-La). See a white bar of light connecting your shoulders, and crossing the first bar of light at a 90 degrees angle.
- 5) Bring your hands together on your chest and say "LE OLAHM" (Lay Oh-Larm). See the beams of light thicken and go shooting out past your body, into infinity.
- 6) Hold out the arm holding the dagger stiffly in front of you. See the dagger glowing with a flickering translucent blue light, the same colour as you get if you burn brandy.
- 7) Use the dagger to trace a pentagram in the air in front of you. (A five-pointed star made up of five straight lines that cross each other. Start at the bottom left of the space, then up at an angle to the middle of the top, then back down to the bottom right, then to the left at a flattish angle to middle left, straight across to middle right, then back down to where you started. If you don't know what this looks like, practise with a pen and paper until the arms are all fairly even.) The dagger will leave behind a trail of the blue flame, so you will be able to see it hanging in front of you. When it is made, stab it in the centre with the dagger and say "YHVH" (Yod-Hay-Vav-Hay). The pentagram will burn more brightly.

- 8) Turn 90 degrees clockwise to face south, with your arm held out, leaving an arc of fire in the air in front of you. Trace another pentagram, and stab it in the middle saying "ADNI" (Ah-Doh-Nai). See it flare up.
- 9) Turn another 90 degrees to face west, still with your arm out so that you now have a semicircle of blue fire to your right, with two pentagrams burning blue on it. Trace a third pentagram, and stab it in the middle saying "EHIH" (Eh-Hey-Yeh). See it flare up.
- 10) Turn another 90 degrees to face north, tracing a further arc. Trace the fourth pentagram, and stab it in the middle, saying "AGLA" (Ah-gah-lah). See it too flare up.
- 11) Turn a final 90 degrees to face east again, and complete the circle. You will now be standing in a flaming blue circle, with pentagrams burning blue at all four compass points.
- 12) Say "Before me Raphael" (Raff-eye-ell). You will see a faint image of a tall man in sky blue robes holding a sword aloft. As you get stronger, the 'telesmatic' images of the guardians will get stronger and stronger, until they are actually in the room with you. This is to be desired.
- 13) Say "Behind me Gabriel" (Gabb-ree-ell) (who is dressed in white robes, and holds a golden chalice).
- 14) Say "On my right hand Michael" (Mic-hai-ell) (who is dressed in red robes, and carries a burning staff).
- 15) Say "On my left hand Uriel" (Oo-ree-ell) (who is dressed in robes quartered in yellow, black, brown and deep green, and around his neck hangs a large golden pentagram on a golden chain).
- 16) Say "About me burns the pentagram" (see the blue flame all flare up and get brighter).
- 17) Say "And above me flames the six-rayed star" (there is no attendant imagery that you need to visualise).
- 18) Repeat steps 1 to 5, and then let all the imagery fade from your mind. In your Dream Temple, the images will go very faint and misty.

Once you have completed all of that – which, believe it or not, only takes about five minutes – go back to the second cupboard, wrap your dagger back up in the silk, and place it back in the chest. You are finally ready to use your Dream Temple.

The method of Magick that I am now going to teach you is very easy and extremely versatile – you can use it for any spell. Inside a third cupboard in the Dream Temple you will find a pair of white candles, a sheet of parchment, a quill-pen, and some ink. Go to the altar, and place the candles in the holders. They will immediately light up. Now, whatever it is that you want to achieve magickally, make up a sentence that expresses your desire, in terms of what you want. For an example, let us say that I wished to get a highly-paid job

with a merchant bank, as a stockbroker (although why I might want such a thing is a mystery to me!). You first take your sentence, and write it on the sheet of paper. I might write 'I want to be offered the position of Equity Dealer with GoldWedd Bank Ltd for an annual salary of £40,000'.

The next stage is to go through the sentence and cross out every letter that is repeated. I would be left with 'I want o be frd h ps quy l G k £40'. Collecting this together, it would look like 'iwantobefrdhpsquylgk£40'. Next, you want to whittle down the letters and numbers until you have somewhere between four and eight remaining. I like to have six myself. My sentence now has 23 letters, so I shall remove every 2nd, 3rd and 4th letters, to be left with 'itfpy£'. Once you have your letters, you need to take them – capital or lower case as you prefer – and write them together in a jumbled fashion, so that they are not in a straight line, and so that all of them touch each other along one line. You do not have to keep the letters upright – in fact, it is better if you do not do so for all of them (I cannot demonstrate this so easily in type). As long as they are all jumbled together, that is fine. Then, redraw the picture several times, and each time you do so, blur the lines together, alter them, stylise them, and basically mutate the shape, until after two or three goes, you have a line picture that is not recognisably made up from letters. This is your final sigil. Tear this sigil from the main piece of parchment, and burn the remaining part in the flame of the left-hand candle.

Now, hold your hands up straight into the air above you, and shout "I charge this sigil with my will, that it may ..." and state your purpose for the spell. Bring your hands down fast, and place them on the sigil. See golden light pouring from your hands and flowing into the lines of the sigil, making them glow brightly. When the sigil seems to not be taking any more power, hold it up, and burn it in the flame of the right-hand candle, saying "As I will, it is done!".

Once the sigil is fully consumed in the flame, the spell is cast. Remove the candles from the holders; they will extinguish again. Put them back where you found them, along with the pen and ink. Go back to the first cupboard, take off your robe, and put your original clothing back on. Go back to the door, and stand with your back to it. Say "By the powers invested in me, I close this temple", and bow to the altar. Straighten up, and walk backwards through the door. You will find yourself back in normal Active Dream space.

This method of magick is extremely powerful and versatile, and has the added advantage of allowing you to be vague if you have vague requirements. There are very few limits involved. One student of mine – called Graham – used this method of sigilisation to attract money to himself. The exact sentence he started from was "I want a large sum of money to come to me as rapidly as possible without being the result of death, loss or injury to any person in my acquaintance". He then started doing the football pools, and on his third week, he won over £14,000! There are many other powerful and astounding things you can do from a Dream Temple, but I do not have the space to go into them. If you have any specific queries, write to me. The method

above – called 'Sigilisation of Desire' – can achieve all sorts of astounding physical results. I remind you, however, not to use magick without good reason. Malice and greed rebound thricefold upon the sender, so do not be unnecessarily unpleasant in your magick.

Summary

- * You can cast spells from inside an Active Dream – in fact, they are stronger than spells cast in the physical world.
- * Create yourself a Dream Temple so that you have a sacred space in which to work Magick. Start it by designing it on paper in the physical world.
- * Before working in your Temple, you should prepare it each time by opening it, and then performing the Cabbalistic Cross. This ritual is so beneficial that you would be sensible to cast it on a daily basis in the physical world.
- * Cast actual magick spells by sigilising your desires, and then destroying the sigil, and so releasing the energy out into the Astral world to do the work for you.

Chapter 11 Final Notes

This brings me to the end of this work on the Power of Active Dreaming. If you practise the techniques in here, you will gain great amounts of personal power, and be able to lead a long, happy waking life. In addition, you will also gain the benefit of a very rich and detailed sleeping life, which you can put to incredible use.

There are of course many more things that you can do with Active Dreaming, but I hope that I have given you enough pointers to discover them for yourself. Do experiment, and have fun. Active Dreaming is perfectly safe, and an extremely natural thing to do. I wish you every success, and I hope you have a fascinating time.

As regards writing to me, you can do so via the publisher's address. For several reasons, I am forced to make a charge of £10 (or equivalent outside of the UK) for a letter that requires an answer. I know that this sounds outrageous, but the reason is twofold. Firstly, I am extremely busy, and I do not have much time to devote to answering mail. By making a charge, I help keep down the volume of mail that I have to answer, because I can then be certain that whoever is writing to me is serious, and wants help, and is not just a time-waster. Before I did this, I found I was spending all my time writing letters, and I did not have time to write, teach, or do research. Rather than answer no mail at all, I thought it was better to give a way for the serious to seek help. Secondly, it is an occult fact that you get out what you put in. A piece of advice given freely is worth far less to a studying occultist than a piece of advice won through effort, practice or expense. By charging for advice, I can ensure that the student benefits from it as much as possible, because they will take it more seriously for having paid for it. It should be readily obvious that Active Dreaming will allow you to quickly and easily build up your personal sources of finance. It certainly has for me. The charge is purely an administrative way of helping to keep my time free, and making sure that the advice I give out is taken seriously. Of course, I guarantee that I will answer any letter that includes the admin charge as rapidly as is possible. Do not forget to address the envelope to me, Rob Balthazaar, care of the publisher.

Well, that's it for this book. I hope you enjoyed reading it, and sweet dreams ...!

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authored by James Cullinan, Martin Brooks & Robina Peartree

The central theme of this unusual package is the practice of recording **one's own cassettes with the view to influencing the subconscious mind**, for the purpose of causing desirable changes in one's life. **WITHOUT A DOUBT THIS IS THE MOST EFFECTIVE SYSTEM OF SELF-IMPROVEMENT IN EXISTENCE - IT EXCELS EVERY OTHER SYSTEM KNOWN TO US OR ANYONE ELSE.** Thousands of unsolicited testimonials from readers of James Cullinan's first book on the system are living proof of this. **YOU CAN TRAVEL TO THE CORNERS OF THE EARTH, STUDY A 100 PHILOSOPHIES OR READ A THOUSAND BOOKS, BUT YOU WILL NOT FIND ANYTHING TO MATCH THIS.** The sheer delight of the system is its **simplicity**, and the fact that it requires **ABSOLUTELY NO WILL POWER OR EFFORT TO MAKE IT WORK.** It works **automatically** and **easily**, once you record your own cassette in accordance with the book's instructions! It is **NOT** hypnosis -- hypnosis requires **attention**, plus trance conditions, which this does not. And neither must it be confused with all the "ready-made cassette systems" currently on the market. **THIS SYSTEM IS SIMPLER, AND MORE EFFECTIVE.** Nor does it require pillow speakers or special devices -- you need only your cassette recorder, a tape, and your voice!

The first of the three publications in this one book is by Mr Cullinan entitled "**Self-Taping For Self-Improvement**," and is a **completely new text** on the subject -- not just a revision of his earlier work. Thanks to new findings **THE SYSTEM IS NOW MORE SIMPLE THAN EVER BEFORE.** Mr Cullinan demonstrates how even easier it now is to:

- PASS A DRIVING TEST (WITHOUT WILL POWER OR EFFORT)
- FACE ANY TEST OR EXAM WITH COMPLETE CONFIDENCE (WITHOUT WILL POWER OR EFFORT)
- OVERCOME STAGE FRIGHT (ABSOLUTELY NO WILL POWER REQUIRED)
- MAKE YOURSELF SENSUOUS AND ATTRACTIVE TO THE OPPOSITE SEX (THIS SYSTEM CAN MAKE YOU THIS WAY NATURALLY)
- HAVE PERFECT SELF-CONTROL (WITHOUT WILL POWER OR EFFORT)
- MAKE YOUR VOICE MORE STRONG AND MASCULINE IF YOU ARE A MAN -- MORE FEMININE AND APPEALING, IF A WOMAN
- READ MUCH FASTER -- AND REMEMBER WHAT YOU READ (WITHOUT EFFORT)
- AWAKEN ESP AND MYSTIC POWERS (WITHOUT WILL POWER)
- ACQUIRE UNSHAKEABLE CONCENTRATION (ENTIRELY WITHOUT WILL POWER)
- ELIMINATE SHYNESS AND LACK OF CONFIDENCE (WITHOUT WILL POWER)
- DEVELOP PERSONAL MAGNETISM AND POWER OF ATTRACTION
- INCREASE ABILITY TO ABSORB AND UNDERSTAND A FOREIGN LANGUAGE
- ACQUIRE ORIGINAL IDEAS FOR MAKING MONEY OR INCREASING BUSINESS (THIS HAS BEEN WORTH TENS OF THOUSANDS OF POUNDS/DOLLARS IN TANGIBLE RESULTS TO THE AUTHOR)
- IMPROVE HEALTH; DEVELOP RESISTANCE TO COLDS AND INFECTIONS; STRENGTHEN HEART AND OTHER ORGANS

You are even shown how to **treble your will power** WITHOUT USING WILL POWER TO DO SO!

This is essential reading even to those who already have Mr Cullinan's first book on the subject: it is up-to-date, high on information and low on verbosity.

The second publication within this volume is by Martin Brooks and is entitled "**Master Keys For Influencing The Subconscious**". Mr Brooks, a keen student of mind power for 15 years and the author of several books on the subject, was so impressed with Mr Cullinan's system that he decided to make his own published contribution in the belief that many more people should be alerted to this wonderful opportunity of self-improvement. In some respects Mr Brooks has gone beyond Mr James Cullinan's exposition, and we consider his contribution of great significance. He shows how to:

- *Obtain results **even without relaxation** whilst listening to one's cassette.
 - *Reasons why the system **may** fail: steps which Mr Brooks have found that can remedy the situation immediately.
 - *Why normal "tape learning systems" are inefficient compared to this system.
- Martin Brooks' approach is thorough and practical, and brings a **fresh perspective** to the subject. Moreover he is keen to share readers' experiences with the system if they would like to write to him at the address given in the book.

The third and final publication incorporated within this unique book is Robina Peartree's "**The Chart Method**". Her method, distinct from Mr Cullinan's, was developed from the cassette system. She claims wonders for it, including the **miraculous recovery of a friend who was close to death.** She is convinced that one subconscious mind can contact another. She also welcomes readers' experiences on the subject. The "Chart Method" can be used in conjunction with the cassette system or WITHOUT. In other words you **DON'T NEED** a cassette recorder to make use of it.

There you have it -- three publications in **one complete book**, all **COMPLETELY NEW**, never before published. **IT IS THE GREATEST SELF-HELP OFFER EVER MADE** -- your key to happiness, riches, health, fulfilment, love... the "No-Effort Way". Simply quote "**THE NO-EFFORT WAY TO PERSONAL IMPROVEMENT**" along with your remittance for **£10. (USA \$19.95).**

THE BOOK YOU SHOULD READ BEFORE YOU DIE

No, that isn't a catch heading just to sell a book. It's the simple sincere truth and I'll convince you of it if you're open-minded and will hear me out. And in the hope you'll do so let me add that I thump no tub, I wave no banner. I do not belong to any religious or philosophical society so I seek no converts. YOU decide – but you owe it to yourself to hear the evidence before you do so.

After all, it's the one certainty in life. You and I are going to die. I hope that time's a long way off of course but there's no point in thrusting the thought aside in the hope it will go away. It won't! And there's no point in being morbid about it. But, as Lord Shinwell said shortly before his own recent death: "It would be nice to know where one's going."

I first started wondering when I was 17. My father died and I thought it a great pity his life had been cut short at the age of 52. Was that it – fini? A clergyman who tried to comfort the family talked about the resurrection and I said I thought that was going to be a bit of a job as he'd wished to be cremated and I'd just helped distribute his ashes at the garden of rest. I didn't see how he was going to be put together again. I didn't get any marks for that from the reverend gentleman but I still wondered. Don't think that I was introspective or morbid. I wasn't. I was fun-loving with a keen sense of humour. I enjoyed most sports and my other keen interest was girls! In fact, one led me into Spiritualism – as I tell in lighthearted fashion.

It was a fascinating trail. Girls, ghosts and ghoulies, and I thought I'd found the answer – to the ghosts and ghoulies anyway! I became London Editor of the then popular "Spiritualist News" and spoke on platforms of the Societies and Churches in London and the Home counties at the age of 20. It was also the days of the great clairvoyants like Estelle Roberts, Helen Hughes, Eileen Garrett and in the States Edgar Cayce. And well-known personalities who lent their support; Conan Doyle, Hannen Swaffer, Shaw Desmond, Lord Dowding, etc. Yes, Spiritualism seemed to be the answer. Truly the Grand Design. Hooray for the Astral Spheres! Three cheers for the glorious Summerland!

But a little nagging doubt remained – and grew. Perhaps it's because I'm a Piscean, y'know the two fishes pulling in different directions! The serious side said: "Look, there's something wrong here. Why don't they come back and give factual descriptions of this summerland? And why do those who do all contradict one another so much?"

I wasn't alone! Nearly every national newspaper has "investigated" Spiritualism at some time or other (usually during the silly season) and they all came up with the same answer: "There's something there but we don't know what."

Remember Dr C.E.M. Joad of radio renown? He studied the subject because his friend Harry Price (of Borley Rectory fame) asked him to come up with what was the most succinct observation: "Spirits may have souls but they don't have brains."

Years later, Anita Gregory, presenting the BBC programme "Leap in the Dark" said: "The message and impact become so distorted you cannot say to yourself 'That was so-and-so'."

Neville Randall, who published messages received at the well-known Leslie Flint direct voice seances which were taped by George Woods and Betty Green, commented to the effect that while they recalled their passing well, when it came to describing the life in the world beyond they seem to have either lost their memories of power of description.

Even the Editor of "Psychic News" writing on the so-called "revelations" through mediums wrote.

"Whenever famous personalities return they rarely impart information of much import." Dr Lyall Watson, author of the Supernature books, speculated on whether there might be some form of censorship preventing information about the next world and other aspects being conveyed clearly to us. Other intelligent writers and researchers have wondered about this.

I'm no genius and it took me many years to find the truth about survival. No, it did not come from Spirit Guides or any such source. Just time and study in depth not only of psychic phenomena but related subjects such as out of body experiences, clinical death accounts, hypnotic regression, electronic voice phenomena, etc.

It's a jigsaw and properly assembled fits together and reveals the truth. In the case of newspapers they were not able to spend the time investigating all these subjects to come up with the right answer. But there are a number of established organisations that could have done so. Let me tell you now why they didn't.

It is because they are *vested interests*. When an organisation is set up, buys or rents property, installs office equipment, engages staff, and proceeds to promote its ideas, it becomes a vested interest. This does not mean it is evil in any way. A vested interest can be benevolent, sincerely believing the ideas it advocates, but it is a vested interest all the same. It is not going to start looking into opinions that are contrary to its beliefs with a view to changing the teachings it was founded to propagate.

I've only ever known one vested interest in this field to change its tune. That was a magazine called "World Service" which was owned and edited by C.S. Coleen-Smith and reached a high circulation just before the last world war. When he became disillusioned he said so, boldly and courageously, Circulation declined and the magazine folded.

Frankly, if I was attached to some vested interest I'd hesitate but I'm not. As I've said, I thump no tub and I'm only interested in truth and while I know it will be opposed in many quarters, with every possible reason they can think of, it's difficult to argue successfully against the truth.

If you are mourning someone near and dear to you it will help to read this book. Or a friend who is distraught by his or her loss.

Let me be quite clear about this. It is not a general work about Spiritualism or psychic phenomena and it is not an inspirational work. No messages from spirit guides or other mystical sources. It's a matter of fact, logical account of what happens after physical death based on my 50 years of interest and study of related subjects – and I'm quite confident I'm right. Evidence supports the facts.

There's no other book in publication at present that deals with the subject with the conclusions reached, so far as I know. If there was I wouldn't have written it. I am a professional writer and, frankly, it's taken a good deal of time which I could have spent on more profitable work. But I felt it had to be written.

I started by saying you should read this book before you die. I mean it. If you are open-minded and not entirely committed to some religion or philosophy or dogma, then I am certain it will help you a lot.

And when you *have* read it and given it thought, I think you will agree with me – not only that it's helped you to read it before you die but that it is indeed the truth.

Edmund Bruce Barker's book 'THE TRUTH ABOUT SURVIVAL... The book you should read before you die' is available or only £5.

GENUINE OCCULTISM

Its Theory and Practice by Wilfred Jenkins

My Occult friends think I have "cheapened" Occultism by what I have written in my book. They say that Occultism should be pursued for "spiritual ends" only and not for "material gain". My book is about the latter because one of the laws of Genuine Occultism is that **unless you can master the physical world you cannot progress in the spiritual.**

Maybe you think I have "cheapened" the subject as well, but because of your views I bet you are **poor, unwell and unhappy**. For 15 years I practised Occultism for "spiritual development" and during that time I endured no end of misfortune. The misfortune wasn't **because** of my interest in Occultism: to the contrary if I had used Occultism to **help** me in my difficulties my life would surely have taken a turn for the better. It took me 15 years to realise that what other people had told me, and what all the books said, was wrong.

It is NOT RIGHT to be saddled by misfortune when Occultism can get you out of it!

I am not a clever man – in fact I am a slow learner, and I appreciate that many of my readers probably know more about Occultism than I do. Actually I haven't found Occultism **easy**: it took me years before I learnt how to make rituals work and even to this day I still have difficulty in trying to "visualize".

So, you may wonder, what I can give you in my book in view of these **Admissions?** I can give you **experience**: many years of it, learning Occultism the hard way. I can tell you what will work and what will not. My failures are your good fortune: I can spare you disappointment and discouragement. I can also show you how to **get results**.

THE "RESULTS" I HAVE RECEIVED

Perhaps I am duller than most, but rarely have I been able to experience the "instant results" that other people claim in their Occult work. On one or two rare occasions I did get fast results – once I received £500 seemingly "out of thin air" after just one week of creating an Elemental Thought Form. It seemed like a miracle because I was totally broke at the time and I didn't stand the remotest chance of getting the money by "ordinary" means. Another time I was desperate to get through on the phone to a Government Department whose number was forever "engaged". I had tried for days without success – but I got through **immediately** I did a ritual to Lord Mercury, the God who rules communications. Not only did I get through immediately, but also got my problem sorted out within minutes which, given its complexity, also seemed like a "miracle". What I **did** to make these things happen I explain in the book. But, frankly, most times I do **not** get fast results. I find I have to wait. It seems to be my lot to always be patient. But I can say that I am successful about **7 times out of 10** which gives me some measure of satisfaction as well as justification for writing this book.

OCCULT POWER

What my book tells you is simple: that KNOWLEDGE IS POWER. My book gives you the **knowledge of hundreds of Occult books** in just 100 pages. I have condensed a life-time of experience and occult "know-how" into one single easy-to-read volume. Nowhere else will you get so much **hard Occult information** as I have given you in this book. I only wish someone had written such a book years ago when I first became interested in the Occult – it would have saved me much time and expense. I do **not** promise you "instant results" – I do **not** promise you instant riches, love and fame. I know that these things **seemingly** are possible for some people, but it hasn't been my experience. I can only give you what I know. It may not be as spectacular as others, but you will find my instruction **sound** and founded on common sense. I tell you the **complete** Theory and Practice of GENUINE OCCULTISM – Occultism that **gets RESULTS!** My book will tell you:

- ★ HOW OCCULTISM AND MAGIC WORKS
- ★ HOW TO AWAKEN OCEANS OF POWER WITHIN YOU
- ★ THE SECRET OF SPIRITUAL HEALING
- ★ HOW TO HARNESS THE OCCULT FORCES THAT CONTROL MONEY, LOVE AND HEALTH
- ★ THE TRUTH ABOUT ASTRAL PROJECTION

★ HOW "VISUALIZING" WORKS – AND WHAT TO DO IF, LIKE ME, YOU ARE NOT MUCH GOOD AT IT.

I can tell you all about Amulets and Talismans, Chakras, the difference between Occultism and Witchcraft, who the Occult "Gods" **really** are, the truth about Devils, Ghosts and Demons. During many years of practice I have **never** encountered the Devil or any other so-called "evil force", nor do I personally know any Occultist that **has**! One thing I **had** to learn the hard way in Occultism is that there is a lot of **superstitious nonsense**, as opposed to TRUE KNOWLEDGE, concerning the subject. That is why I call my book "GENUINE OCCULTISM": to me the subject is a serious one. I regard it not as an "Art" but as a Science. Also I do not reprove Organised Religion for its stand against Occultism. I do not agree with the Churches, but as a "Scientific Occultist" I see that Religion is a **part** of the Occult process.

WHY OCCULTISTS DISAGREE

My book also gives you the **genuine Occult reasons** as to why so many religions disagree with one another, and why there are so many different concepts of Jesus. It also tells you why ten different Clairvoyants will make ten different – usually conflicting – predictions for the future. Also you will see **why** there are so many different, contradictory reports by Mediums about Life in the "Next World". I do not seek to take sides with anyone – I only want you to know, from a **practical**, "Scientific" Occult viewpoint **why** these anomalies exist. I do not wish to tear down your beliefs about anything because there is no need for this: I only wish to show you **the OCCULT TRUTH**. Also my book tells you how to **at last** understand Astrology. I don't know about you, but I could never understand why and how impersonal Planets, millions of miles away could affect and influence our personalities. One day I found out **why**: it became crystal clear to me and made **sound commonsense**.

YOU CAN SUCCEED

On a practical level I show you how to **create your own Rituals for GETTING THE THINGS YOU MOST WANT IN YOUR LIFE**. I explain exactly **how** Rituals work – **why** seemingly silly and insignificant gestures have **meaning**. Don't worry if you do not have the privacy to perform Rituals – I tell you how to make Occultism work **JUST BY USING YOUR MIND**. However, I do not want you to think that it is as simple as ABC – it **isn't**. It requires patience and study. That's how **I've** found it – you may well do better than me. I do not claim to be a "Master". With the information in my book you **could** become so. That depends upon your ability. But if you do **not** possess exceptional ability – having only instead the **desire to succeed** – you will make **GOOD, STEADY, SOLID PROGRESS**.

Once I discovered the Secrets of GENUINE OCCULTISM life began to take an upward turn for me. It hasn't been all a "Bed of Roses", however, because in spite of the Occult Knowledge I have acquired I have still made some stupid mistakes. No amount of knowledge can protect one's self from irrational behaviour. I have, thanks to Occultism, received a great deal of help in financial matters – handling money has never been my strong point, but the Occult Powers have always helped and Jupiter in particular has never failed me in obtaining bank loans, even with the scantiest collateral. My married life was also helped, and Occultism also rid me of a bad stomach ulcer and many years of migraine suffering.

My book doesn't ask you to give up your beliefs in Jesus Christ or a belief in Jupiter. Whoever you wish to believe in is up to you: providing you **WORK ACCORDING TO THE OCCULT LAWS, WHICH GOVERN ALL BELIEFS, YOU WILL FIND REAL HELP**. My book has been made as simple as possible – even though it covers more than you will find in a hundred other books. It is down-to-earth and **PRACTICAL**. What usually passes for "Occultism" is pie-in-the-sky stuff which, whilst mostly without harm will never be of much use to you. "GENUINE OCCULTISM" is a different animal – the approach is **scientific**, and it is written with the assumption that you want **RESULTS** rather than promises.

I am an old man – past 80 – who led an ordinary undistinguished life. I would like to leave this book as a legacy to seekers of genuine OCCULT KNOWLEDGE. I hope you will buy it because, if you lead your life more sensibly than I have, you will enjoy a future of great power and happiness.

MR JENKINS' UNIQUE BOOK "GENUINE OCCULTISM". Its Theory and Practice" is available from Finbarr for only £10.

To order above book send £10 (U.K.) or \$20 (U.S.)

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