

A SYSTEM OF CAUCASIAN YOGA



A Facsimile Of The Manuscript By
Count Stefan Colonna Walewski

EDITOR'S PREFACE

The following pages present a facsimile, with the exception of inserted pagination and a few necessary captions,—the facsimile of a strange manuscript written by a strange man.

Count Stefan Colonna Walewski's outer life was that of a well-known collector and dealer in oriental art and antiquities and in anthropological curios. His shop, *Esoterica*, was not only a famous New York connoisseurs' landmark but the gateway to another world, in which magic, demons and talismans were as real as subways and neon signs. The Count firmly believed that he attracted these strange objects to him by a sort of higher magnetism of which he knew the workings; and his unrivalled collection seemed to prove his point.

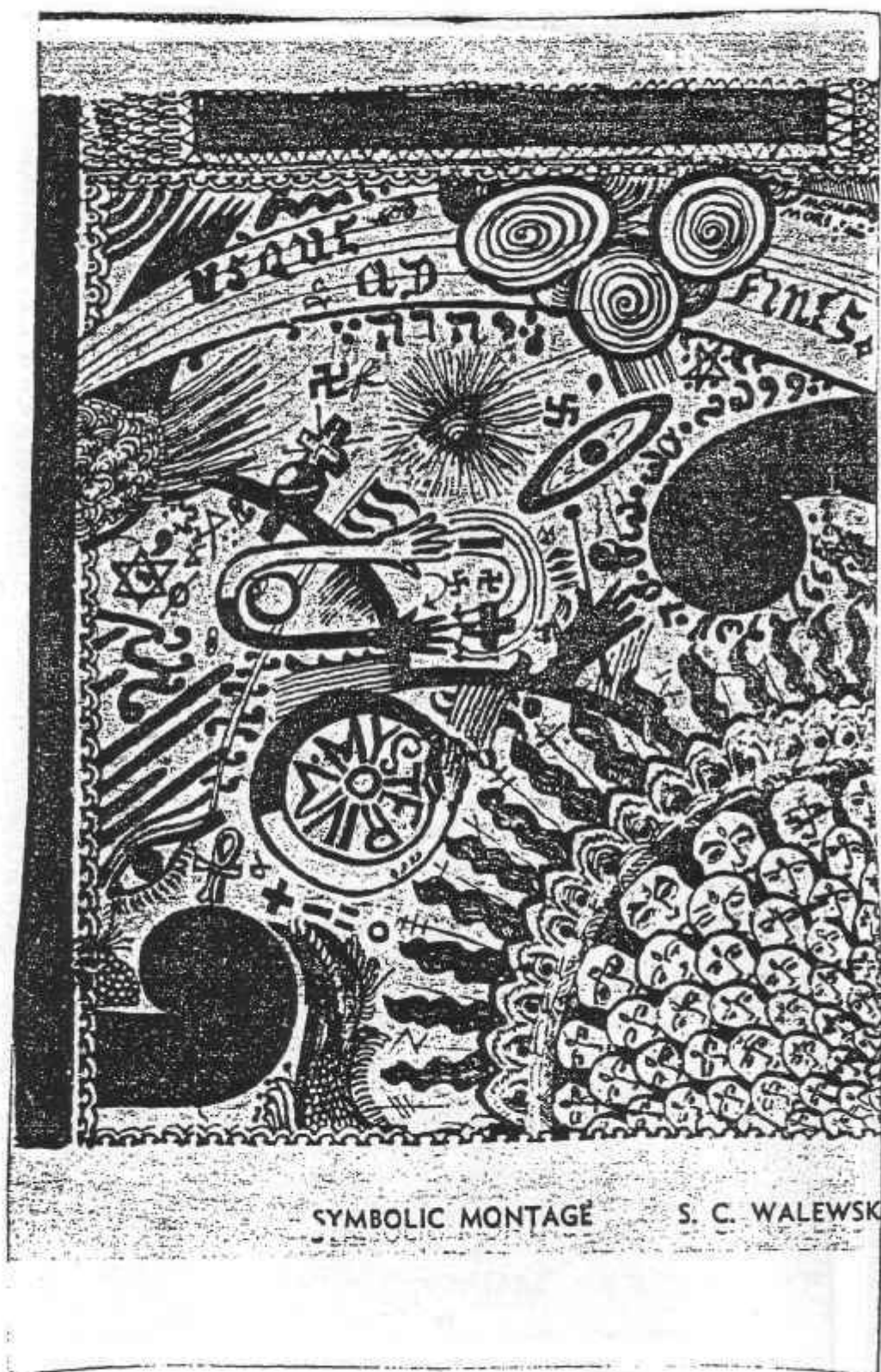
Few knew, however, that behind Count Walewski's constant kindnesses to his fellow man and his expert knowledge—the two main facets of his external life—there lay an intense inner life and search for life's most hidden secrets. Few knew that before the 1920's, in the Caucasus mountains, he had been vouchsafed some of those secrets by two initiates of a rarely encountered secret society, which combined indigenous doctrines and those of yoga with teachings stemming from a mystical tradition of ancient Zoroastrianism. Walewski never saw his teachers again, and he himself assumed no personal credit for their teachings, which were merely handed on to him under oath not to reveal the source. Their instructions, received in Persian and Russian, were transcribed in a manuscript notebook from his own notes by the Count, when he later arrived in America, coming first with a Polish diplomatic commission. The English of the transcriptions is halting and the orthography often incorrect as Count Walewski possessed but an imperfect knowledge of English at the time.

However, we have considered it best to give the reader the manuscript in facsimile rather than any "improvement" on it, which would destroy or at least vitiate its unique character. There was all the more reason so to present the work, when, shortly after releasing it for publication and disposing of the manuscript to a private collector, Count Walewski passed on, leaving no one who could possibly answer all the enigmas connected with the system of development discussed in it. Neither the publisher or editor, of course, can assume any responsibility for the views hereinafter expressed, nor necessarily endorses them. They are presented solely as shedding light on a little-known island of ancient views preserved in the border regions between East and West and as a documentary contribution to a special field of religio-magical manuscript literature.

The following pages are exact reproductions of the Walewski manuscript on Caucasian yoga and secret doctrine,—teachings the very existence of which was not known at large to either Europe or America. There is now less chance than ever of their even continuing to exist, as the parasitic, fungus-like growth of Lenin's anti-democratic, Communist counter-revolution seeks to destroy all spiritual or religious thought within its borders. Hence the recording now of these ideas, techniques, and teachings in permanent form can at least serve to prevent utter destruction and oblivion for a little-known island of human thought and investigation.

It is worth while to feel that the Count's patient collecting and recording of rare information was not for naught, and that in these pages we also possess a tribute to a man not merely skilled in his unusual field of specialization, but a man who had a good word for all his fellows and revealed to those who were fortunate enough to know him well, a great heart.

C. A. Muses
Colorado, 1955





KEY TO MASTERY

S

I AM ON THIS EARTH
TO RECLAIM THE EARTH
TO TURN THE DESERTS INTO PARADISE
A PARADISE MOST SUITABLE
TO GOD AND HIS ASSOCIATES
TO DWELL THEREIN...

YAT-HA-AHU-VAIRIO

THE WILL OF THE LORD IS

THE LAW OF RIGHTEOUSNESS

-MASTERY-

YOU MUST

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AS ABOVE SO BELOW, AS BELOW SO ABOVE.
INVOCING THE ELEMENTALS. INVOCE
THE ESSENCE OUT YOURSELF AND LET IT
GROW OUTSIDE.



INTRODUCTION

IT WAS SAID 2000 YEARS AGO THAT
THERE IS NOTHING HIDDEN THAT WOULD
NOT BE REVEALED.

IN THIS KEY IS GIVEN SIMPLIFIED
CONDENSED AND CORRECT MANNER
HOW TO MASTER HOW TO SOLVE EVERY
PROBLEM, ANSWER EVERY QUESTION
IN EVERY DEPARTMENT OF LIFE IN
PHYSICAL, MENTAL, SPIRITUAL AND
PSYCHIC PLANES.

IT IS THE KEY TO MEET EVERY SITUATION
BY APPLYING THE CONSCIOUSLY DEVELOPED

- 1) CAREFUL OBSERVATION
- 2) CORRECT INTERPRETATION
- 3) PRACTICAL APPLICATION

TO KNOW THYSELF - IS TO GO INSIDE
OF ONE'S ENTITY AND TO WATCH
STUDY AND APPLY
INDICATOR OF ENTITY IS

I - I AM, SOUL
I THINK } ATTRIBUTES
I FEEL }
I WILL }
INDICATOR OF THINKING, FEELING
AND WILLING IS THE BREATH.

A BEING IS BORN TO THIS WORLD, HAVING
AS BASIC RHYTHM, - BREATH OF THE
MOTHER AT TIME OF THE CONCEPTION
THIS IS CALLED THE MOTHER'S BREATH
AND WITHIN ITS VIBRATION ARE
HIDDEN THE DESTINY AND FATE OF
EVERY INDIVIDUAL. -
PRODUCE THE CAUSES, AND THE EFFECTS
WILL FOLLOW.

STATE OF MASTERSHIP IS TO BE AT
ALL TIMES CONSCIOUSLY IN POSITIVE
RECEPTIVE ATTITUDE, OPEN TO ALL
POSITIVE POWERS TO FLOW AND
EXPRESS THRU YOU.

AND TO DIRECT THEM IN THE
PROPER CHANNELS WHICH WILL
BE ILLUMINATED AND EXPRESS
GOOD THOUGHT, GOOD WORD, AND
GOOD WILL.

TITANIC POWER - GAYA LHAMAH -
IS EVERYWHERE AND ALWAYS
SEEKING ENTRANCE INTO HUMAN
BEING TO EXPRESS HERSELF THRU IT
TO BE RECEPTIVE TO THE HARMON-
IOUS FLOW OF THIS POWER - IS TO
ESTABLISH MASTER RHYTHM IN
THE HUMAN BEING AND RELINQUISH
THE MOTHER'S IMPRESSION OF AD-
VERSE SURROUNDINGS. COINCIDENCES

AND INFLUENCES AT THE TIME OF CONCEPTION

BREATH IS LIFE AS IT IS
FLOWING THRU THE NOSTRILS. BREATH
SHAPES ITSELF THREE WAYS.
WHEN COMING THRU THE RIGHT NOSTRIL
IT IS CREATIVE ELECTRIC BREATH AND
IT IS FEEDING THE VASOMOTOR SYSTEM.
SO CALLED PINGALA - NAME OF THIS
BREATH IS SUN BREATH <sup>BREATH OF WARRIOR
READY FOR FIGHT.</sup>

COMING THRU THE LEFT NOSTRIL
IT IS REGULATING AND MOTHERING
PRINCIPLE - MAGNETIC - IT IS FEEDING
THE SYMPATHETIC NERVOUS SYSTEM.
SO CALLED - IDA - NAME OF THIS
BREATH IS - MOON BREATH
^{BREATH OF THE SAGE READY TO ABSORB WISDOM.}

COMING EVENLY THRU BOTH NOS-
TRILS IT IS BALANCING - PRESER-
VING OR DESTROYING. IT IS CALLED
SHUSHUMNA BREATH

NORMALLY THE BREATH IS CHAN-
GING ABOUT EVERY HOUR -
SUN BREATH - NEUTRAL (SHUSHU-
MNA BREATH AND MOON BREATH.
TWO POSTURES CREATE SUN OR
MOON BREATH IN 3 (THREE)
MINUTES.

FOR THE SUN BREATH: LAY DOWN
ON THE LEFT SIDE AND REST YOUR

HEAD ON THE LEFT HAND, THUMB OF
 WHICH SHOULD BE TOUCHING THE CA
 VITY UNDER LEFT EAR, REST OF THE
 FINGERS COVERING THE FOREHEAD.
 RIGHT ARM IS BENT UNDER STRAIGHT
 ANGLE, WITH THE HAND RESTING ON
 EARTH WITH THUMB POINTING IN THE
 ASSYRIAN MANNER.
 HEEL OF THE RIGHT FOOT LAYS ON
 THE KNEE JOINT OF THE LEFT LEG.
 HELD STRAIGHT. BY THIS POSTURE IT IS CHAN-
 GED IN THREE MINUTES.



SUN BREATH POSTURE

THE MOON BREATH IS THE SAME POSTURE
 REVERSED +

GAYA LHAMAS WHICH IS ENERGY
 CONTAINED IN THE SPACE, HAS 4
 (FOUR) STATES OF VIBRATION WHICH
 CORRESPOND TO 4 (FOUR) COLORS
 AND WHICH BEING ASSIMILATED
 FROM THE AIR, HAVE CENTERS
 IN THE HUMAN BODY AND VIFY
 THEM.
 THOSE VIBRATIONS ARE CORRESPON-
 DING TO FOURFOLD FUNCTIONS OF
 HUMAN ENTITY, AND ARE DEVELO-
 PING THEM.

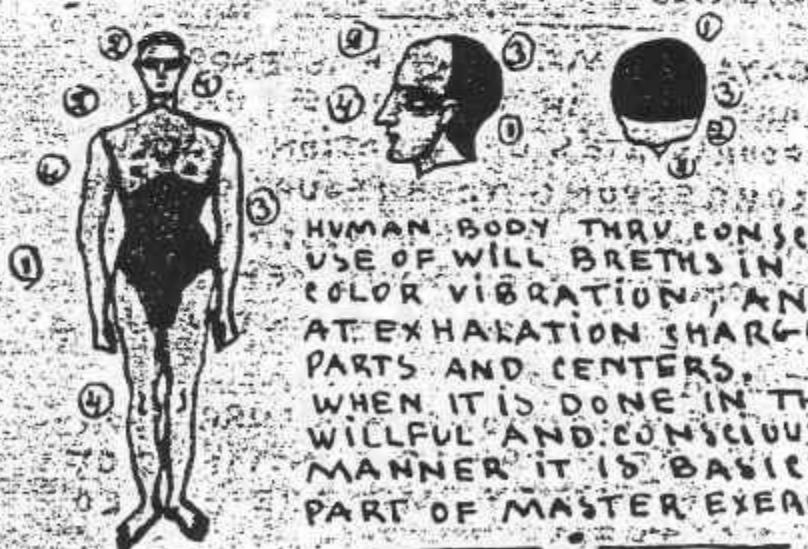
DEVELOPEMENT OF HUMAN ENTITY IS
FOURFOLD: -

- 1) PHYSICAL
- 2) MENTAL
- 3) SPIRITUAL
- 4) PSYCHIC

COLORS CORRESPONDING TO THOSE
FUNCTIONS ARE: -

- 1) RED - FOR THE PHYSICAL
 - 2) YELLOW - FOR THE MENTAL
 - 3) BLUE - FOR THE SPIRITUAL
 - 4) WHITE - FOR THE PSYCHIC
- PARTS OF THE BODY HOLDING THOSE VIB-
RATIONS ARE

- 1) LOWER STOMACH, SEX, & BACK OF THE HEAD
- RED - PHYSICAL
- 2) UPPER CHEST & FOREHEAD - YELLOW -
- MENTAL [INTELLECT]
- 3) SOLAR PLEXUS [ABDOMEN] & TOP OF THE
HEAD - SPIRITUAL [VITAL ENERGY] BLUE
- 4) ARMS, HANDS, LEGS, FEET & FACE -
- WHITE - PSYCHIC [FOR WHITE RACE]



THE SEVEN MASTER ARCANA

MASTER ARCANA'S GREATER MYSTERIES GENERAL POINTS

A MASTER BREATH IS 7 SECONDS INHALATION - 7 SEC. EXHALATION AND 1 SECOND STOP OR HOLD AT EACH END (16

THE MASTER RHYTHM IS 7 SECONDS. THIS CORRESPOND TO THE RHYTHM OF THE HEART CENTER (ESOTERIC) OF THE EARTH - + (PLUS) (WITH THE PAUSE OF 1 SECOND) (+).

THE EYES ARE TO BE RELAXED AS TO MUSCULAR STRUCTURE AND MUST NOT BE FULLY CHARGED WITH POWER FROM WITHIN. IN MASTER EXERCISES THE EYES MUST PLAY (HANG) ON THE SUN, MOON, BEFORE THEY CROSS THE MERIDIAN, STAR LIGHT, OR A SPOT.

SPOT USED AS EXERCISE POINT MUST BE ON WHITE BACKGROUND AND CAN BE FOR GENERAL PURPOSES BLACK ON WHICH THE CHARGING COLORS SHOULD BE IMAGINED MENTALLY. SIZE HAVE TO BE ABOUT LIKE 1 CENT.

THE LIGHT OR SHINE, RADIATION AND EMANATION OR REFLECTION OF EACH OF HEAVENLY BODIES IS CALLED - SUN SHINE, MOON SHINE, STAR SHINE ET.C.

EYES ABSORB OR EMANATE AMONG OTHERS THE N. OR LOVE RAYS, AND THAT WHY THEY ARE THE INDEX OF THE SOUL - SENDING OUT LOVE WILL AND THOUGHT.

MASTER THOUGHT IS THE OPPOSITE OF SLAVE THOUGHT AS IS

MASTER WILL AND FEELING, AND
WE MUST MASTER OUR THOUGHT,
OUR WILL, AND OUR FEELINGS. - BY
RELAXATION IN POSITIVE ATTITUDE;
RELAXED BODY BUT ALERT AND WATCH
FUL THOUGHT, WILL AND FEELING, SO
WE ATTAIN TO RADIO-AUDIO RECEPTION
AND TRANSMISSION AT ONE AND THE
SAME TIME. AS MASTERS WE ARE
THE TRANSMITTER AND THE RE-
CEIVER. THE ECCELESIS, SYNTHESIS
AND ANALYSIS. - THE PILLER,
THINKER AND WILLER. -
HERTZ WAVES ARE THOUGHT
WAVES OF THE GEODIC ENTITY
THE EARTH SOUL - ARMAITI -
WHOSE AURA WE BLEND WITH
OUR OWN IN THE SIXTH (6th)
MASTER ARCANAL EXERCISE.
WHEN CONCENTRATING, MEDITATING
RECEIVING OR SENDING ENERGY, THOUGH
MASTER ALWAYS FACES DIRECTION IN
WHICH SUN IS SITUATED AT GIVEN
MOMENT. EAST IN THE MORNING,
SOUTH AT NOON, WEST AT SUNSET,
AND NORTH AT MIDNIGHT, UNLESS
THERE IS A SPECIAL NEED OF MOON
POWER FOR ASTRAL, OR SPECIFIC
POWERS OF DIFFERENT PLANETS OR
STARS. ACCORDING TO THEIR MAGICAL
PROPERTIES.

THOUGHT STREAM
- 3400 INT. 14 - 7-14-00 - 5718

I - FIRST MASTER ARCANES: EXERCISE

SIT ON A CHAIR - SPINE ERECT, NECK STRAIGHT, HEAD UP, CHIN IN, EYES LEVEL, FIXED ON SUN, OR SPOT WHICH SHOULD BE ON THE LEVEL WITH THE EYES AND ABOUT FROM THREE (3) TO SEVEN FEET AWAY ON A VERTICAL WALL OR STAND. - REMEMBER LEVELS OR HORIZONTALS, VERTICALS OR PERPENDICULARS, AND DIAGONALS, ANGLES, STANDICULARS.

NOTE WHETHER IN SUN OR MOON BREATH. SUN - RIGHT NOSTRIL IS HEATING AND ELECTRICAL. MOON - LEFT NOSTRIL IS COOLING AND MAGNETIC.

RELAX ALL THE MUSCLES, BUT THOSE THAT KEEP BACK AND NECK STRAIGHT. REST THE HANDS WITH FINGERS SLIGHTLY SEPARATES FORMING V'S ON THIGHS, INDEX FINGERS AT KNEE POINT AND THUMBS CIRCLING TO THE INSIDE OF THE KNEES.

HEELS FROM (3) THREE TO SIX (6) INCHES APART. FEET OPENED TO FORM V, AND ALSO SHINS AND THIGHS.

LIFE ATTRACTS LIFE, SYMBOL V HAS CONCENTRATING POWER AND SOUNDS V AND (F) AND (PH) HAVE DIRECT MANTRIC (INVOKING) POWER TO ATTRACT INCREASE AND PROLONG.

KEEP YOUR THOUGHT FIXED ON GAYALHAMA - [GA-EL-LHA-MAH] THE CENTRALIZING PRINCIPLE OF LIFE, WHICH IS ONLY APPROPRIATED BY LOVING OF (AND SO ATTRACTING) THINKING OF AND WILLING IT. THIS ACT BY THOSE THREE POWERS FIXES THIS ENERGY IN THE PHYSICAL, INTELLECTUAL, SPIRITUAL AND PSYCHIC EQUATION.



III
CORRECT POSTURE
FOR THE FIRST MASTER
ARCANE
[EXERCISE]

I. FRONT ; II. PROFILE ; III. HAND.
[THE POSTURE IS THE SAME IN EGYPTIAN RITUAL - ONLY IN EXOTERIC DOCTRINE IT WAS SHOWN WITH LIMBS BROUGHT TOGETHER, WITHOUT SHOWING THE STATE OF RELAXATION PERTAINING TO ESOTERIC DOCTRINE].
HAVING THE POSTURE PROPERLY TAKEN BREATHE IN FOR SEVEN (7) SECONDS GAYALHAMA - OF RED COLOR EXPANDING ABDOMEN ; PAUSE ONE SECOND ; THEN EXHALE THE BREATH

(A) FOR SEVEN (7) SECONDS, AT THE
 SAME TIME BY THOUGHT AND WI-
 LLING COLOUR - LOWER STOMACH,
 SEX AND BACK OF THE HEAD - RED
 PAUSE ONE SECOND AND REPEAT
 SAME BREATH ON THE SAME CO-
 LOUR TWICE TO MAKE THREE
 BREATHS ON RED COLOUR.
 THEN AFTER LAST PAUSE OF
 ONE SECOND PROCEED TO TAKE
 BREATH EXPANDING ONLY CHEST -
 ON ^{MENTAL} YELLOW COLOUR, PAUSE 1 SECOND
 EXHALE FOR SEVEN SECONDS, FIXING
 BY THOUGHT AND WILLING YELLOW
 COLOR - CHEST AND FOREHEAD,
 PAUSE ONE SECOND AND REPEAT
 TO MAKE THREE BREATHS ON YEL-
 LOW COLOUR.
 AFTER LAST PAUSE OF ONE SEC-
 OND PROCEED TO TAKE BREATH
 EXPANDING CHEST AND UPPER
 ABDOMEN - ON ^{SPIRITUAL} BLUE COLOUR, PA-
 USE ONE SECOND, EXHALE FOR SEVEN
 SECONDS, FIXING BY THOUGHT AND
 WILLING BLUE COLOUR - SOLAR PLEXUS
 [ABDOMEN, DIAPHRAGM], PAUSE ONE SEC-
 OND AND REPEAT TO MAKE THREE BREATHS
 ON BLUE COLOUR.
 AFTER LAST PAUSE OF ONE SECOND
 PROCEED TO TAKE BREATH EXPANDING
 LIKE IN RED BREATH - CHEST, DIAPHRAGM
 AND ABDOMEN - ON WHITE COLOUR.

PAUSE ONE SECOND, EXHALE FOR SEVEN
 SECONDS - FIXING BY THOUGHT AND
 WILLING WHITE COLOUR THROAT, HANDS,
 LEGS, FEET AND FACE. PAUSE ONE SE-
 COND AND REPEAT SAME BREATH TO
 MAKE THREE BREATHS ON WHITE COLOUR.
 • FULL BREATH WILL CONSIST OF
 ONE INHALATION OF SEVEN 7 SECONDS
 ONE PAUSE OF ONE 1 SECOND
 ONE EXHALATION OF SEVEN 7 SECONDS
 ONE PAUSE OF ONE 1 SECOND
 SUM ONE BREATH SIXTEEN 16 SECONDS
 • TAKING THREE BREATHS FOR
 EVERY DEVELOPEMENT SUM 16
 • 3 BREATHS ON RED (PHYSICAL) 48 SEC
 3 BREATHS ON YELLOW (MENTAL) 48 SEC
 3 BREATHS ON BLUE (SPIRITUAL) 48 SEC
 3 BREATHS ON WHITE (PSYCHIC) 48 SEC
 12 BREATHS 192 SEC
 ONE HUNDRED AND NINETY TWO SE-
 CONDS - OR THREE MINUTES AND
 TWELVE SECONDS 3' 12"
 WHICH COMPRISES A FULL
 MASTER EXERCISE OF TWELVE
 BREATHS IN 3 MINUTES AND
 12 SECONDS.
 NOTE: BEFORE STARTING ON ANY
 OF THE MASTER ARCANES (EXERCISES)
 FIRST EXHALE ALL BREATH USING

MUSCLES OF THE ABDOMINAL
DIAPHRAGMATIC AND CHEST SECTIONS
TO EXPEL ALL RESIDUAL AIR
3. FIRST MASTER ARCANÉ AWAKE
NS FORCES OF THE UNIVERSE, GETS
IN TOUCH WITH THE HIGHER POWE-
RS, ESTABLISHES THE MASTER RHYTHM
AND DEVELOPES CLAIRVOYANCE.

II SECOND MASTER ARCANÉ [EXERCISE]

STAND ERECT - SPINE AND NECK STRAIGHT
HANDS AT SIDES. RIGHT OR LEFT FOOT
FORWARD (ACCORDING TO THE BREATH
YOU ARE IN) ABOUT 8 EIGHT INCHES.
EYES LEVEL FIXED LIKE IN FIRST EXER-
CISE.
EXHALE ALL BREATH USING MUSCLES OF
THE ABDOMINAL DIAPHRAGMATIC AND
CHEST SECTIONS TO EXPEL ALL RESI-
DUAL AIR.
INHALE FOR SEVEN (7) SECONDS
RISING ON TOES AND CLENCHING
HANDS TIGHTLY AS IF TO HOLD ON
TO LIFE PRINCIPLE IN THE AIR.
IMAGINE RED [GAYA LHAMA] PHYSICAL
EXPANDING ABDOMEN; PAUSE ONE
SECOND (1). EXHALE SEVEN SECONDS
LOWER ^{ING} TO THE FLOOR JUST TOUCHING
HEELS AND UNCLENCHING HANDS
[DURING EXHALATION], CHARGING
LOWER ABDOMEN AND BACK OF THE
HEAD WITH RED. PAUSE ONE

SECOND, THEN BEGIN AGAIN TWO (2) MORE BREATHS ON RED (PHYSICAL) FOLLOW WITH THREE (3) BREATHS ON YELLOW (INTELLECTUAL); THREE (3) BREATHS ON BLUE (SPIRITUAL); AND THREE (3) BREATHS ON WHITE (PSYCHIC) USING SAME EXPANSIONS AS DESCRIBED IN FIRST MASTER ARCANÉ. . . . TWELVE (12) BREATHS WILL CONSTITUTE SECOND MASTER ARCANÉ. . . . 3 MINUTES 12 SECONDS.

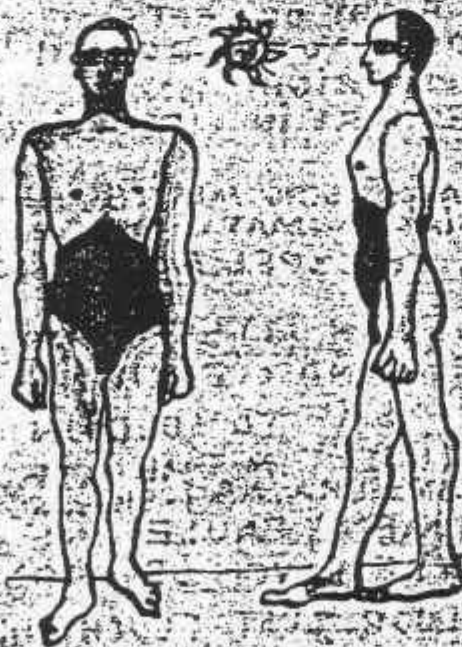


ILLUSTRATION SHOWS POSTURE FIRST OF THE SECOND EXERCISE. SECOND POSTURE WILL BE ON RISED TOES. [THE SAME POSTURE IS IN EGYPTIAN RITUAL] WHICH FOOT TO PUT FORWARD DEPENDS ON THE BREATH. IN SUN BREATH: RIGHT FOOT, IN MOON - THE LEFT.

SECOND MASTER ARCANÉ TEACHES US HOW TO FACE FRIENDS AND ENEMIES, HOW TO DEFEND AND AGRESS. IT DEVELOPES CLAIRAUDIENCE AND HARSH

MONY.
 NOTE: BATHE FEET WITH SOAP AND
 WATER, OR USE ALCOHOL RUB. COLD
 WATER IS USED FOR MAGNETIC SHOCK
 AND HOT FOR ELECTRIC [AMPERAGE].
 WADING IN RIVERS, BROOKS OR EVEN
 TUB, DEWY GRASS OR SEA IS MAGNE-
 TIC. WALKING ON DUSTY ROADS, SAND
 EARTH IS ELECTRIC.
 DRY FEET WELL, AND RUB THEM WELL
 WITH HANDS, THEN USE SOME OIL -
 [SWEET ALMOND OIL, COCONUT OR
 COCOA BUTTER, CRUDE OIL AND
 KEROSENE ARE GOOD ALSO. NEWER
 USE ANIMAL OILS OTHER THAN LA-
 NOLIN [FROM SHEEP'S WOOL] OR
 BUTTER.

TAKE SPECIAL CARE TO KEEP GREAT
 TOE IN GOOD CONDITION, MASAGE
 IT THOROUGHLY AND STRETCH AND
 PULL WITH HANDS TO PREVENT NUM-
 BNESS FROM SETTING IN IT, AND
 KEEP IT RESPONSIVE AND ALIVE.

GREAT TOE IS CONNECTED WITH HEA-
 RING [AUDITORY NERVE] AND COOR-
 DINATES HARMONY, AND RHYTHM
 IN THE BODY.

[EXERCISE OF
 PULLING THE
 GREAT TOES.
 LEGS SHOULD
 BE STRAIGHT
 AND SO THE
 ARMS.]



CLOTHE FEET IN SILK (FIRST CHOICE), LINEN

OR WOOL, OR COTTON AND DRAW STOCKINGS OR SOCKS ON OVER CLOTH. CHANGE FOOT CLOTHS WHENEVER FEET ARE MOIST AND COLD. THIS PREVENTS COLDS, COUGHS, AND AFFECTIONS OF EARS, EYES AND THROAT, AS WELL AS MANY RHEUMATIC CONDITION, TO A GREAT EXTENT.

III THIRD MASTER ARCANES [EXERCISE] SIT ON A CHAIR. SPINE UPRIGHT, NECK STRAIGHT, HEAD UP. AS IN FIRST MASTER ARCANES [EXERCISE]. HAVE ONE SPOT, FIXED LEVEL WITH THE EYES [OR USE SUN, MOON, ETC.] AND THE OTHER THREE (3) TO FOUR (4) FEET DISTANT ON THE EARTH (FEET ON IT) OR ON THE FLOOR. NOTE WHETHER IN THE SUN OR MOON BREATH. RELAX ALL THE MUSCLES, BUT THOSE THAT KEEP BACK AND NECK STRAIGHT. REST THE HANDS WITH FINGERS SLIGHTLY SEPARATED FORMING V'S ON THIGHS, INDEX FINGERS AT KNEE POINT AND THUMB ENCIKLLING TOWARD INSIDE OF THE KNEES. HEELS FROM THREE TO SIX INCHES APART. FEET OPEN TO FORM V AND ALSO SHINS AND THIGHS. ^{EXHALE AIR} HAVING THE POSTURE PROPERLY TAKEN, START RHYTHMICALLY BEND FORWARD, KEEPING SPINE AND NECK IN LINE, SHIFT EYES TO THE GROUND (FLOOR) SPOT; INHALING FOR SEVEN

BREATH YOU ARE WHEN BENNING EXERCISES (AND WATCH TO HAVE EVEN NUMBER OF EXERCISES ON EVERY BREATH. IE. IF IN THE MORNING YOU WERE DOING EXERCISES WHILE IN SUN (RIGHT NOSTRIL) BREATH, MAKE THE EXERCISES IN THE AFTERNOON OR WHEN MAKING THEM NEXT TIME! PAY ATTENTION TO BE IN THE MOON (LEFT NOSTRIL) BREATH.



- I. FRONT VIEW OF EXERCISE (BEGINNING THE INHALATION AND END OF EXHALATION.)
- II. SAME AS ABOVE (PROFILE).
- III. PROFILE VIEW AT THE END OF INHALATION AND BEGINNING EXHALATION. THOUGHT FIXED ON GAYALHAMA (GA-EL-EHA-MA), EYES ON HORIZONTAL SPOT, AND ON EARTH (FLOOR) SPOT. THIS THIRD MASTER ARCANÉ DEVELOPES GOOD TASTE AND JUDGEMENT OF DISTANCE, HOLDING THE CONSTANT ATTRACTION OF GREAT CENTRALISING PRINCIPLE.
- I AM BREATHING LIFE IN ON

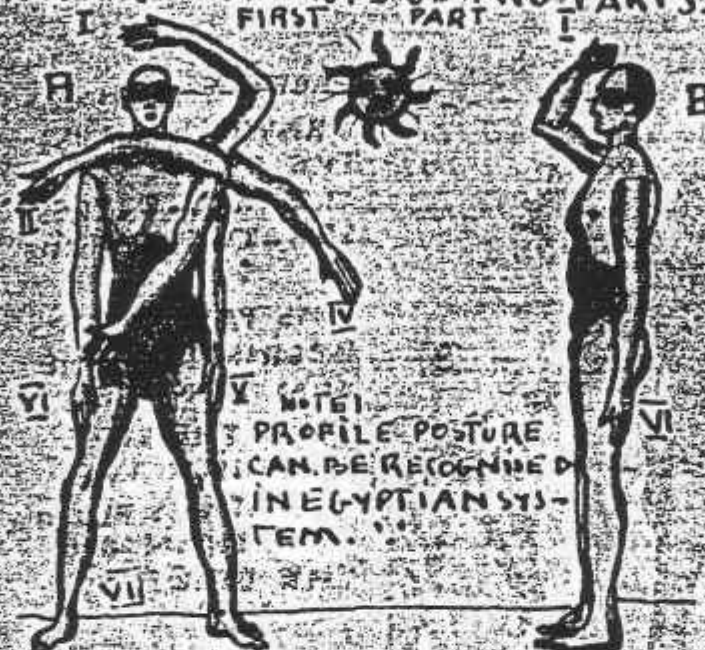
MY BREATH - AND FORMING A FIELD
OF MAGNETIC FORCE AROUND ME,
MY MAGNETIC FIELD OR AURA. II

IV FOURTH MASTER ARCANES (EXERCISE)

STAND ERECT - SPINE AND NECK STRAIGHT, FEET EIGHTEEN TO TWENTY FOUR INCHES APART, RISE HAND ABOVE EYES (ABOUT 18" FROM THE EYES) PALM TOWARD YOU, KEEP EYES ON SPOT (LEVEL WITH EYES), SUN OR MOON, THOUGHT AND WILL FIXED ON GA-EL-LMA-MAH. NOTE IN WHAT BREATH YOU ARE. EXHALE ALL RESIDUAL AIR FROM THE LUNGS USING MUSCLES OF THE ABDOMINAL DIAPHRAGMATIC AND CHEST SECTIONS. NOW, ROTATE ARM RAPIDLY, ONE REVOLUTION A SECOND, (NOTE: EXERCISE SHOULD ALWAYS STARTED WITH THE ARM ON THE SIDE IN WHICH BREATH IS FLOWING, AND ROTATION SHOULD BE MADE TOWARD THE BODY, CUTTING OFF VISION EVERY CIRCLE). BREATH IN RED GA-YAHAMA FOR SEVEN SECONDS MAKING SEVEN CIRCLES WITH ARM (USING MOMENTUM); AFTER INHALATION AND ROTATION LET THE ARM DROP RELAXED (LIMP) TO THE SIDE, USING TIME ONE SECOND PAUSE. RISE SAME HAND AND ARM AGAIN AND EXHALING FOR SEVEN SECONDS AND ROTATING SEVEN TIMES - AT THE SAME TIME CHANGE LOWER ABDOMEN AND BACK

OF THE HEAD WITH RED - PHYSICAL.
 AT THE END OF EXHALATION DROLET
 THE ARM DROP AT ITS DOWN MOMEN-
 TUM TO THE SIDE.
 PAUSE ONE SECOND.
 INHALING NOW RAISE ARM FULL
 LENGTH OVER SHOULDER CLENCHING
 HAND, TIME SEVEN SECONDS [BREATH
 - RED - PHYSICAL] - TENSE AND SLIGHTLY
 VIBRATE CLENCHED HAND, RAPIDLY
 BEND AND STRIKE THE EARTH IN
 FRONT OF THE FEET WITH FIST, LET-
 TING GO THE MOMENT YOU STRIKE,
 OF BREATH AND GRIP.
 RAISE BODY ERECT, THROWING THE
 HAND AND ARM UP BACK, AND DOWN
 THE SIDE WITH ROUND GRACEFUL MO-
 TION, MAKING TIME SEVEN SE-
 CONDS MOTION AND EXHALATION,
 CHARGING RED TO THE LOWER
 ABDOMEN AND BACK OF THE HEAD.
 PAUSE ONE SECOND.
 REPEAT BOTH PARTS OF EXERCISE
 ON THE SAME COLOR (RED) IN OTHER
 ARM. IN THIS MASTER ARCANÉ
 YOU TAKE FOUR BREATHS ON A COLOR
 (TWO ON THE BREATH AND TWO COMPU-
 MENTORY). MAKING IN ALL SIX-
 TEEN BREATHS (16) 4 ON RED - PHY-
 SICAL, FOUR (4) ON YELLOW - MENTAL
 FOUR ON BLUE - SPIRITUAL AND
 FOUR ON WHITE - PSYCHIC.

SO THE FOURTH MASTER ARCANÉ (EXERCISE IN ITS EVERY DEVELOPEMENT COLOR - CONSISTS OF TWO PARTS.



ABOVE ILLUSTRATION SHOWS FIRST POSTURE OF THE FOURTH MASTER ARCANÉ - IV EXERCISE. A - FRONT VIEW, B - PROFILE. A-I - BEGINNING POSTURE POSITION B-I - A-I-II-III-IV-I - CIRCLE DESCRIBED IN ROTATING ARM. A-IV-V - ARM DROPPING TO THE SIDE AFTER SEVEN ROTATIONS. A-VI - ARM AND HAND NOT IN USE (RELAXED). A-VII - FEET SPREAD. NOTE: AFTER GOING THROUGH THE FIRST PART OF EXERCISE (ONE BREATH) PROCEED WITHOUT BUT REGULAR INTERMEDIATE.

ONE SECOND (1s.)] STOP INTO THE SECOND PART OF THE EXERCISE, SO AS TO KEEP SECOND PART



PROFILE IS NOT DRAWN BECAUSE THE FRONT VIEW CLEARLY EXPRESSES THE EXERCISE

THIS PART ALWAYS BEGINS WITH THE ARM AND HAND FROM THE SIDE IN WHICH THE BREATH IS FLOWING AND THAN ON THE OTHER SIDE.

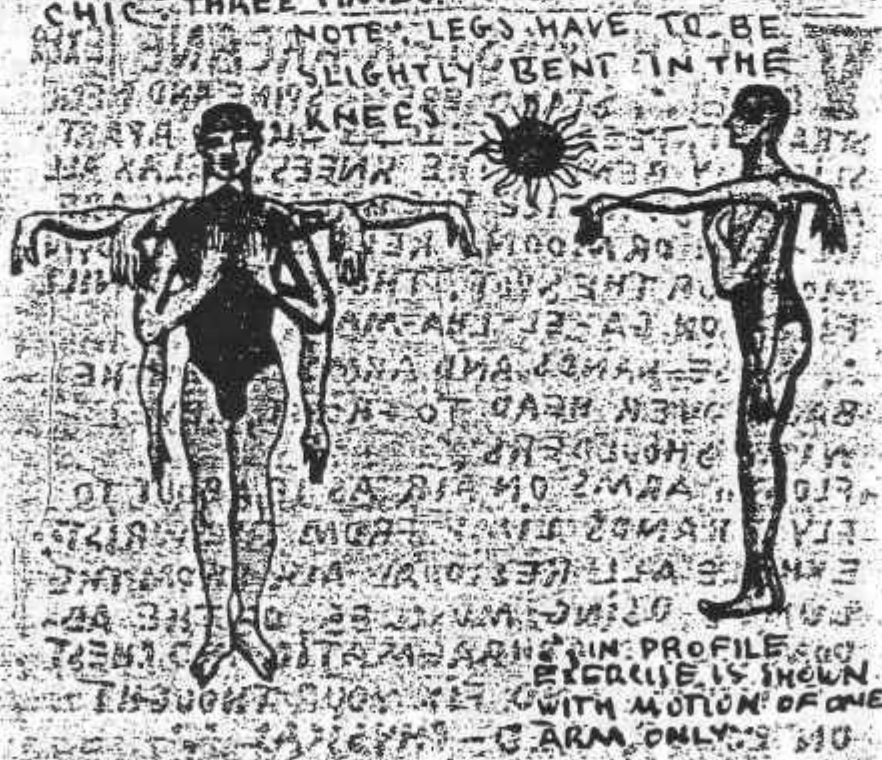
FRONT VIEW OF THE SECOND PART OF THE FOURTH ARCADE (EXERCISE). A-I-BEGINNING, A-II-A-III- INHALING AND LIFTING THE ARM-GRADUALLY TENSING THE GRIP. FIGURE B: B-I- DURING ONE (1) SECOND PAUSE IN BREATH BENDING FROM THE POSITION IN A-III THROUGH POSITION B-I- TO STRIKE THE EARTH (AT THE SAME TIME RELEASING THE BREATH AND GRIP, THAN WHILE

EXHALING STRAIGHTEN UP AND THROUGH
 POSITION B-I. BUT WITH GRIP RELAXED
 BRING ARM TO POSITION A-III THAN
 A-II THAN FINALLY A-I. TO START
 AFTER ONE SECOND (1) PAUSE AGAIN
 ON THE OTHER ARM AND HAND A-IV.
 THIS FOURTH MASTER ARCANES (EXER-
 CISE) IS DEVELOPING THE COMMANDING
 WILL - AND ELECTRICITY STORING
 IT IN GLANDS OF THE BODY, READY
 TO USE.



**V FIFTH MASTER ARCANES (EXER-
 CISE).** STAND ERECT, SPINE AND NECK
 STRAIGHT, FEET THREE TO SIX INCHES APART,
 SLIGHTLY BENT IN THE KNEES. RELAX ALL
 MUSCLES. NOTICE THE BREATH YOU ARE
 IN - SUN OR MOON. KEEP EYES ON SUN
 MOON OR THE SPOT. THOUGHT AND WILL
 FIXED ON GA-EL-LHA-MAH.
 RAISE HANDS AND ARMS FROM THE
 BACK OVER HEAD TO FRONT, LEVEL
 WITH SHOULDERS.
 "FLOAT" ARMS ON AIR AS IF ABOUT TO
 FLY. HANDS LIMP FROM THE WRIST.
 EXHALE ALL RESIDUAL AIR FROM THE
 LUNGS, USING MUSCLES OF THE AB-
 DOMINAL DIAPHRAGMATIC AND CHEST
 SECTIONS, AND FIX YOUR THOUGHT
 ON COLOR RED - PHYSICAL.

INHALE FOR SEVEN SECONDS AND TENSE ARM MUSCLES TO WRIST ONLY, LEAVING THEM LIMP, EXPANDING FOR PHYSICAL - RED COLOUR LOWER ABDOMEN, PAUSE ONE SECOND EXHALE FOR SEVEN SECONDS RELAXING AND FOLDING ARMS ON BREAST, RIGHT HAND ON RIGHT BREAST, LEFT HAND ON LEFT BREAST, AT THE SAME TIME CHARGING LOWER ABDOMEN AND BACK OF THE HEAD WITH RED COLOUR PHYSICAL. DO IT ON EVERY COLOUR. RED - PHYSICAL, YELLOW - MENTAL, BLUE - SPIRITUAL AND WHITE - PSYCHIC. THREE TIMES. (12 BREATHS)



NOW AGAIN EXTEND AND CIRCLE
 HANDS ON LEVEL OF SHOULDERS TO
 SIDES TENSING MUSCLES OF ARMS
 (HANDS LIMP) FOLD AND EXTEND
 AGAIN AT SIDES E.T.C. ON EVERY
 COLOUR (THREE TIMES)
 THEN AT THE LAST BREATH RETURN
 TO THE FRONT BUT SWING HANDS UP
 FINGERS TOWARD EACH OTHER BUT
 NOT TOUCHING NOW DROP AND
 EXHALE THROUGH MOUTH QUICKLY
 SAYING HÂ AS IN HA HA BUT A
 LONG SIGH LIKE BREATH SWINGING
 ARMS LIMP AS THE LESSON GOES
 NOW TO EXPLAIN CORRECTLY
 ON EVERY COLOR (PHYSICAL, MENTAL
 SPIRITUAL AND PSYCHIC THERE
 ARE THREE BREATHS - TWO WITH
 HANDS IN FRONT AND ONE WITH
 HANDS ON THE SIDES ALL TOGE-
 THER 12 TWELVE BREATHS
 THIS FIFTH MASTER ARKANE IS
 ONE WHICH GIVES CONTROL OVER
 ATTRACTION OF THE EARTH (WEIGHT)
 ENABLING TO RAISE IN THE AIR
 FLY AND WALK ON WATER.



VI MASTER ARCANES [EXERCISE]

1) STAND ERECT (3) THREE FEET AWAY FROM THE BACK OF A CHAIR WITH 6 STRAIGHT ROUND POLES IN THE BACK (UPRIGHT, VERTICAL) OR INSTEAD OF A CHAIR USE TWO STAFFS OF BAMBOO OR OTHER MATERIAL.

2) HOLDING THE UPRIGHT POLES, KNEEL CLOSE TO THEM, (OR TO THE CHAIR) BY BALANCING ON BALLS OF THE FEET, AND BENDING BACK TO MAINTAIN BALANCE AS YOU KNEEL. [RELAX] AFTER KNEELING.

3) HOLD BACK OF THE CHAIR (OR POLES), GENTLY, AND EMPTY LUNGS. - THOROUGHLY, BUT GENTLY AND EASILY.

4) INHALE FOR SEVEN (7) SECONDS AND TIGHTEN GRIP AS YOU INHALE.

5) KEEP EYES FOCUSED ON THE SPOT, LEVEL WITH THEM ON THE WALL OR SCREEN WITHOUT STRAINING OR STARRING, SHIFT EYES AROUND THE SPOTS' CIRCUMFERENCE, SIZE OF A PENNY.

⊕ [EXPLAINING LINE OF DECLINATION, NECK AND SPINE STRAIGHT, BODY ERECT, CHIN IN - ALL MUSCLES RELAXED, FEET STRAIGHT OR RIGHT ANGLE, OR HEELS

OUT  (FIRST) EXCITATION OF

FUNCTIONS BY RAPID PANTING - THEN
(SECOND) - BREATHE ALL AIR OUT USING
MUSCLES OF TRUNK, ABDOMEN AND
DIAPHRAGM TO DRIVE RESIDUAL AIR
OUT, AS MUCH AS POSSIBLE.
BREATH MAY BE SNIFFED, SOBBED,
OR WAVED IN, BUT SIGHED OUT.

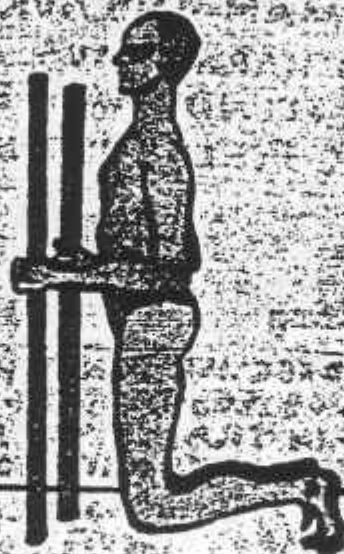
6)  NOW AFTER
INHALING HOLD BREATH FOR SEVEN
(1) SECONDS THIS IS CALLED KUMBHAKA
(IN HINDOO) IN YOGAH TO HOLD OR MASTER
THE BREATH. [WHILE HOLDING BREATH EXERT A MILD
GENTLE PRESSURE AGAINST THE ALARMS]
1) EXHALE GENTLY, FULLY, WITH PER-
FECT CONTROL, SQUEEZING OUT THE
LAST POSSIBLE BIT OF AIR.
IT IS DURING EXHALATION THAT THE
MAGNETIC AND ELECTRIC AND THER-
MAL FORCES BLEND AND TRAVEL TO THE
OUTER RING "PASS NET" AND THEN RETURN
CAUSING ECSTASY AND INTENSE CALM
AND POISE, THIS IS CALLED RECHAKA (HINDOO)
IN YOGAH. WHILE THE INHALATION IS
CALLED PURAKA.
PHENOMENA AND CAUTION.
YOU WILL FEEL HEAT WAVES AND ELECTRIC
SHOCKS AT THE BASE OF THE SKULL, AND
IN THE CEREBELLUM AND INTER-BRAIN
AND MAGNETIC CURRENT FLOW ALONG

THE SPINE UPWARD INTO THE MEDULLA OBLONGATA, CORPORA QUADRIGENIA, FIFTH AND FOURTH VENTRICLES, CORPUS CAUDICUM, CORPORA STRATA, PONS, VAROLI, PITUITARY GLAND OR BODY, THIRD VENTRICLE AND PINEAL GLAND OR HYPOPHYSIS (PITUITARY IS EPIPHYSIS) ALSO IN SEPTUM LUCIDUM AND OTHER PARTS, YOU WILL HEAR A PULSATING SOUND LIKE A BELL OR CHIME AND FEEL PULSATIONS WITH A SENSE OF SWELLING OR EXPANSION OF AURA, AND SOMETIMES A FEELING AS IF BEATING OR FOLDING OF WINGS, OF MOVING AS IF A BIRD WAS CLASPED TO THE BACK OF THE SKULL OR HEAD, - THIS IS THE KA OR BIRD (BA) OF THE EGYPTIAN MYTHOLOGY. THIS IS ALL RIGHT, BUT WHEN THINGS SUDDENLY GO DARK, YOU STOP, OR IF YOU CONTINUE, REMEMBER THAT YOU WILL GO INTO A SLEEP OR TRANCE STATE, AND MUST NOT BE DISTURBED UNTIL YOUR GUARDIAN ANGEL OR HEAVENLY FATHER AWAKENS YOU, - ALSO IF YOUR KNEES RISE FROM THE FLOOR, OR BODY RISES IN THE AIR, STOP AT ONCE, - YOU DO NOT WANT LEVITATION TO OCCUR

THE TRANCE STATE HOWEVER IS HEALING AND GIVES THE POWER OF LAYING ON OF HANDS OR HEALING BY SO DOING.

8) WHILE EXHALING RELAX GRIP ON BARS OR STAFFS BUT LET HANDS GRASP GENTLY AND HOLD TO THEM (BARS STAFFS).

REMAIN ON KNEES OR SEATED FOR THREE (3) MINUTES AND (12) TWELVE SECONDS AFTER COMPLETE EXERCISE. FULL EXERCISE IS (8) EIGHT BREATHS OF TWENTY FOUR (24) SECONDS EACH [INHALATION 7 SEC. HOLD 7 SEC. EXHALATION 7 SEC. HOLD 3 SEC.] - 192 SECOND OR (3) THREE MINUTES (12) TWELVE SECONDS.



THE TRANSMUTATION TRANSFORMATION
AND TRANSFIGURATION EXERCISE, THIS
IS CALLED ROSICRUCIAN PHILOSOPHERS
STONE FOR THE TRANSMUTATION OF
BASE ELEMENTS INTO GOLD, ALSO
THE TRANSFIGURATION IN THE GARDEN
OF GATRA-SA-MARA AND OF THE
TRANSFORMATION OF THE ELECTRIC
AND MAGNETIC FORCES AND POWERS
OF THE INDIVIDUAL AND UNIVERSAL SO
AS TO BLEND THE AURIC SPHERES OR
"EGGS" OF MAN AND EARTH INTO ONE,
- THIS BRINGS UNIFICATION OR
AT ONENESS - ATONEMENT AND
IS THE EGYPTIAN "AT-UN" - IT
BRINGS ONE INTO COMMUNION WITH
THE DIVINE, ANGELIC, CELESTIAL,
HEAVENLY, HUMAN AND AURICAL,
BLENDED INTO HARMONIOUS ACCORD
THRU MUSIC, SOUND, MAGNETIC
AND ELECTRIC FIELDS OF CONTACT:



NOTE: DURING THE EXERCISE DO NOT HAVE ANY
CHAIRS, TABLES OR OBJECTS STANDING AROUND
BECAUSE IF GOING IN TRANCE YOU MAY
FALL AND STRIKE OBJECTS WITH YOUR HEAD
HURTING YOURSELF. IT IS ADVISABLE TO HAVE
PILLOWS AND RUGS THROWN ABOUT.

VII (SEVENTH) MASTER ARCANES

[EXERCISE] (WEATHER CONTROL)

THIS EXERCISE IS A SEPARATE ONE CALLED THE SEVENTH ARCANES, BUT HAVING IN IT ITSELF A SEPARATE PLACE AS A PURELY MAGICAL WORK, CONNECTED WITH WEATHER CONTROL.

1. STAND ERECT. 2. TWO FEET AWAY FROM A STAND OR ALTAR, ON WHICH THERE IS A SQUARE, ROUND, PENTAGONAL OR OTHER FORM OF VESSEL, ABOUT TWO (2) FEET IN DIAMETER, AND SIX (6) INCHES HIGH, FILLED HALF WITH PURE WATER - THE STAND SHOULD BE OF HEIGHT PERMITTING PUTTING OF HANDS ON TOP OF IT WITHOUT BENDING OR STRAINING. FACE IN THE DIRECTION OF THE SUN, MOON, OR STARS, ACCORDINGLY.

NOW CLEANSE THE LUNGS BY PANTING, THROWING OUT ALL RESIDUAL AIR.

SUBMERGE THE HANDS IN VESSEL WITH WATER, PALMS RESTING ON THE BOTTOM OF IT, FINGERS SPREAD FAN LIKE, THUMBS AND FOREFINGERS OF BOTH HANDS TOUCHING EACH OTHER UNDER WATER.

INHALE DEEPLY FOR 7 (SEVEN) SECONDS, HOLD 1 (ONE SECOND), AND EXHALE THRU THE MOUTH, SLOWLY, SOUNDING A SIGH, UNTIL THE AIR IS OUT FROM THE LUNGS. VOICE SHOULD SOUND LIKE

DEEP SIGH, [EXHALATIONS ARE TIMED ONLY
TO MAKE THEM RUN NATURALLY AND EASILY
WITHOUT PRESCRIBED [7 SECONDS] 343]

(1) ONE SECOND STOP, INHALE AGAIN FOR
(7) SEVEN SECONDS, STOP (1) ONE SECOND,
AND EXHALE THRU THE MOUTH WITH
A MOANING SOUND LIKE MOANING
AND AT THE SAME TIME WHISTLING
THE STOP (1) ONE SECOND, AGAIN INHALE
DEEPLY FOR (7) SEVEN SECONDS, STOP (1)
ONE SECOND, AND EXHALE THRU THE
MOUTH WITH A ROARING SOUND LIKE
ROARING OF THE WIND, MIXED WITH
WHISTLING OF IT.

THOSE ARE THE THREE (3) COMPLETE
BREATHS - SIGHING, MOANING AND
ROARING.
REPEAT THEM FOUR TIMES, MAKING
TOTAL OF (12) TWELVE BREATHS.

NOTE: THERE IS A WORD WHICH IS TO BE
USED WITH SIGHING, MOANING, AND
ROARING BREATHS, AND THIS WORD
FORMS THE BACKGROUND FOR THEM,
GIVING THEM VIBRATION, TO AWAKE
THE ELEMENTAL SPIRITS OF THE
WIND, STORM, HURRICANE, ETC.
THIS WORD IS HAU-HAA.

HAU-HAA IS TO BE INTERWOVEN
WITH THE EXHALATION OF THE AIR
IN SIGHING, MOANING,
AND ROARING. THIS ARCANUM THRU
ATTRACTING POWERS OF WIND AND

STORM, CHANGES SURROUNDING CLIMATIC
CONDITIONS, WITH HELP OF THE MIGHTY
SPIRITS - EL BORACH (SPIRIT OF THE LIGHT-
NING) AND WAAT (SPIRIT OF THE WIND):



POSITION OF HANDS.

NOTE: EYES SHOULD BE FIXED, BUT VERY LIGHTLY,
SO THAT AT TIMES ONE IS ACTUALLY SEEING
ONLY BLUR.



ALL THE PREVIOUS COMPRIZES THE SEVEN GREAT
ARIANES OF THE MASTER SYSTEM, THE SEVEN
KEYS OF ABSOLUTE LIBERATION FROM ADVERSE
SURROUNDINGS, INFLUENCES, AND HEREDITARY
CHAINS, AND SLAVERY.
THIS SHORT PATH, ESTABLISHES THE MASTER
RHYTHM IN THE BODY, WHICH YOU MUST STRIVE
TO KEEP AS OFTEN AS YOU CAN (SEVEN SECONDS)

INHALATION, ONE SECOND STOP, SEVEN SECONDS
EXHALATION, ONE SECOND STOP). THIS WILL PUT
YOU WITH THE GOOD THOUGHT, GOOD WORD AND
GOOD DEED, AND OPEN CHANNELS, ESTABLISHING
CONNECTIONS WITH THE MASTER THOUGHT
AND HEAVENLY FATHER. YOU HAVE THEN
ALL THE KNOWLEDGE, ALL THE AUTHORITY,
AND ALL THE POWERS AND FORCES AT
YOUR COMMAND. YOU ARE ON THE PATH
AND YOUR CREATOR THE HEAVENLY
FATHER WILL INSTRUCT YOU IN EVERYTHING
PERSONALLY, SO THAT YOU DO NOT NEED ANY
OTHER TEACHERS, OR HUMAN AUTHORI-
TIES. ::

GENERAL :: COMPENDIUM.

:: IN THE WORK ON MASTERY THE MAIN
AND THE ONLY OBJECT IS TO ATTAIN COMMU-
NION WITH THE HARMONIOUS CREATIVE
POWER OF THE WORLD, AND CONSCIOUSLY
JOINING THE FORCES FOR SOLVING THE
DESTINIES OF THE EVOLUTION TOWARD
IMMORTAL ONENESS.

FIRST STEPS IN THIS PROCESS IS MASTERING
THOUGHT AND THRU IT MASTERING THE
BODY.

TO MASTER MEANS TO OVERPOWER, TO SURVIVE
TO RULE, TO KNOW, TO UNDERSTAND THO-
ROUGHLY, - IT MEANS ALSO DOMINION, SUPER-
IORITY, VICTORY, OF BEING CONSCIOUS OF IT.
THE PROCESS OF DEVELOPEMENT IS CALLED
"THE GREAT WORK" AND IS CONSISTING OF
6/SIX GREAT MASTER ARCANES CONSTITUT-
ING THE "SHORT PATH" QUINCESSENCE.

OF THE WAYS AND MEANS FOR DEVELOPEMENT
OF CONSCIOUS MASTERY.

THE MAN IS GENERALLY IN A STATE OF
SLAVERY; PRODUCED BY IGNORANCE, ON
ONE OR MORE PLANES OF HIS ENTITY, I.E.
PHYSICAL, MENTAL, SPIRITUAL AND
PSYCHIC; WHICH STATE COMES FROM THE
DIFFERENT MISLEAD IMPRESSIONS ON
THE HUMAN SYSTEM, LIKE PRECONCEIVING
AND CONCEIVING STATE OF THE MOTHER -
PRENATAL INFLUENCE OF MOTHER'S
THOUGHT, FEELING AND WILLING, AND
INFLUENCE OF THE MOMENT AND
MANNER OF BIRTH, WHICH HAS LOT
TO DO WITH LIFE CURRENTS CIRCULATING
IN THE BODY AND WHICH IS OF GREAT
IMPORT IN HUMAN PERSONAL HISTORY.

BIRTH OF A CHILD CAN BE COMPARED
TO TAKING A FISH OUT OF WATER INTO
THE AIR. - THE SURROUNDINGS ARE
CHANGED IN VERY GREAT EXTENT, AND
FIRST IMPRESSIONS MOULD THE DESTINY
BY SHAPING AND PIERCING NEW
CHANNELS FOR ENERGIES AND LIFE
CURRENTS.

NOTE: AFTER BIRTH OF THE CHILD THE UMBILICAL
SHOULD BE CUT ONLY AFTER IT COLLAPSES 3 TIMES.

NEXT COMES THE AGE OF CHILDHOOD,
PUBERTY, AND ADOLESCENCE OF SEVEN
YEARS EACH - DURING WHICH INFLUEN
CES OFTEN ADVERSE IMPRINT THEMSELVE
UPON THE DEVELOPING ENTITY, WARP
ITS GROWTH, AND CREATING AT TIMES
UNNATURAL WAYS OF IMPRESSIONS AND
EXPRESSIONS.

THE PROCESS OF LIBERATION FROM THE BONDAGE OF SLAVERY OF DARKNESS AND IGNORANCE COULD BE ONLY FORMULATED AND BE GIVEN OUT BY THE SOULS WHO ATTAINED THE FREEDOM, AND WERE FILLED WITH PURE LIGHT OF WISDOM AND UNDERSTANDING. IT WAS DONE BY THE MASTERS, AND IS CALLED THE MASTER SYSTEM, FROM ETERNITY INTO ETERNITY, FOR THE GUIDING OF HUMAN RACE.

THE AEONS OF INVOLUTION, REVOLUTION AND EVOLUTION, THOUGHTS - FEELING AND WILLING, THRU MANY REBIRTHS, THRU PAIN-SUFFERING AND WORK - A RACE PUREST WAS EVOLVED, THE [REDACTED] RACE OF MASTERS AND SAVIOURS.

MAN IS THE CENTER IN WHICH CURRENTS - POWERS AND FORCES OF THE WORLD ARE CROSSING AND MERGING TO FIND THRU HIM THE PERFECT EXPRESSION.

THE MASTER SYSTEM PROVES THAT EVERYTHING IS ONE, BUILT FROM THE SAME CLAY OF PRIMORDIAL ENERGY, IN DIFFERENT STATE OF VIBRATION (SPEED OF POSITIVE AND NEGATIVE COMPONENTS OF MATTER, WHICH (THE MATTER) IS CONDENSED ENERGY - POSITIVE AND NEGATIVE IN DIFFERENT PROPORTIONS AND STATES OF DENSENESS.) - (POSITIVE IS MINUS WITHIN THE VACUUM, NEGATIVE IS NEUTRALISING PLUS IN THE VACUUM, TAKEN BY DIVISION SPARK FROM NEUTRAL - WHICH IS VACUUM

THIS ONE WHICH IS ALSO TWO, WHICH
IS ALSO TWO WITH AGAIN ONE SUR-
ROUNDING WHICH IS THREE - IS THE
"THAT IS" AND IS CALLED THE -

"GA-YA-LHA-MA".

THE HUMAN BODY ABSORBS THE GA-YA-
LHA-MA THRU THE BREATH. AIR ENTERS
THE NOSE, BEING GIVEN SPIRAL MOTION BY
TURBINATES, AND ELONGATING INTO TWO
CONES STRIKING EACH OTHER AS THEY
MEET.



THE AIR IN PASSING GETS HEATED, AND
GOING THRU PHARYNX, RELEASES THE GA-
YA-LHA-MA WHICH SINKS THRU THE PHA-
RYNX BEHIND THE SOFT PALATE IN THE
PROXIMITY OF TWELFTH NERVE AND FIRST PAIR
OF CERVICAL NERVES, IN THE PROXIMITY OF ME-
DULLA OBLONGATA, NINTH, TENTH, AND ELEVENTH
NERVES. AIR THEN GOES TO THE LUNGS WHERE
IT OXYDISES THE BLOOD.
GA-YA-LHA-MA HAS FOUR STATES OF VIBRA-
TION, HAVING DISTINCT COLOUR, VIBRATIONS
AND AREAS WHERE IT IS STORED IN THE BODY.

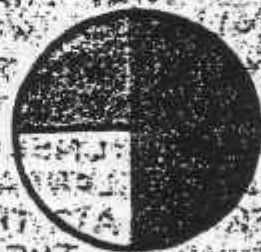
FILLING WITH ENERGIES IS DONE SIMULTANEOUSLY IN TWO PLACES IN THE BODY, BOTH OF THEM BEING CHARGED AT THE SAME TIME DURING THE PERIOD OF EXHALATION. THE FOUR STATES OF VIBRATION OF 'GA-YA-LHA-MA', AND CORRESPONDING COLOURS, WITH THE PARTS TO BE CHARGED IN THE BODY ARE:

1) PHYSICAL - COLOUR RED (VERMILLION), PARTS OF THE BODY TO BE CHARGED - LOWER PART OF THE STOMACH AND BACK OF THE HEAD.

2) MENTAL (INTELLECTUAL) - COLOUR - YELLOW (CHROME), PARTS OF THE BODY TO BE CHARGED - CHEST AND FOREHEAD.

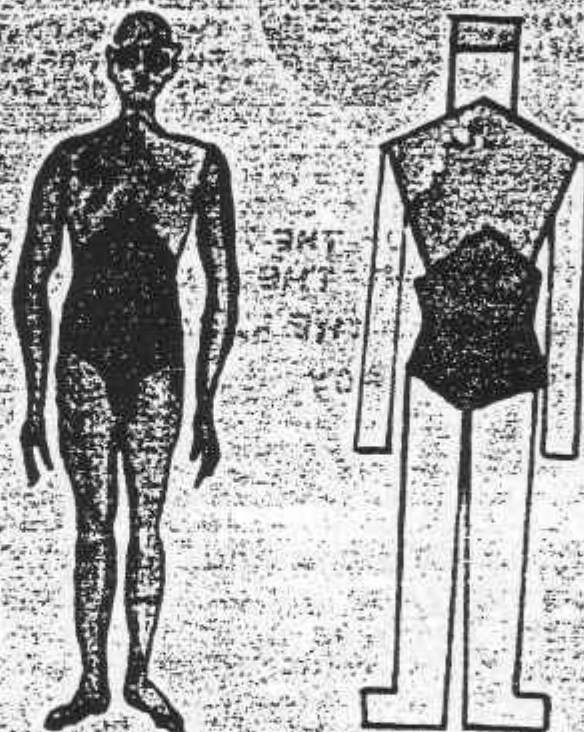
3) SPIRITUAL (DYNAMIC) - COLOUR - BLUE (ULTRAMARINE), PARTS OF THE BODY TO BE CHARGED - UPPER PART OF THE ABDOMEN (SOLAR PLEXUS) AND TOP OF THE HEAD.

4) PSYCHIC - COLOUR - WHITE (WHICH IS MIXTURE OF RED-YELLOW-BLUE), PARTS OF THE BODY TO BE CHARGED - LEGS, FORELEGS, FEET AND ARMS, FOREARMS, HANDS, AND FACE. (IN CERTAIN CASES THE COLOUR FOR PSYCHIC IS BLACK.)



THE ANCIENT REPRESENTATION OF THE GA-YA-LHA-MA CURRENTS OF VIBRATION IN THE HUMAN HEAD.

CURRENTS OF GA-YA-LHA-MA CHARGING THE
BODY.



THE STAR WHICH IS
THE CROWN, THE
POWER, THE LOVE
THE FIVE POINTS
OF FELLOWSHIP,
STAR OF RESSU-
RECTION.



THE STAR OF MAN,
THE STAR OF SAVOUR,
THE STAR OF SENSES,
THE MORNING STAR,
THE BRIGHTEST STAR,
THE STAR OF WISEMEN,
THE STAR OF ELEMENTS.

PENTAGRAM OF THE MAN (MICROCOS-
MOS MIRRORING THE MACROCOSMOS),
THE SECRET OF THE SACRED MASTERY
AND SUPREMACY.

NATURE'S INNERMOST SECRETS ARE WAITING
TO BE COMMANDED BY MASTERS, TO WORK
FOR THE BENEFIT OF THE WORLD.

BOOKS OF ZEND-AVESTA, DELLARI
THE MASTERY AND ANSWER THE RIDDLE
OF HUMAN LIFE: - WHY I AM HERE?

II. I AM ON THIS EARTH - TO RECLAIM
THE EARTH, - TO TURN THE DESERTS
INTO PARADISE, - A PARADISE
MOST SUITABLE TO GOD AND HIS
ASSOCIATES TO DWELL THEREIN.
THIS IS TRUE GOAL OF LIFE. SOUL THAT
REALISES THIS TRUTH CONSCIOUSLY,
STANDS ON THE PATH AS THE MASTER
AND SAVIOUR.

GOOD THOUGHT, GOOD WORD AND GOOD DEED
ARE ANALOGOUS WITH MASTER THOUGHT,
MASTER WORD AND MASTER DEED, EXPRESSIONS
WITH THE ASPECTS OF AHU - RA -
- MAZ - DA. [LIGHT]

BAD THOUGHT, BAD WORD AND BAD DEED,
ARE ANALOGOUS WITH SLAVE THOUGHT,
SLAVE WORD AND SLAVE DEED, EXPRESSIONS
WITH THE ASPECTS OF ANGRO -
- MAINOUS. (ANGRY MIND) [DARKNESS]

THE MASTER SYSTEM TEACHES
THAT THRU THE CONSCIOUS CONTROL
OF THE BREATH, AND ESTABLISHING
THE MASTER RHYTHM THRU SYSTEM
OF EXERCISES, CALLED ARCANES, WE
CHANGE OUR IMPRESSIONS AND EXPRESSIONS - FROM SLAVERY INTO MASTER

BE CONSCIOUS AND POSITIVE, ASSERT YOUR TRUE I-YOUR TRUE EGO, RENOUNCE THE BONDAGE OF TIES AND SLAVERY, AND DECLARE-THE MASTERY.

THE SIGN OF MASTER SYSTEM IS, WHEN YOU MEET ANOTHER HUMAN BEING, STAND STRAIGHT (ERECT) SPINE STRAIGHT, SHOULDERS BACK, CHEST FORWARD, HEAD UP, CHIN IN, GAZE QUIET, LEVEL WITH THE EYES. (M) RIGHT FOOT FORWARD, FORMING A SLIGHT ANGLE WITH THE LEFT. (V). (MASTER BREATH) WHEN YOU SIT, SIT ERECT, GAZE LEVEL WITH THE EYES. HEAD UP, CHIN IN. LEGS RELAXED, FEET, FORELEGS AND THIGHS FORMING LETTER V. (MASTER BREATH).

[illegible]

..YAT-HA-AH-HV-VAI-RIO.. THE WILL
OF THE LORD IS THE LAW OF RIGHTEOUS-
NESS.

31. 20. 1950

"YAT-HA-AN-HU-VO-" THE WILL OF THE LORD IS POWER (LIGHTNING THAT STRIKES) - WE ARE MYSTERIOUS MIRROR, WHICH IN ITS PURE STATE REFLECTS THE WORLD, ITS CASES AND EFFECTS.

IF THEN INSIDE OF YOU, YOU CREATE THE CAUSE, EFFECT WILL FOLLOW - AND BE REFLECTED THRU THE MIRROR OF THE SOUL - INTO ANY MEDIUM BECOMING FLESH.

(REFLECTION IS POLARISED, WHILE THE RAYS BEFORE STRIKING THE REFLECTING SURFACE ARE MORE IN THE STATE OF CHAOS.) - ALWAYS STRIKE AT THE CAUSES,

CHANGING THEM, AND THE EFFECTS WILL FOLLOW.

.. STATE OF MASTERSHIP IS TO BE AT ALL TIMES CONSCIOUSLY AND IN POSITIVE RECEPTIVE ATTITUDE, OPEN TO ALL GOOD AND POSITIVE POWERS TO FLOW THRU YOU. - AND TO DIRECT THEM IN THE PROPER CHANNELS OF GOOD THOUGHT, GOOD WORD AND GOOD DEED.

THOSE TITANIC POWERS ARE EVERYWHERE SURROUNDING US AT ALL TIME - BEING THE EMANATIONS OF GOD, AND ALWAYS SEEKING THE ENTRANCE INTO OUR BEINGS, TO EXPRESS THEMSELVES THRU US.

TO BE RECEPTIVE TO THOSE POWERS - IS TO ESTABLISH MASTER RHYTHM IN US AND RELINQUISH THE MOTHERS IMPRESSION IN THE TIME OF CONCEPTION, AND PREGNANCY, AND DEFEAT THE BRAND OF ADVERSE SURROUNDINGS, COINCIDENCES AND INFLUENCES.

IN THE ANCIENT MYSTERIES, ESTABLISHING OF THE MASTER BREATH AND MASTER RHYTHM, WAS DONE BY THE FOUR GREAT INITIATIONS OF THE ELEMENTS.

1) FIRST INITIATION WAS BY WATER. SUBMERSION IN COLD WATER, AFFECTING THYROID, BROUGHT ABOUT A SPASM, WHICH WHEN CORRECTLY DONE ESTABLISHED THE MASTER VIBRATION IN THE BODY.

THIS WAS INITIATION OF MOSES AND CHRIST,
AND USED IN THIS DAY IN CHRISTIAN CHURCH.

2) THE SECOND INITIATION WAS BY FIRE.
THE NEOPHYTE PASSING BETWEEN TWO FIRES
OR GOING THRU FIRE, HAD TO HOLD HIS
BREATH, FOR THE IMPOSSIBILITY TO INHALE
THE SMOKE. (BABYLONIAN AND DRAVIDIAN
MYSTERIES).

3) THE THIRD INITIATION WAS BY AIR, DROPPING
DOWN FROM A HEIGHT IN SPECIALLY PREPARED
CONTRIVANCES. THIS PROCESS
AFFECTED THE BREATH AND SOLAR
PLEXUS. (EGYPTIAN MYSTERIES, ALSO
CHRIST PUT BY SATAN ON THE MOUNTAIN
AND THEN THROWN FROM IT).

4) THE FOURTH INITIATION WAS BY EARTH,
GETTING BODY COVERED WITH EARTH, BEING
BURIED ALIVE FOR CERTAIN PERIOD OF TIME,
ALSO LISTENING TO THE (SILENCE) IN SUBTE-
RANIAN CAVES, TO GET THE SACRED RHYTHM
OF THE EARTH'S HEART, WHICH VIBRATES
IN UNISON AND HARMONY WITH THE UNIVERSE.
(HEART OF THE EARTH CONTRACTS FOR SEVEN
SECOND, ONE SECOND, PULSE, SEVEN SECONDS
EXPANDS, ONE SECOND STOP) THIS IS THE
SACRED MASTER RHYTHM.

THOSE ARE THE GREAT FOUR INITIA-
TIONS IN THE MYSTERIES OF MASTERY.
IN THE MASTER SYSTEM THERE ALWAYS
WAS THE SIMPLIFIED, CONDENSED AND
CORRECT-MANNER OF DISCLOSING THE
TEACHINGS AND ARCANES OF MASTERY,
BUT IT IS ALWAYS GIVEN ONLY FOR THE
SUFFICIENTLY DEVELOPED AND REA-
DY CANDIDATES, AND IN CASES OF

EVOLVED, WORTHY AND WELL QUALIFIED SOULS. THOSE ONLY HEAR THE CALL WHO ARE READY, TO THE OTHERS MOMENT DID NOT ARRIVED YET, BUT SOMETIME THROUGH OUT ETERNITY IT WILL.

THE MASTER SYSTEM IS SOLVING EVERY PROBLEM, IN EVERY DEPARTMENT OF LIFE, IS ANSWERING EVERY QUESTION, AND MEETS EVERY SITUATION - ON THE PHYSICAL - MENTAL, SPIRITUAL AND PSYCHIC PLANES.

IT IS DOING ALL THE THINGS THAT THE OTHER SYSTEMS CLAIM TO DO, THAT HAVE BEEN BORROWING FROM IT.

MASTER SYSTEM MEANS THAT WHEN IT IS THOUGHTFULLY AND COMPLETELY EVERYWHERE, ALL THE OTHER SYSTEMS WILL BE SHOWN TO BE WHAT THEY ARE, THAT IS THAT THEY WERE ALWAYS FALLING BELOW THE STANDART OF FIRST AND THE ONLY WORD OF MASTERS OF ARIAS FROM ETERNITY INTO ETERNITY.

WE WILL DEFINE HERE WHAT IS MYSTICISM, OCCULTISM, AND MAGICK.

① MYSTICISM IS CAREFUL OBSERVATION THRU SUPERSENSITIVE CHANNELS OF IMPRESSIONS.

② OCCULTISM IS CORRECT INTERPRETATION, THRU APPLYING OF THE CONSCIOUS DISCRIMINATION OF THE SOUL.

③ MAGICK IS PRACTICAL APPLICATION OF SUPERSENSITIVE OBSERVATION AND INTER-

PRETATION, IT IS TO MAKE THINGS APPEAR
DISAPPEAR AND CHANGE ONE THING INTO
THE OTHER. - CREATION, DESTRUCTION AND
TRANSFORMATION.



.. SITTING MASTER SYSTEM POSTURE ..

POSTURE CALLED POSI-
TIVE IN RELAXED ATTITU-
TUE, TO RECEIVE, ANAL-
YSE AND DIRECT CON-
SCIOUSLY, IMPRESSIONS
AND EXPRESSIONS, ACCOR-
DING TO THE LAW, AND
SPIRIT OF THE TIMES.



.. STANDING MASTER SYSTEM POSTURE ..

UPRIGHT AND ON THE
LEVEL.
STANDING LIKE A MAN
IN MASTER SYSTEM.
POSITIVE IN RELAXED
ATTITUDE.
RIGHT FOOT FORWARD.
DENOTES SUN (CURRENT
RA) POSITIVE AND ELECTRIC.
[LEFT FOOT FORWARD
WOULD MEAN MOON-
(MA) NEGATIVE AND MAG-
NETIC.]

LESSER ARCANES AND GREAT
EXERCISES FOR DIFFERENT PARTICULAR
PURPOSES, ACCORDING TO MASTER SYSTEM

I. L. ARCANES. DOCTRINE OF THE HEART

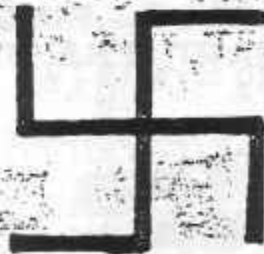
OLDEST SYMBOL - SWASTIKA REPRESENTS CONTRACTING OF THE HEART, WHILE SOUWASTIKA - EXPANDING. DIVIDING THE WORK IN MYSTICISM AND OCCULTISM AND MAGIC INTO TWO DISTINCT PATHS. - I (FIRST - DOCTRINE OF THE CLOSED HEART - BUT OPEN MIND - DEVELOPING REASON - IT IS SYMBOL OF SOUWASTIKA, USED IN THE ORIENT,). II (SECOND - DOCTRINE OF THE OPEN HEART - AND FEELINGS, BRINGS IN WISDOM - IT IS SYMBOL OF SWASTIKA, USED IN OCCIDENT.)

(CROSS SECTION OF THE HEART WILL SHOW THE MUSCLES IN THE FORM OF SWASTIKA AND SOUWASTIKA, CONTRACTING AND EXPANDING THE HEART.)

THE DOCTRINE OF THE HEART, IS ONE OF THE GREATEST SIGNS OF THE FULFILLMENT AND EVOLUTION IT IS THE DEVELOPEMENT OF LOVE AND DISCRIMINATION, AND IT PENETRATES ALL THE SECRET AND SACRED TRADITIONS OF THE WHITE RACE.



SOUWASTIKA



SWASTIKA

SIT DOWN IN A QUIET PLACE FACING SUN,
MOON OR PLANET (IN THE DIRECTION), BREATH
DEEPLY, THEN RELAX, AND WITHDRAW
WITHIN YOURSELF.

FOLD YOUR HAND LEAVING ONLY TWO FINGERS
OUTSTRETCHED, INDEX AND MIDDLE (DESTINY
AND TEACHER), AND APPLY THEM TOWARD
THE HEART. WATCH THE HEART BEAT, AND
CONSCIOUSLY FILL IT WITH LOVE, REPEA-
TING THE WORD "LOVE" WITH EVERY
HEART BEAT. (WORD "LOB" CAN BE USED
FROM WHICH DERIVES WORD "LOVE",
ONE OF THE TWO SOUNDS OF THE HEART,
-CYSTOLE AND DIASTOLE - LOB AND DOB.
GRADUALLY YOU BECAME CONSCIOUS OF
THE FEELING OF LOVE CONCENTRATING IN
THE HEART, SENSATION OF CONGESTION
WHICH IS PRESSURE OF FEELING AND
FULLNESS IN THE CARDIAC REGION.

WHEN FEELING REACHES ITS PINNACLE
OF TENSION, COVER THE RIGHT HAND
GENTLY WITH THE LEFT, AND SLOWLY
WITHDRAW THE RIGHT HAND FROM UNDER
THE LEFT AT THE SAME TIME SHAPING
LEFT HAND WITH FOREFINGER AND
MIDDLE FINGER POINTING TO THE
HEART, THE OTHER FINGER CLOSED.



• WAY OF
CLOSING HANDS.
(CALLED ALSO
SACERDOTAL
HAND.)

WITH EVERY HEART BEAT UTTER WORD
AL-IM, THIS IS THE HOLY WORD WHICH
OPENS THE HEART. THE WORD IS REPEA-
TED WITH BEATS OF THE HEART, AND
YOU ENTER THE INTERIOR OF THE HEART,
FILLED WITH RED CLOUDS AND MIST,
IN THE CENTER IS STANDING THE ARC,
WITH MEASURES OF DISCRIMINATION,
AND OVER THE ARC YOU SEE THE BLAZING
PENTAGRAM, WITH THE ALL-SEEING
EYE IN THE CENTER.

YOU WORSHIP THEN AND COMMUNE,
AND SEND OUT LOVE, TO UNDERSTAND,
REACH, HELP AND BLESS.

THEN HAVING ENDED, YOU PUT THE
RIGHT HAND LIKE IN THE BEGINNING
OF THE ARCANUM AND WITHDRAW THE
LEFT HAND, AND WITH INDEX FINGER
AND MIDDLE ON THE HEART REPEAT
WITH EVERY BEAT OF THE HEART
WORD "PEACE", TO FILL THE HEART
WITH IT.



PEACE

THIS COMPLETES THE DOCTRINE OF THE
SACRED HEART.

NOTE: HEART SHOULD BE CONSULTED IN EVERY
IMPORTANT UNDERTAKING, BY PUTTING ON
IT THE TWO FINGERS OF THE LEFT HAND,
IT ALSO IS USED IN HEALING...

II G. ARCANÉ. CREATION EXERCISE.

USED FOR - AWAKENING OF THE DESIRE,
AND TRANSMITTING IT INTO WILL POWER.
STAND ERECT, SPINE STRAIGHT, HEAD
UP, CHIN IN. RELAX AND BREATHE
DEEPLY.

PUT YOUR HANDS OVER SOLAR PLEXUS,
ON THE PART WHERE IS ENSIFORM CAR-
TILAGE. HOLD THEM THERE LIGHTLY,
THINK OF THE THING THAT YOU DESIRE,
AND SLIGHTLY HOLDING THE BREATH,
SHAKE DIAPHRAGM WITH SHORT SPAS-
MODIC MOVEMENTS, SOMETIMES LET-
TING THE BREATH IN, OR OUT, WHILE
VIBRATING, UNTIL YOU WILL FEEL
THE HUNGER AND PANG OF THE DESIRE
IN YOUR SOLAR PLEXUS, OFTEN ALSO
FELT LIKE HEAT.

THEN RELAX ABSOLUTELY THE ABDOMINAL
MUSCLES AND EXHALE ALL THE AIR FROM
THE LUNGS, PRESSING THE FINGERS OF
BOTH HANDS DEEP INTO THE STOMACH
AT THE STERNUM PART (ENSIFORM
CARTILAGE) BETWEEN THE RIBS.

WHEN DOING THIS LOWER YOUR HEAD
UNTIL THE CHIN WILL REST ON THE CHEST.
(ALL THE EXERCISE DONE WITH EYES HALF
CLOSE, INTROSPECTIVE GAZE)
AFTER EXHALING ALL THE AIR, HOLD
FOR SEVEN SECONDS, PRESSING HANDS
STRONGLY INTO THE STOMACH, WITH
VIBRATING PRESSURE, AND ALSO PRE-
SSING THE CHIN INTO THE CHEST, CONCENTRATING

TRATING OF FEELING OF TAKING HOLD
OF THE DESIRE, AS OF A REAL LIVING
THING.

NEXT BEGIN TO INHALE SLOWLY,
GRADUALLY LIFTING THE HEAD, BUT
NOT RELAXING THE DIGGING PRESSURE
ON THE SOLAR PLEXUS.

INHALE TO THE CAPACITY OF THE LUNGS,
LIFTING THE HEAD, UNTIL IT WILL BE
LIFTED, LIKE FOR LOOKING UPWARD,
FOR PRATING.

THEN LOCK THE THROAT, SO THAT
THE AIR WON'T ESCAPE. GIVE THE
AIR COMPRESSED IN THE LUNGS A
DOWNWARD SHOVE AGAINST THE
DIAPHRAGM, SOLAR PLEXUS AND
FINGERS OF HAND PRESSING AGAINST
IT. PRESSURE SHOULD THROW OF DIGGING
FINGERS WITH A SNAP.

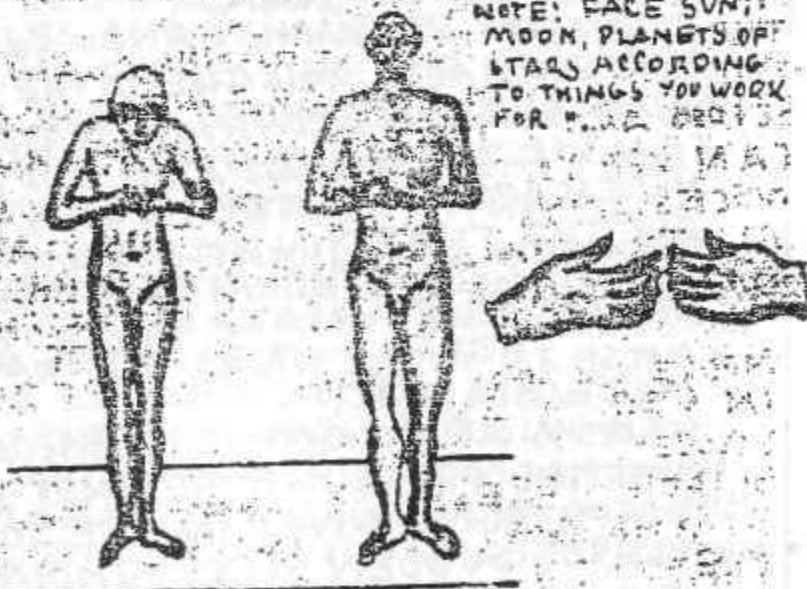
THEN STOP PRESSING HANDS AGAINST
THE STOMACH, YOU ARE IN THE SUBCON-
SCIOUS AND SUPER CONSCIOUS STATE AND
CAN USE YOUR HANDS AND BODY WHEN
NECESSARY. YOU ARE IN THIS STATE
ALL THE TIME YOU HOLD YOUR BREATH.

LOCKING THE THROAT IS REPRESENTED
AS CRUX ANSATA IN EGYPT,
NOOSE IN INDIA TIBET, TIE THAT BINDS
IN PERSIA E.T.C.

PROCESS OF LOCKING THE THROAT AND
SHIFTING PRESSURE AGAINST THE
DIAPHRAGM, GIVES IN THE SOLAR
PLEXUS SUDDEN JOLT, SENDING SPI-
RITUAL ENERGY OF LONGING AND

DESIRE THRU THE SPINAL COLUMN UP-
WARDS TO THE BRAIN, IT IS FELT LIKE
HEAT AND PRESSURE MOUNTING WITHIN
THE SPINE, STRIKING PINEAL GLAND
(MEDULLA OBLONGATA), WHERE IT IS
FELT LIKE A SNAP, THEN REACHING ON
FORWARD, BETWEEN THE EYE BROWS AND
WITH ANOTHER SNAP, AND FINALLY
THE TOP OF THE HEAD. THE
FEELING OF TENSION PERVADES THE
HEAD, THOUGHTS DISAPPEAR ONE AFTER
THE OTHER, SQUEEZED OUT OF THE
BRAIN, ONLY THOUGHT OF THE DESIRE
BLENDS WITH IT AND PERVADES THE
BRAIN THRU THE EGO GETTING TRANS-
MUTED INTO THE WILL POWER, WHICH
CONNECTS DESIRE TO THE OBJECT OF THE
DESIRE, TAKING POSSESSION OF IT AND
MAKING IT COME THRU.

NOTE: FACE SUN,
MOON, PLANETS OF
STARS ACCORDING
TO THINGS YOU WORK
FOR. MAKE DESIRE



SYMBOLICALLY REPRESENTED PROCESS
 OF CREATION IS IN CADUCEUS OF HERMES
 WITH THE TWO SERPENTS ENCIRCLING IT
 MOUNTING TOWARD PINE CONE OR MER-
 CURY'S HEAD WITH WINGS SPREAD ATTA-
 CHED TO IT. ALSO WINGED SCARAB OF
 THE EGYPTIANS, SCARAB REPRESENTING
 HUMAN SKULL. IN ORIENT A SKULL, THE
 SAME SYMBOL OFTEN USED IN CHRISTIAN
 SYMBOLIC ART. ...
 MERCURY (HERMES) CARRYING DEMAND
 OR ORDER ON THE WINGS OF WILL.
 NOTE: THIS IS A GREAT ARCAINE
 (HERMETIC), AND USES SAME POWERS
 CONSCIOUSLY DIRECTED, AS ACHIEVED
 IN (6) SIXTH MASTER ARCAINE (EXERCISE)
 IT IS USED IN EVERYTHING OF IMPORT-
 TANCE, IT MATERIALIZES THINGS YOU
 WANT, CURES DISEASES YOURS AND OTHERS
 WILL MAKE YOU INSENSIBLE TO PAIN
 (SELF ANAESTHESIA) AND WILL PUT YOU
 IN TRANCE, CATALEPTIC STATE OR
 IN LETARGIC (HIBERNATING) CONDITION
 IT AROUSES THE SERPENT POWER OF THE
 BODY (KUNDALINI IN YOGA) ...
 CAUTION: WORKING THOSE POWERS IS
 BEST BEGINNING DELICATELY, AND BEING
 IN PRACTICE WITH A MASTER ARCA-
 INES, ...
 WHEN GOING IN SUBCONSCIOUS OR SUPER-
 CONSCIOUS STATE, WHILE IN IT YOUR EYES
 GET OUT OF FOCUS, AND YOU SEE OBJECTS
 DIMLY, THIS IS NORMAL AND TO BE
 EXPECTED IN THIS POWERFUL EXERCISE
 OF MASTERS, RULERS AND HIGH PRIESTS.
 "CONVERGE"

III G. ARCAINE. PROJECTING OF POWER. RITUAL OF PENTAGRAM M: MASTER PROJECTION

THIS IS A PROJECTION OF POWER, DONE TO BUILD THE WALL OF ABSOLUTE PROTECTION AGAINST ADVERSE POWERS AND THOUGHTS AND ALSO A POWERFUL AND TERRIBLE WEAPON TO STRIKE AND DESTROY THE ENEMIES.

FACE NORTH, - BEGIN BY DOING THE TWELVE COMPLETE BREATHS LIKE IN THE FIRST (I) MASTER ARCAINE, SITTING AND USING MASTER BREATH SEVEN (I) SECOND INHALATION, ONE (I) SECOND STOP, SEVEN SECONDS EXHALATION, (I) ONE SECOND STOP - TWELVE TIMES.

SET UP AND STAND UPRIGHT, HEAD UP, CHIN IN, RIGHT FOOT FORWARD, LIKE IN THE SECOND (II) MASTER ARCAINE. INHALE DEEP NOW MOVE YOUR RIGHT ARM TO THE LEFT, HAND CLOSED WITH INDEX FINGER POINTING, FROM YOUR LEFT SIDE MAKE SWINGINGLY A STROKE UPWARD TO THE APEX OF THE PENTAGRAM THAT YOU ARE BUILDING, WHICH WILL BE STRAIGHT OVER YOUR HEAD. THEN SWING THE ARM DOWNWARD TOWARD THE RIGHT SIDE, BUILDING THIS WAY FIRST UPPER CORNER OF THE PENTAGRAM, THEN SWING THE ARM TOWARD THE LEFT SHOULDER, THEN HORIZONTALLY OVER THE RIGHT SHOULDER THEN BRING THE ARM DOWN FROM UPPER RIGHT SIDE TOWARD LOWER LEFT WHICH MOTION IS CLOSING THE PENTAGRAM,

WITHOUT STOPPING SWING THE ARM IN A WIDE CIRCLE, AFTER DESCRIBING WHICH CONTINUE MAKING HALF A CIRCLE TOWARD THE CENTER AT THE SAME TIME STEPPING FORWARD WITH THE RIGHT FOOT, AND MAKING A RHYST WITH THE ARM AND HAND, FOREFINGER POINTING. (ACTUALLY THE CIRCLE AND HALF CIRCLE FORM A SPIRAL DRAWN IN THE AIR FROM LEFT TO RIGHT.) NOTE (ALL THE EXERCISE IS DONE POINTING THE INDEX FINGER AS IF WRITING IN THE AIR.)



FIRST MOTION SECOND MOTION THIRD MOTION



FOURTH MOTION FIFTH MOTION SIXTH MOTION



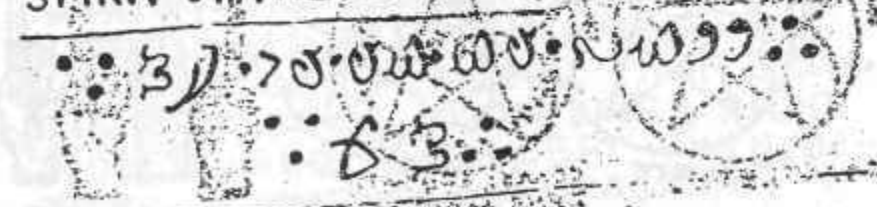
COMPLETE COMPLETE WITH ZEN MANTRAM. RIGHT HAND.

WHEN BUILDING THE PENTAGRAM IN THE AIR, SING THE SACRED WORD "YAT-HA-AH-HU-VO" WITH FIRST MOTION SING "YAT", WITH THE SECOND "HA", WITH THE THIRD "AH", WITH THE FOURTH "HU", WITH THE FIFTH "VO", WHEN DOING SPIRAL AND THRUST SOUND "OM" WITH ALL THE REST OF THE BREATH USED ON THE END OF THE "OM" HUMMING SOUND. THEN DROP THE HAND AND ARM RELAXED TO THE SIDE.

PROJECT IT ACCORDING TO NECESSITY, UP TO TWELVE TIMES, AND ALWAYS FACING NORTH.

TO BUILD PROTECTIVE WALL YOU CAN MAKE IT TO THE FOUR CORNERS OF THE EARTH, ABOVE AND BELOW, USING ONLY THE PENTAGRAM WITHOUT THE SPIRAL THRUST "YAT-HA-AH-HU-VO" - THIS WORD MEANS - "THE WILL OF THE LORD IS POWER" IT IS THE WORD THAT ROOSTER KNOWS. THE WORD "OM" IS THE WORD THAT LION ROARS.

CAUTION: USE THIS ONLY WHEN YOU KNOW THAT IT IS THE ONLY WAY, TO ACT IN ACCORDANCE WITH THE SPIRIT OF THE LAW.



IV. L. ARCANÉ, EXITING THE LIFE ENERGY
 TO BE USED WHEN YOU ARE TIRED PHYSI-
 CALLY, MENTALLY, SPIRITUALLY OR PSYCHI-
 CALLY, - ALSO BEFORE ANY TASK, OR TO
 BRING POWER TO FACE AUDIENCE OF
 ONE OR MORE... IT BRINGS ALERTNESS
 AND MAGNETIC AND ELECTRIC POWERS
 OF THE BODY INTO PLAY, STRENGTHENS
 THE PENETRATING QUALITY OF THE EYES,
 IT IS A QUICK HELPING EXERCISE.
 SITTING OR STANDING, RELAX COMPLETE-
 TELY, INHALE AND EXHALE DEEPLY
 FEW TIMES, EXHALE THOROUGHLY,
 SPINE ERECT, HEAD UP, NOW BEGIN
 TO INHALE FOR (1) SEVEN SECONDS,
 TENSING UPPER PART OF THE BODY -
 CHEST, SHOULDERS, ARMS, NECK, JAW,
 FOREARMS AND HANDS (FOLD THE
 FINGERS), THEN VIBRATE TENSED
 MUSCLES HOLDING THE BREATH FOR
 SEVEN (1) SECONDS. EXHALE QUICKLY
 RELAXING COMPLETELY, OPENING
 MOUTH AND SAYING "HA"
 DO IT ONCE.

THIS EXERCISE IS SENDING CURRENTS
 TO PINEAL GLAND (MEDULLA OBLONGATA)
 STIMULATING IT. - THIS IS THE SER-
 PENT WITHIN THE SPINAL COLUMN, RAIS-
 ING HIS HEAD IN ATTENTION, AND
 SWELLING IT.

NOTE! YOU WILL HEAR IN THE EARS
 SOUND LIKE OF SILVER CHAINS, WHEN
 YOU TENSE YOUR JAW, WHICH IS TO BE
 EXPECTED.

VL. ARCAN. HEALING POWER.

TO HEAL THE WOUNDS, STOP BLEEDING,
REMOVE PAIN, AND SET IN HEALING PROCESS
IN THE ORGANS IN THE BODY. - GET EASY
ACCESS TO THE PART AFFECTED YOURS OR
ANOTHER, BREATHE DEEPLY FOR FEW MOMENTS,
THEN HOLD YOUR MOUTH ONE (1) TO
(3) THREE INCHES FROM THE PART TO BE
ATTENDED TO, INHALE TRY THE NOSE AND
EXHALE TRY THE MOUTH, BLOWING THE
BREATH OVER THE SPOT AFFECTED, AT THE
SAME TIME SINGING IN VERY HUSHED
WAY, (WITHOUT THE VOICE), THE WORD -
- "YAT-HA-AH-HU-VAI-RIU-|| "OM"
VIBRATING THE "OM" TO THE END OF THE
BREATH. DO IT FOR FEW MINUTES, THEN
WHISPER A PRAYER TO HEAVENLY FATHER
TO SEND THE HEALING POWER TO THE SICK
PART TO RESTORE IT TO NORMAL STATE.
ACCORDING TO THE AFFECTION, WHEN IT IS
HEATING (LOCAL HIGHER TEMPERATURE)-
- BLOW THE INCANTATIONS ON (COLD)
AND IF IT IS COOLING (LOCAL ANEMIA)
BREATHE THEM ON HOT.

IF YOU CAN PUT YOUR HANDS ON, RIGHT HAND ON THE BODY IN THE PROXIMITY OF THE AFFECTION, LEFT ON THE OPPOSITE PART.

NOTE: (DO NOT LET THE PERSON BEING TREATED HEAR THE WORDS, BUT CONVEY THEM TO THE AFFECTED PART, WHICH WILL HEAR AND REACT ACCORDINGLY).

၁၃၃၂ ခုနှစ်၊ ဇန်နဝါရီလ ၁ ရက်နေ့၊ နံနက် ၈ နာရီခန့်တွင်

VII. ARCANES. SOUNDLESS SOUND. "AUM" VOICE OF THE SILENCE.

THIS IS HEARING OF THE VIBRATION OF THE WORLD
SOUND OF RHYTHM WHICH PERMEATES THE UNIVERSE
THE HOLY AND SACRED "AUM".

SIT ON A CHAIR, HAVING IN FRONT OF IT A TABLE
WITH A PILLOW ON IT, AT CONVENIENT HEIGHT
SO THAT YOU CAN LEAN ON IT WITH YOUR
ELBOWS, WHILE HEAD RESTS ON THE PALMS
OF THE HANDS. EYES, FOREHEAD, AND UPPER
CHEEKS RESTING ON THE PALMS OF THE
HANDS WITH FOUR FINGERS OF EACH HAND,
WITHOUT THUMBS WHICH YOU WET WITH
SALIVA, AND INSERT IN THE OPENING OF
THE EARS, PREVENTING THIS WAY ALL THE
SOUNDS TO REACH FROM OUTSIDE.

KEEP YOUR SPINE STRAIGHT, BREATH DEEP.
THE TWELVE MASTER BREATHS, SEVEN (7)
SECONDS INHALATION, (1) SECOND STOP (1)
SEVEN SECONDS EXHALATION (1) ONE SECOND
STOP (12 TIMES). THEN RELAXED COMPLETELY,
CLOSE YOUR EYES, AND LIFT THEM;
(OR TURN THEM, AS FAR UPWARDS AS POSSIBLE,
CONVERGING THEM AT THE SAME TIME
TRYING TO SEE INSIDE OF YOUR FOREHEAD
BETWEEN THE EYEBROWS.

THEN FORGET EVERYTHING, AND CONCENTRATE
YOUR ATTENTION ON THE INNER LEFT EAR.
IN THE BEGINNING YOU WILL HEAR RUMBLING
SOUND OF THE BLOOD, THIS WILL SUBSIDE
AND YOU WILL HEAR THE SHRILL BLAST OF A
TRUMPET, THEN AFTER A TIME WILL COME
THE SOUND OF THE BUZZING OF A BEE, NEXT
WILL BE SOUND OF THE RINGING OF A BELL,
THIS GONE IN A WHILE YOU WILL HEAR THE
SOUND OF A FLUTE, WHICH WILL CEASE AND
AFTER A LULL YOU WILL HEAR THE HUM
OF THE RHYTHM OF THE WORLD - THE SACRED
"AUM". LISTEN TO IT, YOU WILL UNDERSTAND

GO IN THIS STATE TIME AND AGAIN, AND STAY IN IT AS LONG AS YOU CAN WANT. FIND THE TRUE SOUND OF "AUM" AND TRY TO LEARN THE SOUNDING OF IT.



POSITION OF THE EYES. (IT IS CALLED LOOKING ON THE MOUNTAIN TOPS, TOWARD THE URNA, CENTRAL EYE BETWEEN THE EYEBROWS.)



POSTURE FOR HEARING THE "AUM"

NOTE: TO GET THE BEST RESULTS, AND HAVE THEM THE QUICKEST WAY, START THE EXERCISE WITH THE MASTER ARCANES. (STANDING AND TENSING EXERCISE. (FACE THE POSITION OF THE SUN.))

..X..3..

VII B ARCANES. CONCENTRATION:

SIT ERECT, SPINE STRAIGHT, FACING THE POSITION OF THE SUN. DO THE COMPLETE (I) FIRST MASTER ARCANES (EXERCISE). THEN PROCEED IN PRACTICE OF CONCENTRATION. - FORMULATE THE THOUGHT ON WHICH YOU WANT TO CONCENTRATE AND MAKE IT SIMPLE AND CONCRETE, THEN HOLD IT IN YOUR ATTENTION. - TURN YOUR EYES INWARD AND AS FAR UPWARD AS YOU

CAN COMFORTABLY REACH, CLOSE THEM
 AS MUCH AS YOU CAN CLOSE THEM COMFOR-
 TABLY. YOU WILL FIND THAT INSIDE OF
 YOUR FOREHEAD, BETWEEN THE EYEBROWS,
 YOU FEEL A SLIGHT PRESSURE OR TENSION,
 AT TIMES THE FEELING MAY BE THAT
 OF SLIGHT PINCHING. HOLD TO THIS FEEL-
 ING, NOT LETTING IT RELAX, DO NOT
 PAY ATTENTION TO YOUR BREATHING
 OR YOUR BODY, (AT TIMES AFTER
 EXHALATION OR IN THE MIDDLE OF
 IT YOU WILL COMFORTABLY STOP
 BREATHING, THIS SHOULD BE SO.)
 NOW TAKE THE THOUGHT ON WHICH
 YOU CONCENTRATE, TRY TO SQUEEZE
 IT IN THE POINT BETWEEN THE
 EYEBROWS WHERE YOU FEEL THE
 PRESSURE. HOLD IT WITH THE PRE-
 SSURE, REPEATED IN FRONT OF IT,
 AND INSIDE OF IT, ON ALL THE MODES
 AND MANNERS, HALF IT, SPLIT IT,
 THE THOUGHT AND THE WORDS CON-
 TAINED IN IT. YOU WILL KNOW THEN
 THIS IS CALLED CAREFUL OBSERVATION.
 + AT CERTAIN TIMES YOU WILL SEE LIGHT, BE-
 FORE YOUR EYES, IT MAY BE A DOT, A STAR,
 A EYE, A VISION OF HEAVENLY FATHER,
 A GUARDIAN ANGEL, TO SEE THOSE THINGS
 PERTAINS TO SECOND STAGE OF CONCENT-
 TRATION CALLED WHEN THE SUBJECT IS
 OF SPIRITUAL IMPORTANCE APPEARS -
 -MEDITATION. WHEN IT IS PERTAINING
 TO OBJECTS OF WORLDLY LIFE IT IS THEN
 CONTEMPLATION. EACH OF THOSE
 HIGHEST STAGES, BEGINS WITH CONCENT-
 RATION. THE DEFINITION OF THOSE

PROCESSES IS - 1) ATTENTION, 2) RIVETING OF ATTENTION TO THE OBJECT IS CONCENTRATION; IT IS ALSO CALLED "SETTING THE HEART ON THE OBJECT", 3) BECOMING AT ONE WITH THE OBJECT IS MEDITATION OR ACCORDING TO THE OBJECT IT MAY BE CONTEMPLATION. (CALLED PERFORMING "JANGH YAMA" DURING THE MEDITATION AND CONTEMPLATION ALWAYS LOOK FOR THE LIGHT AND IT WILL COME TO YOU, SO BRIGHT, THAT THE LIGHT OF THE SUN WILL SEEM ONLY A SHADOW IN COMPARISON WITH IT, IT IS REAL, IT IS TO BE SEEN ON EVERY PLANE - PHYSICAL, MENTAL, SPIRITUAL AND PSYCHIC. THIS IS ILLUMINATION, "THE LIGHT".

ALSO BEING IN PASSIVE STATE YOU WILL SEE THE THINGS, OBJECTS, PERSONS, AND HAPPENINGS AND EVENTS - THEN IT IS CLAIRVOYANT STATE.

TO HELP TO DEVELOP THIS FACULTY, GRADUALLY GET ACCUSTOMED TO GAZE IN THE SUN (BEFORE IT CROSSES THE MERIDIAN), ALSO MORNINGS AND EVENINGS, AT SUNRISE AND SUNSET, BEGIN WITH SHORT TIME, LENGTHENING IT WITH ESTABLISHING OF THE HABIT. THE SAME TIME THAT YOU SPEND LOOKING AT THE SUN, USE IMMEDIATELY ON LOOKING ON SOME DARK SPACE OR WALL, OR CLOSE YOUR EYES AND WATCH THE SPOT THAT IS PHOTOGRAPHED ON YOUR RETINA, TRYING TO KEEP IT STEADY, AND WORKING TO BRING

IT NEAR TO YOU. BETWEEN (6) SIX AND (1) ONE FEET. YOU WILL FIND THAT THE IMAGE SEEN BECOMES LIKE A MIRROR FROM BURNISHED GLASS AND METAL, IN WHICH YOU WILL SEE REFLECTION OF YOUR FACE, AND DIFFERENT OBJECTS AND THINGS. USE ALSO MOON, AND PLANETS AND STARS, (BEFORE THEY CROSS THE MERIDIAN) IN THE DEVELOPEMENT WILL HELP TO USE ALSO A HUNDRED WATT BLUE ELECTRIC BULB AT 3 (THREE FEET DISTANCE.)

USE EXERCISES TO CONTROL THE MUSCLES OF YOUR EYES, BY ROLLING THEM OPEN AND TIGHTLY CLOSED, BY STRIVING TO SEE AS FAR BACK OF YOU AS YOU CAN, AND ALSO UP AND DOWN WITHOUT MOVING YOUR HEAD. ROLL YOUR EYES IN DIFFERENT GEOMETRICAL FIGURES. LEARN TO CONVERGE THEM AND CROSS THEM, LOOKING AT "URNA" POINT BETWEEN THE EYEBROWS, AND BRINGING THEM CROSSED TO THE TIP OF THE NOSE. WORK TO BE ABLE TO DESCRIBE GEOMETRICAL FIGURES WITH YOUR EYES CROSSED. DEVELOP FACULTY OF LOOKING WITH ONE EYE UP AND WITH ANOTHER DOWN.

NOW COMES THE EXERCISE USED FOR SPLITTING THE ETHER, FOR CLAIRVOYANCE - SIT STRAIGHT, RELAXED. CLOSE YOUR LEFTHAND LEAVING THE INDEX FINGER OUTSTRECHED, COVER THE LEFT HAND WITH THE SO THAT THE THREE FINGERS OF THE RIGHT HAND WILL BE CLASPING THE THREE FOLDED FINGERS OF THE LEFT,

THE FORE FINGER OF THE RIGHT HAND IS
OUTSTRETCHED TIP OF IT TOUCHING THE FORE-
FINGER OF THE LEFT HAND, THE THUMBS
OF BOTH HANDS ARE TOUCHING EACH
OTHER.

NOW SEPARATE THE FOREFINGERS OF
BOTH HANDS AND MAKE THE DISTANCE
BETWEEN THEM SAME AS THE DISTANCE
BETWEEN THE PUPILS OF THE BOTH EYES.
HOLD THE HANDS ABOUT TWO (2) FEET
FROM YOUR EYES, AND LOOK AT THE
FOREFINGERS UNTIL YOU WILL SEE
IN THE CENTER BETWEEN THEM,
THE THIRD FINGER, COMPOSITE OF
TWO FOREFINGERS. (HAVING ON ITS
SIDES TWO FINGERNAILS,
STUDY THIS COMPOSITE FINGER
UNTIL YOU SEE IT PERFECTLY, AND
WHEN BECOMES TO YOU A ABSOLUTE
REALITY. MOVE YOUR HANDS FARTHER
AND NEARER TRYING TO KEEP THE
THIRD FINGER IMAGE STEADY.



(1)



(2)

(1) POSTURE OF
THE HANDS.

(2) APPEARANCE
OF THE THIRD
FINGER.

LIGHT TWO CANDLES AND PUT THEM
BETWEEN THREE AND SIX FEET AWAY,
DISTANCE BETWEEN THEM BETWEEN
3 (THREE AND FOUR INCHES), LOOK ON

THEM UNTIL YOU SEE THE THIRD CANDLE BETWEEN THEM. VARY THIS EXERCISE BY VARYING THE DISTANCE FROM THEM AND BETWEEN THEM.

TAKE A HUMAN BEING, AND LOOK IN THE EYES, UNTIL YOU WILL SEE THE THIRD EYE IN BETWEEN. LEARN TO KEEP IT STEADY WITHOUT VARYING.

THIS GIVES THE VERY GREAT POWER OVER HUMAN BEINGS AND ANIMALS.

NEXT STEP IN DEVELOPING OF THE EYES IS TO LEARN THE DISTANCE ADJUSTMENT AND GAIN CONSCIOUS CONTROL OVER IT. - TAKE ANY OBJECT AND HOLD IT NOT FAR FROM THE EYES, AFTER THE SIGHT ADJUSTED ITSELF TO IT REMOVE QUICKLY THE OBJECT, BUT TRY TO KEEP THE EYES ADJUSTED TO THE DISTANCE WHERE OBJECT FORMERLY WAS. - THE THING BEYOND WILL SEEM HAZY, PRACTICE UNTIL YOU CAN ADJUST YOUR GAZE AT WILL. - WATCH THE DUST PARTICLES SUSPENDED IN THE NEAR AIR, AND FEEL BEYOND THEM WITHOUT CHANGING ADJUSTEMENT.

■ THIS DEVELOPS THE INNER GAZE. -

NOW LOOK AT VERY FAR OBJECT, AND THEN PUT IN THE WAY SOMETHING MUCH NEARER WITHOUT CHANGING THE FAR SEING ADJUSTMENT. YOU WILL PRACTICALLY LOOK THRU THE NEAR OBJECT. PRACTICE UNTIL YOU CAN LOOK THRU THINGS, THIS IS FAR AWAY GAZE.

NOW YOU CAN DO CRYSTAL GAZING FOR CLAIRVOYANCE AND ALSO TO TRANSMUTE THE THOUGHTS AT A DISTANCE.

SIT ON THE CHAIR, RELAX, DO THE FIRST MASTER ARCANES (EXERCISE), THEN HAVE IN FRONT OF YOU A TABLE ON WHICH YOU CAN REST YOUR ELBOWS. - REST UPPER PART OF YOUR FACE ON THE PALMS AND FINGERS, BUT THUMBS PLACE BEHIND THE EARS. HAVE THE BALL OF CRYSTAL, ON A STAND LITTLE HIGHER THAT LEVEL OF YOUR EYES. (YOU CAN USE GLASS BALL, TOURMALINE, BERYL, MAGICAL MIRROR, OR GLASS BALL FILLED WITH WATER, ALSO FIRE.)

HAVE A SINGLE CANDLE BURNING UP BEHIND YOU, WHILE IN FRONT OF YOU, BEHIND THE CRYSTAL HAVE A DARK SCREEN PREFERABLY BLACK VELVET.

PROCEED TO GAZE AND CONCENTRATE IN THE CRYSTAL, SPLITTING LIGHTLY THE ETHER UNTIL YOU WILL SEE TWO REFLECTIONS OF THE CANDLE. WATCH PATIENTLY, THE THINGS WILL BEGIN TO APPEAR, AND GET CLEAR. PRACTICE ALWAYS EVERY DAY AT THE SAME TIME WITHIN THE HOUR. TIME - FROM 5 (FIVE) TO 30 (THIRTY) MINUTES WITHOUT BLINKING. (FOLLOW THE SUN) YOU CAN DO ALSO WATCHING FORMS HOLDING YOUR HAND (RIGHT) OVER YOUR FACE AND PRESSING SLIGHTLY ON THE TOP OF THE BRIDGE OF THE NOSE, WITH THE EYES CLOSED. THEN YOU SEE

THING OUTLINED ON THE DARK SCREEN
 VERY OFTEN SYMBOLIC. THIS BRANCH
 IS VERY GOOD IN READING THOUGHT FOR
 IN NICE WARM WEATHER LAY DOWN
 ON YOUR SPINE ON THE GRASS, OR SAND,
 OR EARTH AND PUT YOUR ARMS FOLDING
 THEM BEHIND YOUR NECK AND HEAD AS
 A PILLOW, AND WATCH THE BLUE SKY,
 TRYING TO PENETRATE AS FAR AS POSSI-
 BLE, - DO IT ALSO AT NIGHT TRYING TO
 REACH THE STARS. - THIS MAKES EYES
 SENSITIVE TO ULTRAVIOLET AND INFRA
 RED RAYS AND DEVELOPES FACULTY
 OF SEEING AURA, OF HUMANS AND
 OTHER BEINGS. (ALSO PSYCHING OBJECTS.)
 THIS GIVES THE WAYS OF CONCENTRATION,
 MEDITATION, CONTEMPLATION, SPLITTING
 OF THE ETHER, INWARD SIGHT, FARAWAY
 GAZE, CLAIRVOYANCE, * THOUGHT FORM REA-
 DING, AURA, AND PSYCHOMETRY. *
 X) FOR TELEPATHIC TRANSVERENCE, USE
 SAME MEANS LIKE CRYSTAL GAZING, ONLY
 INSTEAD OF BEING RECEPTIVE (PASSIVE,
 BLANK) REPEAT THE FORMULA YOU WANT
 TO CONVEY TO OTHER PERSON, AND
 TUNE ON ACTIVE STATE (WILL POWER,
 AND DESIRE). * *



VIII G ARCANES: DREAM CONSCIOUSNESS

THE FIRST (1) STATE OF CONSCIOUSNESS IS
 THE [IGNORANT STATE], SECOND (2) IS
 THE [PHYSICAL STATE], THIRD IS THE
 DREAM STATE, WHEN ONE IS FULLY
 AWAKE OUTSIDE OF THE BODY, DURING

THE SLEEP. BEING CONSCIOUS, ONE CAN MOVE AROUND IN THE ASTRAL BODY, LEARN THINGS, BE ABLE TO PERFORM THINGS, TRY REACHING STATE CALLED [OCULT STATE OF CONSCIOUSNESS, AND OTHER STATES. I.E - MENTAL, SPIRITUAL, ASTRAL, SUPER, SELF AND COSMIC STATES OF CONSCIOUSNESS. TO REACH AWAKENING IN YOUR DREAM, YOU MUST SET ASIDE A DAY COMPLETELY, TO YOURSELF, IN A PLACE FRE FROM THE OUTSIDE DISTURBANCES. THEN PROCEED WITH THE WORK, BY SITTING ON A CHAIR HAVING IN FRONT OF YOU A TABLE WITH A PILLOW ON IT, BEND TOWARD THE TABLE SO THAT YOU CAN PUT YOUR ELBOWS ON IT, KEEPING THE SPINE STRAIT, REST UPPER PART OF YOUR FACE AND FOREHEAD ON PALMS OF YOUR HANDS WITH FINGER LITTLE & SPREAD, WET YOUR THUMBS AND INSERT THEM INTO EARS. CLOSE YOUR EYES AND TURN THEM SLIGHTLY UPWARD. (POSTURE EXACTLY LIKE THE (6) SIXTH ARCANUM - SOUNDLESS SOUND "AUM"). NOW BEGIN SINGING A MANTRA IN A LOW VOICE - "HUONG, YANG, YANG, YANG, - HUONG, YANG, [REDACTED] YANG" - HUONG, YANG, YANG, YANG - HUONG, YANG, YANG, YANG" REPEATING IT INCESSANTLY ON A MANTRAM TUNE.

(THE MUSIC FOR THE MANTRAS ON PAGES 74 AND 75 WAS NOT FURNISHED WITH THE MANUSCRIPT)

PROCEED SINGING THE MANTRAM WITHOUT VARIATIONS FOR TWO HOURS. (WITH EARS

STOPPED.) THEN STOP THE PRACTICE AND REST FOR TWO HOURS. IF YOU ARE HUNGRY TAKE SOME SOLID FOOD, ABSOLUTELY RESTRAINING ALL DAY FROM WATER, LIQUIDS AND LIQUID FOOD. AFTER REST OF TWO HOURS, BEGIN AGAIN THE SAME PRACTICE AS BEFORE SINGING THE SAME MANTRAM, FOR TWO HOURS. AGAIN TWO HOURS REST AND AGAIN TWO HOURS PRACTICE. THE EXERCISE SHOULD BE DONE THREE TIMES OF TWO HOURS EACH. AFTER THE LAST EXERCISE, REST AND GO TO SLEEP. IN THE BEGINNING WILL BE HARD TO FALL TO SLEEP, BUT IT WILL COME, AND DURING THE SLEEP YOU WILL HEAR THE MANTRAM WHICH YOU SANG DURING THE EXERCISES. - NOW YOU HAVE TO WAIT A WEEK WITH THE SECOND PART OF THE WORK, AND AGAIN SET A DAY ASIDE. THEN PROCEED WITH THE EXERCISE EXACTLY LIKE THE PRECEDING ONLY NOW USE ANOTHER MANTRAM AND ANOTHER TUNE. (THE EARS STOPPED) IN A LOW VOICE. -

SING IT FOR TWO HOURS STRAIGHT, AND REST FOR TWO HOURS. (THIS DAY YOU CAN DRINK WATER, BUT CAN NOT EAT ALL DAY ABSOLUTELY

RESTRAINING FROM FOOD, THEN AGAIN REPEAT THE SAME EXERCISES AND REST UNTIL YOU DONE THREE EXERCISES OF TWO HOURS EACH. REST AND GO TO SLEEP.

DURING THE SLEEP YOU WILL HEAR THE MANTRAM YOU HAVE BEEN SINGING THIS DAY.

THEN THE MANTRAM THAT YOU HAVE BEEN SINGING WEEK AGO, WILL OCCUR TO YOU, YOU WILL RECOGNISE IT, AND SUDDENLY UNDERSTAND AND REMEMBER THAT IT IS A MANTRAM THAT YOU HAVE BEEN SINGING A WEEK AGO, WHILE THE OTHER ONE IS THE MANTRAM YOU WERE SINGING THE PREVIOUS DAY. THIS OCCURENCE WILL GIVE ORIENTATION IN YOUR ACTIONS, BRINGING YOU THE FULFILMENT OF THE TASK THAT YOU UNDERTOOK, CONSCIOUSNESS IN YOUR DREAMING STATE. THE POSTURE, LACK OF FOOD, OR DRINK TOGETHER WITH VIBRATIONS OF SINGING THE MANTRAS, IMPRESSES THE SUBCONSCIOUS AND THE SOUL, BRINGING IN REALISATION OF DREAM CONSCIOUSNESS.

NOTE. DURING THE EXERCISES FACE THE DIRECTION OF THE SUN. BE RELAXED AND COMFORTABLE.

ALSO REMEMBER SLEEP ALWAYS WITH THE HEAD TOWARD NORTH, (IN THE NIGHT TIME) IT PERMITS THE MAGNETIC AND ELECTRIC CURRENTS OF THE BODY, GET STRENGTHENED WITH THE MAGNETIC FIELDS OF THE EARTH, AND ELECTRIC CURRENTS OF THE SUN. ALSO WATCH YOUR POS-

IX. L. ARCANÉ. RECHARGING NERVOUS ENERGY
AWAY USED IN ANCIENT EGYPT FOR STRENGTHENING OF CURRENTS OF ENERGY WITHIN THE BODY. IT WAS SHOWN IN THE FIGURES, USING THE SECOND MASTER ARCANÉ EXERCISE. TWO RODS CLASPED IN THE HANDS OF STANDING FIGURES, WERE THE GRIPS OF TREMENDOUS POWER, A KIN TO ELECTRICITY (SECONDARY ELECTRICITY), WHICH WHEN THE GRIPS WERE HELD IN THE HANDS RELEASED THIS ENERGY INTO THE BODY, TO BE STORED IN UNIPOLAR GANGLIA, AND SPINAL FLUID, RAISING THE POTENTIAL OF ENERGY ONE HUNDRED PERCENT, AND LASTING FOR A DAY AND A NIGHT, (24) TWENTY FOUR HOURS.
THE RODS WERE TWO IN NUMBER AND OF DIFFERENT COMPOSITIONS. ONE GENERALLY TO BE USED IN THE RIGHT, ANOTHER IN THE LEFT HAND, ONE HAVING THE POWER OF THE SUN, ANOTHER OF THE MOON.
THE SUN ROD OF POWER IS COMPOSED OF HARD COAL SPECIALLY HARDENED, IN WHICH STRUCTURE OF THE MOLECULES IS CHANGED THE WAY THE MOLECULES OF IRON ARE CHANGED WHEN CONVERTING IRON INTO MAGNETISM. (TO CONVERT IRON INTO MAGNETISM THE STRUCTURE OF IRON MOLECULES IS CHANGED BY RECRYSTALLISATION PROCESS - HARDENING, THEN IT WILL RETAIN THE MAGNETISM) - PROCESS OF HARDENING IS HEATING TO HIGH TEMPERATURE AND THEN INSTANTLY COOLING BY SUBMERGING IN WATER. (THE RODS OF HARD COAL PREPARED FOR THE ELECTRIC ARC LAMPS, ARE EXCELLENT AS SUN RODS OF POWER.

THE HARDENED ROD OF COAL, CAN BE INSERTED IN A COPPER TUBE, WITH BOTH ENDS OPEN OR CLOSED. (LENGTH OF ROD (6" SIX INCHES, DIAMETER (1" ONE INCH, OR ACCORDING TO THE GRIP OF THE HAND.



GRIP FROM HARDENED COAL (SUN)

THE MOON ROD OF POWER IS COMPOSED OF HARD LODE STONE, OR PRESSED LODE STONE (IT MAYBE ALSO A ROD OF MAGNETISED HARD IRON OR STEEL (MAGNESS)). MOON ROD OF POWER CAN BE INSERTED IN A ZINC, OR TIN, TUBE, WITH BOTH ENDS OPEN OR CLOSED. (LENGTH AND DIAMETER IDENTICAL WITH SUN ROD)



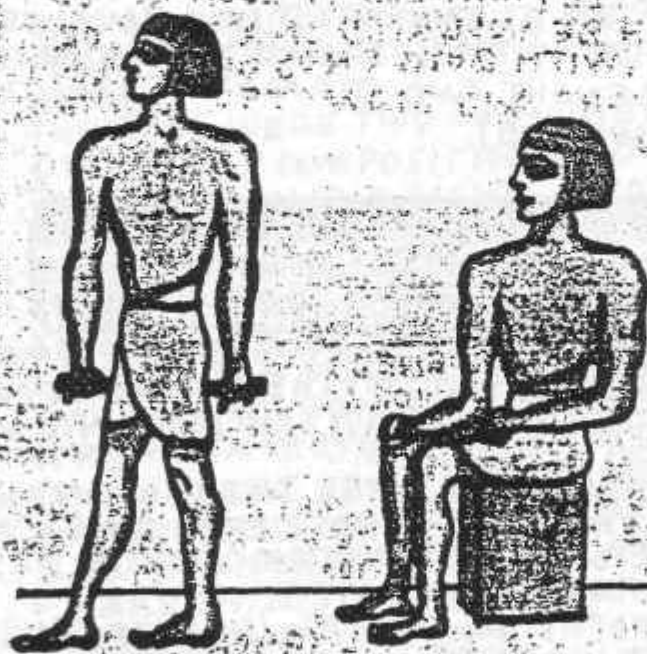
GRIP FROM HARDENED LODE STONE. (MOON)

THE MOON GRIP (ROD) WORKS AS A KIND OF CATALYST, TO BRING THE SUN GRIP (ROD) INTO MORE POWERFUL ACTION.

GRIPS AND RODS OF POWER, WERE KNOWN AND USED IN THE MOST REMOTE EVEN TIMES, AND SECRETS OF PREPARATION OF THEM WAS KNOWN TO FEW INITIATES.

THE MYSTERIOUS METAL (BRONZE) AURICULUM HAS TREMENDOUS POWER, AND IS COMPOSED OF FIVE METALS, EACH HAVING A DEFINITE COLOR - WHITE, BLACK, RED, BLUE AND YELLOW. IT IS RADIOACTIVE, AND IN IT HIDES MYSTERY OF IMACULATE

CONCEPTION. (PROPORTION OF METALS IS EVEN).
 THEN COMES ELECTRON, COMPOSED OF GOLD
 AND SILVER (40% GOLD AND 60% SILVER),
 THEN COMBINATION OF SILVER 75% AND ZINC 25%,
 COMBINATION OF COPPER AND ZINC AND ALSO
 COPPER AND TIN. (MANY COMBINATIONS
 OF BRONZE YOU CAN MAKE FIGURING OUT
 PLANETS THEIR RELATIONS AND PROPERTIES.
 SUN ☉-GOLD, MOON ☾-SILVER, SATURN ♄-LEAD
 JUPITER ♃-TIN, MARS ♂-IRON, VENUS ♀-COPPER
 MERCURY ☿-MERCURY.
 ALSO MINERALS - COAL, LODESTONE, BERYL, AMBER,
 TOURMALINE, ROCK CRYSTAL, HEMATITE, ETC.



THE EGYPTIAN MASTER SYSTEM POSTURES FOR RE-
 CHARGING THE NERVOUS ENERGY. (ONE SHOULD BE
 RELAXED, AND FOLLOWING THE DIRECTION OF THE
 SUN.)

OBJECTS SHAPED IN DIFFERENT SYMBOLIC FORMS ARE ALSO USED THROUGHOUT THE WORLD, LIKE BABYLONIAN MALES (IRON WITH SILVER INLAY) WITH HORNED HUMAN HEAD, AND HEAD OF THE BULL. IN THIBET IS USED DORGE, ETC. (200% OF POWER CAN BE USED WITH ^{LASTINGLY} SECOND MARCH)



DORGE.

X L. ARCANÉ: KECHARA MUDRA. (POSTURE)
IT IS USED FOR PREPARATION FOR HIBERNATING, (GOING INTO LETARGIC TRANCE), AND ALSO ENABLES ONE TO CENTER THE LIFE ENERGIES IN THE HEAD, SEPARATING THE POLES IN THE BODY, BY CLOSING BOTH CURRENTS INDIVIDUALLY, BY WHICH MEANS THEY MAY REMAIN FOR INDEFINITE TIME, BUT IN REALITY - 3 TO 6 MONTHS IS USED.

KECHARA MUDRA IS PROCESS OF SWALLOWING THE TONGUE OR OF INSERTING THE TONGUE PAST SOFT PALATE INTO NASAL CAVITIES.

IT SHOULD BE PREPARED SLOWLY AND PRACTISED GRADUALLY.

EVERY DAY, YOU MUST FOR CERTAIN TIME STICK OUT YOUR TONGUE, GET HOLD OF IT WITH YOUR HAND THROUGH A PIECE OF CLOTH (TO PREVENT THE TONGUE FROM SLIPPING FROM THE FINGERS), THEN PULL THE TONGUE OUT, GRADUALLY

MAKING IT LONGER, YOU MUST PULL IT, AND
ALSO MASSAGE IT WITH A MILKING MOTION.
DURING PULLING OF THE TONGUE, THE MEM-
BRANE UNDER THE TONGUE, CALLED, FROENU-
LUM LINGUE, WILL BECOM LOOSENEED OR
CUT ON THE ~~TEETH~~ TEETH, PERMITTING THE
TONGUE TO GRADUALLY BECOME LONGER.
(CUTTING OF THE FROENULUM LINGUE, MAY
BE DONE BY OPERATION, KNIFE, OR USING
A SHARP BLADE OF GRASS.) ALWAYS AFTER
INJURING THE TONGUE THROUGH PULLING APPLY THE
SALT TO THE WOUND. REAL PERFECTION IS REACHED
WHEN ONE CAN TOUCH WITH THE TONGUE, POINT
BETWEEN THE EYEBROWS.

XI LARCANE. MULLAH MUDRA. MULLHA MUDRA

USED IN THE DEVELOPEMENT FOR HIBERNATION, ALSO FOR REJUVENATION AND CLEANING OF THE INTESTINAL TRACT AND LOWER BOWEL. IT IS VERY HEALING IN CASE OF GASTRITIS, AND APPENDIX. FACE THE SUN (OR THE DIRECTION OF), GO DOWN ON YOUR KNEES, STRAIGHTEN THE SPINE WITH ARMS AND HANDS UP, LOOKING SLIGHTLY UPWARDS. RELAX, DRAW THE BREATH IN STRONGLY AND FULLY, BENDING SLIGHTLY (SWAYING) BACKWARDS, THEN HOLDING THE BREATH, BEND FORWARD UNTIL YOU CAN BEND THE THE ARMS AT THE ELBOWS AND REST YOUR ELBOWS AND FOREARMS ON THE EARTH, THEN SWING ON ELBOWS AND KNEES, (UPPER ARMS AND TIGHS) SO THAT YOU CAN COMFORTABLY TOUCH THE GROUND WITH YOUR FOREHEAD. (THIS IS CALLED PROSTRATING ONESELF). ELBOWS SHOULD BE FROM 12" TO 24" FROM THE KNEES, RELEASE THE BREATH THE MOMENT YOU STRIKE THE EARTH WITH THE ELBOWS. RELAX. TAKE A PREVIOUSLY PREPARED LITTLE TUBE - FROM BAMBOO, HARD RUBBER, WOOD, IVORY, OR OTHER APPROPRIATE SUBSTANCE, (ABOUT 5" TO 6" LONG, $\frac{1}{2}$ " WIDE (DIAMETER), OPENING INSIDE THE TUBE $\frac{1}{8}$ " TO $\frac{1}{4}$ ", ENDS VERY WELL ROUNDED AND POLISHED. THE TUBE YOU MUST INSERT INTO ANUS, PAST EXTERNAL AND INTERNAL SPHINCTERS, WHICH



WILL BE ABOUT 3" (THREE INCHES). AT THE CORRECT INSERTION OF THE TUBE, THE PASSAGE FOR AIR WILL BE ESTABLISHED, AND YOU WILL HEAR A SPECIFIC HISsing SOUND, OF AIR PASSING TO AND FROM THE LARGE INTESTINE. TO REGULATE IT ADJUST YOUR POSTURE SWAYING FORWARD AND BACKWARD, ON YOUR ELBOWS AND KNEES. KEEP YOUR STOMACH RELAXED, AND BREATH EVENLY AND RHYTHMICALLY, USING MOSTLY CHEST MUSCLES, IN DEEP INHALATIONS AND EXHALATIONS. YOU WILL NOTICE THAT DURING THE INHALATION, THE AIR IS EXPELLED FROM THE INTESTINES, AND DURING THE EXHALATION THE AIR IS BEING DRAWN IN THRU THE RECTUM. THIS IS CALLED MULLAH MUDRA, BREATHING THROUGH THE RECTUM. OCCASIONALLY YOU CAN CLOSE YOUR LARYNX AND PERFORM MUSCULAR ACT OF BREATHING, WITHOUT CIRCULATING THE AIR IN THE LUNGS. THIS STRENGTHENS THE INTESTINES, AND MAKES AWAY WITH THE INDIGESTIONS AND CONSTIPATION.

FORM OF TUBE USED WITH THIS EXERCISE
(NOTE TUBE MAY BE ALSO SLIGHTLY BENT.)
DO THIS EXERCISE BETWEEN 10.- (TEN) AND 30 (THIRTY) MINUTES, OR ACCORDING TO NEED.

OCCASIONALLY DURING THE EXERCISE FOR MORE COMFORT YOU CAN MOVE THE HANDS NEAR EACH OTHER AND REST YOUR FOREHEAD OR FACE ON KNUCKLES OF YOUR HANDS. ALSO ACCORDING TO FELT NEED, YOU MAY RAISE UPRIGHT ON YOUR KNEES, AND PUT

YOUR ARMS AND HANDS UP, BENDING BACK
WARD, LIKE IN THE BEGINNING OF EXERCISE,
INHALING DEEPLY.

REMEMBER ALWAYS AT THE END OF
THE EXERCISE TAKE CARE, THAT THE
AIR IS EXPELLED, WHAT MEANS YOU TAKE
THE DEEP INHALATION, AND REMOVE THE TUBE
FROM THE RECTUM WHILE HOLDING BREATH
A PUSHING IT DOWNWARD, (TENSING)

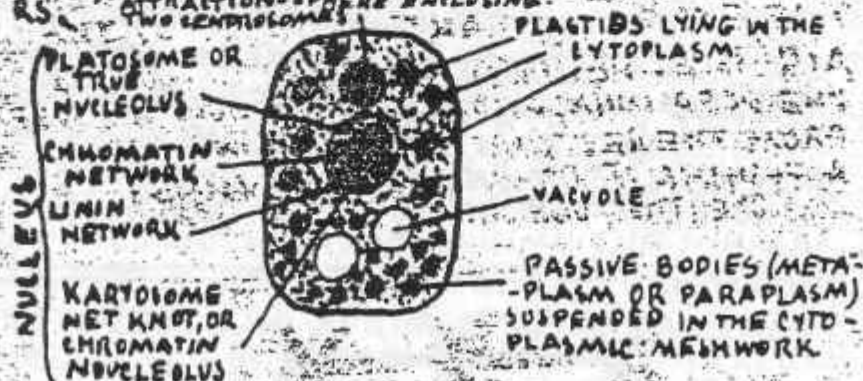
NOTE (THE TUBE SHOULD BE KEPT CLEAN.)



XI) G.S. ARCANÉ. FACE AND HEAD REJUVENATING EXERCISE. ALSO GENERAL.

THIS IS THE EXERCISE WHICH IS ACTUALLY A COMPLEMENTARY TO THE XITH ARCANÉ (MULLAH, OR MULLHAMUDRA, AND IS USED TO REJUVENATE AND CLEAN THE FACE, NECK, HEAD, AND ALSO TO REFRESH REJUVENATE AND STRENGTHEN THE ORGANS IN THE HEAD, - BRAIN, ORGANS OF HEARING TASTE, SMELL, SINUSES, ETC. GETTING AWAY WITH ALL THE CONGESTIONS, STASIS, AND UNHEALTHY CONDITIONS, WITHIN BOUNDARIES OF THE HEAD, HAIR AND TEETH INCLUDED. THE OUTSIDE OF THE HEAD AND FACE, CAN BE AFFECTED BY WASHING WITH WATER, CREAMS, LOTIONS, HOT AND COLD APPLICATIONS, MASSAGE ETC., BUT THOSE THINGS IN TIME DO MORE DAMAGE THAN HELP, BY STRETCHING AND DEFORMING THE CELLS, WHICH LOOSE THEIR ELASTICITY AND THUS BECOME LIFELESS AND FLABBY.

EVERY BODY IS CONSISTING OF CELLS, THE UNIT OF PROTOPLASMIC MASS IS A CELL, HAVING A CELL BODY, CELL-WALL, CELL-NUCLEUS AND NUCLEOLUS, AS ITS TYPICAL AND FUNDAMENTAL CHARACTERS.



PROTOPLASM CONSISTS OF COMPOUND OF CARBON (OVER 50%), HYDROGEN, NITROGEN, OXYGEN, SMALL AMOUNT OF SULPHUR, PHOSPHORUS, AND ABOUT A DOZEN OTHER ELEMENTS.

CELLS ARE OF MANY KINDS, BUT FUNDAMENTALLY THEY ARE ALL SIMILAR IN CONSTITUTION AND POWERS. ALL LIVING BODIES CONSIST OF ONE OR MORE PROTOPLASMIC CELLS AND CERTAIN EXTRA PROTOPLASMIC ELEMENTS, PRODUCTS OF CELLULAR ACTIVITY.

ONE OF THE MOST REMARKABLE OF THE CHARACTERS OF LIVING THINGS IS THEIR POWER TO TAKE UP NON-LIVING MATTER, CONVERT IT INTO LIVING SUBSTANCE AND BACK AGAIN INTO LIFELESS MATTER, A PROCESS CALLED NUTRITION. THE FIRST PART OF THIS PROCESS, THAT BY WHICH THE NON-LIVING MATTER BECOMES LIVING, IS CALLED ANABOLISM. THE REVERSE PROCESS, WHICH RETURNS LIVING MATTER TO THE LIFELESS STATE, IS CATABOLISM.

ANABOLISM IS THE PROCESS BY WHICH INERT FOOD SUBSTANCES, SIMPLE COMPOUNDS, ARE BUILT UP INTO COMPLEX SPECIAL COMPOUNDS MANIFESTING THE PROPERTIES OF LIFE.

CATABOLISM IS THE PROCESS BY WHICH THE COMPLEX, LIVING COMPOUNDS ARE RETURNED TO A MORE SIMPLE FORM BY A PROCESS OF COMBUSTION, CHEMICALLY SIMILAR TO BURNING, ALWAYS PRODUCING CARBON DIOXIDE (CO_2) AND WATER AND IN MANY CASES VARIOUS FORMS OF ASH.

ANABOLIC PROCESS SUPPLIES THE MATERIAL FOR CATABOLISM AND IN EXCESS OF THIS NEED GIVES GROWTH, OR INCREASE OF TISSUE. THE CATABOLIC PROCESS YIELDS ENERGY IN THE BODY.

THE METABOLIC PROCESS IS CHARACTERISED BY THE CONSUMPTION OF OXYGEN (O) AND THE EVOLUTION OF CARBON DIOXIDE (CO_2). THIS PROCESS IS CALLED RESPIRATION.

OXYGEN SUPPLIES THE ELEMENT NECESSARY FOR THE COMBUSTION OF FOOD AND TISSUE SUBSTANCES AND IS NECESSARY IN THE CATABOLIC PHASE OF METABOLISM. IT SUPPORTS THE DESTRUCTIVE PROCESS AND DOES NOT ENTER THE PRODUCTIVE, ANABOLIC PHASE EXCEPT AS SOME DEGREE OF ENERGY IS CONSUMED IN BUILDING THE LIFELESS MATERIALS INTO LIVING SUBSTANCE. HOWEVER SOME OXYGEN IS STORED IN THE TISSUES WHERE IT REMAINS INERT UNTIL NEEDED FOR COMBUSTION FOR THE PRODUCTION OF ENERGY. CONSIDERABLE PERCENTAGE OF OXYGEN IS ALWAYS A PART OF PROTOPLASM ITSELF NEXT TO OXYGEN, LIVING THINGS NEED WATER (H_2O). THE SIMPLEST FORMS OF LIFE, AND MANY OTHERS LIVE ENTIRELY IN WATER. WATER MAKES UP THE LARGER PART OF ALL LIVING THINGS.

IN ADDITION TO THE WATER INCORPORATED INTO THE CELLS AS A PART OF THEIR TISSUES, ALL THE ACTIVE, LIVING CELLS OF THE MANY-CELLED BEINGS LIVE IN A WHAT HAS TO BE CONSIDERED FLUID MEDIUM, MAIN CONTINENT OF WHICH IS WATER. IN CASE OF THE PLANTS THIS FLUID IS CALLED SAP; IN THE ANIMALS AND MAN IT IS BLOOD OR LYMPH, OR JUST WATER WHICH IS CIRCULATED TO THE TISSUES. THOSE BODY FLUIDS CONVEY TO THE CELLS THEIR FOOD, CARRY AWAY THEIR WASTES, AND SUPPLY THE WATER NECESSARY FOR KEEPING THE LIVING SUBSTANCE IN THE HALF-FLUID, MOBILE CONDITIONS NECESSARY TO LIFE.

WHEN THERE IS INSUFFICIENT SUPPLY OF FLUID MEDIUM, BLOOD OR LYMPH, TO THE CELLS, IT AFFECTS THEM BY NOT FEEDING THEM, AND THEY BECOME UNDERNOURISHED AND STARVED, AND ALSO THE ELIMINATION AND COMBUSTION PROCESS BECOMES SLOW, LEAVING LOTS OF WASTES WITHIN THE CELLS, NOT ELIMINATED, WHICH CLOG THE CELLS ADDING UNNECESSARY BULK, STRETCHING THEIR PROTECTIVE MEMBRANE AND TAKING AWAY ITS ELASTICITY.



IN THE CASE OF BAD METABOLISM, THE WALLS OF THE CELL WILL BE EXPANDED, BUT LIQUID CONTENT WILL BE SMALLER, EXPANSION DUE TO REFUSE COLLECTED.

NORMAL CELL

CELL EXPANDED
TRUE METABOLISM

CELLS NOT POSSESSING ELASTICITY AND LIQUIDITY, FIT BADLY TOGETHER, AND TEND TO STAY IN THE FORM FORCED ON THEM WITH MOVEMENTS OF THE PARTS OF THE BODY, OR

ORGANS, WITHOUT HAVING ENOUGH SPRING-
NESS TO RETURN TO NORMAL SUSPENSION-
TENSION. THIS CREATES WRINKLES AND
FOLDS, OBSTRUCTING EVEN MORE PROCE-
SSES OF METABOLISM, AND CREATES GRA-
DUALY DEPOSITS OF SALTS, IN CAPILA-
RIES, AND TISSUES AND ARTERIES AND
VEINS, BRINGING A STATE CALLED -
HARDENING OF THE ARTERIES - ARTE-
RIO SCLEROSIS.

THE ARTERIES RESPONDING TO ADRENALIN
AND EPHEDRINE OFTEN RELEASED IN THEM
FROM THE ADRENALS, CALLED FORTH BY
HIGH TENSION OF LIVING, CONTRACT AND
GET SALTS DEPOSITED IN THEM, HARDENING
MORE AND BRINGING THE HIGH BLOOD
PRESSURE, AND GENERAL DEBILITY.

THE ONLY MEDICINE FOR THIS STATE,
IS TO RESTORE THE DISSOLVING AND CU-
RING TONE OF THE BLOOD, AND THEN
TO DIRECT IT TOWARD UNDERNOURISHED
AND CONGESTED WITH REFUSE AREAS,
THRU CONSCIOUS APPLICATION OF
THIS ARCANÉ.

1ST PART - PURIFYING AND STRENGTH-
ENING OF THE BLOOD.

DRINK PLENTY WATER, FRUIT AND VEGE-
TABLE JUICES. (LEMONS, ORANGES, PINE-
APPLES, PRUNES, APPLES, ETC. -
CELERY, ONIONS, CARROTS, BEETS, CABBA-
GES ETC.

DRINK MILK ONE HOUR OR MORE AFTER
TAKING JUICES, AFTER MILK YOU CAN
TAKE JUICES TWO HOURS OR AFTER.

USE 1ST ARCANÉ MULLAH (MULLHA) MWORA.
IF YOU HAVE TO MAKE THE REJUVENATION
STRONGER, USE JUICES OF BEETS, CELERY,
CARROTS, ORANGES AND TURNIPS, AND AFTER

HEATING THEM LITTLE BELOW BODY TEMPERATURE. DILUTED IN 50% WATER (TOGETHER 1 QUART) USE AS ENEMA EVERY THREE DAYS. AS TO REGULAR FOOD, EAT EVERYTHING YOU LIKE OR ARE USED TO, BUT IN SMALLER QUANTITIES (ON ACCOUNT OF JUICES AND MILK THAT YOU ARE TAKING).

NOW COMES THE EXERCISE TO BE DONE TWICE EVERY DAY, FOR A PERIOD FROM 5 (FIVE) TO 10 (TEN) MINUTES. THIS EXERCISE IS MADE TO AWAKEN AND INTENSIFY WORK OF THYROID AND PARATHYROID GLAND WHICH RELEASE SECRETIONS, TO STRENGTHEN AND PURIFY THE BLOOD, AND HEIGHTEN THE METABOLISM, HELPING TO DISSOLVE AND ELIMINATE SALTS AND WASTE PRODUCTS FROM THE BODY.

1) PUT YOUR THUMB FIRMLY UNDER THE CHIN, OTHER FINGERS FOLDED. PRESS SLIGHTLY WITH THE THUMB ON THE MUSCLES UNDER THE CHIN. NOW ROLL YOUR TONGUE BACKWARDS AND FORWARD, REPEATING THIS MOTION FOR $2\frac{1}{2}$ TO 5 MINUTES. (YOU WILL FEEL THE MUSCLES RIPPLE UNDER YOUR CHIN WHERE YOUR THUMB RESTS. HELP THIS MOTION FOLLOWING IT WITH THE THUMB, SLIGHTLY PRESSING TO EXCITE THE CONTRACTION OF THE MUSCLES.) THIS IS THE FIRST PART OF THE EXERCISE.

2) BEND YOUR HEAD DOWN UNTIL CHIN WILL TOUCH THE CHEST, THEN TENSE THE MUSCLES OF THE CHIN AND NECK, BY STRETCHING THE MOUTH ON BOTH SIDES AND DOWN. ALL THE MUSCLES AND TENDONS SHOULD STAND OUT ON THE NECK, PROCEED THEN TO LIFT THE HEAD AND THE CHIN WAY UP WITHOUT RELEASING THE TENSION OF

THE MUSCLES, BUT INSTEAD PULLING THEM AND STRETCHING VIGOROUSLY.

AFTER PULLING THE CHIN AND THE HEAD WAY UP, RELAX THE NECK AND FACE, BEND THE HEAD AND CHIN DOWN AGAIN, TENSE AND REPEAT THE BEFORE DESCRIBED EXERCISE. DO IT REPEATING FOR 2 1/2 TO 5 MINUTES.

THOSE TWO ABOVE DESCRIBED EXERCISES, AWAKEN, PURIFY AND EXCITE THE THYROID GLAND, WHICH PRODUCES AND SEND INTO THE BLOOD STREAM, SECRETIONS WHICH ARE REJUVENATING TO THE TISSUES AND THE BODY.

NOTE: IN THE BEGINNING OF THOSE EXERCISES YOU WILL HAVE PAINS IN THE THROAT, NECK AND THYROID AREA, WHICH IS PERFECTLY TO BE EXPECTED, ON ACCOUNT OF EXERCISING THE MUSCLES WHICH ARE NOT USED TO GYMNASTIC. AFTER FEW DAYS THE PAINS WILL STOP AS YOU ATTAIN THE CONTROL OVER THE MUSCLES. BEST BEGIN WITH 2 1/2 MINUTES EACH EXERCISE AND GRADUALLY BUILD UP TO 5 MINUTES.

WE COME NOW TO THE PROPER XII ARCAN REJUVENATING FACE AND HEAD. IT IS AS FAR AS THE POSTURE GOES IDENTICAL WITH MULLAH (MULLHA) MUDRA, WITHOUT USING BREATHING THROUGH THE RECTUM, AND RAISING MORE OFTE TO THE UPRIGHT POSITION ON YOUR KNEES. DO VERY STRONG AND DEEP BREATHING, FOR ABOUT FIVE MINUTES, UNTIL YOUR FACE AND BODY WILL START TINGLING, SHOWING STRONG OXYDISATION OF THE BLOOD. THEN FACING THE DIRECTION

OF THE SUN GO DOWN ON YOUR KNEES, STRAIGHTEN THE SPINE WITH ARMS AND HAND EXTENDED UPWARDS, POINTING THE EYES SLIGHTLY UP, AND BEND YOUR SPINE LITTLE BACKWARDS WITH GRACEFUL SWAYING MOTION, WHILE DOING THE ABOVE INHALE. HOLD THE BREATH, AND BEND FORWARD, UNTIL YOU CAN REST YOUR ELBOWS, (THE ARMS BENT) ON THE EARTH, THEN SWING YOUR BODY ON ELBOWS AND KNEES UNTIL YOU CAN TOUCH THE EARTH WITH YOUR FOREHEAD. (NOTE: THE MOMENT YOU STRIKE THE EARTH WITH YOUR ELBOWS AND HAND. RELEASE THE BREATH.) NOW ADJUST THE FOREARMS, HANDS AND ELBOWS COMFORTABLY, AND STRIVE TO TOUCH YOUR KNEES WITH THE CHIN. BREATH ACCORDING TO DEMANDS NATURAL WITH YOUR POSTURE, BUT TRY TO HOLD YOUR BREATH LONGER DURING BREATHING, AS IT IS APT TO SEND MORE BLOOD INTO YOUR HEAD AND FACE, WHICH IS THE AIM OF THIS EXERCISE, WHEN YOU FEEL ALREADY A POWERFUL PRESSURE WITHIN YOUR HEAD AND FACE. RISE THE UPPER PART OF THE BODY UP, AND RISING YOUR ARMS AND HAND AS IN THE BEGINNING OF EXERCISE SWAY SLIGHTLY BACKWARDS BREATHING DEEPLY, UNTIL YOU WILL FEEL THAT BLOOD RECEDED FROM THE HEAD AND FACE. THEN INHALE DEEPLY, AND BEND AGAIN, REPEATING THE EXERCISE, AS DESCRIBED ABOVE. DO IT FOR FIVE (5) MINUTES, BENDING, AND STRAIGHTENING. DO IT EVERY DAY GRADUALLY LENGTHENING THE TIME UP TO (30) THIRTY MINUTES. NOTE: TIME MAY VARY ACCORDING TO NECESSITY, AND DOING EXERCISE PAR EXEMPLE FOR

FIFTEEN (15) MINUTES YOU SHOULD BEND AND STRAIGHTEN FIFTEEN TIMES OR MORE.



FIRST PART OF THE XU ARIANE. RAISING ON THE KNEES AND SWAYING SLIGHTLY BACKWARDS. SENDING BLOOD AWAY FROM HEAD AND FACE.



SECOND PART OF THE XU ARIANE. BENDING, PROSTRATING. SENDING BLOOD TO HEAD AND FACE.

THE ABOVE IS THE REJUVENATING ARIANE
ALSO TO RENEW AND CLEAN THE TISSUES
IN DIFFERENT PARTS OF THE BODY YOU
HAVE TO LEARN THE WAY OF SENDING
THE BLOOD TO THEM, AND ALSO TO
WITHDRAW IT. IT IS DONE BY HAVING
THE CENTER OF THE PART TO BE FLUSHED
WITH BLOOD PUT BELOW THE OTHER PART,
THEN IT WILL BE FILLED WITH BLOOD,
TO WITHDRAW THE BLOOD PUT THE CENTRE
OF THE PART OF THE BODY TO BE DRAINED
OF THE BLOOD HIGHER THEN THE OTHER PARTS.

NOTES. YOU SHOULD KNOW ALSO, THAT
WHEN INHALING THE BLOOD IS RECEIVING
FROM DIFFERENT PARTS OF THE BODY,
WHEN HOLDING THE AIR IN THE LUNGS,
AND ALSO WHEN EXHALING BLOOD
CIRCULATES STRONGER.

THE CIRCULATION, OR RUSH, AND WITHDRAWAL
OF THE BLOOD TO AND FROM THE HEAD
IS ABSOLUTELY SYNCHRONIC WITH THE
BREATH.

THE BLOOD PRESSURE IS IN THE ARTERIES,
WHERE IS THE PURE OXYDISED BLOOD, WHICH
UNDER THIS PRESSURE REACHES THE CAPIL-
LARIES, THE CELLS, AND FEEDS THEM ALSO
GIVING THEM THE OXYGEN TO UPHOLD BURNING
OF WASTE PRODUCTS AND TRANSMUTE THEM
INTO FORM EASY TO ELIMINATE FROM THE
ORGANISM. THOSE WASTE PRODUCTS GET
INTO VENOUS BLOOD, AND ARE BURNT
OUT IN THE LUNGS, SWEATED THROUGH THE
PORES OF THE SKIN, ELIMINATED THROUGH
THE KIDNEYS, AND ALSO BOWELS AND LIVER.
IN THE VEINS BLOOD PRESSURE IS LOWER THEN
IN THE ARTERIES. THE REACH OF BLOOD TO THE
TISSUES CAN BE CONTROLLED ALSO BY

PRESSING THE ARTERIES AND VEINS.

BY PRESSING ON THE ARTERIES WE STOP THE FLOW OF THE BLOOD TO THE PART OF THE BODY WHERE IT IS DESTINED, AND THE BLOOD LEFT DRAINS THROUGH THE VEINS, LEAVING THE PART BLOODLESS.

BY PRESSING ON THE VEINS THE OUTFLOW OF THE BLOOD IS CHECKED, BUT THE INFLOW IS OPEN THRU THE ARTERIES, FILLING THE PART WITH BLOOD.

BY STUDY OF PLACES WHERE ARTERIES AND VEINS ARE CLOSE TO THE SKIN, ONE CAN EASILY CONTROL THE FLOW AND THE EBB OF THE BLOOD BY PRESSING MANIPULATIONS.

ANOTHER WAY OF CONTROLLING THE CIRCULATION IS BY TENSING DIFFERENT SETS OF MUSCLES THROUGH WHICH THE VEINS AND THE ARTERIES PASS. TENSING OF THE MUSCLES CONTRACTS THE ARTERIES AND VEINS BY PINCHING THEM.

GREAT INFLUENCE ON THE HUMAN BODY IS EXERTED BY THE FEET AND THE TOES AND EXERCISING THE SECOND MASTER ARCADE (GRAND) HAS VERY SERIOUS IMPORTANCE. (STANDING AND RISING ON THE BALLS OF THE FEET). MASSAGE THE FEET THOROUGHLY, EXERCISING AND KNEEDING THE ANKLES, AND ALL THE MUSCLES OF THE FEET; MASSAGE AND PULL THE TOES, THEN PRESS THE TIPS OF THEM, ESPECIALLY THE GREAT TOE, IT WILL AWAKEN NERVES, BRING ABOUT INCREASED CIRCULATION OF BLOOD, AND BENEFICIALLY REACT ON THE NERVOUS CENTERS AND GANGLIA, STIMULATING THROUGH THEM THE DIFFERENT GLANDS IN THE BODY. MOVE THE ANKLES AROUND UP AND DOWN, WITH VIGOUR, SIDEWAYS, DO IT TOO WITH THE TOES!

BESIDES THE FEET PAY VERY STRICT ATTENTION TO THE HANDS. BEND YOUR ARMS IN THE ELBOWS, AND HAVE THE HANDS BECOME ABSOLUTELY LIMP AND RELAXED, PERFECTLY FLEXIBLE AT THE WRIST. SHAKE THE HANDS WITH THE MOTION OF FOREARMS AND ARMS, UP AND DOWN, AND THEN IN CIRCLES, WITH SO QUICK MOTION AS TO BLUR THE VISION OF THE HANDS. DO IT UNTIL WHEN YOU STOP YOU WILL FEEL THE STRONG VIBRATION IN YOUR HANDS, COMPARABLE TO THE ELECTRIC CURRENT. RIG THE HANDS STRONGLY TOGETHER IN EVERY WAY, THEN BEND INWARDS AND OUTWARDS THE FINGERS AND PALMS, PRESSING THEM TOGETHER, ALSO MOVE THUMBS AWAY FROM THE FINGERS PRESSED TOGETHER AND TRY TO STRETCH THE DIFFERENCE BETWEEN THEM AND THE OTHER FINGERS BY PRESSING



STRETCHING AND STRENGTHENING THE THUMBS.



MEANING OF THE FINGERS.

THIS EXERCISE DEVELOPS THE THUMBS.

AND DEVELOPING THEM GROWS AND STRENGTHENS THE WILL POWER.

(ABOVE IS GIVEN THE CONNECTION BETWEEN THE FINGERS AND ATTRIBUTES OF HUMAN BEING. THUMB IS LOGIC AND WILL POWER, INDEX FINGER IS DESTINY (COMMAND), MIDDLE FINGER IS TEACHERS (USED IN DRAWING ON THE SAND, AND FOR EXPLAINING), THIRD FINGER IS HUMANITARIAN LOVE, COMPASSION, AND ALTRUISM, LITTLE FINGER IS SEX, LUST, PHYSICAL LOVE.

YOU MUST LEARN TO CONTROL AND MASTER THE MOTIONS AND RELATIONS BETWEEN THEMSELVES OF ALL THE FINGERS.

DO NOT STICK OUT THE LITTLE FINGER. IT MEANS OVER SEXUALITY.

NEVER FOLD THE THUMB UNDER THE OTHER FINGERS WHEN MAKING A FIST, IT DENOTES WEAK WILL, POOR HEALTH, AND PROPENSITY FOR LYING.

STUDY HANDS OF OTHERS, WATCHING THEM IN POSTURES OF THE HANDS AND FINGERS. THE FINGERS WHICH ARE UNITED BY PRESSING TOGETHER EMPHASIS THE ATTRIBUTES ASCRIBED TO THEM, UNLESS THEY ARE FOLDED AGAINST THE PALM, WHEN THE ATTRIBUTES TO BE PAID ATTENTION TO WILL BE THOSE OF THE EXTENDED FINGERS.)

NOW COMES THE EXERCISE FOR ELECTRIFYING AND MAGNETISING OF THE HANDS MAKING THEM POUR OUT THE HEALING CURRENT, USED IN PUTTING ON HANDS TO ALLEVIATE PAIN AND STIRRING UP THE RESTORATIVE PROCESSES IN

THE HUMAN BODY. — — — FACE DIR. OF SUN
 STAND UP OR SIT DOWN, BACK STRAIGHT, BODY
 ERECT, HEAD UP CHIN IN, EXHALE THOROU-
 GHLY AND START INHALING. INHALE FOR
 SEVEN SECONDS, WHILE INHALING
 PUT YOUR RIGHT HAND PALM DOWN
 ON YOUR LEFT HAND PALM UP AND
 RUB THE PALM OF THE LEFT HAND WITH
 THE PALM OF THE RIGHT, (INCLUDING
 FINGERS) IN CIRCULAR MOTION FROM
 RIGHT TO LEFT, MAKING DURING THE
 INHALATION SEVEN CIRCLES, WITH THE
 RIGHT HAND. AT THE END OF
 SEVENTH CIRCLE GLIDE YOUR RIGHT
 HAND AWAY FROM YOURSELF AND YOUR
 LEFT PALM WITH MOTION AS IF BRUSHING
 OFF, HOLD BREATH ONE SECOND, AT THE
 SAME TIME TURNING THE PALM OF
 YOUR LEFT HAND DOWN, AND BRINGING
 THE BACK OF THE HAND UP. NOW BEGIN
 TO EXHALE FOR SEVEN SECONDS, AT THE
 SAME TIME PUTTING YOUR PALM OF THE
 RIGHT HAND ON THE BACK OF THE LEFT AND
 RUBBING WITH CIRCULAR MOTION FROM RIGHT
 TO LEFT, MAKING DURING THE SEVENTH
 SECOND EXHALATION SEVEN CIRCULAR
 RUBBINGS OF THE LEFT HAND. AT THE
 END OF THE SEVENTH MOTION GLIDE
 THE RIGHT HAND AWAY FROM THE LEFT
 WITH THE BRUSHING OF MOTION.
 HOLD THE BREATH FOR ONE SECOND, AT THE
 SAME TIME TURNING THE PALM OF YOUR
 RIGHT HAND UP. NOW BEGIN TO INHALE
 FOR SEVEN SECONDS, RUBBING WITH THE
 PALM OF YOUR LEFT HAND, THE PALM

OF YOUR RIGHT IN CIRCULAR MOTION
OF THE LEFT HAND FROM LEFT TO RIGHT,
MAKE COMPLETE BREATH AS BEFORE
DESCRIBED, BUT USING THE RIGHT
HAND TO BE RUBBED, THEN AGAIN SWITCH
TO LEFT HAND. DO IT TWELVE TIMES.
MAKING COMPLETE MASTER EXERCISE
3 MINUTES AND 12 SECOND, RUBBING EACH
HAND SIX TIMES IN VARYING SUCCESSION.
THIS COMPLETES THE MAGNETIC-ELECTRIC
EXERCISE OF THE HANDS. —

FINISHING ABOUT LAYING ON OF THE HANDS
■ YOU MUST KNOW THAT GIVING AND CONVEY-
ING HAND IS THE RIGHT HAND, AND IT
SHOULD BE PUT ON THE SUFFERING PART
OF THE BODY, WHILE THE LEFT HAND
SHOULD BE PUT ON THE OPPOSITE SIDE FROM
PAIN, AS A RECEIVING POLE FOR THE HEAL-
ING POWER.

WHEN MORE ENERGY IS NECESSARY, BEFORE
PUTTING ON OF THE HAND, DRY THEM WELL
AND HEAT BY BRISK FRICTION OF ONE AGAINST
THE OTHER.

THE BODY CAN BE KNEADED AND MASSAGE
VIGOROUSLY, AS ALSO PART AFFECTED PRES-
SED STRONGLY, WHEN THERE IS NO FEVER
AND NO WOUNDS OR STRAINED TISSUES.

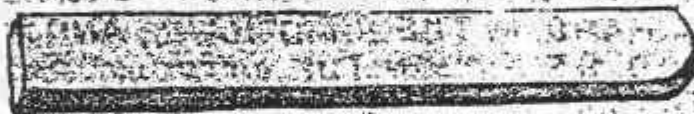
IN CASE OF ABOVE MENTIONED CONDITIONS
BEING PRESENT PUT HAND LIGHTLY AND
CONCENTRATE MORE ON SENDING POWER
DELICATELY, TO MEND THE BROKEN TISSUES,
AND AWAKEN THEM TO THE HEALING PROCESS.

WHEN EXERCISING HANDS, TO BRING HARMO-
NY INTO BODY PROCESSES, PRESS THE FINGER
TIPS OF EVERY FINGER, OF ONE HAND
BETWEEN THUMB AND INDEX FINGER OF THE
OTHER HAND. PALM AND ESPECIALLY THE

MUSCLE BETWEEN THE INDEX FINGER AND THE THUMB, (UNDER THE THUMB) SHOULD BE ALSO PRESSED.

TO CHANGE THE BLOOD PRESSURE, MAKING IT NORMAL, PUT FINGERS OF BOTH HANDS ON THE SIDES OF THE NECK. BELOW THE BACK OF THE EARS AND MASSAGE THEM ROUGHLY, PRESSING THEM AND MASSAGING WITH CIRCULAR MOTIONS.

FOR STOMACH AND SEX DISORDERS, TAKE A WOODEN STICK, $\frac{3}{4}$ " OF AN INCH WIDE AND $\frac{1}{2}$ " TO $\frac{1}{2}$ " INCH THICK, ROUNDED ON THE END AND THE EDGES, ABOUT 6 TO 8 INCHES LONG.



THE FORM OF THE STICK.

HAVE THE STICK WELL POLISHED. TO CURE STOMACH CONDITIONS AND ALSO TO MAKE BOWELS MOVE, AND IMPROVE THE GENERAL TONE OF SEX ORGANS, TAKE THE STICK AND INSERT IT INTO THE OPEN MOUTH, LAYING IT ON THE TONGUE. WHILE HOLDING IT WITH BOTH HANDS PRESS HARD, TO MAKE THE ROUNDED PART OF THE STICK PRESS ON THE TONGUE. IT WILL HURT, BUT ONE HAS TO STAND IT FROM FIVE TO FIFTEEN MINUTES.

FOR UPPER ABDOMEN PRESS AGAINST THE ~~END~~ MIDDLE OF THE TONGUE, FOR BOWELS AND SEX, PRESS DEEP TOWARD THE ROOT OF THE TONGUE.

CAUTION: THIS EXERCISE SHOULD NOT BE DONE TO A PREGNANT WOMAN, AS IT WOULD BRING ABOUT MISCARRIAGE. THE THINGS IN ALL DESCRIBED ABOVE

CONSTITUTE THE ARCANES AND EXERCISES FOR
REJUVENATION OF THE HUMAN BODY, AS
WELL AS CURATIVE MEASURES, AND DEVELOPMENT
FOR HEALING OF ONE AND THE OTHERS, TAKING IN - BLOOD, GLANDS,
CONSCIOUS DIRECTING OF THE BLOOD
STREAM, FEET AND HANDS AND TONGUE
AND THEIR RELATIONS TO HEALTH.



XIII L. ARCANES REJUVENATION OF ENERGY
FOR INCREASING SPAN OF
LIFE. THIS ARCANES IS TO PRACTICED
IN IMPORTANT CASES.

BODY BATTERY OF LIFE ENERGY IS
CONCENTRATED IN THE SPINAL FLUID, AND
THE FLUID TOUCHING THE CENTERS SUPPLIES
THEM WITH THE POWER OF LIFE.

HUMAN ORGANISM HAS A WAY, TO STIR UP THE
SPINAL FLUID BY NATURAL MEANS, IN CASES
OF EXHAUSTION AND LOW EBB OF ENERGIES.
THE WAY IS YAWNING. - PROCESS OF YAWNING
PRESSES ON MEDULLA OBLONGATA, AT THE
SAME TIME MAKING IT AUGMENT PRESSURE
ON THE CAVITIES IN THE HEAD, AND THE CENTRAL
CANAL (FOURTH VENTRICLE) IN THE SPINE,
DURING PROCESS OF SATISFACTORY YAWNING
YOU FEEL REFRESHING PRESSURE WITHIN

THE HEAD, SPREADING TOWARD THE EARS WHICH YOU WILL HEAR RUMBLING SOUND, AND ALSO SOUND OF RINGING LIKE WITH DELICATE SILVER CHAINS. ALSO ONE PERFORMS A DEEP SATISFACTORY INHALATION FELT AS PLEASANTLY FILLING AND PERVADING THE SOLAR PLEXUS.

DIAGRAMS OF CAVITIES AND ORGANS IN THE BRAIN

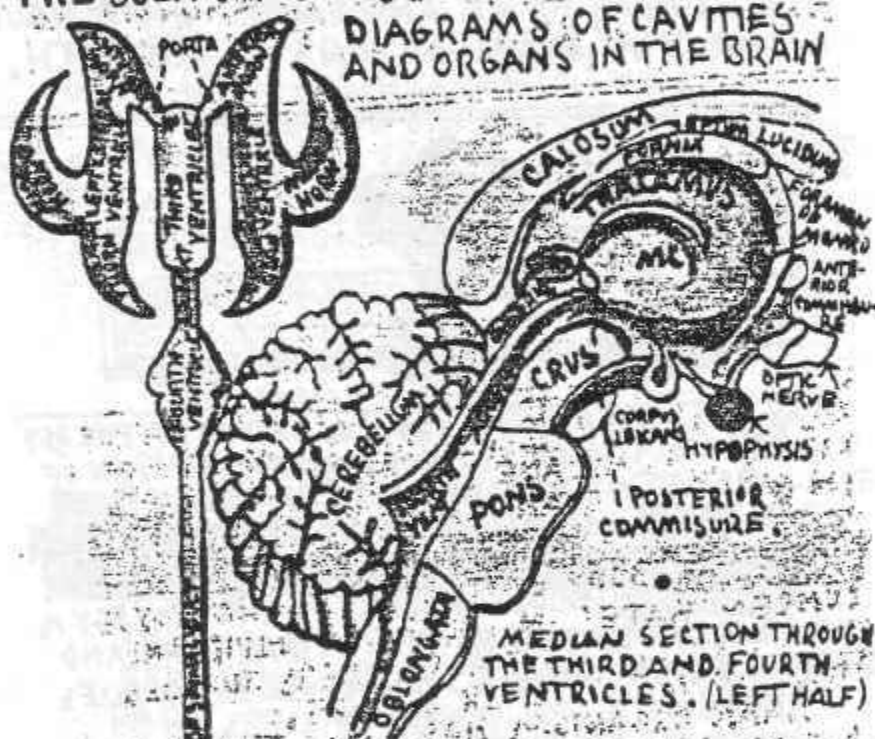


DIAGRAM OF ENTIRE CAVITY OF CEREBRO-SPINAL FLUID

THERE ARE TWO EXERCISES BESIDES YAWNING WHICH CAN BE USED FOR REDISTRIBUTING OF THE SPINAL FLUID AND THEREBY ESTABLISHING FRESH CONNECTION OF SUPPLY OF LIFE ENERGY TO THE NERVOUS CENTERS WITHIN THE HUMAN BODY. THOSE TWO EXERCISES AS WELL AS YAWNING SHOULD AND CAN BE

USED WHEN THE CIRCUMSTANCES CALL FOR
IT. (FIRST EXERCISE.)

TENSE YOUR JAW MUSCLES
WITHOUT CLENCHING THE TEETH. (TENSING THE
MUSCLES ON THE SIDES OF THE JAW AS IF
CHEWING BUT WITHOUT CLAMPING THE TEETH
TENSE AND RELAX THE MUSCLES, SLIGHTLY
MOVING THE LOWER JAW FORWARD AND
BACKWARD. WHEN DOING IT YOU WILL HEAR
THE RING OF DELICATE SILVER CHAINS IN
YOUR EARS. THE SOUND PROVES THAT THE
EXERCISE IS DONE CORRECTLY. REPEAT
DOING IT FOR AT LEAST TWELVE TIMES
OR MORE, ACCORDING TO NEED.

THEN OPEN YOUR MOUTH AS WIDE AS
POSSIBLE, USING THE JAW MUSCLES TO
THE UTMOST. CLOSE THE EYES, PRESSING
THE EYE LIDS STRONGLY TOGETHER.
YOU WILL HEAR THEN THE RUMBLING
SOUND IN YOUR EARS, AND TEARS WILL
SHOW IN YOUR EYES. THOSE ARE THE
SIGNS THAT THE EXERCISE IS DONE CORREC-
TLY. DO IT TWELVE TIMES OR MORE.

NOW COMBINE THE FIRST PART OF
EXERCISE WITH THE SECOND, TENSING
THE JAW MUSCLES AS IF FOR CHEWING,
AT THE SAME TIME OPENING THE
MOUTH WIDE AND CLOSING THEM
STRONGLY SHUT. WHILE DOING THIS
WHEN OPENING THE MOUTH, INHALE
THROUGH IT HEARTILY UNTIL YOU GET
FEELING OF SATISFACTION AND FULFIL-
MENT IN THE SOLAR PLEXUS.
DO IT TWELVE OR MORE TIMES.
IT IS RELAXING THE ENTIRE NERVOUS
SYSTEM, AND AT THE SAME TIME GIVING

SIT THE POSSIBILITY, TO BE ABLE IF NECESSA-
RY TO TENSE AGAIN ACCORDING TO THE NEW
PATTERN, FOR THOUGHT. WORK AT THIS EXERCISE, STUDY IT IN EV-
ERY WAY, AND YOU WILL DISCOVER THE ONE
MOST IMPORTANT KEY TO ENERGY AND PO-
WER.

NOTE: -YAWNING SENDS OUT TREMENDOU-
SLY POWERFUL WAVES ON THE EATHER,
INFLUENCING THE IDENTICAL ORGANS
OF PEOPLE IN PROXIMITY. TELEPA-
THICALLY, AND MAKING THEM YAWN
IN TURN. THAT WHY THE YAWNING IS
SO CATCHING.

BY STUDYING THIS PROCESS YOU WILL
KNOW THAT THE BEST WAY OF SENDING
OUT OF TELEPATHIC MESSAGES IS TO

BEGIN WITH YAWNING EXER-
CISE, AND AFTER COMPLETELY RELA-
XING, SENDING OUT MESSAGE VIBRA-
TIONS ON THE YAWNING BREATH.

II (SECOND EXERCISE) PUT YOUR HANDS
TOGETHER PALMS UP, FINGERS BENT SO THAT
BACKS OF THEM TOUCH, THE TIPS OF THUMBS
PRESSED AGAINST EACH OTHER.



POSTURES OF THE
SECOND EXERCISE



NOW WITHOUT SEPARATING THE FINGERS MOVE YOUR HAND OVER YOUR HEAD AND BACKWARDS SO THAT THE ENDS OF YOUR BENT FINGERS WILL REST ON THE SPOT WHERE THE HEAD JOINS THE NECK. PRESS LIGHTLY WITH FINGERS AGAINST THE SPOT BETWEEN THE HEAD AND THE NECK. MOVE THE HEAD DOWNWARDS RESTING YOUR CHIN ON YOUR CHEST, THEN LIFTED AND MOVE IT UPWARDS AND BACKWARDS WITHOUT REMOVING THE PRESSURE OF FINGERS AND HANDS. AGAIN REPEAT THE MOVEMENT OF THE HEAD TO REST THE CHIN ON THE CHEST, AND CONTINUE DOING IT TWELVE TIMES OR MORE. THIS EXERCISE HAS A GREAT INFLUENCE ON MEDULLA OBLONGATA OR PINEAL GLAND DEVELOPING ITS SIZE AND CAPACITY. THIS EXERCISE CAN AND SHOULD BE DONE FOR THE DEVELOPEMENT ACCORDING TO THE NEED FOR THE EXPANSION OF ENERGIES. (NOTE: DURING THE EXERCISE YOU CAN STAND OR SIT, WITH THE SPINE ERECT. AS TO THE POSITION OF THE FINGERS ON THE POINT BETWEEN HEAD AND NECK, THE MIDDLE FINGER SHOULD BE RIGHT ON THE SPOT, OTHERS ACCORDINGLY ON THE SIDES.

DURING THIS EXERCISE OR IMMEDIATELY AFTER YOU CAN FEEL AND HEAR THE HISSING SOUND OF VIBRATION AT THE BASE OF THE SKULL. THIS IS RESULT OF PERCOLATING OF THE SPINAL FLUID, TO AND FROM THE FOURTH VENTRICLE.

NOW COMES THE EXERCISE, WHICH HAS A TREMENDOUS IMPORT IN THE DEVELOPEMENT, AND WHICH IS HARD TO EXPLAIN, WITHOUT PRACTISING AND UNDERSTANDING THE

ABOVE DESCRIBED EXERCISES IT IS THE PRINCIPLE WHICH ENTITLES ONE TO BE ONE OF THE ORDER OF THE SERPENT. SIT DOWN OR STAND UP, SPINE STRAIGHT, BODY ERECT HEAD UP CHIN IN. TAKE INHALATION, AND LOCK THE PASSAGE OF THE AIR IN THE THROAT, (USING LARYNX), THEN TENSE INSIDE OF YOU, (DIAPHRAGM), AS IF YOU WOULD WANT TO HAVE A STOOL. NOW RISE THE TENSION FROM THE LOWER BOWEL UP, -RELAXING LOWER BOWEL, TENSING STOMACH; RELAXING STOMACH TENSING AROUND INSIDE OF THE THROAT. CONCENTRATE ON THE FEELING OF PRESSURE IN THE BACK OF THE HEAD. IN FACT CONCENTRATE ON THIS FEELING FROM THE BEGINNING OF THE EXERCISE. THE MOMENT YOU NEED THE AIR EXHALE AND INHAL FREELY AND EASILY, YOU WILL NOTICE THAT THE TENSION IN YOUR HEAD BEGINNING AT THE BASE OF THE SKULL CAN BE KEPT EVEN WHEN YOU ARE BREATHING. STUDY THIS PROCESS, SO THAT YOU CAN TENSE YOUR MEDULLA AT WILL, AND ALSO RELAX IT BY WILL. NOTICE THAT DURING THE TENSING, MUSCLE BETWEEN THE BASE OF THE SKULL AND THE NECK TENSES ALSO, PUT YOUR FINGER TIPS ON IT AND STUDY THE DIFFERENT DEGREES OF TENSION IN THIS MUSCLE ON THE BACK OF YOUR NECK. YOU WILL FIND OUT THAT YOU CAN RELAX THIS MUSCLE AND STILL FEEL THE PRESSURE IN THE HEAD. WHEN YOU ARE RELAXING THE TENSENESS IN YOUR HEAD, MOVE YOUR HEAD BACKWARDS AND FORWARDS, SIDEWAYS TO THE RIGHT

AND TO THE LEFT, SHAKE THE FACE TO RIGHT
AND TO LEFT, AND LIMPLY ROLL YOUR HEAD
ON YOUR SHOULDERS, - THOSE ARE MOTIONS
THAT WILL HELP TO RELAX THE TENSION IN
THE MEDULLA OBLONGATA AND THE HEAD.
USE THIS EXERCISE OFTEN AND STUDY THE
FEELING CONNECTED WITH TENSION
AND RELAXATION IN THE HEAD.
FIND OUT THAT YOU CAN TENSE AT THE
BASE OF THE SKULL, (THE BACK OF THE HEAD)
THEN IN THE FRONT OF THE HEAD, BACK OF
THE POINT BETWEEN THE EYEBROWS, THEN
ON THE TOP OF THE HEAD. - ALSO YOU WILL
FIND THAT YOU CAN IN YOUR CONSCIOUSNESS
SEPARATE THOSE AREAS AND KEEP THEM
TENSE - ONE AT THE TIME. PRACTICE THE
TENSING OF THE RIGHT SIDE AND THE LEFT
WITHIN YOUR HEAD. DO THIS PRACTICE
DILIGENTLY, SLOWLY AND PERSISTENTLY.
KEEP YOUR CONSCIOUSNESS AT ALL THE
TIMES ALERT FOR THE PHENOMENA
GOING ON INSIDE YOUR HEAD AND THE
BRAIN.

NOTE: THE TENSENESS IS RECOGNIZED
BY FEELING OF PRESSURE WITHIN.
ALWAYS AFTER EXERCISING RELAX IN-
SIDE OF YOUR HEAD COMPLETELY, BY
MOVING YOUR HEAD ON THE NECK.



AREAS OF TENSION
PRESSURE FELT INSIDE
OF THE HEAD.
LEARN TO KNOW THOSE
POINTS WITHIN YOURSELF
THEY ARE THE KEYS AND
THE LOCKS TO KNOWLEDGE
OF YOURSELF.

THIS EXERCISE DEVELOPES THE PINEAL GLAND

(MEDULLA OBLONGATA) AND GIVES YOU STRAIGHT
PATH IN SELF REALISATION AND MASTERY.
IT HAS TO BE EXPLAINED HERE THAT THE
THOUGHT IS FORMED (ELECTRICALLY) IN
MAGNETICALLY TENSED FORMATION IN
THE BRAIN, WHICH MAGNETICAL TEN-
SION CAN BE RELAXED OR TENSED THRU
THE WORK OF MEDULLA OBLONGATA.
THE SOUL AS A ETERNAL I, I AM,
WITH THE ATTRIBUTE - I THINK, I FEEL
I WILL - IS REVOLVING BETWEEN THE
THREE POINTS IN THE HEAD, BEING
ALWAYS IN THE PRESENT, BUT TRAN-
SMITTING THE FUTURE INTO THE PAST.
TIME FOR THE SOUL IS NON EXISTENT.

CAUTION: IF DURING THE EXER-
CISE YOU FIND THAT YOUR HEAD
BEGINS TO VIBRATE SIDEWAYS -
(SHAKING MOTION) IT MEANS THAT
THE ENERGY IS PENT UP TO THE POINT OF
OVERFLOWING, AND IS GETTING OFF ON THE
ETHER; THEN YOU MUST STOP THE EXER-
CISE AND RELAX.

THE ABOVE COMPRISES THE EXER-
CISES WHICH CAN AND SHOULD BE DONE,
TO DEVELOPE CENTERS IN THE HEAD, ES-
PECIALLY THE MEDULLA OBLONGATA OR
SO CALLED OTHERWISE PINEAL GLAND.
IT IS CONSTITUTING THE 2. ARCAINE XIII.

IN VERY IMPORTANT AND RARE
CASES, WHEN LIFE IS AT STAKE, AND THE
ENERGY WITHIN THE SPINAL FLUID IS LOW,
ON ACCOUNT OF DEFICIENCY OF YOUTH-
FULLNESS IN THE SAME AND ALSO NOT
SUFFICIENT AMOUNT OF IT, A OPERATION
CAN BE PERFORMED FOR REPLENISHING

THE LACK AND QUALITY OF SPINAL FLUID. YOU MUST HAVE FOR THIS THE ASSISTANCE OF A TRUSTWORTHY INITIATED PUPIL OR DAKTER. A YOUNG, HEALTHY PERSON OF THE SAME BLOOD LIKE YOU SHOULD BE CHOSEN, AND BE LOVINGLY WILLING TO HELP YOU WITH ITS OWN LIVING SPINAL FLUID. THE PUNCTURE WITH A SYRINGE EQUIPPED WITH A HOLLOW NEEDLE SHOULD BE DONE, DRAWING THE SPINAL FLUID FROM BETWEEN THE VERTEBRAS OF THE SPINAL COLUMN. AMOUNT TAKEN FROM YOU SHOULD BE LITTLE, ONLY TO ESTABLISH THE CONTACT BETWEEN YOUR SPINAL CANAL. AMOUNT TAKEN FROM OTHER PERSON SHOULD BE BIGGER ACCORDING TO THE NEEDS AND THE NECESSITY, PAYING STRICTEST ATTENTION NOT TO INJURE IN ANY WAY THE DONOR. — BOTH SPINAL FLUIDS — YOURS AND DONORS ARE MIXED TOGETHER AND INJECTED IN YOU NEAR THE PUNCTURE IN YOUR SPINE.

Publisher's Note:

(Needless to say, this and similar exercises discussed in Count Walewski's manuscript cannot now be performed without the offices of a physician in attendance, and of course should not be.)

XIV. ARCAINE DEMAND COMMAND.
 STRIVING TO ATTAIN THE THINGS IN LIFE, REALISE
 YOUR CORRELATION TO IT. SIT DOWN AT THE DESK
 OR TABLE FACING IN THE DIRECTION OF THE SUN.
 RELAX AND CONCENTRATE ON THE SELF RE-
 ALISATION: "I AM." PONDER ON THE TRUTH
 OF YOUR BEING, CONSIDER THE ATTRIBUTES
 OF YOUR EGO - "I THINK, I FEEL, I WILL."
 FEEL YOURSELF BEING CONSCIOUS OF YOUR-
 SELF, WITHIN THE CENTER OF YOUR BRAIN.
 RECEIVING THE IMPRESSIONS AND TRAN-
 SMITING THEM INTO THE EXPRESSIONS.
 HAVE A CLEAR CONCEPTION AND UNDERSTANDING OF
 THE WORDS - "I CAN" - "I WANT" - "I MUST" - "I WILL."
 CONCENTRATE ON THE OBJECT OF YOUR DESIRE.
 IMAGINE IT CLEARLY AND PLAINLY. FEEL YOUR
 DESIRE IN YOUR SOLAR PLEXUS.
 WHEN THE REALISATION OF THE INEVITABLE-
 NESS OF YOUR DESIRE WILL DAWN UPON
 YOU - INVOKE THE PASSWORD WHICH IS
 DETERMINATION.
 INHALE DEEPLY AND HOLD YOUR BREATH
 LOCKING IT WITH PHARYNX. LIFT YOUR RIGHT
 HAND CLOSING THE FIST. (THE THUMB CO-
 VERING THE OTHER FINGERS). TENSE THE
 FIST AND THE ARM.
 NOW SUDDENLY AND WITH POWER BR-
 NG THE ARM AND THE CLOSED TENSE FIST
 DOWN ON THE DESK OR TABLE, AT THE
 MOMENT OF STRIKING RELAXING THE
 FIST AND RELEASING THE AIR FROM THE
 LUNGS. USE WITH EXHALATION THE
 WORDS - "I DEMAND" OR "I COMMAND"
 STATING THE WISH. - WHEN THE
 FIST IS BROUGHT DOWN, LET IT BOU-
 NCE FROM THE DESK OR THE TABLE
 IN SEMICIRCULAR MOTION TOWARD

YOURSELF, AND FINISH WITH SHORT, SHARP
SEMICIRCLE ALSO TOWARD YOURSELF.
YOU STRIKE WITH SIDE OF THE FIST OF THE
LITTLE FINGER.

REPEAT THIS EXERCISE FOR SOMETIME
ACCORDING TO THE IMPORTANCE OF YOUR
WISH.

POUNDING ON THE FLAT SURFACE, DESK, TABLE,
ETC., WITH THE FIST TOGETHER WITH WITHOL-
DING OF THE BREATH UNTIL THE STROKE IS
POUND, SHAKES THE SOLAR PLEXUS, TRAN-
SMITTING THE IMAGE OF THE DESIRE INTO
THE HEAD, WHERE IT IS WILLIFIED AND
IN THE FORM OF POWERFUL INVOCATION
(COMMAND), SENDS OUT AS RIPPLES
ON THE ETHER.

NOTE: WHEN POUNDING BEND SLIGHTLY
FORWARD, JUMPING SLIGHTLY IN RESPONSE
TO STRIKING, IN YOUR SOLAR PLEXUS,
HAUNCHES AND HEAD.

THIS END, THE XIV ARCANUM, FOR DEMAND
AND COMMAND.

IT IS NOT NECESSARY OF EVER USING THIS AR-
CANUM IN FRONT OF OTHERS. YOU SHOULD DO
IT ALONE.

BUT WHEN NECESSITY ARISES TO USE IT ON
HUMAN BEING DIRECTLY, DO IT IN A DI-
FFERENT FORM. REMEMBERING THE
INSIDE WORK OF THIS ARCANUM, DO IT ONLY
MENTALLY, AS A SUBSTITUTE FOR POUNDING.
USING UNNOTICEABLE PRESSURE FOR EM-
PHASIS. THERE ARE THREE WAYS OF DOING IT.
FIRST: HOLD WITH YOUR RIGHT HAND, THE WRIST
OF THE LEFT, UPPER PART OF THE RIGHT HAND
EXPOSED, THE PALM COVERING THE UPPER
PART OF LEFT HAND, AND FINGERS OF THE
RIGHT HAND GRASPING THE LEFT WRIST.

SECOND, INSTEAD OF CLASPING THE LEFT WRIST, CLASP THE OUTER SIDE OF LEFT HAND, SO THAT THE THUMB OF THE RIGHT HAND WILL PRESS ON THE LEFT WRIST, (OUTSIDE), AND THE REST OF THE FINGERS OF THE RIGHT HAND WILL PRESS IN THE HOLLOW OF THE LEFT PALM. THIRD: BEND THE FINGERS OF THE RIGHT AND LEFT HANDS TOGETHER AND HOOK THE BOTH HANDS SO THAT THE BENT FINGERS OF THE RIGHT AND LEFT HAND WILL PRESS AND TOUCH ON THEIR INSIDE, WHILE THE THUMBS WILL BE ON THE OUTSIDE TOUCHING THE KNUCKLES OF THE FINGERS FROM THE OUTSIDE.



FIRST POSITION



SECOND POSITION



THIRD POSITION

THE COMMAND OR DEMAND SHOULD BE SPOKE IN A QUIET VOICE, CHARGING IT WITH POWER, AND PUTTING STRESS ON WORDS EXACTLY CONVEYING THE WISH. DURING COMMANDING BENT HANDS SHOULD BE IMPERCEPTIBLY TIGHTENED UPON THE LEFT. IN THE THIRD POSITION REMEMBER MEANING OF THE FINGERS.

I.E. THUMB - THE WILL; INDEX - DESTINY - COM-
MAND; MIDDLE FINGER - TEACHER - CONWE-
YOR; FOURTH FINGER - HUMANE FEELINGS -
SYMPATHY - ALTRUISM; LITTLE FINGER - SEX
- CARNAL DESIRE. ACCORDING TO FEELINGS
YOU WANT TO AWAKE AND COMMAND, PRESS
WITH THE THUMBS ON KNUCKLES OF THE FINGER
HAVING DESIRED ATTRIBUTES.



VPL. ARCANÉ. ESTABLISHING A MENTAL CONNE-
CTION WITH THE PERSON PRESENT OR ABSENT
AT ANY GIVEN TIME THE BREATH, IN ITS DEPT
AND ITS RHYTHM SHOWS THE VIBRATION IN
WHICH THE PERSON IS AT A GIVEN TIME,
WHEN YOU WANT TO TUNE IN ON THE VI-
BRATION OF THE PERSON FOR MAKING A
INNER CONTACT, WATCH FALLING AND RISING
OF THE CHEST OF THE PERSON YOU ARE CONTA-
CTING, AND ACCORDINGLY START BREATHING
IN UNISON. THIS WILL PUT YOU IN CONTACT WITH
THE PERSON, AND YOU CAN THEN UNDERSTAND
AND INFLUENCE ACCORDING TO YOUR WILL.
YOU WILL FIND THAT ONCE TUNED IN YOU
CAN BY CONSCIOUS MODIFICATION OF YOUR BRE-
ATH, CHANGE THE BREATH OF THE OTHER
PERSON IN THIS WAY CREATING THE STATES
DESIRED. DO IT WITHOUT HAVING OTHERS
NOTICE THE EXERCISE. REMEMBER THAT
THE HIGHEST RHYTHM IS MASTER RHYTHM -
INHALATION SEVEN SECONDS, PAUSE ONE
SECOND, EXHALATION SEVEN SECONDS PAUSE
ONE SECOND. BY THIS BREATH YOU TUNE
YOURSELF AND OTHERS ON THE MASTER

THOUGHT, AND RHYTHM OF THE GEOIC ENTITY;
 HAVING MANY PEOPLE AROUND IF YOU WANT
 MAKE THEM VIBRATE TOGETHER TUNE THEM
 BY IN UNISON SINGING OF "AUM" TAT
 FOR A PERIOD OF FIVE TO FIFTEEN MINUTES
 YOU CAN TUNE THEM ON MASTER RHYTHM
 BY HAVING THEM SING - YAT-HA-AH-
 HU-VAI-RI-O, WHEN EXHALING,
 AND INHALE FOR SEVEN SECONDS.
 USE YOUR SINGING MANTRAS ACCORDING
 TO THE RESULTS YOU WANT TO CREATE.
 SLOWING THE VIBRATIONS CALMS, RE-
 LAXES, BRINGS IN SERENITY - IT IS DONE
 BY USING LONG SONOROUS MANTRAS.
 QUICKENING THE VIBRATIONS TENSES, HARDENS
 THE BRAIN, BRINGS IN HYSTERICAL STATE
 OFTEN ENDING IN FANATICAL UPHEAVALS;
 IT INFLUENCES PSYCHIC AND SEX.
 MOST OF THE PEOPLE ARE MORE PRONE
 TO QUICKER VIBRATIONS, AND IT IS MUCH
 EASIER TO ACHIEVE. EXHAUSTION FOLLO-
 WING THOSE STATES ONLY THEN BRINGS
 RELAXATION AS A REACTION.
 IN SLOW VIBRATION SWAYING MAY BE USED,
 IN FAST VIBRATION CLAPPING OF HAND AND
 STAMPING OF FEET.
 USE SIMPLE TUNES AND RHYTHMS.
 NOTE: THE PEOPLE THAT LOVE EACH OTHER
 TUNE IN ON EACH OTHER VIBRATION BY KISSING.
 CORRECT KISS IS DONE HOLDING THE BREATH
 SO THAT, AFTER PERFORMING IT THEY
 START BREATHING IN UNISON.
 HELP IN TUNING IN IS HOLDING HANDS,
 ESTABLISHING A MENTAL CONNECTION.
 AT A DISTANCE YOU MUST PICK OUT THE
 TIME WHEN THE PERSON WITH WHOM YOU
 WANT TO CONNECT IS IN THE RELAXED

STATE. IT IS THE BEST IN THE NIGHT TIME WHEN THE PERSON IS ASLEEP. YOU TUNE IN BY CONSCIOUSLY PUTTING YOURSELF IN RELAXED CONDITION, AND BREATHING QUIETLY AS IF ASLEEP, MENTALLY CONCENTRATING ON THE PERSON. (FOR ESTABLISHING BETTER CONTACT YOU CAN USE SOMETHING BELONGING TO THE PERSON AND HAVING THE IMPRINT OF PERSON VIBRATIONS. (RECORD LEFT BY THE EMANATIONS OF THE ENTITY ON THE OBJECT) ALSO A FIGURE REPRESENTING PERSON CAN BE MADE - BEING DONE WITH CONSTANT THOUGHT AND FEELING OF IT BEING TRUE REPRESENTATION OF THE PERSON, AND AFTER BEING FINISHED ADORNED WITH THINGS BELONGING TO THE PERSON.

HOLDING THINGS OF THIS TYPE YOU ESTABLISH CONNECTION QUICKLY BY FOLLOWING THE THREAD - (INVISIBLE TIE) THAT BINDS THE PERSON TO THE OBJECT. TREAT THE OBJECT AS THE PERSON, WHICH GETS TO BE SO.

WHEN YOU WILL TUNE IN YOU WILL KNOW FOR THE REPRESENTATION OF THE PERSON WILL SPARKLE WITH THE LIFE OF ITS OWN, - WILL BECOME THIS PERSON.

TUNE IN DELICATELY MODULATING THE RHYTHM OF YOUR BREATH, AND AFTER TUNING IN, TAKE LEAD IN ESTABLISHING YOUR TREND OF RHYTHM DESIRED. (FACE DIRECTION OF THE SUN)

DO IT ONLY ACCORDING TO THE HIGHEST SPIRIT, CONSCIOUS, AND UNDERSTANDING THAT YOU ARE ACTING IN ACCORDANCE WITH THE HIGHEST WILL. THIS EXERCISE IS NOT TO BE PLAYED WITH, AND NOT FOR CURIOSITY SAKE. DO IT TO HELP.



XVII LARICANE. BIRTH CONTROL AND CONTROL OF THE SEX OF THE CHILD TO BE BORN. CONCEPTION AND PREDESTINATION.

INTERCOURSE BETWEEN THE TWO SEXES IS THE CREATIVE ACT OF UT MOST IMPORTANCE IT IS THE CREATION, AND ACCORDING TO THE LAWS OF NATURE IT IS KEY TO IMMORTALITY AND A ELEMENT LINK IN THE EQUATION STARTED BY THE ANCIENT ONES. SOUND CONVEYS THE SPARK WITH WHICH THE SOUL TO BE INBARNATED BLENDS AND IS ABLE TO ESTABLISH ITSELF IN THE FLESH.

WHEN THE MAN IS SPENNING HE WILL EMIT A SOUND MOST OF THE TIMES DOUBLE, FIRST DEEP INTAKE OF THE BREATH WITH A GASP OR HISSING, HOLDING THE BREATH AT THE MOMENT OF SPENDING, AND AT THE END OF IT, EXHALING WITH A SIGH OR A MOAN. FINAL SOUND OF EXHALATION IS "OM" - CONVEYS THE SPARK OF LIFE FROM MAN INTO THE WOMAN, PREPARING THE ACT OF CONCEIVING, FERTILISATION OF THE OVUM BY SPERMATOSOA. - WITHOUT

THIS SOUND THE CONCEIVING WONT TAKE PLACE

THE PREDESTINATION OF THE SEX OF CHILD TO BE CONCEIVED DEPENDS ON THE STATE IN WHICH PARENTS ARE AT THE TIME OF COUPULATION.

IF BEFORE THE INTERCOURSE THE MAN AND WOMAN WILL PET AND CARESS EACH OTHER LAYING ALONGSIDE, THE SEX OF CHILD FROM THIS UNION WILL DEPEND ON THE BREATH IN WHICH THEY ARE AT THE TIME OF COUPULATION. SUN OR MOON.

WHEN THE MAN IS LAYING ON HIS LEFT SIDE FACING THE WOMAN WHO IS LAYING ON HER RIGHT SIDE HE WILL BE IN THE SUN BREATH, BREATH FLOWING STRONGER IN HIS RIGHT NOSTRIL, AS HE WILL BE IN THE MOON BREATH, BREATH FLOWING IN HER LEFT NOSTRIL. - CHILD OF THIS UNION WILL BE MALE.

WHEN THE MAN IS LAYING ON HIS RIGHT SIDE FACING THE WOMAN LAYING ON HER

LEFT SIDE, HE WILL BE IN THE MOON BREATH,
 BREATH FLOWING IN HIS LEFT NOSTRIL, AND
 THE WOMAN WILL BE IN THE SUN BREATH,
 FLOWING THRU HER RIGHT NOSTRIL. —
 — CHILD OF THIS UNION WILL BE FEMALE,
 ACCORDING TO OTHER COMBINATIONS THAT
 MAY BE CREATED — IF MAN IS IN SUN BREATH
 AND SO IS THE WOMAN, OR REVERSE, THE
 MALE CHILD WILL BE EFFEMINATE, OR
 FEMALE CHILD WILL BE MASCULINE.
 THIS ABOVE ENDS THE XVI ARCANES OF
 CONTROL AND PREDESTINATION OF THE
 SEX OF THE OFFSPRING FROM THE SEXUAL
 UNION OF MAN AND WOMAN.



ILLUMINATION. (CONCLUSION)

YOU ARE THE MATHEMATICAL AND GEO-
 METRICAL CENTER OF ALL THE UNIVERSE,
 WHERE THE CENTRE IS YOU, AND RADIUS
 GOES INTO THE INFINITY. INSTEAD OF GO-
 ING AFTER THINGS COMMAND THEM
 TO COME TO YOU. YOU ARE THE LORD IN
 YOUR UNIVERSE WHICH IS THE UNIVERSE,
 DESIRE, WISH AND WILL, ORDER, DEMAND
 COMMAND.

THIS IS THE RIDDLE OF GOD — BEING, EXISTING
 EVERYPLACE, EVERYWHERE AT THE SAME
 TIME.

THE MOMENT YOU REALISE AND BECOME
 FULLY CONSCIOUS THAT YOU ARE THE CENTRE
 OF THE UNIVERSE, YOU ARE THAT CENTRE.

CENTRE OF CENTRES MANIFESTS IN YOU, OR
YOU MANIFEST IN IT. YOU ARE ENDOWED
WITH THE GREATEST POWERS AND YOUR
POTENTIALITIES ARE INFINITE.
YOU ARE CONNECTED WITH EVERYTHING
THROUGH THE FINEST MESH OF ATTRA-
CTIONS AND REPULSIONS, AND ARE LIKE
SPIDER IN THE CENTRE OF THE WEBB
FEELING AND RECEIVING THE IMPRESSIONS
FROM EVERYTHING EVERYWHERE AND
ADJUSTING THE EQUILIBRIUM OF FORCES,
WORK, BE CONSCIOUS, DEVELOP AND
STRENGTHEN THE REALISATION -

- " I AM THE CENTRE OF THE UNI-
VERSE " - THIS IS ONENESS THIS IS
REALISATION.

AUTHORITY, POWER, CONFIDENCE, SPRING
OUT OF THIS KNOWLEDGE, - THE REALISA-
TION OF WHICH IS THE TRUTH.

WISDOM IS KNOWING THE TRUTH CON-
SCIOUSLY.

ALWAYS BE CONSCIOUS OF THE FACT
THAT YOU ARE THE CENTRE OF THE
UNIVERSE. " I, I AM " IS THE MAJEST
OF DIGNITY - THE ANSWER TO THE RIDDLE
OF THE SIMPLICITY IN COMPLEXITIES.

SELF REALISATION. ANSWER TO THE
GREAT DOGMA - " KNOW THYSELF " -
ANSWER TO ENIGMA - " GOD IS IMMOR-
TAL MAN - MAN IS MORTAL GOD ".

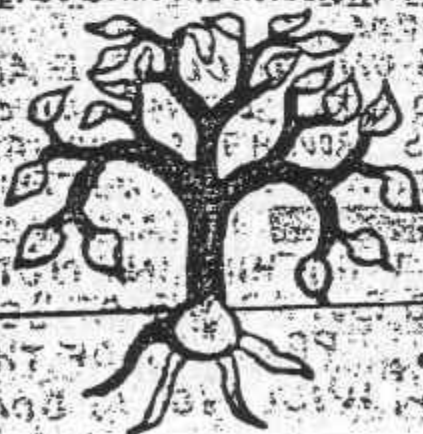
YOU DO NOT MOVE, WHEN YOU WALK OR
RIDE, THE SURROUNDINGS MOVE ACCORDING
TO THE LAWS OF THE EQUILIBRIUM,
ADJUSTING THEMSELVES IN PROPOR-
TIONS OF ETERNAL POSITIVES AND

NEGATIVES, THE NAME FOR WHICH IS MOTION. YOU BECOME MANIFEST IN PLACES, FACING TASKS OF ADJUSTMENT, TRANSMUTATION OF IMPRESSION INTO THE EXPRESSION. THIS IS MAGICK, THIS IS THE MIRACLE. I AM THAT I AM. AWAKEN, OPEN YOUR EYES, ARISE, BECOME CONSCIOUS - REALISE - "I AM" "I AM" INTERPOSING, MEASURING THE COSMIC CONSCIOUSNESS WITH SELF CONSCIOUSNESS. THE MICROCOSMOS PUTTING ON THE ROBE OF THE MACROCOSMOS, THE MYSTERY OF THE GREAT IN THE SMALL AND THE SMALL IN THE GREAT. MY NAME IS I, MY NAME IS MANY, I AM ALL AND I AM PART OF ALL. WHEN FEELING OF I GROWS IN ONE IT IS SELF CENTERING, GROWTH AND DEVELOPMENT OF EGO. AT CERTAIN POINT OCCURS SATURATION FOR GIVEN PERSONALITY BUT ACCORDING TO THE LAW - THE LIKE ATTRACTS ALIKE, THE GROWTH OF I ONCE STARTED WILL AUGMENT TO UNENDING, UNDETERMINABLE SIZE. AFTER REACHING THE SATURATION POINT WITHIN THE BODY OVERFLOW OF EGO BEGINS TO EXTERNALISE, OCCUPYING IN A VIBRATORY WAY THE PLACE MUCH LARGER THEN THE BODY - IT REACHES OUT DISTENDING AURA AND CREATES WHAT THE INITIATES BEHOLD AND UNINITIATES FEEL AS PERSONALITY. EGO OF THIS DYNAMIC TYPE MERGES OTHER SMALLER EGOS WITHIN ITS

SCOPE OF ATTRACTION AND THIS WAY EXPANDS
STILL FARTHER. THIS IS THE EGO OF LEA-
DERS AND EXECUTIVES, AND VOLITIONARY
VIBRATION OF ITS POWER IS FELT BY THE
MULTITUDES, TUNED TO IT, BY FORCE OR
BY SYMPATHY.
ORIGINALLY THE "I" THE EGO IS SMALL
WITHIN THE BODY, A LITTLE SPARK, WHICH
IS DWELLING WITHIN, GETTING STRONGER
THROUGH THE EXERCISES OF RECEIVING
THE IMPRESSIONS AND WRESTLING WITH
THEM TO TRANSMUTE THEM INTO THE
EXPRESSIONS, PURIFYING THE CHANNELS
THAT CONVEY THE FLOOD OF MESSAGES,
AND OPENING THE WAYS THAT ANSWER
THEM WITH A MESSAGE "I AM HERE"
"I AM THE PART OF ALL, I TAKE MY SHA-
RE IN THE CREATION"
UNTIL THE CHANNELS ARE ABSOLUTELY
OPEN AND PURE THIS SPARK OF "I RE-
MAINS WITHIN, AND THE BODY, EXTER-
NAL PART OF IT IS THE OUTSIDE, WHILE
THE OUTSIDE FROM THE BODY IS FAR
AWAY. - THIS IS THE FIRST STAGE IN THE
DEVELOPMENT OF EGO.
SECOND STAGE IS SATURATION, THROUGH
EXERCISING AND DEVELOPMENT EGO THE
"I" GROWS AND REACHES THE BOUND PRE-
SCRIBED BY THE LIMITS OF THE FLESH,
THE EGO IS AT ONE WITH THE BODY,
A PERFECT FIT, IT IS UNITY, THE SEED
GROWN TO THE SIZE OF ITS CONTAINER,

THE EGO FILLING THE VESSEL - "EAT OF THE
 BREAD. IT IS FLESH OF MINE, DRINK OF THE
 VINE IT IS BLOOD OF MINE." THE
 STAGE OF THE SAINT. THE
 EXPANSION OF THE I, THE EGO OVERLAPS THE
 BOUNDS OF THE FLESH, EGO BECOMES THE
 OUTSIDE, WHILE THE BODY BECOMES THE SEED
 ON THE INSIDE, THIS IS IMMORTALITY,
 THE WAY OF THE GODS. EGO GRASPS
 THINGS UNHEARD OF AND UNIMAGINED
 BY THE UNINITIATED. - IT IS THE STAGE
 OF MASTERS AND SAVIOURS, - BENT ON
 SOLVING THE KARMA, GENERATIONS AND
 RACES ON THIS EARTH. SUCH AN EGO THINKS, FEELS AND ACTS
 THROUGH THE OTHER EGOS, THAT ARE
 INCORPORATED WITHIN ITS SCOPE OF
 INFLUENCE. - IT IS THE MASTER OVER THEM,
 CONSCIOUS, EVER WATCHFUL, RECEIVING -
 TRANSMUTING AND EXPRESSING THROUGH
 ITS WISDOM OF CAREFUL OBSERVATION
 CORRECT INTERPRETATION AND PRACTICAL
 APPLICATION. IT THINKS ON THE OUTSIDE AND SO IT
 FEELS AND ACTS. BEING CONNECTED WITH
 THE OTHERS THROUGH THE INVISIBLE THREADS
 OF "THE TIE THAT BINDS" IT THINKS
 THEN [REDACTED] IN (ABSTRACT) SPACE,
 FEELING THE THINKING NOT WITHIN
 THE HEAD BUT ABOVE - AT 30° OR 45°
 DEGREES, PROCESS OF THINKING
 FEELING, WILLING IS DONE IN

SPACE, WITH PHYSICAL BODY SERVING
 ONLY AS A ROOT, A EMBRYO - I AM
 THE VINE, YE ARE THE BRANCHES.
 PROCESSES OF THOUGHT, FEELING
 AND WILL GO ON FAR AHEAD OF THE
 BODY, WITH FULL CONSCIOUSNESS
 AND AUTHORITY FOR THE ONE. I SCAT-
 TERED AROUND BUT UNITED BY THE IN-
 VISIBLE TIES OF THE IDEAL RECOGNISED
 BY THE OVERSOUL - THIS IS THE WAY OF AR-
 HATS. I AND MY FATHER ARE ONE.
 DEVELOPMENT OF CONSCIOUSNESS AND
 EGO, MEETING HUMAN BEINGS RE-
 COGNISES THE STAGES OF THEIR DE-
 VELOPMENT AND CALLS THEM
 NEIGHBORS, FRIENDS AND FAITH-
 FUL FRIENDS ACCORDING TO THEIR
 INNER TRUE SELF, WHICH CAN NOT BE
 HIDDEN FROM THE ALLSEEING EYE.
 FAITHFUL FRIENDS BURN THE VIGIL LIGHT TO SHOW THE WAY.



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INVOCATION OF THE HOST OF ANGELS OR POWERS:

CONFIRM THE "I" AND "I AM" STAND IN
A CIRCLE WITH A SQUARE INSIDE OR OUT-
SIDE A SQUARE AND THE CIRCLE ARE OPE-
NING THE WAY ON THE INFINITY.

FACE THE NORTH AT MIDNIGHT (CHARGE YOUR BODY WITH POWER ACCORDING TO THE 1ST MASTER ARCANES BEFORE STARTING THE PROJECTION)

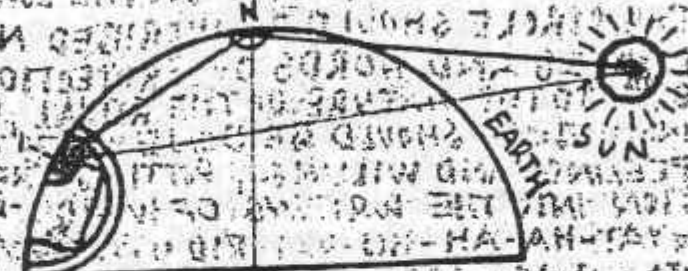
HAVE A ALTAR IN FRONT OF YOU WITH SAME DESIGN AS THE MAGICAL CIRCLE.

ALTAR SHOULD BE BUILT FROM MARBLE, WOOD, OR METALS. DESIGNS ON IT SHOULD BE ENGRAVED, ETCHED, PAINTED OR DRAWN. THE MAGICAL CIRCLE SHOULD BE DRAWN WITH CHALK OR CARBON, HOLDING IT IN THE RIGHT HAND WHILE THE FIST OF THE LEFT IS TIGHTLY CLOSED WITH THE THUMB COVERING AND PRESSING THE INDEX AND MIDDLE FINGERS, (DRAWING SHOULD BE MADE FROM LEFT TO RIGHT, FOLLOWING THE MOVEMENT OF THE SUN) AROUND THE CIRCLE SHOULD BE INSCRIBED NAME OR NAMES AND WORDS OF PROTECTION, ACCORDING TO THE NATURE OF THE RITUAL, BUT THE INSCRIBING SHOULD BE DONE WITH THOUGHT, FEELING AND WILLING, PUTTING THE INTENTION INTO THE WRITING OF WORDS.

YAT-HA-AH-HU-VAI-RIO "IS MASTER PROTECTION,
"THE WILL OF THE LORD IS THE LAW OF RIGHT-
EVENNESS." - OR - YAT-HA-AH-HU-YO
"THE WILL OF THE LORD IS

REMEMBER THAT THE MAGICAL CIRCLE IS PROTECTION FROM YOUR OWN VOLITIONAL AND INTENTIONAL EMANATIONS, WHICH GROW TO THE EXTENT OF BEING VERY DANGEROUS WHEN THEY TRY TO TAKE POSSESSION OF YOUR BODY AND MIND.

PROJECTION VIEW FROM ABOVE



PROFILE OF PROJECTION

MAGICAL CIRCLE AND THE ALTAR.



THE MAGICAL WAND IS TO BE MADE FROM WOOD HOLLOWED INSIDE WITH MAGNETISED STEEL WIRE INSERTED SO THAT THE HANDHOLD PART WITH THE NORTH POLE WHILE THE SOUTH POLE IS AT THE END, WITH A CRYSTAL OF TOURMALINE ATTACHED TO IT. (LENGTH OF MAGICAL WAND, ARM, OR FOREARM.)

COPPER WIRE THEN IS WOUND AROUND THE WAND IN A RIGHT HANDED SPIRAL TERMINATING IN A COPPER PLATE HELPING TO HOLD THE TOURMALINE.

ALTAR REPRESENTS THE FIELD ON WHICH THE ACTUAL WORK WILL BE DONE IN SCALE.

SENDING THE LOADED WITH FEELINGS AND WILLIFIED THOUGHT IS THE WORK OF MAGICK. IF IT IS DONE CORRECTLY, IT IS HARMONIOUS WITH THE OTHER POWERS, AND WHEN SENT ACCORDING TO THE MAGNETIC POLE AND ELECTRIC SUN, IT WILL ATTRACT THE POWERS OF SAME VIBRATIONS

GROWING IN STRENGTH UNTOLD NUMBER OF
TIMES, AND OBEYANT TO THE CONSCIOUS THOUGHT
WHICH CALLED THE POWERS IN HARMONIOUS
UNIT. THIS PROCESS IS THE INVOKING OF
HEAVENLY HOST.

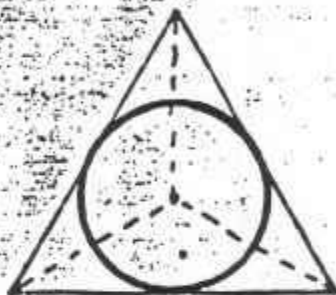
REMEMBER THE CONSCIOUS WILLIFIED AND
FILLED WITH FEELINGS THOUGHT IS THE LEA-
DER. YOUR THOUGHT, AND THEREFORE YOU
MUST BE PROTECTED, AND ALSO STRONG
ENOUGH TO WITHSTAND AND WITHHOLD A POS-
SIBLE REBOUND.

INVOCATION IS CENTERING THE THOUGHT
ON ONE POINT, ENDOWING IT WITH FEELINGS
AND ARMING IT WITH WILL, THEN THROUGH
MAGNETIC, ELECTRIC POWER ADHERENT
TO IT, THE THOUGHT BECOMES CRYSTALLO-
GRAPHIC AXIS, AROUND WHICH THE POWERS
CENTER, UPBUILD IT AND MATERIALISE
BECOMING MANIFEST.

WORKING ACCORDING TO THE NORTH
POLE AND THE SUN, THE THOUGHT BE-
COMES THE LEVER WORKING OUT THINGS
IN SCALE ■ IN HARMONY WITH THE SACRED
FORMULA - "AS ABOVE - SO BELOW, AS BELOW
SO ABOVE"

FOR INVOKING THE ELEMENTAL, AWAKEN
THE SPIRIT ESSENCE OF IT IN YOU, AND
PROJECT IT IN THE SPACE OUTLINED FOR
IT OUTSIDE THE MAGICAL CIRCLE.
THE WISH, DESIRE AND WILL OF HIE-
ROPHANT IS THE AXIS AROUND WHICH
THROUGH THE ATTRACTION OF THE HARMO-
NIOUS POWERS THE IMAGE OF ENTITY
OF INVOKED ELEMENTAL OR SPIRIT

IS MANIFESTED. "LIKE ATTRACTS ALIKE"



POINT OF CONCENTRATIVE PROJECTION.

FORM OF SPACE FOR ELEMENTAL TO APPEAR,
MADE OUTSIDE OF THE MAGICAL CIRCLE,
RITUAL, CEREMONIAL, CANDLES, IN

(The manuscript breaks off here. It was never finished. Count Walewski indeed insisted, for reasons of his own, that it should not be finished. The Editor.)