

**“I Was Always Poor – But Now People Envy Me. I Still
Can’t Get Over It.”**

Nancy Kline

**HOW TO LOWER YOUR
BRAINWAVE CYCLES AND REACH
UNIVERSAL MIND**

B. C. Bjornsfelt

FINBARR

HOW TO LOWER YOUR BRAINWAVE CYCLES AND REACH UNIVERSAL MIND

The greatest skill that anyone can acquire is simply that of deep and total relaxation – anytime and anywhere! The Master of Relaxation can make any miracle and realize any ambition! He can become or do anything! Once the body and thinking process become **TOTALLY** relaxed and unconcerned about any and all conditions and possibilities, the full power of the mind rushes forth, just like a genii from a magic lamp! Make any wish! Do you want genius, health, money, love, fame, an extended life, or sainthood? Name it; it is yours IF you master the science of total relaxation!

Chapter 1 by Nancy Kline. Chapters 2-8 by B. C. Bjornsfelt

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1. Your Life is About To Change

Please do not be deceived by the wonderful simplicity of the instructions herein. As one who has tried so many different metaphysical ways to improve personal circumstances I can truly vouch for the usefulness of what you will learn in these pages.

You are going to be shown how to naturally and safely lower your brainwave cycles so that you will become a more relaxed and creative person.

When performing the exercises which follow you will experience a most pleasant reverie at which time you will be in tune with what is termed 'Universal Mind'. In this changed state of consciousness difficult problems suddenly seem less important.

After each exercise you will be refreshed in mind and body, as well as feeling there is hope for a solution to your difficulties.

Metaphysics teaches that all one has to do is 'visualize and have faith' in order to receive what is desired. But the trouble is that we are too overwhelmed with anxiety about our problems to have any faith that they will be solved. By lowering our brainwaves we can escape this dilemma for in our pleasant reverie we can automatically form happy and positive images.

For all my adult life I have had to struggle to make ends meet. So I performed the exercises and imaged financial security on my mental screen. Intuitively I knew Universal Mind was with me; this I had never felt before even with hypnosis, a similar technique to this. A week later I thought of a good idea which could help pay some of my bills. I never had such an idea before and I knew it came as a result of my exercises. This idea turned out to be better than I could have ever dared wish, and I soon found myself making \$100 a day – and all without leaving home to work in an office.

I shall never have to worry about a shortage of money again.

To end financial hardship you should picture on your mental screen having all the money you will ever need. Universal Mind will answer you; and you should be ready for that answer when it comes – usually in the form of an unexpected idea or opportunity to make money which wouldn't normally present itself.

Universal Mind works in different ways for different people. Universal Mind operates on *the individual's own frequency*. The idea that led me to making \$100 a day was to read people's future with Tarot cards (something which, incidentally, anybody can do once they learn the subject). You may get a completely different idea according to your temperament and abilities, an idea which will lead you to making much more money than you are at present.

Under no circumstances should you ever doubt the power of Universal Mind to help you.

No difficulty cannot be resolved through Universal Mind. Within it are the answers to everything.

My dearest friend Cindy had her dream come true when the man she loved began dating her – before tuning into Universal mind he hardly took notice of her.

Universal is just *that* – universal. It is consciousness which reaches everywhere – including the minds of other people. It can cause people to act in your favour without them understanding why.

My confidence is recharged every day when I perform the exercises. *The very moment you perform your first exercise you will feel more confident.*

All it takes is to realise that there is *something* – or *someone* – who truly cares for you. This 'something' is universal and omnipotent. And you will experience this 'something' for yourself when you perform the exercises.

Once you reach brainwave levels 7 and 6 you will receive an inner

assurance that everything in your life will be alright. You will find positive mental pictures forming easily and effortlessly. At last life is going to be easier from now on – you will *know* it.

Make a list of the things you want in life. Universal Mind will, step by step, bring each and every one of your wishes to fruition.

I think that everyone should begin by asking Universal Mind to make themselves more affable and positive. I think this is important because a person who possesses these qualities automatically attracts life's blessings.

Once you are feeling more positive – and this should occur quickly if you follow the instructions carefully – you can then begin to tackle your problems. Tackle one problem at a time – don't expect Universal Mind to make your life perfect overnight – and once one problem is solved then deal with the next. Eventually your whole life will become the way you want it to be.

Once your life improves you should make a point of thanking Universal Mind for its help. Metaphysical self-help books say much about *asking*, but very little about *thanking*.

I have this gut feeling that all the new blessings in my life will be taken from me if I do not thank Universal Mind, but also *return* something to it.

When I began making \$100 a day – far more money than I had ever thought possible – I started to give some of it to children and animal charities. I choose animals and children because they are closest to God.

Nothing in life is really free. You must repay Universal Mind for what it gives you. Do not treat Universal Mind as your personal slave: when it helps you give thanks by *putting something back into life*.

When Universal Mind heals you of a health problem you should then learn to use this power to help another.

When Universal Mind blesses you with romance try to love as much as you can; and try to be charitable to others.

Use the simple mental exercises diligently and persistently and you will be rewarded. Life will have new meaning. Use your mental screen to image anything you like – a new love; a new home; money in the bank; good health; or whatever it is that is important to you. And when the results start coming don't forget to say 'Thank you'.

Nancy Kline

2. Learn how to Alter Your Brain Waves to Gain All The Best in Life. You Will Never be the Same Again!

People listening or dancing to disco music often have brain waves that reach 70 cycles per second. The mind cannot produce coherent thoughts at this level.

Let us look at what normal thought brainwaves should be and what you can do to reach super thinking brain wave level.

BETA. Beta has a frequency of more than 14 cycles per second and as you reach this you are most likely at the level of about 18 cycles per second. If you reduce this to 14 cycles it will stimulate your powers of comprehension and concentration.

ALPHA. This state vibrates from eight to thirteen cycles per second. It will give you a sensation of relaxation and peace and dramatically heighten your suggestability.

THETA. Theta has a frequency of four to seven cycles per second. When you are in the theta state you can get unusually creative insights and ideas. In this state, as you will learn, you may also carry out psychic healing.

DELTA. Delta has a frequency of $\frac{1}{2}$ to 6 cycles per second. Delta usually occurs during sound sleep. You are going to learn to be awake during the upper cycles of delta and to tune into the universal knowledge and energy. It is yours for the taking!

Find a room where you will not be disturbed and where you can have a dim light. Use the most comfortable armchair you can find that will allow you to place both feet flat on the floor and to rest your arms easily on the chair arms. Make sure you will be comfortable as you do not want any distractions.

Seat yourself and lean back and relax. Take your time! Take several slow deep breaths until you feel all tension gone.

Mentally concentrate on your "THIRD EYE", the point between your eyebrows and repeat to yourself, "I am at brain level 14." Repeat this several times as you become physically relaxed. Try to feel as if you were floating.

Now, in place of your concentration on the Third Eye visualize a blank screen such as you may have seen in a cinema. See blank white all over this screen. Stray thoughts may try to intrude but keep concentrating on the blankness. Take your time! Now repeat to yourself, "I am at brain level 14" and impose the number

14 on the blank screen of your mind. See that fourteen right there at the front of your mind. When the 14 is steady on the screen in your mind your brain cycles will also be at 14 cycles per second.

Now say to yourself, "I am going to brain level 13", and visualize the number 13 on your mental screen. You will be now experiencing a floating relaxation.

Next move down to brain level 12. Do not move down to the next number until you feel comfortable with the level you are at. Notice that your breathing is regular and even and that you are very comfortable.

Keep moving down the brain wave levels until you reach 7 cycles per second. You have now relaxed into ALPHA and all the tension has flowed out and you allow peace to flow in. Let go! You should feel that you are floating and drifting.

In a few minutes you will feel comfortable at the lower Alpha level and now you can let thoughts float across that blank screen in your mind. They will most likely be problems that you have in your personal life. View them passing over a screen as you would a cinema and make no comment or interference with what you see. Let these thought images pass over the mind screen and away from you. At brain level seven these problems will seem almost meaningless and you can hardly be bothered with them.

By now you may have been viewing your mental screen for ten minutes as time has little meaning in this state. Now place a mental picture of yourself on your screen and see yourself smiling and happy. Affirm to your image that all your problems will be solved and that you will feel good and peaceful all day.

With practise and experience you will find what level of brain cycles it is best for you to remain at for the rest of the day. If you have done this exercise in the evening you may wish to stay at brain level eight until you go to sleep, and you will have a good sleep. If you have done the exercise in the morning it will depend on what you expect of your activities during the rest of the day to what level of brain waves you wish to stay at. If you are active in business probably level 14 may be the most suitable.

When you are ready decide what level you wish to move up to and count up to it slowly on your mental screen. Affirm to yourself that you will stay at that level for the rest of the day. Take several deep breaths and get back to your normal routine. You may feel a little strange at first but you will get used to it. You have just controlled your mind and it has been on a strange journey.

Be assured, your subconscious mind is now working on your problems. Let it do so peacefully. The solutions to your problems will eventually pop into your conscious mind and, in some cases, a problem may just go away by itself.

3. Use the Alpha Level of Brainwaves to Improve Your Health

After several weeks of practising lowering your brain waves to the alpha level you will become used to relaxing quickly, almost on command, and you will be able to count down very quickly.

Be prepared to use this countdown quickly in case you have a physical accident. Make yourself relax and countdown to alpha level seven. Your blood pressure will stabilize at normal and you will think clearly. Pain will be reduced and you will do the right things for yourself. You will have confidence in yourself and know that everything will be alright.

Inevitably, I have to go to a dentist now and then. As soon as I sit in the dentist's chair and we have decided what he is going to do I count myself to brain wave level seven and I assure myself that I will feel no pain or irritation. I set up a programme of pleasant thoughts for my mind and I do not let the dental work interfere with it. I do remain alert to the dentist's and his assistant's questions or instructions but often they think I have gone to sleep. No way!; I just become the best patient they have ever had. You can do this too.

If you are subject to hypertension bring your brain wave level to seven cycles per second and on the screen of your mind see yourself relaxed and with an ideal blood pressure. When you are relaxed in the alpha level state your blood pressure will tend to stabilize and you can direct yourself that it will stay that way. Before you next visit your doctor for an examination, and while you are at home, put yourself into the alpha state and visualize a relaxed visit with your doctor. At his office, while waiting to see the doctor, bring your brainwaves to 8 cycles per second and command them to stay there. You may be surprised at the difference the physician finds in you. He may wish to know your secret.

If you have heart problems you may at times require to have an electrocardiogram taken. If you regularly practice alphanetics the lowered stress and tensions will be beneficial. Many patients get worried when they have to take an electrocardiogram and the added stress may give a false reading. By now you will be used to counting yourself down to alpha brain wave state quickly and you can do this while you are being prepared for the test. Remain calm and restful and you will be surprised at the beneficial results.

4. The Lowered Brainwaves Technique of Psychic Healing.

Almost everyone has the potential to be a psychic healer. You must be firm in your commands to your subconscious mind to be one, and you must be persistent in your efforts and you must possess compassion, for yourself and others. Don't be too hard on yourself. We all have a long way to travel, and it takes a little time.

By now you are accomplished in the art of lowering your brainwaves and you have gained the goals you have set out for yourself and you feel confident. You have an acquaintance with an ailment, say panic attacks, or a persistent headache, or the pain of a tennis elbow. The subject wants your help.

Have a quiet room with a dim light. Have two chairs facing each other. You sit in one with the subject facing you; your feet flat on the floor and the knees touching. Over your knees extend your hands palms up and ask the subject to place his/her hands palm down on yours. Tell your subject to relax and what you are going to do in bringing both of your brainwaves down to level seven. Go through the routine from level fourteen, counting down out loud. Tell the subject to visualize a blank screen in front of his mind.

At brain cycle level seven pause a few moments assuring the subject you are both relaxed and that you will stay at level seven for the present. Then state that you see the subject on your mind screen and ask the subject to see him/herself on the screen. Here begins a telepathic transference and the subject will generally see what you see. Tell the subject that you see him/her standing with (for instance) the painful tennis elbow exposed and it is red and

painful. You are both looking at it. By now yours and the subject's palms will have become quite warm and you may feel the tingling of an electric current passing through them. Now tell the subject that you can both see the redness going away from the elbow and the pain is reducing. Actively see the subject in your mind getting better and keep repeating that the pain is going away. . . and now there is none. Pause for a minute, holding the mind picture. Now tell the subject that you are both going to move up to brain level eight and that you are going to stay there. Remove your palms, which are now very warm, and place them around the subject's elbow and repeat out loud, "You are now free of pain, you are cured." Sit down again in front of the subject and place the subject's palms again on top of yours. Hold this magnetic contact for about 30 seconds while you tell the subject to open his/her eyes and to stay relaxed. Get up and stand behind the subject, place your right hand on top of the head and the left hand on the forehead and repeat three times, "You are painfree and cured." Brainwave level 8 is a very suggestable level and it is stress-free, but it does allow normal mental functioning. Suggest to the subject that level eight be maintained for the rest of the day.

Every ailment has a different approach and technique for the psychic healer and it should be well thought out before attempting to help a subject. Always make sure that the subject ends up with a feeling of well-being.

5. Extend Your Lifespan with the use of this Brainwave Technique.

Many of us are hypnotized into believing that a normal lifespan is three score and ten years. We think this is true because "everyone else" says so. Fortunately, as one grows older greater judgement and wisdom is acquired. This knowledge and the contentment derived from it should not be wasted because of a preconceived idea that the physical body must grow old and useless and that death is inevitable.

Available through your superconscious mind and recorded on your subconscious mind can be all the knowledge required to gain

and maintain all the youthfulness and vigour that your body may require for a long and gainful life. Your brain can only function well if your body is in good shape and supplies the required nutrients and the related electrical signals.

To regain your lost youth and to maintain it you must first be dedicated and persistent in the pursuit of this goal. I am going to tell you how to do it and once you get going on the prescribed track you will find it marvellously simple and you will see spectacular results and a zest for life almost immediately.

STEP ONE: First you will have practised the technique of lowering your brainwaves from 14 to 7 cycles per second so that you can do it easily, almost automatically. During your previous practice you will have learned how to control stress, solve problems, or made your days bright and happy. You now can almost zoom down to level 7 anytime you wish. You now know how to stay at level seven without effort. Please do not start on Step One until you **KNOW** that you are confident and relaxed in manipulating your brainwave levels.

You are interested now and you have thought about what age you would like your body to be and what you are going to do with that youth you are going to regain. If you are 50 years of age don't go dreaming of about being 21 again. At that age the body has not fully grown or matured. How about 38 years of age, a mature but still vigorous physical condition?

Get a photograph of yourself at the age you have decided to regress to and study it carefully. Cover it and visualize how the body looked. Keep doing this until you have your younger image memorized perfectly.

STEP TWO: Sit comfortably in your chair and bring your brainwave level down from 14 to 7 cycles per second while holding the image of a blank white screen in your mind. At level 7 put the image of your younger body on the screen of your mind. Take your time here: examine every feature of that new body you are going to have. Look at the size of the waist and the breadth of the shoulders, see an upright stance and an inner power. Look carefully at your head, the hair, the facial features, the texture of the skin and the expression on your face. Look at your eyebrows and then your eyes, look at the youthfulness and the determination.

You may wish the image of what you are going to be to take some action, move the head, smile, beckon with a hand or to speak. Keep the image in sharp focus.

Say to yourself: "That is who you are"; "You are that healthy young person"; "My subconscious mind knows that is me and I will soon be what I see."

Hold the image as long as you can and with practice that will be 10 minutes. As long as the image is clear repeat the affirmations. End with: "Tomorrow I will be like my younger self."

STEP THREE: The THETA state has a brainwave frequency of four to seven cycles per second. In this state your mind can open itself to receive universal knowledge, and the subconscious and the conscious minds are very open to suggestions and affirmations.

When you KNOW that you can hold the image of your younger self on the screen of your mind for some time then move your brainwaves down from 7 cycles to 6 cycles per second holding a clear and steady image. By the time you have reached this stage you will have most likely refined your youthful image to what you want it to look and act like. You have gained some wisdom over the years and you are going to impress it on the looks and actions of this younger body of yours. Make sure the eyes are bright and intelligent.

Universal Mind can give you all the ways and techniques to change you present body into the body in the image of your mind.

Repeat: "All the universal knowledge will flow into my mind and I WILL BE THAT BODY"; "My subconscious mind WILL MAKE THAT MY BODY."

I practise the lowered brainwave techniques in the morning and in the evening. I suggest this for you also but I have found that the most effective is to lower your brainwaves and make your affirmations just before going to bed while holding at brainwave level seven. Just before going to sleep fix the image in your mind and repeat your command to your subconscious mind as you will be giving it work to do all night. Some marvellous work will be done for you during the next few hours and you will have a refreshing sleep.

After a time you will notice that you have been doing things to improve your health. It may seem that you are automatically taking more care of yourself and you have been finding more ways to have a youthful body and mind. The power of Universal Mind has been seeping into the levels of your consciousness and silently instructing you. The reproduction of your body cells has been youthful; your looks are getting more youthful, and your mind and outlook is buoyant.

Now when you are at brainwave level six make more positive affirmations: "*I AM* that younger body in my image." "*You ARE* 38 years old and young and handsome and feeling good."

Universal Mind will now be doing all the work for you, and you just need to follow it's silent instructions.

You will see and feel yourself become younger and more vigorous week by week; and when you reach that desired age you will be able to enjoy and maintain it easily.

THIS IS YOUR SECRET! Other people will disbelieve what you are doing and this will diminish your power to reach your goal. **TELL NO ONE. KEEP YOUR SECRET!**

6. Using the Lowered Brainwaves' Technique to Solve Problems and to Give You the Very Best Lifestyle

By now you are adept at bringing your brainwaves easily and quickly from 14 to 7 cycles per second. You may have tried the THETA stage at 6 cycles per second. Fine and good. At this level you have a closer access to the UNIVERSAL POWER AND KNOWLEDGE.

All past, present and future knowledge is available to you if you possess the key to open the door and let it flow into your subconscious mind. You must be persistent in opening this door but you will find it easier and the results more astounding as you progress.

Relax into ALPHA level seven cycles per second while seeing a blank white screen in the front of your mind. Now count one level down into THETA level six. Let your problem flow on to your mind-screen and watch it passively. Do not get involved with it, just watch and don't be critical. Turn the problem around and observe every angle. Study the problem for a few minutes and then mentally observe yourself if this problem has been making you feel wretched. Observe carefully how you look and feel about the problem.

Now, let the vision of yourself gradually dissolve in a foggy mist and replace it with a view of yourself on your mental screen of how

you will look when the problem is solved and you are feeling better about it.

Affirm to yourself, mentally or aloud, that the problem will be solved, that your Universal Mind will provide the answer through your conscious mind. Raise your brainwave level to eight cycles per second and go about having good day and feeling assured that the answer to your problem will come to you. Be persistent in your efforts to solve your problem at the THETA state of mind. Do not think about your problem during the rest of your normal day. Universal Mind is doing the work for you.

Generally, the solution to a problem will come to you most unexpectedly, just popping into your mind, crowding out another thought. It may be fleeting so be alert to grab the idea and let it expand in your mind. When you think you have got all the details bring your brainwave cycles to six and visualize the solution to your problem. If you feel more comfortable with it go ahead and try it. In time and as you get more practice with this problem-solving technique you will get to recognize the right answer. **YOU JUST KNOW THAT IT IS RIGHT** and you will be confident with it.

When you are able to bring your brainwave cycle down to THETA level five you will learn some astounding things. For the initiate level five is unstable as it may be hard to stay alert and you may feel drowsy and fall asleep. However, this is one of the most exciting and rewarding levels to work in.

Level five is where the great inventors, artists, musicians, writers and other geniuses get their ideas and inspirations. You will be close to the open door of all **UNIVERSAL KNOWLEDGE** and at this level it flows easily into your mind. Problems seem to solve themselves automatically and you become the person you want to be. I recommend studying "THE BOOK of Gnostic REVELATION" published by FINBARR wherein you will find excellent guidelines on becoming a whole and dynamic person. Couple what you learn in that book with this system of obtaining it and you will be able to live to a great age and attain unlimited wisdom as you need it.

New ideas and new products are in great demand around the world and with the runaway growth of populations there are ready markets in many countries. If you think that you can make something better or you have an idea for a new way to do something just put it on your mind's THETA screen and ask Universal Mind to develop the idea. Keep at it and don't give up.

As you master and use your various levels of brainwaves you will soon realize the great force you have to completely change yourself for the better. I must caution you that you must use this force for the good of yourself and those around you. If you use this force against someone or something your thoughts will boomerang back to you and destroy all the good you have attained.

Do not go down to brainwave cycle levels six and five until you have mastered and are very comfortable at seven cycles per second. You may get confused and hold back your progress. Set a regime of lowering your brainwaves once or twice a day and stick to it. You will find it easier each time and it becomes enjoyable more as you explore a new universe, and your mind expands into wisdom and your body grows younger and more vigorous. At the end of each practice session tell yourself that you feel good and that all is going well with you.

Start yourself on this programme NOW, don't delay. Be persistent and don't give up for any reason. Follow the outlined steps carefully and don't move on until you KNOW and are COMFORTABLE with your progress to that stage. Do not hurry to get through this course. TAKE YOUR TIME. YOU ARE GOING TO LIVE A LOT LONGER THAN ANYONE EXPECTED. DO NOT TELL THEM THOUGH AS *THIS IS YOUR SECRET!*

8. How to Stabilize Your Blood Pressure and Have A Serene Day

Our object here is to lower the rate of the brainwaves and to bring relaxation to all the body's systems. Your brainwaves and mind may be racing at the beat of a rock music band and you do not know what is the matter with yourself.

This technique is simple and it takes less than five minutes.

Be where you will be undisturbed and sit comfortably in a chair, relaxed. Close your eyes and try to blank out any extraneous thoughts from your mind. Visualize the number fourteen and slowly count backwards until you reach number seven. Visualize each number for about ten seconds before proceeding to the next

lower number. Your brainwaves will have slowed down and you will feel peaceful.

Stay at level seven for approximately one minute and affirm to yourself that you will stay at this brainwave level all day. This is a good time to tell yourself that you can and will have all the good things in life; not just a teaspoon of it but a whole bucketful.

With a little practise you will be able to stay at level seven all day and little irritations will not bother you at all.

This exercise is well worth practising if you expect a stressful situation may develop. Try it before the next time you visit your doctor and, if you have done it correctly you will find your blood pressure to be much better than before. If you are ever in an accident and you can use this technique you will find that it greatly reduces the shock effect and you will remain calm.

You will always "have a good day" if you master and practise this technique.

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HOUSEHOLD MAGIC

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IN LOVE & MONEY; FOR ATTRACTING
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- MAKING SOMEONE CLOSER TO YOU
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The rituals are simple. One ritual requires just a saucer and a glass of water. Another requires only scissors & matches.

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And when someone is trying to make your life a misery you can use powerful magic to deal with them.

And for the really difficult situations the authors reveal their 'attack' and 'revenge' rituals. If you have been badly wronged you can exact a price on the wrongdoer! But be careful - this magic can be more potent than you ever imagined possible! The authors show you the exact rituals for dealing with a lover who has wronged you ... dealing with a person who has cheated you ... taking revenge against an unfair colleague ... magically attacking a love rival ... magically attacking any given enemy.

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THE SURE-FIRE WAY TO MAKE THE OCCULT WORK FOR YOU!
THE SURE-FIRE WAY TO GET YOUR PRAYERS ANSWERED!
THE SURE-FIRE WAY TO CONTACT YOUR GUARDIAN ANGEL!

Lady makes amazing discovery which guarantees your success, no matter how many times you may have previously failed!

Stella Scott began buying mind power and occult books from Finbarr in the late 1970s. She followed these books' instructions and was successful. But then she began failing. She bought more books and their instructions didn't work for her either. She then made a discovery. She found what it took to get results. It was simple, and since then (1981) she has never looked back.

She has now, at my (J. Finbarr) bidding, written a booklet, *specifically for those who have read other Finbarr books*, explaining how to get fast and continuous results.

She once didn't have money nor a career. Today she has both, and much more, and she puts it all down to the sure-fire way she found for getting results from Finbarr books.

Today Miss Scott is a successful, in-demand hypnotherapist, ritualist and lecturer in psychology. In the north west of England she holds seminars in which she teaches her sure-fire way of succeeding. She is the living embodiment of a successful follower of Finbarr publications. *She succeeds continuously.*

She visualised buying expensive clothes at Harrods. 17 days later it happened - and it didn't cost her a penny!

She performed a ritual to find a flat. Five days later she got it.

Whilst in an out-of-body state she saw how she may be able to get a house. Very soon afterwards the most extraordinary thing happened: she was given a huge amount of money in cash to buy a house of her own!

How these seeming 'miracles' happened are explained in detail by Miss Scott.

These amazing events are for real. **MIRACLES CAN AND DO HAPPEN!**, she says!

Believe her implicitly. I have seen proof of these things in my own life. But remember, *it wasn't always like this.*

She states frankly that for two years she got no results whatsoever. No Finbarr book helped her at all! But she kept on because she knew in her heart of hearts that mind power and occultism are not nonsense.

THE DISCOVERY SHE THEN MADE CHANGED EVERYTHING.

She found that everything boils down to belief. But how can you believe when you have already failed - time and again?

SHE FOUND HOW TO DEAL WITH THIS!

I am grateful for her discovery, for now any obstacle to success experienced by Finbarr readers can be removed once and for all!

Belief is the key - and she shows how to believe *in spite of your doubts!*

She shows how to *believe in yourself* - without really trying to do so!

Stella Scott is an honest person. I suggested years ago that she should have her findings published. She could have been paid then for this information; but, no, she wanted time to get as much authentication as possible.

It wasn't enough that it worked for her: **she wanted to see other people get results too.** And she has witnessed results over and over again.

Miss Scott taught her sure-fire system to her psychology students. Some amazing case histories:

★ A young woman wanted her reluctant boyfriend to propose. For 18 months she visualised and nothing happened. **JUST TWO DAYS AFTER ADOPTING MISS SCOTT'S SURE-FIRE METHOD HE PROPOSED!** She was flabagasted!

★ A woman had no hope of selling her home. It was blighted by a motorway and she was told she was asking too much for it. 'Nobody will pay what you want for it' she was told. The author explained what she should do. **FOUR DAYS LATER A COUPLE APPEARED ON THE DOORSTEP READY TO PAY THE FULL ASKING PRICE.**

★ A young couple badly needed an attic extension to their home, but there was no way they could raise the £4000 (about \$7000) quoted by the builder. They both believed in the mystic power of ritual but nothing happened. Miss Scott made a suggestion and **within two weeks they received £4000 out of the blue as an outright gift!**

These case histories are true! And even as I write this too, completely genuine, testimonials have arrived from Miss Scott: A divorcee came to one of her classes. She desperately needed money to do up her terraced house. She also felt a deep need for a loving male companion. Miss Scott told her what to do: *a month later she phoned Miss Scott: she had received a totally unexpected windfall of £10,000; she apologised for the noise in the background, for the builders were in working on the house!* A few months

later she phoned to say she had met *the exact type of man she wanted* - and they were soon to be married.

A lady came to the author to learn how to deal with stress. She was dispirited by a bitter disappointment in love and wanted to leave the country, preferably to France. But given her circumstances this was not possible. Miss Scott outlined the sure-fire way of making the impossible become the possible. **SOON SHE WAS LIVING AND WORKING IN PARIS!**

Miss Scott believes in the existence of the Astral World which is a virtual replica of the physical world. In this other world there exists *guardian angels* and *spirit guides* who seek to help us. Miss Scott shows *how to enter this other world.* She shows how to meet these loving, beneficent beings and how you may be bathed in the Cosmic Light. These beings hold the keys to your future and can show you how to make your fondest wishes come true in the physical world!

She demonstrates how to safely project your invisible astral body - no matter how many times you failed before!

She shows *how to glean important information from your dreams.*

Not everyone, however, is interested in astral travelling and spirit guides. For the more practical-minded she demonstrates *the sure-fire way to get self-psychology and mind power to work.*

She shows how to visualise your desires *without difficulty*; easily and naturally!

She demonstrates *the sure-fire way to influence the thoughts and actions of others without them knowing it!*

She demonstrates *the sure-fire way of releasing your natural healing power.* At last - **YOU CAN HEAL YOUR OWN BODY, AND HEAL OTHERS TOO.** With her sure-fire method you will *definitely be able to heal*, no matter how many times you may have previously failed!

Her method can be employed for **DRAMATIC SPIRITUAL IMPROVEMENT!** You can become a better person! Possess psychic powers! See into the future! See spirit beings! Grow in wisdom!

IT CAN ALL HAPPEN QUICKLY WITH THIS SURE-FIRE SYSTEM!

Nothing need hold you back again. This wonderful lady has found the key to removing all obstacles to success. Buy this booklet and you will never look back!

To receive the above please send £6.95 (\$14.95) to: Finbarr International (BC), Folkestone, Kent CT20 2QQ, England.

"STOP PAIN – LIVE LONGER – STAY YOUNG" by HELENA WEISSMAN & WILLIAM BOYES

Yes, thanks to the fabulous Health Secrets revealed in this new book you can **stop pain within minutes ... add 20 years to your life ... and delay the aging process!** If ever there was a book we have seen which should be in the possession of every man and woman, regardless of age or status, then this has to be it. Nothing is as precious as good health, and nothing as priceless as added years to one's life. With the amazing Secrets in this book you can have **both**. If you enjoy good health don't delude yourself thinking that you don't need this book – you need it because "luck" alone cannot **keep** you well. If you are afflicted by pain and suffering then you need this book immediately. If you are worried about the signs of old age then you **MUST** have this book if you are to "slow down" the aging process. **IN SHORT, EVERYBODY NEEDS THIS BOOK – NOW!** Here are Health Secrets, compiled from nine years of intensive research and interviews with hundreds of people, that you would never find in a 100 other books ... scores of wonder-working formulas and special vitamin combinations ... special "miracle foods" ... "magic mineral" supplements ... little known body-rejuvenation techniques ... simple hot water treatments ... any one of which could change your life and health almost immediately! You will read, according to the book's authors:

- MAGIC VITAMIN CAPSULES THAT CAN ALLEVIATE PAIN WITHIN 10 TO 15 MINUTES!
- A MAGIC VITAMIN FOOD THAT ACTUALLY **BREAKS DOWN FAT BEFORE IT SETTLES** – HEAVEN-SENT FOR SLIMMERS UNABLE TO RESIST FOOD.
- A HERBAL REMEDY FOR **IMMEDIATE RELIEVING** OF HIGH BLOOD PRESSURE.
- POTENT MINERAL COMBINATIONS FOR FAST RELIEF FROM CATARACT, FLU, COUGHS, FEVERS, HEARING AND LUNG PROBLEMS.
- A DELICIOUS DRINK THAT **INSTANTLY EASES** THE ILL EFFECTS OF COLITIS, ULCERS, GASTRITIS.
- MAGIC VITAMIN FOODS THAT REMOVE CHOLESTEROL, HIGH BLOOD PRESSURE, GALL-STONES – WITHIN DAYS!
- AMAZING POWER-DRINKS FOR COMBATING GOUT, RHEUMATISM, BURSITIS, ASTHMA, DIGESTIVE DISORDERS.
- A MAGIC POWERHOUSE DRINK – RICH IN 27 MAJOR HEALTH ELEMENTS – FOR DEFEATING DEPRESSION, ANAEMIA AND TIREDNESS.
- A MAGIC FOOD SUPPLEMENT FOR FAST RELIEF FROM SINUS PROBLEMS.
- HIGH-POWERED MAGIC FOOD COMBINATIONS FOR COMBATING SENILITY.
- AMAZING CAPSULE COMBINATIONS FOR POWERFUL SEXUAL VIRILITY AND POTENCY INTO OLD AGE.

Thousands of forlorn people, resigned to a life of misery and suffering, have had their lives transformed by the use of these simple but mighty Health Secrets. You will read in this book about: A man, 70, given only months to live as a result of advanced diabetes – after taking a special high-mineral combination for two weeks his blood sugar level drops by half – two months later he feels like a new man! – Three years of man's suffering from kidney disorder eliminated in five days with amazing high-vitamin food ... Another man's painful kidney stone attacks lessen immediately after taking a miracle high-vitamin drink – three weeks later the attacks are gone forever! ... Man with serious liver complaint uses a miracle health technique – his condition improves in three days – a month later he is entirely cured ... Childless couple discover hope in a special vitamin formula – husband takes it and within four

months wife is pregnant ... Miracle food supplements cure man's impotency and nightly visits to toilet.

Read also of a FABULOUS POWERHOUSE VITAMIN SUPPLEMENT – **SEVEN TIMES RICHER IN COMPLETE PROTEIN THAN BEEF** – WHICH GIVES MIRACULOUS **BODY REJUVENATION**, ESPECIALLY OF THE **SEX GLANDS** ... Man, plagued by enlarged prostate, impotency and skin problems, tries this powerhouse formula and is completely cured of all ... AN AMAZING, PROVEN HEALING TECHNIQUE FOR REDUCING HIGH PULSE RATE, CURING CHRONIC BRONCHITIS, MULTIPLE SCLEROSIS, AND OTHER SERIOUS DISORDERS ... Man with arthritic hips takes a magic enzyme drink – after two weeks he no longer limped and all pain had disappeared ... A simple-miracle food cured an elderly lady completely of arthritic arms and legs ... Troubled by epileptic seizures for ten years, a young man tries a special food and drink combination – he **never had another seizure!** ... Miracle mineral drink **dissolves completely** woman's painful ulcer ... Delicious high-mineral foods stop middle-aged woman's ten year constipation problem in one week ... Man, in great pain from diabetes and enlarged prostate **cured of both** by an amazing "miracle drink" ... Married couple, both arthritic and rheumatic, completely healed together by eating the same magic mineral foods.

SPECIAL-COMBINATION VITAMIN SUPPLEMENTS THAT WORK "MIRACLES" ON STIFF JOINTS, ARTHRITIC PAIN, FEMALE COMPLAINTS, TOOTH AND GUM PAINS, EARACHE, SINUS PROBLEMS, HAEMORRHOIDS ... Pregnant wife cured of "morning sickness" by such a supplement – she was able to work almost to the last hour! ... Model worried by hair falling out – special supplement stops it immediately ... Man's hair condition eradicated – after only a month his hair is strong, healthy and thick ... Woman's varicose veins disappear without trace ... Special foods and drinks which banish the "menopause blues" ... Woman, long suffering from vaginitis – magic foods cure her in two weeks and saves her marriage ... Man's bad cold disappears in one night, thanks to herbal remedy ... Headache-prone man discovers secret of a special multi-mineral drink and is never troubled by a headache again ... Delicious miracle food stops woman's migraine attacks ... Man, worried by signs of age, tries a unique multi-mineral combination and within short time actually finds himself **looking younger** than he did before ... Soothing herbal drink stops housewife's arthritic night coughing.

Woman with arthritic knees and hands tries a special do-it-yourself hot water treatment – it cures her completely – a month later she could even dance! ... Thanks to a unique multi-vitamin capsule a man cures both himself and his old dog within two weeks of arthritic pain ... Lady, 20, cured completely of enlarged thyroid by a miracle-vitamin drink ... Woman with severe menstrual problems, experiences immediate improvement with special mineral formula ... Arthritic spine totally cured ... Cases of pre-menstrual swelling and soreness, menstrual tension removed, thanks to high-powered vitamin combinations.

Almost every conceivable type of health complaint is covered in this information-packed treasury of Health Secrets. All of the special foods, vitamins, supplements and formulas referred to are **readily and cheaply available at your local health food store or supermarket**. The book tells you exactly what you need and the instructions are simplicity itself. Don't waste a moment in sending for this precious book. Your copy will be mailed immediately so that you may benefit from this priceless information without delay. Simply write for "STOP PAIN – LIVE LONGER – STAY YOUNG", enclosing **£6.99**.

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