

# A SYSTEM OF CAUCASIAN YOGA



A FACSIMILE OF THE MANUSCRIPT BY  
COUNT STEFAN WALEWSKI



A SYSTEM  
OF  
CAUCASIAN YOGA



A Facsimile of The Manuscript By  
Count Stefan Colonna Walewski





A SYSTEM  
OF  
CAUCASIAN YOGA

As Orally Received  
By  
Count Stefan Colonna Walewski

A Manuscript Facsimile  
With Over 150 Diagrams  
And Illustrations By The  
Author



# KEY TO MASTERY



∴ 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. ∴

∴ יְהוָה אֱלֹהֵינוּ יְהוָה אֱלֹהֵינוּ ∴

∴ YAT-HA-AHU-VAIRLO ∴

∴ THE WILL OF THE LORD IS  
THE LAW OF RIGHTEOUSNESS ∴

-MASTERY-  
YOU MUST

# INDEX TO CONTENTS

## INDEX.

PAGE

1. INTRODUCTION. DEVELOPMENT. CAREFUL OBSERVATION, CORRECT INTERPRETATION, PRACTICAL APPLICATION. BREATH INDICATOR OF STATE OF HUMAN BEING. MOTHERS BREATH, STATE OF MASTERSHIP, GAYA-LHAMA. BREATH IS LIFE, SUN BREATH, MOON BREATH, TWILIGHT BREATH, WAY OF ESTABLISHING SUN OR MOON BREATH, HARMONIOUS FOUR FOLD DEVELOPMENT - PHYSICAL MENTAL, SPIRITUAL AND PSYCHIC, COLORS OF VIBRATIONS IN EACH
2. MASTER ARCANE, GREATER MYSTERIES, GENERAL POINTS, RHYTHM OF MASTER BREATH, EYES, SPOT FOR EXERCISE OF THE EYES, SUN, MOON AND STARS. N RAYS, MASTER THOUGHT, HERTZIAN WAVES FOLLOW THE SUN.
3. I FIRST MASTER ARCANES. POSTURE, BREATHING, COLORS, EXERCISE, ARCANES ESTABLISHING THE MASTER RHYTHM, DEVELOPS SIGHT AND CLAIRVOYANCE.
4. II SECOND MASTER ARCANES, POSTURE, BREATHING, COLORS, EXERCISE, TENSION AND RELAXATION, BALANCE, HOW TO FACE FRIENDS AND ENEMIES, DEFENCE AND AGGRESS, DEVELOPS HEARING, CLAIRAUDIENCE AND HARMONY, FEET AND HEARING, EXERCISE, CARE OF
5. III THIRD MASTER ARCANES. POSTURE, BREATHING, COLORS, EXERCISE "BREATH IS LIFE". NOTE WITH EVERY MASTER EXERCISE THE BREATH VIBRATION, DEVELOPS, GOOD TASTE AND JUDGEMENT OF DISTANCES, AND UNDERSTANDING GREAT CENTRALISING PRINCIPLE.
6. IV FOURTH MASTER ARCANES. POSTURE BREATHING, COLORS, EXERCISE, DEVELOPS COMMANDING WILL AND ELECTRICITY STORING IT IN GAUGLINS IN THE BODY
7. V FIFTH MASTER ARCANES. POSTURE, BREATHING, COLORS, EXERCISE. DEVELOPS CONTROL OVER ATTRACTION OF THE EARTH, (WEIGHT) ENABLES TO RAISE IN THE AIR AND WALK ON WATER.
8. VI SIXTH MASTER ARCANES, POSTURE, BREATHING, COLORS, EXERCISE, RECHAKA, KUMBHAKA, PURIHA BLENDING, ELECTRIC AND MAGNETIC AND THERMAL

## CONTENTS

FORCES WITH THOSE OF THE EARTH. PHENOMENA AND CAUTION. HEAT WAVES AND ELECTRIC SHOCKS AT THE BASE OF THE SKULL, CENTERS IN THE BRAIN AFFECTED, EXPANSION OF AURA "KA" "BA". RISING IN THE AIR. TRANCE. DO NOT BE DISTURBED. HEALING. TRANSMUTATION, "PHILOSOPHER'S STONE", BLENDING AURIC SPHERES OF MAN AND EARTH. ATONEMENT. AT FUN NOTE. CAUTION AS TO SURROUNDINGS!	PAGE
9. VII SEVENTH MASTER ARCANES. WEATHER CONTROL POSTURE, IMPLEMENTS, EXERCISE. SOUNDS - SIGHING, AND ROARING. "I - HAU - HA" CHANGES CLIMATIC CONDITIONS. EL BORACH, WAAT, BRINGS IN STORM.	37
10. COMPRISING OF 7 MASTER ARCANES. BREATH CONNECTION WITH MASTER THOUGHT. KNOWLEDGE AUTHORITY. YOUR HEAVENLY FATHER IS YOUR INSTRUCTOR, YOU DO NOT NEED ANY OTHER TEACHER	39
11. GENERAL COMPENDIUM. MASTERY. COMMUNICATION WITH CREATIVE POWER OF THE WORLD. SPINNING FORCES. TOWARD ONENESS. MASTERING THE BODY. WHAT MEANS TO MASTER	40
6 ARCANES THE "SHORT PATH". STATE OF SLAVERY BIRTH, CHILDHOOD, MASTER SYSTEM THE KEY TO FREEDOM. EVERYTHING IS ONE. GA-YA-LHA-MA. ABSORB IN FOUR STATES OF VIBRATION. PHYSICAL, MENTAL, SPIRITUAL AND PSYCHIC. SEATS AND AREAS IN THE BODY. DIFFERENTIATION IN THE DEVELOPEMENT IN DIFFERENT RACES. PENTAGRAM OF MAN. AFFIRMATION. MASTER THOUGHT, WORD DEED TEACHINGS OF THE MASTERS. SIGNS AND PASS WORD. POSTURES OF RECOGNITION. STATE OF MASTERY. ANCIENT INITIATIONS - WATER, FIRE, AIR, EARTH. MASTERS. DISCLOSING THE SECRETS OF BEING. SOLVING ALL PROBLEMS. ANSWERING ALL THE QUESTIONS. DEFINITION OF MYSTICISM, OCCULTISM AND MAGIC.	40
12. LESSER ARCANES AND GREAT. EXERCISES FOR DIFFERENT PURPOSES ACCORDING TO MASTERS.	53
13. I L. ARCANES. DOCTRINE OF THE HEART. SWASTIKA, SOUWASTIKA. EXERCISE "LOVE!" "ALIMN" "PEACE". DISCRIMINATION, HEALING,	53

# CONTENTS

14. II G. ARCANES. CREATION EXERCISE. AWAKENING OF THE DESIRE AND TRANSMUTING IT INTO WILL POWER. POSTURE, BREATHING, EXERCISE, CRUX ANSATZ, NOOSE CONSCIOUS, SUBCONSCIOUS, SUPERCONSCIOUS. SENDING POWER FROM SOLAR PLEXUS INTO THE HEAD. CADUCEUS OF HERMES. WINGED SCARAB. HUMA SKULL. MATERIALISES THINGS DESIRED, CURES, INDUCES CATALEPTIC STATE, LETARGIC CONDITION, SELFANESTHESIA, CUNDALINI. CAUTION. TRANS STATE PUTS EYES OUT OF FOCUS. EXERCISE OF MASTERS RULERS AND HIGH PRIESTS. 56
15. III G. ARCANES. PROJECTING OF POWER. RITUAL OF PENTAGRAM. WALL OF PROTECTION. NORTH. WEAPON TO DESTROY THE ENEMIES. I MASTER ARCANES. PROJECTING, - POSTURE, BREATH, EXERCISE, MOVEMENT STRIKING, WORDS. "YAT-HA-AH-HU-VO — OM" PROTECTION AND CAUTION. 60
16. IV L. ARCANES. EXCITING THE LIFE ENERGY. WHEN TIRED - PHYSICALLY, MENTALLY, SPIRITUALLY PSYCHICALLY, POWER TO FACE TASKS. EXERCISE, POSTURE. TENSION. "HA II". SENDING CURRENT TO THE PINEAL GLAND, NOTE. 63
17. V L. ARCANES. HEALING POWER HEALING WOUNDS. STOPPING BLEEDING, SETS HEALING PROCESSES IN THE BODY, BREATH, POSTURES, WORDS, PUTTING ON HANDS. SILENT SINGING. 64
8. VI L. ARCANES. SOUNDLESS SOUND (AUM) VOICE OF THE SILENCE. RHYTHM OF THE UNIVERSE POSTURE, IMOLEMENTS, LISTENING IN. BLAST OF THE TRUMPET BUZZING OF THE BEE. RINGING OF THE BELL, SOUND OF THE FLUTE. "AUM" COSMIC VIBRATION. UNDERSTAND THE TRUE SOUND OF "AUM" NOTE. II M. ARCANES. 65
18. VII G. ARCANES. CONCENTRATION. POSTURE MASTER ARCANES. - CONCENTRATION. POSITION OF THE EYES. PRESSURE, TENSION AND RELAXATION. PHENOMENA OF BREATH. MEDITATION, CONTEMPLATION. DEFINITIONS OF THOSE PROCESSES. WATCH THE "LIGHT" ILLUMINATION. SEEING THINGS IN PASSIVE STATE, EYE EXERCISES. LOOKING AT THE SUN, MOON, AND STARS, LIGHT, EXERCISES FOR THE MUSCLES OF THE EYES, PERSPECTIVE ACCOMODATION MUSCLES CLAIRVOYANCE - POSTURE AND EXERCISE INWARD SIGHT, FARAWAY SASE, CLAIRVOYANCE, THOUGHT 66

# CONTENTS

- FORM READING, AURA, PSYOMETRY, TELEPATHY.  
 19. VIII G. ARCANÉ. DREAM CONSCIOUSNESS. 73  
 THREE FIRST STATES OF CONSCIOUSNESS. FIRST DAY, PRESCRIPTIONS AND EXERCISE. STOPPING THE EARS AND SINGING MANTRAM TO IMPRESS THE SUBCONSCIOUS. POSTURE. TIME. REST. SEVEN DAY PAUSE. NEXT PRESCRIPTIONS AND EXERCISE. SINGING THE MANTRAM. SLEEP. AWAKENING IN IT TO THE DREAM CONSCIOUSNESS. EXPLANATIONS AND NOTES. SLEEP HEAD TOWARD NORTH, POSTURES FOR SLEEP. HEALING BY SLEEP.
20. IX L. ARCANÉ. RECHARGING NERVOUS ENERGY. WAY OF ANCIENT EGYPT. RODS OF POWER. SECONDARY ELECTRICITY. ENERGY STORED IN THE UNPOLAR GANGLIA POTENTIAL RISING 100% AT 5 MIN. APPLICATION. SUN-CARBON. MAGNETIC ORE. HARDENING OF THE RODS. THERMOELECTRIC RODS. COMBINATIONS OF METALS. PLANETS. MINERALS. - POSTURES AND EXERCISE. DIVERSE SYMBOLIC FORMS.
21. X L. ARCANÉ. KECHARA MUDRA. PREPARATION 81  
 FOR HIBERNATION CENTERING LIFE ENERGIES IN THE HEAD SWALLOWING THE TONGUE. PREPARATION PRACTICE, CUTTING FRAENUM LINGUAE. REACHING PERFECTION.
22. XI L. ARCANÉ. MULLHA MUDRA, PREPARATION 83  
 FOR HIBERNATION, HEALING, GASTRITIS, APPENDICITIS, REJUVENATION, POSTURE, IMPLEMENTS, BREATHING EXERCISE, BREATHING THROUGH THE RECTUM. CAUTION.
23. XII G. S. ARCANÉ. FACE AND HEAD REJUVENATING EXERCISE. ALSO GENERAL. REJUVENATES BRAIN HEARING, TASTE, SMELL, TEETH, HAIR, SKIN AND MUSCLES. PROTOPLASM, CATABOLISM, ANABOLISM. RESPIRATION. BLOOD, LYMPH. ARTERIES, VEINS. REJUVENATION OF THE BLOOD. EXERCISE, DIET, ENEMAS. EXERCISES FOR THE THYROID. 1ST EXERCISE. 1 EXERCISE CAUTION. XI ARCANÉ EXERCISE. POSTURES. REJUVENATING DIFFERENT PARTS OF THE BODY. MANIPULATING VEIN AND ARTERIES. NOTES. FEET CARE AND INFLUENCE ON HEALTH, EXERCISE, HANDS CARE AND INFLUENCE ON HEALTH, CONNECTION BETWEEN FINGERS AND THE BODY EXERCISE, CONTROL OF THE EMOTION



## CONTENTS

EXERCISE FOR ELECTRIFYING AND MAGNETISING OF THE HANDS. BREATH, POSTURE, MOTIONS. LAYING ON OF HANDS. MASSAGE. CHANGING OF THE BLOOD PRESSURE, TONGUE, INFLUENCE ON STOMACH AND SEX. IMPLEMENTS AND EXERCISES, CAUTION CLOSING NOTE.

24. XIII L. ARCANES. REJUVENATION OF ENERGY AND INCREASING SPAN OF LIFE. BATTERY OF LIFE ENERGY IN SPINAL FLUID. YAWNING THE GREAT FACTOR IN ADJUSTING THE ENERGY IN THE SPINE. PROCESS OF YAWNING, PHENOMENAS ACCOMPANYING IT. CAVITIES IN THE HEAD AND SOLAR PLEXUS. YAWNING EXERCISE FOR RELAXATION. FIRST EXERCISE, I AND II PARTS. SYMPTOMS MOST IMPORTANT KEY TO ENERGY AND POWER. TELEPATHY, SECOND EXERCISE - MASSAGE OF THE PINEAL GLAND. RELAXING AND TENSING PRESSURE OF FLUID IN THE BRAIN CAVITIES. HISSING SOUND. INITIATION IN THE ORDER OF THE SERPENT. - POSTURE, TENSION, RELAXATION. BREATHING. STUDY IN THE PROCESS. RELAXATION. AREAS OF TENSION IN THE HEAD. DEVELOPING OF PINEAL GLAND. CAUTION. EXERCISE OF TRANSFUSION OF SPINAL FLUID FROM ONE INTO THE OTHER. - CAUTION. REJUVENATING OF THE FLUID.

25. XIV L. ARCANES. DEMAND, COMMAND, 110  
I, I AM, I THINK, I FEEL, I WILL, I CAN, I WANT, I MUST, I WILL, DETERMINATION, BREATHING, TENSION, POSTURE, EXERCISE, "DEMAND!!" "I COMMAND!!" RIPPLES ON THE ETHER. THREE WAYS OF INFLUENCING PEOPLE, PRESSURE OF HANDS.

26. XV L. ARCANES. ESTABLISHING A MENTAL 113  
CONNECTION WITH PERSON PRESENT OR ABSENT. BREATHING IN UNISON. LEADING OTHER PERSON INTO DIFFERENT STATES. TUNING IN MANY PEOPLE TOGETHER. "AUM" - MANTRAS. RESULTS ACCORDING TO KNOWLEDGE OF VIBRATIONS. NOTE. KISS - KEY TO TUNING BETWEEN COVERS. CORRECT KISS. HOLDING HANDS. COMMUNICATIONS.



## CONTENTS

WITH A PERSON AT A DISTANCE. CONNECTING  
THROUGH VIBRATION. TIME AND EXERCISE.  
YOU KNOW WHEN TUNED IN. CAUTION.

### 27. XVII. L. ARCANES: BIRTH CONTROL, CONCEPTION 116

AND PREDESTINATION. INTERCOURSE CREATIVE  
ACT. KEY TO IMMORTALITY. SOUND THE CONVEYOR  
OF THE SPARK OF SOUL INCARNATION. GAZE, HISS,  
AND "AUM". THE KEYS TO CONCEPTION.  
PREDESTINATION OF SEX, SUN AND MOON POSTURE  
AND THEIR ROLE IN INFLUENCING THE SEX OF THE  
OFFSPRING. NOTE.

### 28. ILLUMINATION. YOU ARE THE CENTRE OF THE 117

UNIVERSE. RIDDLE OF GOD. REALISATION IN FULL  
CONSCIOUSNESS. CONNECTION WITH EVERYTHING.  
KNOW THYSELF. GOD IS IMMORTAL MAN, MAN IS  
MORTAL GOD. YOU BECOME MANIFEST. I AM I.  
EGO SELF CENTERING. LIKE ATTRACTS LIKE.  
SATURATION BY THE EGO. PERSONALITY.  
INCORPORATING OTHER EGOS WITHIN ITS SCOPE.  
ILLUMINATION: "I AM HERE" "EAT OF THE BREAD  
IT IS FLESH OF MY FLESH" SOLVING KARMA OF  
NATIONS. MISTERS ARHATS, THE TIE THAT  
BINDS, THINKING IN ABSTRACT SPACE. BODY  
A ROCK, "I AND MY FATHER ARE ONE".  
NEIGHBORS, FRIENDS AND FAITHFUL FRIENDS.  
BURNING LIGHT TO SHOW THE WAY.

### 29. MAGICAL PROJECTION! INVOCATION OF 123

THE HOST. NORTH AT MIDNIGHT. MAGICKAL  
CIRCLE, ALTAR, MATERIALS, WAYS OF MA-  
KING. PROTECTION. FROM YOURSELF.  
MAGICAL WAND. PREPARATION. MAGICAL  
WORK DONE IN SCALE WILLIFIED THOUGHT  
CRYSTALLOGRAPHIC AXIS FOR BUILDING  
OF POWERS. BE READY FOR REBOUND.  
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 ONES ENTITY AND TO WATCH  
STUDY AND APPLY.

INDICATOR OF ENTITY IS -  
I - I AM - SOUL

{ I THINK ;  
I FEEL ;  
I WILL ; } . ATTRIBUTES.

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-LHAMA - IS EVERYWHERE, AND ALWAYS SEEKING ENTRANCE INTO HUMAN BEING TO EXPRESS HIMSELF THRU IT TO BE RECEPTIVE TO THE HARMONIOUS FLOW OF THIS POWER - IS TO ESTABLISH MASTER RHYTHM IN THE HUMAN BEING AND RELINQUISH THE MOTHER'S IMPRESSION OF ADVERSE SURROUNDINGS. COINCIDENCES

AND INFLUENCES AT THE TIME OF CONCEPTION

BREATH IS LIFE.

FLOWING THRU THE NOSTRILS, BREATH  
SHADES 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</sup> READY TO FIGHT.

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.  
<sup>BREATH OF THE SAGE READY TO ABSORB WISDOM.</sup>

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 CAWITY 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 CHANGED IN THREE MINUTES.



SUN BREATH POSTURE

THE MOON BREATH IS THE SAME POSTURE REVERSED

GAYA-LHAMA - 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 VIVIFY THEM.

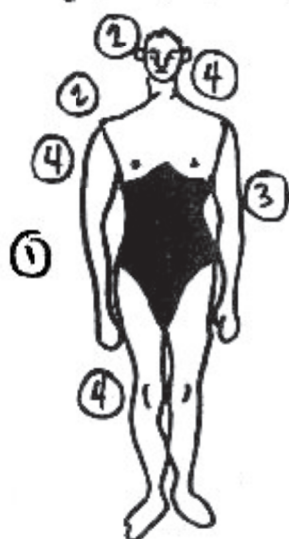
THOSE VIBRATIONS ARE CORRESPONDING TO FOURFOLD FUNCTIONS OF HUMAN ENTITY, AND ARE DEVELOPING THEM.

DEVELOPEMENT OF HUMAN ENTITY IS  
FOURFOLD :-

- |             |              |
|-------------|--------------|
| 1) PHYSICAL | 3) SPIRITUAL |
| 2) MENTAL   | 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 [VITIC ENERGY] BLUE :-  
4) ARMS, HANDS, LEGS, FEET & FACE -  
- WHITE - PSYCHIC :- [FOR WHITE RACE] :-



HUMAN BODY THRU CONSCIOUS  
USE OF WILL BREATHS IN THE  
COLOR VIBRATION, AND  
AT EXHALATION CHARGES  
PARTS AND CENTERS.  
WHEN IT IS DONE IN THIS  
WILLFUL AND CONSCIOUS  
MANNER IT IS BASIC.  
PART OF MASTER EXERCISE



## THE SEVEN MASTER ARCANA

MASTER ARCANES. GREATER MYSTERIES. GENERAL POINTS

A MASTER BREATH IS 7 SECONDS INHALATION - 7 SEC. EXHALATION AND 1 SECOND STOP OR HOLD AT EACH END. 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 - SUNSHINE, MOON SHINE, STARSHINE ETC. .

EYES ABSORB OR EMANATE AMONG OTHERS THE N OR LOVE RAYS, AND THAT WITH 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 WATCHFUL 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 RECEIVER! THE ECCLISIS, SYNTHESIS AND ANALYSIS: - THE FILLER, THINKER AND WILLER.

HERTZ WAVES ARE THOUGHT WAVES OF THE GEODENTITY THE EARTH SOUL - ARMAITI - WHOSE AURA WE BLEND WITH OUR OWN IN THE SIXTH (6th) MASTER ARCAN. EXERCISE).

WHEN CONCENTRATING, MEDITATING RECEIVING OR SENDING ENERGY, THOUGHT 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.

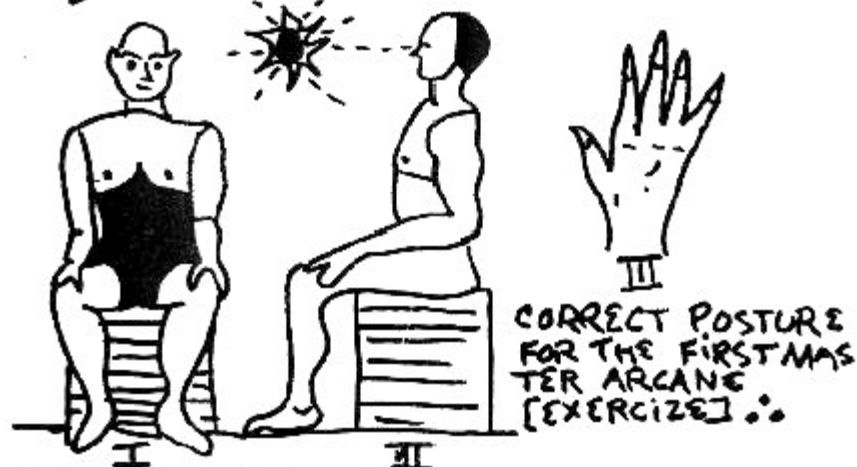
I-FIRST MASTER ARCANES. | EXERCISE  
SIT ON A CHAIR - SPINE ERECT, NECK  
STRAIGHT, HEAD UP, CHIN IN, EYES,  
LEVEL - FIXED ON SUN, OR SPOT WHICH  
SHOULD BE ON THE LEVEL WITH THE  
EYES AND ABOUT FROM THREE (3) TO  
SEVEN- FEET AWAY ON A VERTICAL  
WALL OR STAND - REMEMBER LEVELS  
OR HORIZONTALS, VERTICALS OR PERPEN-  
DICULARS, 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 STRAIG  
HT. REST THE HANDS WITH FINGERS  
SLIGHTLY SEPARATES FORMING V  
ON THIGHS, INDEX FINGERS AT KNEE  
POINT AND THUMBS CIRCLING TO THE  
INSIDE OF THE KNEES.

HEELS FROM (3) THREE TO SIX (6) IN-  
CHES APART FEET OPEN EN 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.



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 <sup>EXHALE</sup> BREATH IN FOR SEVEN (7) SECONDS GAYALHAMA - OF RED COLOR EXPANDING ABDOMEN; PAUSE ONE SECOND; THAN EXHALE THE BREATH

(410) FOR SEVEN (7) SECONDS, AT THE SAME TIME BY THOUGHT AND WILLING COLOUR - LOWER STOMACH, SEX AND BACK OF THE HEAD - RED PAUSE ONE SECOND, AND REPEAT SAME BREATH ON THE SAME COLOUR TWICE TO MAKE THREE BREATHS ON RED COLOUR ..

•• THEN AFTER LAST PAUSE OF ONE SECOND PROCEED TO TAKE BREATH EXPANDING ONLY CHEST - <sup>MENTAL</sup> ON 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 YELLOW COLOUR ..

•• AFTER LAST PAUSE OF ONE SECOND PROCEED TO TAKE BREATH EXPANDING CHEST AND UPPER ABDOMEN - ON BLUE <sup>SPIRITUAL</sup> COLOUR: PAUSE ONE SECOND, EXHALE FOR SEVEN SECONDS, FIXING BY THOUGHT AND WILLING BLUE COLOUR - SOLAR PLEXUS (ABDOMEN, DIAPHRAGM), PAUSE ONE SECOND 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 PSYCHIC

PAUSE ONE SECOND, EXHALE FOR SEVEN SECONDS - FIXING BY THOUGHT AND WILLING WHITE COLOUR - ARMS, HANDS, LEGS, FEET AND FACE. PAUSE ONE SECOND 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 IS:  
 • 3 BREATHS ON RED (PHYSICAL) 16 SEC 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 SECONDS, - 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

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 ARCANES. •• TWELVE (12) BREATHS WILL CONSTITUTE SECOND MASTER ARCANES. •• 3 MINUTES 12 SECONDS ••

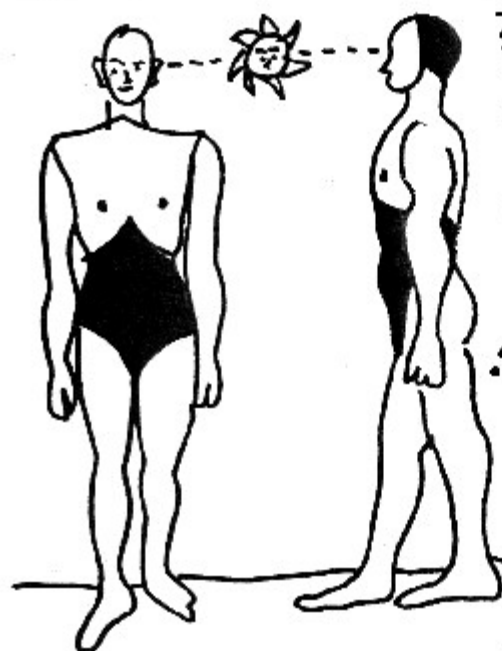


ILLUSTRATION SHOWS POSTURE FIRST OF THE SECOND EXERCISE. SECOND POSTURE WILL BE ON RISEN TOES.

[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 ARCANES TEACHES US HOW TO FACE FRIENDS AND ENEMIES. HOW TO DEFEND AND AGGRESS. IT DEVELOPES CLAIRAUDIENCE AND HAR-

MONEY.

•• 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 MAGNETIC. 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 LAMOLIN [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 NUMBNESS FROM SETTING IN IT AND KEEP IT RESPONSIVE AND ALIVE.

GREAT TOE IS CONNECTED WITH HEARING [AUDITORY NERVE] AND COORDINATES 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 ERECT 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 (FLAT ON IT) OR ON THE FLOOR. NOTE WHETHER IN THE SUN OR MOON BREATH.

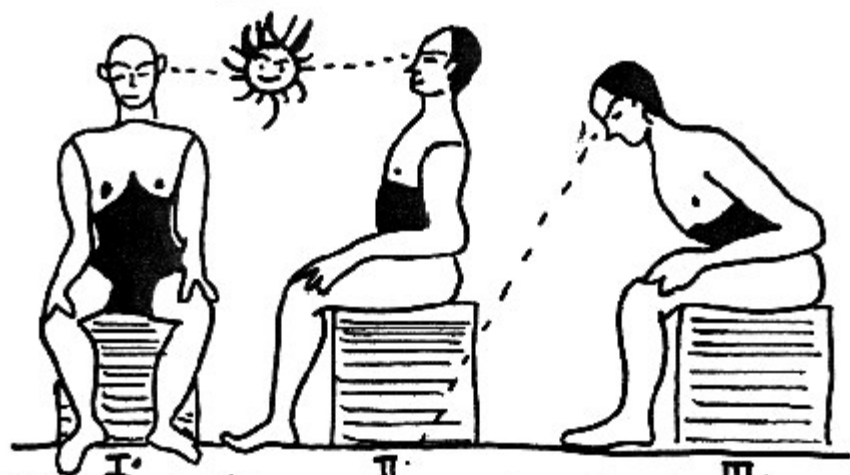
RELAX ALL THE MUSCLES, BUT THOSE THAT  
• KEEP BACK AND NECK STRAIGHT. REST THE HANDS WITH FINGERS SLIGHTLY SEPARATED - FORMING V'S ON THIGHS; INDEX FINGERS AT KNEE POINT AND THUMB ENCIRCLING TOWARD INSIDE OF THE KNEES.  
• HEELS FROM THREE TO SIX INCHES APART FEET OPEN TO FORM V; AND ALSO SHINS AND THIGHS. <sup>EXHALE ALL AIR</sup> HAVING THE POSTURE PROPERLY TAKEN <sup>EXHALE ALL AIR</sup> START RHYTHMICALLY BEND FORWARD, KEEPING SPINE AND NECK IN LINE, SHIFT EYES TO THE GROUND (FLOOR) SPOT; INHALING FOR SEVEN

SECONDS EXPANDING ABDOMEN, AND  
TAKING IN RED GAYA-LHAMA (PHYSICAL)  
WHILE INHALING CONCENTRATE ON  
LIFE PRINCIPLE <sup>ACKNOWLEDGING</sup> AND MENTALLY SAY:  
:"BREATH IS LIFE", HOLD ONE (1)  
SECOND WHEN RIBS TOUCH THIGHS  
AND MENTALLY SAY, "BREATH IS  
LIFE"; FIXING PRINCIPLE OF LIFE  
BY AFFIRMING; . EXHALE FOR SEVEN  
(7) SECONDS; RISING ERECT TO ORIGI-  
NAL STARTING POSTURE; CHARGING  
LOWER ABDOMEN AND BACK OF THE  
HEAD - RED - MENTALLY SAYING  
:"BREATH IS LIFE" REALIZING AND  
AFFIXING PRINCIPLE OF LIFE.

WHEN EXHALING AND RISING SHIP  
EYES TO HORIZONTAL SPOT OR  
CENTER. . THEN AFTER PAUSE FOR  
ONE (1) SECOND BEGIN AGAIN TWO  
MORE BREATHS ON RED (PHYSICAL)  
FOLLOW WITH THREE BREATHS ON  
YELLOW (INTELLECTUAL); PROCEED  
WITH THREE BREATHS ON BLUE  
(SPIRITUAL) AND CLOSE WITH THREE  
BREATHS ON WHITE (PSYCHIC),  
USING EXPANSIONS AS DESCRIBED  
IN FIRST MASTER ARCANES. TWELVE  
BREATHS - ONE MASTER EXERCISE -  
TIME THREE MINUTES TWELVE SE-  
CONDS. .

GENERAL NOTE: WITH ALL THE MASTER  
ARCANES, ALWAYS NOTE IN WHAT

BREATH YOU ARE WHEN BEGINNING EXERCISES (AND WATCH TO HAVE EVEN NUMBER OF EXERCISES ON EVERY BREATH, i.e. 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 THE 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-LHA-MA] EYES ON HORIZONTAL SPOT AND ON EARTH (FLOOR) SPOT; THIS THIRD MASTER ARCANES 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: "

#### **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-LHA-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 OF VISION EVERY CIRCLE.]. BREATH IN RED GA-SYALHAMA 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 CHARGE LOWER ABDOMEN AND BACK

OF THE HEAD WITH RED - PHYSICAL.  
AT THE END OF EXHALATION ~~BUT~~ LET  
THE ARM DROP AT ITS OWN MOMEN-  
TUM TO THE SIDE.  
PAUSE ONE SECOND.

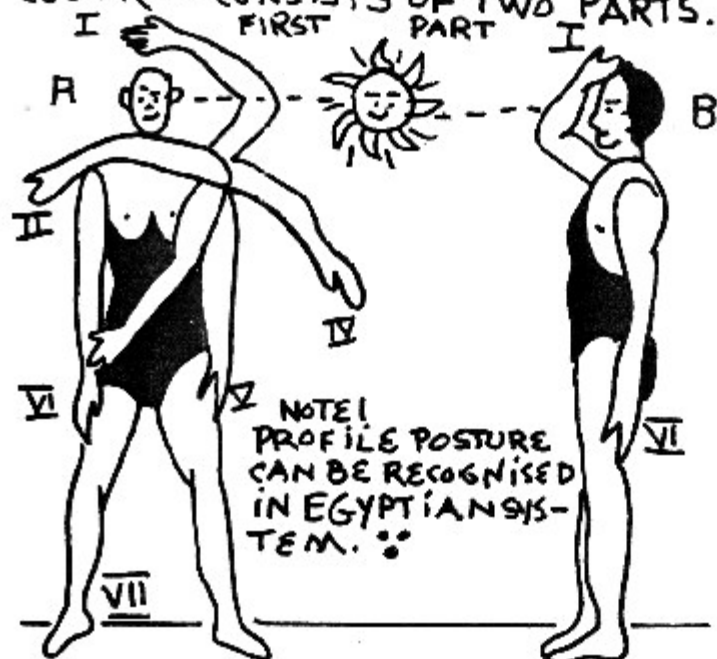
• INHALING NOW RAISE ARM FULL  
LENGTH OVER SHOULDER CLENCHING  
HAND, TIME SEVEN SECONDS [BREATH  
- RED - PHYSICAL]. TENSE AND SLIGHTLY  
VIBRATE CLENCHED HAND. <sup>"150"</sup> RAPIDLY  
BEND AND STRIKE THE EARTH IN  
FRONT OF THE FEET WITH FIST, LET-  
TING GO THE MOMENT YOU STRIKE,  
OF BREATH AND 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 COMPLI-  
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 ARCAN (EXERCISE IN ITS EVERY DEVELOPEMENT COLOR - CONSISTS OF TWO PARTS.



ABOVE ILLUSTRATION SHOWS FIRST <sup>PART OF</sup> POSTURE OF THE FOURTH MASTER ARCAN. <sup>IV</sup> EXERCISE A - FRONT VIEW; B - PROFILE.

A-I - BEGINNING POSTURE POSITION B-I  
A-I-II-III-IV-V: CIRCLE DESCRIBED IN ROTATING ARM.

A-IV-V - ARM DROPPING TO THE SIDE AFTER SEVEN ROTATIONS.

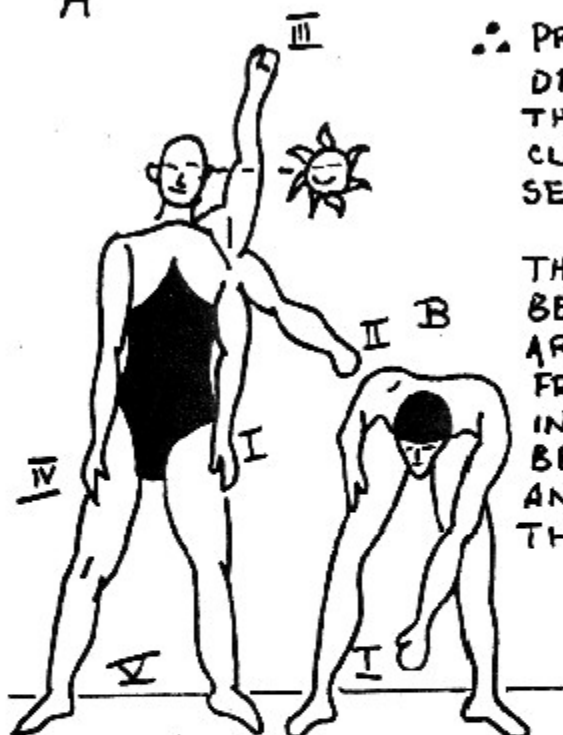
A-VI - ARM AND HAND NOT IN USE - (RELAXED).

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 :-

A



∴ 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 THEN ON THE OTHER SIDE.

FRONT VIEW OF THE SECOND PART OF THE FOURTH, ARCAN (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, THEN WHILE



EXHALING STRAIGHTEN UP AND THUDUGI  
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 ARCAN (EXER-  
-CISE) IS DEVELOPING THE COMMANDING  
WILL - AND ELECTRICITY STORING  
IT IN GANGLIAS OF THE BODY READY  
TO USE.



**V** FIFTH MASTER ARCAN (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.

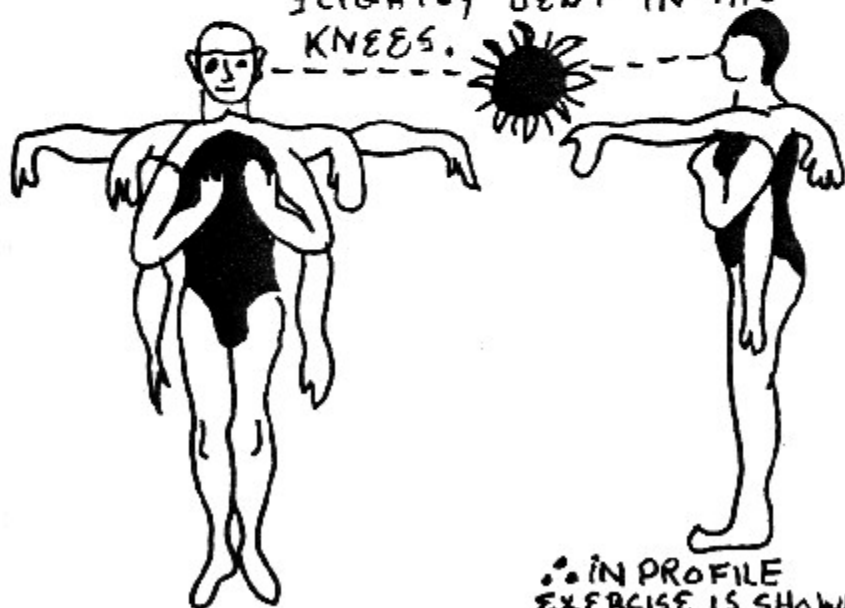
RAISE HANDS AND ARMS FROM THE  
BACK OVER HEAD TO FRONT, LEVEL  
WITH SHOULDERS.  
"FLOAT" ARMS ON AIR AS IF ABOUT TO  
FLY. HANDS LIMP FROM THE WRIST.  
EXHALE ALL RESIDUAL AIR FROM THE  
LUNGS, USING MUSCLES OF THE AB-  
DOMINAL DIAPHRAGMATIC AND CHEST  
SECTIONS, AND FIX YOUR THOUGHT  
ON COLOR RED-PHYSICAL.

•• INHALE FOR SEVEN SECONDS AND TENSE ARM MUSCLES TO WRISTS 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. (112 BREATHS.)

NOTE: LEGS HAVE TO BE SLIGHTLY BENT IN THE KNEES.



•• IN PROFILE EXERCISE IS SHOWN WITH MOTION OF ONE ARM ONLY. ••

•• 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  
LONG SIGH LIKE BREATH, SWINGING  
ARMS LIMP AS THE LESSON GOES. ••


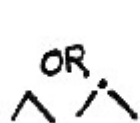
NOW TO EXPLAIN CORRECTLY.  
ON EVERY COLOR (PHYSICAL, MENTAL  
SPIRITUAL AND PSYCHIC, THERE  
ARE THREE BREATHS—TWO WITH  
HANDS IN FRONT AND ONE WITH  
HANDS ON THE SIDES. ALL TOGE  
THER 12 TWELVE BREATHS

THIS FIFTH MASTER ARCANÉ 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 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 <sup>THE</sup> 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  OR  [(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 (7) SECONDS [THIS IS CALLED KUMBHAKA (IN HINDOO) IN YOGAH TO HOLD OR MASTER THE BREATH. [WHILE HOLDING BREATH EXERT / WITH IT GENTLE PRESSURE AGAINST THE DIAPHRAGM] 7) EXHALE GENTLY, FULLY, WITH PERFECT CONTROL, SQUEEZING OUT THE LAST POSSIBLE BIT OF AIR.

IT IS DURING EXHALATION THAT THE MAGNETIC AND ELECTRIC AND THERMAL FORCES BLEND AND TRAVEL TO THE OUTER RING "PASS OUT," 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 CALLOSUM, CORPORA STRATA, PONS VAROLLI, PITUITIARY GLAND OR BODY THIRD VENTRICLE AND PINEAL GLAND OR HYPOPHYSIS (PITUITIARY 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

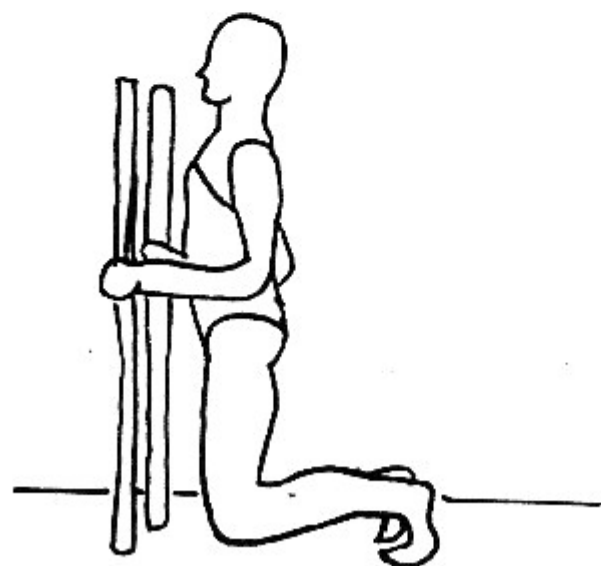


- THE TRANCE STATE HOWEVER IS HEALING AND GIVES THE POWER OF LAYING ON OF HANDS OR HEALING BY SO DOING.

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.



## VII (SEVENTH) MASTER ARCAN E. [EXERCISE]. (WEATHER CONTROL).

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

.. STAND ERECT (2) TWO FEET AWAY FROM A STAND OR A ALTAR, ON WHICH THERE IS A SQUARE, ROUND, PENTAGONAL OR OTHER FORM OF WESSEL, 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, OR MOON, OR STARS, ACCORDINGLY.

NOW CLEANSE THE LUNGS BY PANTING TROWING OUT ALL RESIDUAL AIR.

SUBMERGE THE HANDS IN WESSEL 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].

(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.

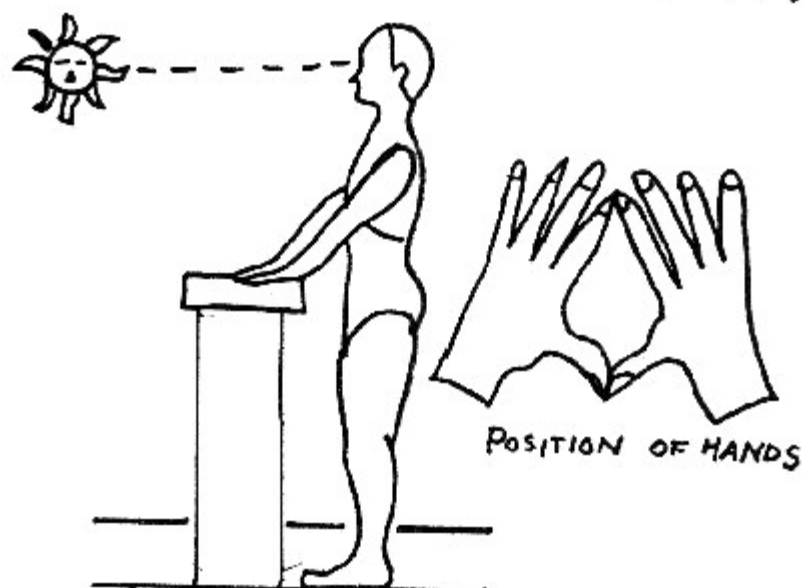
THOSE ARE THE THREE (3) COMPLETE BREATHS — SIGHING, MOANING AND ROARING, —

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 FORM THE BACKGROUND FOR THEM GIVING THEM VIBRATION TO AWAKEN THE ELEMENTAL SPIRITS OF THE WIND, STORM, HURRICANE E.T.C. — THIS WORD IS —

∴ 1 — HAU — HAA: TO BE INTERWOVEN WITH THE EXHALATION OF THE AIR, IN ~~IN~~, SIGHING, MOANING, AND ROARING. THIS ARCAINE THRU ATTRACTING POWERS OF WIND AND

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



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



ALL THE PREVIOUS COMPRISES THE SEVEN GREAT ARCANES 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 GREAT TEACHER - THE HEAVENLY FATHER WILL INSTRUCT YOU IN EVERYTHING PERSONALLY, SO THAT YOU DO NOT NEED ANY OTHER TEACHERS, OR HUMAN AUTHORITIES. ∴

## GENERAL ∴ ∴ COMPENDIUM.

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

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

TO MASTER MEANS TO OVERPOWER, TO SUBDUCE TO RULE, TO KNOW, TO UNDERSTAND THOROUGHLY, - IT MEANS ALSO DOMINION: SUPERIORITY, VICTORY; OF BEINGS CONSCIOUS OF IT. <sup>FULLY</sup> PROCESS OF DEVELOPEMENT IS CALLED "THE GREAT WORK" AND IS CONSISTING OF 6 (SIX GREAT MASTER ARCANES CONSTITUTING THE "SHORT PATH" QUINTESSENCE

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 MOTHERS THOUGHT, FEELING AND WILLING.

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 UMBILICUS SHOULD BE CUT ONLY AFTER IT COLLAPSES 3 TIMES.

NEXT COMES THE AGE OF CHILDHOOD, PUBERTY, AND ADOLESCENCE OF SEVEN YEARS EACH - DURING WHICH INFLUENCES OFTEN ADVERSE IMPRINT THEMSELVES 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.—

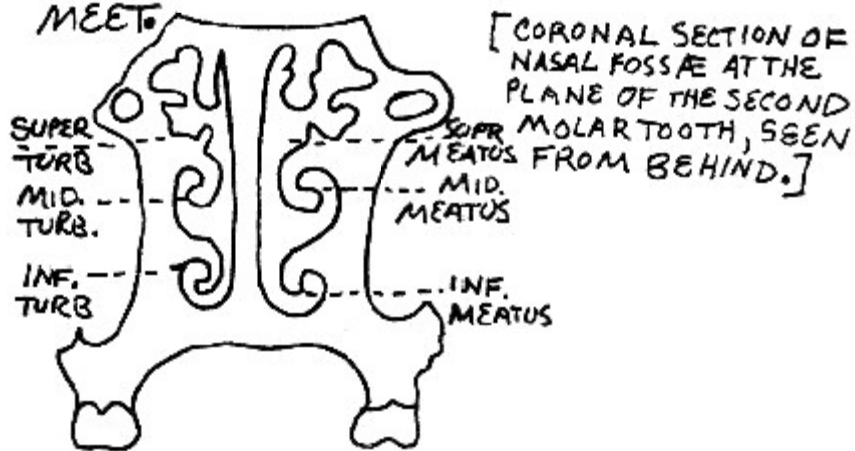
MAN IS THE CENTER IN WHICH CURRENTS—POWERS AND FORCES OF THE WORLD ARE CROSSING AND MERGING TO FIND THRU HIM THE PERFECT EXPRESSION.

THE MASTER SYSTEM PROVES THAT EVERYTHING IS ONE, BUILT FROM THE SAME CLAY OF PRIMORDIAL ENERGY, IN DIFFERENT STATE OF VIBRATIONS 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 SURROUNDING, WHICH IS THREE - IS THE

"THAT IS 'L' 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 PHARYNX BEHIND THE SOFT PALATE IN THE PROXIMITY OF TWELFTH NERVE AND FIRST PAIR OF CERVICAL NERVES, IN THE PROXIMITY OF MEDULLA OBLONGATA, NINTH, TENTH, AND ELEVENTH NERVES. AIR THEN GOES TO THE LUNGS WHERE IT OXYDISES THE BLOOD.

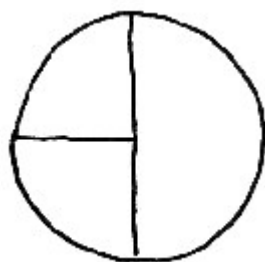
GA-YA-LHA-MA HAS FOUR STATES OF VIBRATION, HAVING DISTINCT COLOUR VIBRATIONS AND AREAS WHERE IT IS STORED IN THE BODY.

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).

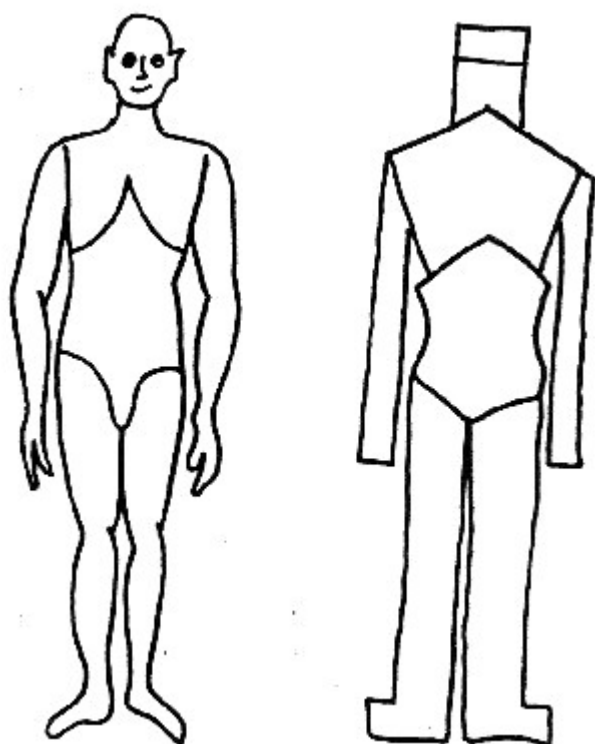


CURRENTS OF GA-YA-LHA-MA CHARGING THE HEAD.



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

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



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



••THE STAR OF MAN.  
THE STAR OF SAVIOUR.  
THE STAR OF SENSES.  
THE MORNING STAR.  
THE BRIGHTEST STAR.  
THE STAR OF WISE MEN.  
THE STAR OF ELEMENTS. ••

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

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

BOOKS OF ZEND AVESTA, DECLARE  
THE MASTERY AND ANSWER THE RIDLE  
OF HUMAN LIFE:- WHY I AM HERE ?  
"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 THERE IN:-  
THIS IS TRUE GOAL OF LIFE. SOUL THAT  
REALISES THIS TRUTH CONSCIOUSLY,  
STANDS ON THE PATH AS THE MASTER  
AND SAVIDOUR.

GOOD THOUGHT, GOOD WORD AND GOOD DEED,  
ARE ANALOGOUS WITH MASTER THOUGHT  
MASTER WORD AND MASTER DEED EXPRE-  
SSIONS 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, EXPRE-  
SSIONS 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 EXPRE-  
SSIONS-FROM SLAVERY INTO MASTERY.





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 TIMES - 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, DRIPPING  
DOWN FROM A HEIGHT IN SPECIALLY PRE-  
PARED 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-  
RENIAN 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 PAUSE, SEVEN SECONDS  
EXPANSION 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 THOUGHT FULLY 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.

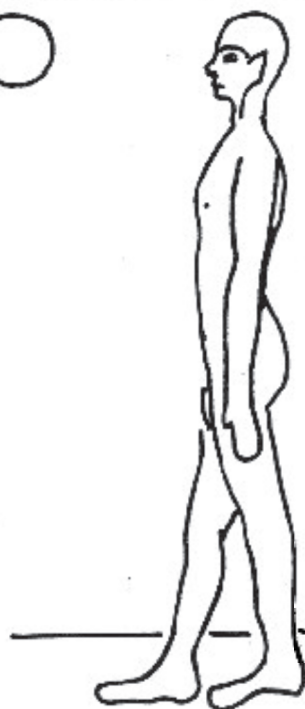
③ MAGICK IS PRACTICAL APPLICATION OF SUPERSENSITIVE OBSERVATION AND INTER-

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



•• SITTING MASTER  
SYSTEM POSTURE ••

•• POSTURE CALLED POSI-  
TIVE IN RELAXED ATTIT-  
TUD E, TO RECEIVE, ANAL-  
LISE 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 MEN  
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

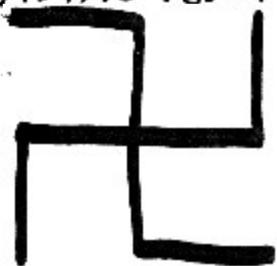
OLDEST SYMBOL - SWASTIKA REPRESENTS CONTRACTING OF THE HEART, WHILE SOUWASTIKA - EXPANDING.

DIVIDING THE WORK IN MYSTICISM AND OCCULTISM AND MAGICK INTO TWO DISTINCT PATHS. - I (FIRST - DOCTRINE OF THE CLOSED HEART - BUT OPEN MIND - DEVELOPING

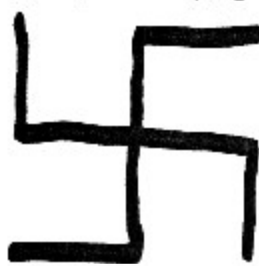
REASON - IT IS SYMBOL OF SOUWASTIKA USED IN THE ORIENT, ) II (SECOND - DOCTRINE OF THE OPEN HEART - AND FEELINGS, BRINGS IN WISDOM - IT IS SYMBOL OF SWASTIKA USED IN OCCIDENT)

(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 FULFILMENT 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), BREATHE DEEPLY, THEN RELAX, AND WITH DRAW 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, REPEATING 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 FORE FINGER AND MIDDLE FINGER POINTING TO THE HEART, THE OTHER FINGER CLOSED.



∴ WAY OF  
CLOSING HAND  
(CALLED ALSO  
SACERDOTAL  
HAND ∴)

WITH EVERY HEART BEATS UTTER WORD  
AL-IM, THIS IS THE HOLY WORD WHICH  
OPENS THE HEART. THE WORD IS REPEAT  
ED 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 AR, WITH  
MEASURES OF DISCRIMINATION,  
AND OVER THE AR YOU SEE THE BLASING  
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 ARCANÉ 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.



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 TRANSMUTING 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, CONCEN-

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 PRAYING.

THEN LOCK THE THROAT, SO THAT  
THE AIR WONT 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 OFF 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

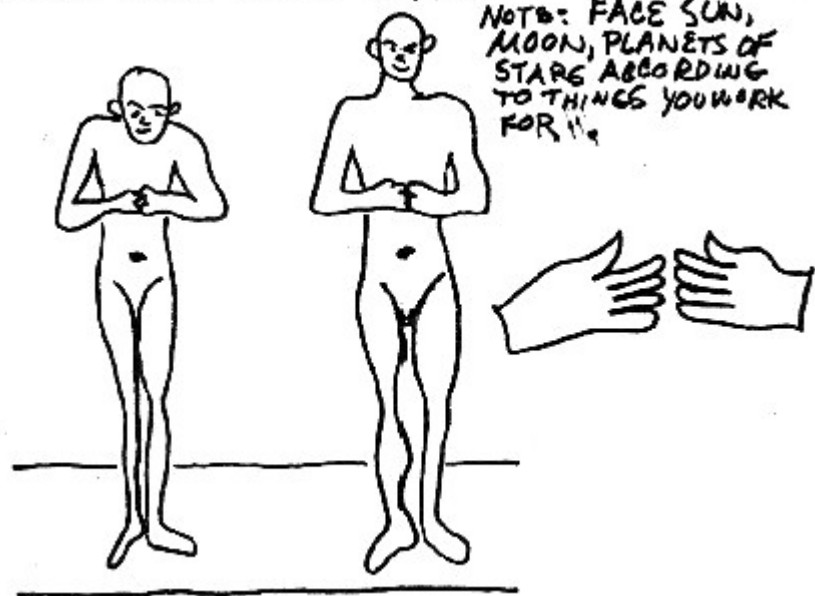
LOCKING THE THROAT IS REPRESENTED  
AS CROXANSATA IN EGYPT  
NOOSE IN INDIA-TIBET, TIE THAT BINDS  
IN PERSIA E.T.C.

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  
FORWARD, BETWEEN THE EYE BROWS,  
WITH ANOTHER SNAP, AND FINALLY  
THE TOP OF THE HEAD.

FEELING OF TENSION PERVADES THE  
HEAD, THOUGHTS DISSAPPEAR ONE  
AFTER THE OTHER, SQUISHED 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 !!



SYMBOLICALLY REPRESENTED PROCESS OF CREATION IS IN CADUCEUS OF HERMES WITH THE TWO SERPENTS EN CIRCLING IT MOUNTING TOWARD PINE CONE OR MERCURY'S HEAT WITH WINGS SPREAD ATTACHED TO IT. ALSO WINGED SCARAB OF THE EGYPTIANS, SKARAB 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 ARCANÉ (HERMETIC), AND USES SAME POWERS CONSCIOUSLY DIRECTED, AS ARE AWAKENED IN (6) (SIXTH MASTER ARCANÉ (EXERCISE)) IT IS USED IN EVERYTHING OF IMPORTANCE, IT MATERIALISES 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 MAJOR MASTER ARCANES.

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.

-CONVERGENCE-

### III G. ARCANÉ. PROJECTING OF POWER.

#### ∴ RITUAL OF PENTAGRAM: <sup>MASTER</sup> 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 ARCANÉ, SITTING AND USING MASTER BREATH SEVEN (7) SECOND INHALATION, ONE (1) SECOND STOP, SEVEN SECONDS EXHALATION, (1) ONE SECOND STOP - TWELVE TIMES.

SETUP AND STAND UPRIGHT, HEAD UP, CHIN IN, RIGHT FOOT FORWARD, LIKE IN THE SECOND (II) MASTER ARCANÉ. 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 YOUR LEFT SHOULDER, THEN HORIZONTALLY OVER THE RIGHT SHOULDER THEN BRING THE ARM DOWN FROM UPPER RIGHT SIDE TOWARD LOWER LEFT IN 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 RHURST 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



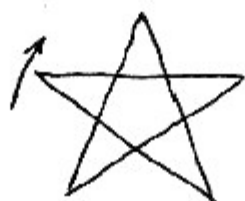
SECOND MOTION



THIRD MOTION



FOURTH MOTION



FIFTH MOTION



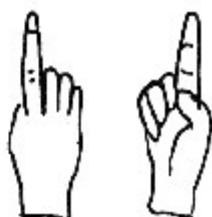
SIXTH MOTION



COMPLETE.



COMPLETE WITH  
 ZEND 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 THE 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.

∴ 3p · 78 · 0x · 100 · ~w · 77 ∴

∴ 6 3 ∴

IV. L. ARCANÉ. EXCITING 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-  
LY, INHALE AND EXHALE DEEPLY  
FEW TIMES, EXHALE THOROUGHLY,  
SPINE ERECT, HEAD UP, NOW BEGIN  
TO INHALE FOR (7) 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 (7) 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, RAI-  
SING 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 TRU THE NOSE AND EXHALE TRU 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-RIO-" "OM" VIBRATING THE "OM" TO THE END OF THE BREATH. DO IT FOR FEW MINUTES, THAN 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.


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# VIL ARCANÉ. 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 DEEPLY THE TWELVE MASTER BREATHS, SEVEN (7) SECONDS INHALATION (1) SECOND STOP (7) SEVEN SECONDS EXHALATION (1) ONE SECOND STOP (12 TIMES). THEN RELAXED COMPLETELY, CLOSE YOUR EYES, AND LIFT THEM, (OR TURN THEM, A 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 OR WANT, FIND THE TRUE SOUND OF "AUM" AND TRY TO LEARN THE SOUNDING OF IT.



POSTURE FOR HEARING THE "AUM"



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



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

∴ X 3 ∴

VIII L ARCANÉ. CONCENTRATION. SIT ERECT, SPINE STRAIGHT, FACING THE POSITION OF THE SUN. DO THE COMPLETE (I) FIRST MASTER ARCANÉ (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 FEE-  
 LING, 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 SO USE  
 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 CONCEN-  
 TRATION CALLED WHEN THE SUBJECT IS  
 OF SPIRITUAL IMPORTANCE APPEARS -  
 MEDITATION. WHEN IT IS PERTAINING  
 TO OBJECTS OF WORLDLY LIFE IT IS THAN  
 CONTEMPLATION. EACH OF THOSE  
 HIGHEST STAGES, BEGINS WITH CONCEN-  
 TRATION. 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 PERFORMS "LAHUI 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 "URNAN" 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 LEFT HAND LEAVING THE INDEX FINGER OUTSTRETCHED, 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 FOREFINGER OF THE RIGHTHAND IS  
OUTSTRECHED TIP OF IT TOUCHING THE FORE-  
FINGER OF THE LEFTHAND, 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 THINGS 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 THUMB PLACE BEHIND THE EARS. HAVE THE BALL OF CRYSTAL, ON A STAND LITTLE HIGHER THAN LEVEL OF YOUR EYES. (YOU CAN USE, GLASS BALL, TOURMALINE, BERYL, MAGICAL MIRROR, OR GLASS BALL ALLED 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 FORMS. 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 POSSIBLE, \* DO IT ALSO AT NIGHT TRYING TO REACH THE STARS. - THIS MAKES EYES SENSITIVE TO ULTRAVIOLET AND INFRARED RAYS AND DEVELOPES FACULTY OF SEEING AURA, OF HUMANS AND OTHER BEINGS, (ALSO PSYCHIC OBJECTS.) THIS GIVES THE WAYS OF CONCENTRATION, MEDITATION, CONTEMPLATION, SPLITTING OF THE ETHER, INWARD SIGHT, FAR AWAY GAZE, CLAIRVOYANCE \* THOUGHT FORM READING, 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) ::

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VIII GARCANE. 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, TRUE REACHING, STATE CALLED [OCCULT 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 FREE 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 L. ARCANÉ - SOUNDLESS SOUND "AUM"). NOW BEGIN TO SING A MANTRA IN A LOW VOICE - "HUONG, YANG, YANG, YANG, HUONG, YANG, YANG" - HUONG, YANG YANG, YANG - HUONG, YANG, YANG" REPEATING IT INCESSANTLY ON A MANTRAM TUNE.

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

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

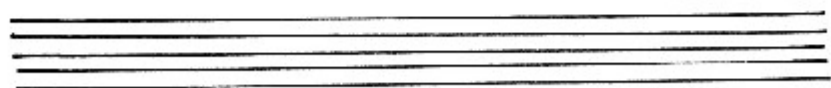
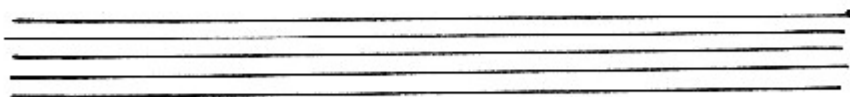


STOPPED) THEN STOP THE PRACTICE AND REST FOR TWO HOURS. IF YOU ARE HUNGRY TAKE SOME SOLID FOOD, ABSOLUTELY RESTRAINING ALL DAY FROM WATER, LIQUIDS AND LIQUID FOOD. AFTER REST OF TWO HOURS, BEGIN AGAIN THE SAME PRACTICE AS BEFORE SINGING THE SAME MANTRAM, FOR TWO HOURS. AGAIN TWO HOURS REST AND AGAIN 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 NIGHTTIME) 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-

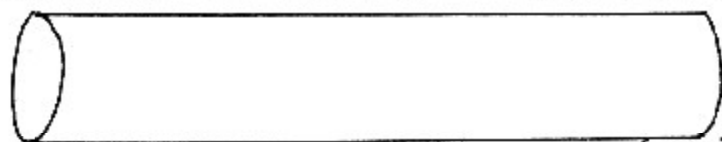


IXL, ARCANÉ. RECHARGING NERVOUS ENERGY  
AWAY USED IN ANCIENT EGYPT FOR STRENGTHENING OF CURRENTS OF ENERGY WITHIN THE BODY. IT WAS SHOWN IN THE FIGURES, USING THE SECOND MASTER ARCANÉ EXERCISE. TWO RODS CLASPED IN THE HANDS OF STANDING FIGURES, WERE THE GRIPS OF TREMENDOUS POWER, AKIN TO ELECTRICITY (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.

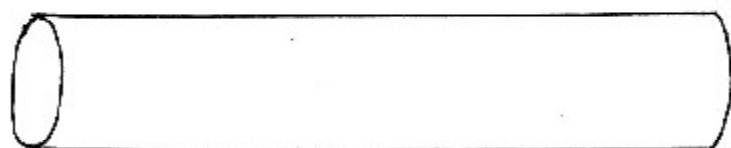
THE SUN ROD OF POWER IS COMPOSED OF HARD COAL SPECIALLY HARDENED, IN WHICH STRUCTURE OF THE MOLECULES IS CHANGED THE WAY THE MOLECULES OF IRON ARE CHANGED WHEN CONVERTING IRON INTO MAGNESS. (TO CONVERT IRON INTO MAGNESS, THE STRUCTURE OF IRON MOLECULES IS CHANGED BY RECRYSTALLISATION PROCESS - HARDENING, 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 EXELEN 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 LODESTONE, OR PRESSED LODESTONE. (IT MAY BE 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)



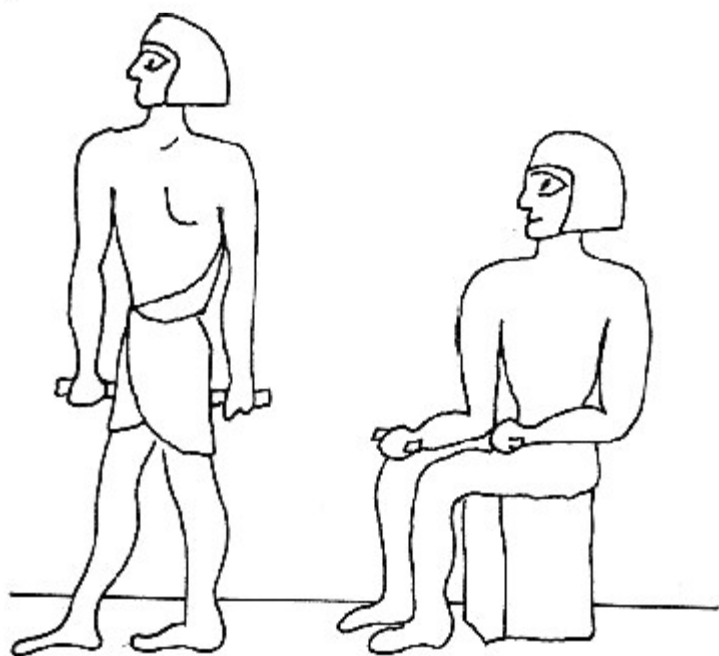
GRIP FROM HARDENED LODESTONE. (MOON)

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) AURICALLUM 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.

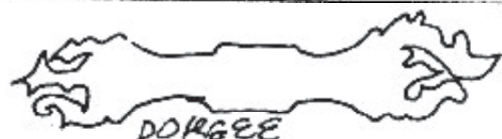


THE EGYPTIAN MASTER SYSTEM POSTURES FOR RE-  
 CHARGING THE NERVOUS ENERGY. (ONE SHOULD BE  
 RELAXED, AND FOLLOWING THE DIRECTION OF THE  
 SUN.)



OBJECTS SHADED IN DIFFERENT SYMBOLIC FORMS ARE ALSO USED THROUGHOUT THE WORLD, LIKE BABYLONIAN MARES (IRON WITH SILVER INLAY) WITH HORNED HUMAN HEAD, AND HEAD OF THE BULL.) IN THIBET IS USED DORJEE, ETC.  
(RODS OF POWER CAN BE USED WITH <sup>BRONZE</sup> SECOND ARCANE

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X L. ARCANE. 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 PRACTICED GRADUALLY.

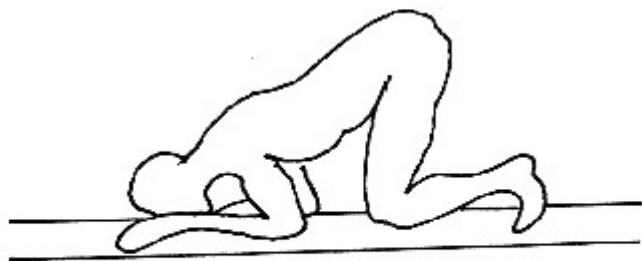
EVERY DAY, YOU MUST FOR CERTAIN TIME STICK OUT YOUR TONGUE, GET HOLD OF IT WITH YOUR HAND THROUGH A PIECE OF CLOTH (TO PREVENT THE TONGUE FROM SLIPPING FROM THE FINGERS.) THEN PULL THE TONGUE OUT, GRADUALLY



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

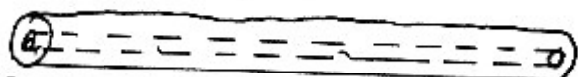
XI L. ARCANÉ, MULLAH MUDRA: MULLHA MUDRA  
USED IN THE DEVELOPEMENT FOR HIBERNATION,  
ALSO FOR REJUVENATION AND CLEANING OF  
THE INTESTINAL TRACT AND LOWER BOWEL,  
IT IS VERY HEALING IN CASE OF GASTRIMS, AND  
APPENDIX.

FACE THE SUN, (OR THE DIRECTION OF), GO DOWN  
ON YOUR KNEES, STRAIGHTEN THE SPINE WITH  
ARMS AND HANDS UP, LOOKING SLIGHTLY UPWA  
RDS. RELAX, DRAW THE BREATH IN STRONGLY  
AND FULLY. BENDING SLIGHTLY (SWAYING) BACK-  
WARDS, THEN HOLDING THE BREATH, BEND  
FORWARD UNTIL YOU CAN BEND THE THE ARMS  
AT THE ELBOWS, AND REST YOUR ELBOWS AND  
FORE ARMS ON THE EARTH. THEN SWING ON  
ELBOWS AND KNEES, (UPPER ARMS AND TIGHTS)  
SO THAT YOU CAN COMFORTABLY TOUCH THE  
GROUND WITH YOUR FOREHEAD. (THIS IS CALLED  
PROSTRAATING 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.

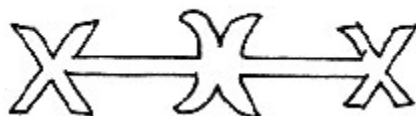
ALSO ACCORDING TO FELT NEED YOU MAY RAISE UPRIGHT ON YOUR KNEES, AND PUT

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.

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### XII G.S. ARCANÉ, FACE AND HEAD REJUVENATING EXERCISE. ALSO GENERAL.

THIS IS THE EXERCISE WHICH IS ACTUALLY A COMPLIMENTARY TO THE XTH ARCANÉ (MULLAH, OR MULLHA MUDRA, 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, SMELLING, SINUSES, E.T.C. 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.

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 ( $\text{CO}_2$ ) 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 ( $\text{O}$ ) AND THE EVOLUTION OF CARBON DIOXIDE ( $\text{CO}_2$ ). 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 PROCESS 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 ( $\text{H}_2\text{O}$ ). 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 THE TISSUES, ALL THE ACTIVE, LIVING CELLS OF THE MANY-CELLED BEINGS LIVE IN A WHAT HAS TO BE CONSIDERED FLUID MEDIUM, MAIN CONTINGENT OF WHICH IS WATER, IN CASE OF THE PLANTS THIS ~~FLUID~~ 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 CLOGG THE CELLS, ADDING UNNECESSARY BULK, STRETCHING THEIR PROTECTIVE MEMBRANE AND TAKING AWAY ITS ELASTICITY.



NORMAL CELL



CELL EXPANDED  
TRU BAD METABOLISM.

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.

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

ORGANS, WITHOUT HAVING ENOUGH SPRINGINESS TO RETURN TO NORMAL SUSPENSION-TENTION. THIS CREATES WRINKLES AND FOLDS, OBSTRUCTING EVEN MORE PROCESSES OF METABOLISM, AND CREATES GRADUALLY DEPOSITS OF SALTS, IN CAPILLARIES, AND TISSUES AND ARTERIES AND VEINS, BRINGING A STATE CALLED - HARDENING OF THE ARTERIES - ARTERIO 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 DISOLVING AND CURING 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 STRENGTHENING OF THE BLOOD.

DRINK PLENTY WATER, FRUIT AND VEGETABLE JUICES. LEMONS, ORANGES, PINEAPPLES, PRUNES, APPLES, ETC. - CELERY, ONIONS, CARROTS, BEETS, CABBAGES ETC.

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

USE XI ARCANÉ MULLAH (MULLHA) MUDRA. 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 MOTIONS 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 TENTION OF

THE MUSCLES, BUT INSTEAD PULLING THEM AND STRETCHING VIGOROUSLY.

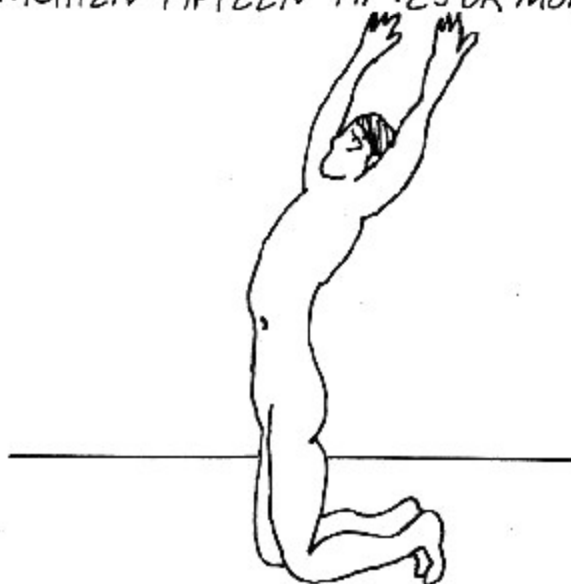
AFTER PULLING THE CHIN AND THE HEAD WAY UP, RELAX THE NECK AND FACE, BEND THE HEAD AND CHIN DOWN AGAIN, TENSE AND REPEAT THE BEFORE DESCRIBED EXERCISE. DO IT REPEATING FOR 2½ TO 5 MINUTES.

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 2½ 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 TROUGH 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. <sup>RELAX</sup> THEN FACING THE DIRECTION

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



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



SECOND PART OF THE XII ARCANÉ. BENDING, PROSTRATING, SENDING BLOOD TO HEAD AND FACE.

THE ABOVE IS THE REJUVENATING ARCADE,  
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 PARTS,  
THEN IT WILL BE FILLED WITH BLOOD,  
TO WITHDRAW THE BLOOD PUT THE CENTS  
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 RECEEDING  
FROM DIFFERENT PARTS OF THE BODY,  
WHEN HOLDING THE AIR IN THE LUNGS,  
AND ALSO WHEN EXHALING BLOOD  
CIRCULATES STRONGER.

THE CIRCULATION, ONRUSH, 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 OXYDISSED BLOOD, WHICH  
UNDER THIS PRESSURE REACHES THE CAPI-  
LLARIES, THE CELLS, AND FEEDS THEM ALSO  
GIVING THEM THE OXYGEN TO UPHOLD BURNING  
OF VASTE PRODUCTS AND TRANSMUTE THEM  
INTO FORM EASY TO ELIMINATE FROM THE  
ORGANISM. THOSE VASTE 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 INER  
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 ARCANÉ (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 STIMULATION 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 WRISTS, 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. RUB 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 DEVELOPE THE THUMBS,

AND DEVELOPING THE M 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.

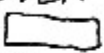
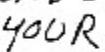
DO NOT STICK OUT THE LITTLE FINGER, IT MEANS OVER SEXUALITY.

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  
 OUR LEFT HAND DOWN AND BRINGING  
 THE BACK OF THE HAND UP. NOW BEGIN  
 TO EXHALE FOR SEVEN SECOND, 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  
 RUBBING 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 CONVEYING 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 HEALING 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 NEEDED AND MASSAGE VIGOROUSLY, AS ALSO PART AFFECTED PRESSED STRONGLY, WHEN THERE IS NO FEVER AND NO WOUNDS OR STRAINED TISSUES.

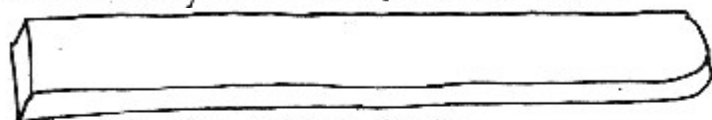
IN CASE OF ABOVE MENTIONED CONDITIONS BEING PRESENT PUT HAND LIGHTLY AND CONCENTRATE MORE ON SENDING POWER DELICATELY, TO MEND THE BROKEN TISSUES, AND AWAKEN THEM TO THE HEALING PROCESS.

WHEN EXERCISING HANDS, TO BRING HARMONY 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

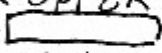
MUSCLE BETWEEN THE INDEX FINGER AND THE THUMB, (UNDER THE THUMB) SHOULD BE ALSO PRESSED.

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 THOROUGHLY, PRESSING THEM AND MASSAGING WITH CIRCULAR MOTIONS.

FOR STOMACH AND SEX DISORDERS, TAKE A WOODEN STICK -  $\frac{3}{4}$ " OF AN INCH WIDE AND  $\frac{1}{4}$  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. THE 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  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 DEVELOPEMENT 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.

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**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 PASSES 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.

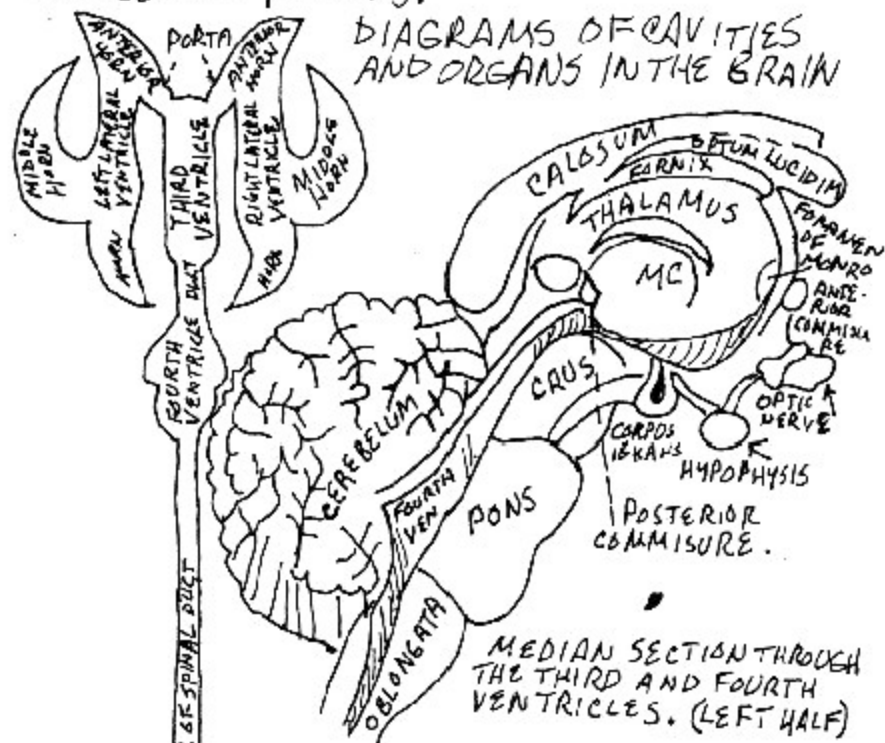


DIAGRAM OF ENTIRE CAVITY OF CEREBRO-SPINAL AXIS.

THERE ARE TWO EXERCISES BEST DES 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.

**I (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 A TWELVE TIMES OR MORE, ACCORDING TO NEED.

THEN OPEN YOUR MOUTH AS WIDE AS POSSIBLE, USING THE JAW MUSCLES TO THE UT MOST. CLOSE THE EYES, PRESSING THE EYELIDS 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 CORRECTLY. 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 THE EYES STRONGLY SHUT. WHILE DOING THIS WHEN OPENING THE MOUTH, INHALE THROUGH IT HEARTILY UNTIL YOU GET FEELING OF SATISFACTION AND FULFILLMENT IN THE SOLAR PLEXUS.

DO IT TWELVE OR MORE TIMES. IT IS RELAXING THE ENTIRE NERVOUS SYSTEM, AND AT THE SAME TIME GIVING.

IT THE POSSIBILITY, TO BE ABLE IF NECESSARY TO TENSE AGAIN ACCORDING TO THE NEW PATTERN FOR THOUGHT.

WORK AT THIS EXERCISE, STUDY IT IN EVERY WAY, AND YOU WILL DISCOVER THE ONE MOST IMPORTANT KEY TO ENERGY AND POWER.

NOTE: -YAWNING SENDS OUT TREMENDOUSLY POWERFUL WAVES ON THE EATHER, INFLUENSING THE IDENTICAL ORGANS OF PEOPLE IN PROXIMITY TELEPATHICALLY, 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 TELEPATIC MESSAGES IS TO BEGIN WITH YAWNING EXERCISE, AND AFTER COMPLETELY RELAXING, SENDING OUT MESSAGE VIBRATIONS 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 FOR THE SECOND EXERCISE.





NOW WITHOUT SEPARATING THE FINGERS MOVE YOUR HAND OVER YOUR HEAD AND BACKWARD 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 INHALE 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 TIP 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 SIMPLY 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  
THE 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 TENSION CAN BE RELAXED OR TENSED THRU THE WORK OF MEDULLA OBLONGATA.

THE SOUL AS A ETERNAL I, I AM, - WITH THE ATTRIBUTES - I THINK, I FEEL I WILL IS REVOLVING BETWEEN THE THREE POINTS IN THE HEAD, BEING ALWAYS IN THE PRESENT, BUT TRANSMUTING THE FUTURE INTO THE PAST. TIME FOR THE SOUL IS NON-EXISTENT.

CAUTION. IF DURING THE EXERCISE 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 EXERCISE AND RELAX.

THE ABOVE COMPRISES THE EXERCISES WHICH CAN AND SHOULD BE DONE, TO DEVELOPE CENTERS IN THE HEAD, ESPECIALLY THE MEDULLA OBLONGATA OR SO CALLED OTHERWISE PINEAL GLAND. IT IS CONSTITUTING THE L. ARCANUM XII.

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 DASHATUR 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 DONOR'S ARE MIXED TOGETHER AND INJECTED IN YOU NEAR THE PUNCTURE IN YOUR SPINE.

# XIV L. ARCANÉ. 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 REALISATION. - I - 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 YOURSELF, WITHIN THE CENTER OF YOUR BRAIN RECEIVING THE IMPRESSIONS AND TRANSMUTING 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 INEVITABLENESS 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 COVERING THE OTHER FINGERS). TENSE THE FIST AND THE ARM.

NOW SUDDENLY AND WITH POWER BRING 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 BOUNCE 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 WITHOLDING OF THE BREATH UNTIL THE STROKE IS POUND, SHAKES THE SOLAR PLEXUS, TRANSMUTING THE IMAGE OF THE DESIRE INTO THE HEAD, WHERE IT IS WILLIFIED, AND IN THE FORM OF POWERFUL INVOCATION (COMMAND), SEND 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 ENDS THE XII ARCANES, FOR DEMAND AND COMMAND.

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

BUT WHEN NECESSITY ARISES TO USE IT ON HUMAN BEING DIRECTLY, DO IT IN A DIFFERENT FORM. REMEMBERING THE INSIDE WORK OF THIS ARCANES, DO IT ONLY MENTALLY, AS A SUBSTITUTE FOR POUNDING USING UNNOTICEABLE PRESSURE FOR EMPHASIS. 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 ELASPING THE LEFT WAIST, 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 RIGHT HAND SHOULD BE IMPERCEPTIBLY TIGHTENED UPON THE LEFT. IN THE THIRD POSITION REMEMBER MEANING OF THE FINGERS

I.E. THUMB - THE WILL; INDEX - DESTINY - COMMAND; MIDDLE FINGER - TEACHER - CONVEYOR; FOURTH FINGER - HUMAN 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 FINGERS HAVING DESIRED ATTRIBUTES.

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XVI. ALCANE. ESTABLISHING A MENTAL CONNECTION 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 VIBRATION OF THE PERSON FOR MAKING AN INNER CONTACT, WATCH FALLING AND RISING OF THE CHEST OF THE PERSON YOU ARE CONTACTING, 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 BREATH, 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

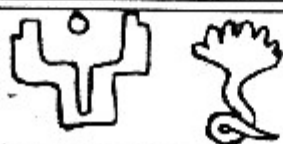
□ THOUGHT, AND RHYTHM OF THE GEOCENTITY.  
 HAVING MANY PEOPLE AROUND IF YOU WANT  
 MAKE THEM VIBRATE TOGETHER TUNE THEM  
 BY UNISON SINGING OF "AUM" -  
 FOR A PERIOD OF FIVE TO FIFTEEN MINUTES  
 YOU CAN TUNE THEM ON MASTER RHYTHM  
 BY HAVING THEM SING - YAT-HA-AH-  
 HU - VAI - RA - O , WHEN EXHALING,  
 AND INHALE FOR SEVEN SECONDS.  
 USE YOUR SINGING MANTRAS ACCORDING  
 TO THE RESULTS YOU WANT TO CREATE.  
 SLOWING THE VIBRATIONS CALMS, RE-  
 LAXES, BRINGS INSERENITY - 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 FOLLOW-  
 ING 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 IIIIII  
 HELP IN TUNING IN IS HOLDING HANDS. -  
 ESTABLISHING A MENTAL CONNECTION.  
 AT A DISTANCE YOU MUST PICK OUT THE  
 TIME WHEN THE PERSON WITH WHICH 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 OBJECTS)) 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.





XVI LARCANE, 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 UTMOST IMPORTANCE. IT IS THE CREATION, AND ACCORDING TO THE LAWS OF NATURE IT IS KEY TO IMMORTALITY AND A ELEMENTAL LINK IN THE EQUATION STARTED BY THE ANCIENT ONES. BOUND CONVEYS THE SPARK WITH WHICH THE SOUL TO BE INCARNATED 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 COPULATION. 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 COPULATION. - 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, AND SHE 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 ARCANUM OF  
 CONTROL AND PREDESTINATION OF THE  
 SEX OF THE OFFSPRING FROM THE SEXUAL  
 UNION OF MAN AND WOMAN.




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### 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, EXISTENCE  
 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 THE MSELVES IN PROPOR-  
TIONS OF ETERNAL POSITIVES AND



NEGATIVES, THE NAME FOR WHICH IS MOTION. YOU BECOME MANIFEST IN PLACES, FACING TASKS OF ADJUSTMENT, THROUGH TRANSMUTATION OF IMPRESSION INTO THE EXPRESSION.

THIS IS MAGIC, THIS IS THE MIRACLE.

I AM THAT I AM.

AWAKEN, OPEN YOUR EYES, ARISE, BECOME CONSCIOUS - REALISE - "I AM 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 A LIKE, THE GROWTH OF "I" ONCE STARTED WILL AUGMENT TO UNENDETERMINABLE 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 LEADERS 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 IOTA, A 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 ANSWERS THEM WITH A MESSAGE "I AM HERE I AM THE PART OF ALL, I TAKE MY SHARE IN THE CREATION".

UNTIL THE CHANNELS ARE ABSOLUTELY OPEN AND PURE THIS SPARK OF FIRE REMAINS WITHIN, AND THE BODY, EXTERNAL 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 PRESCRIBED 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  
WINE IT IS BLOOD OF MINE."   
A STAGE OF THE SAINT.

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 OF NATIONS 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 EVERWATCHFUL 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 [BLANK]

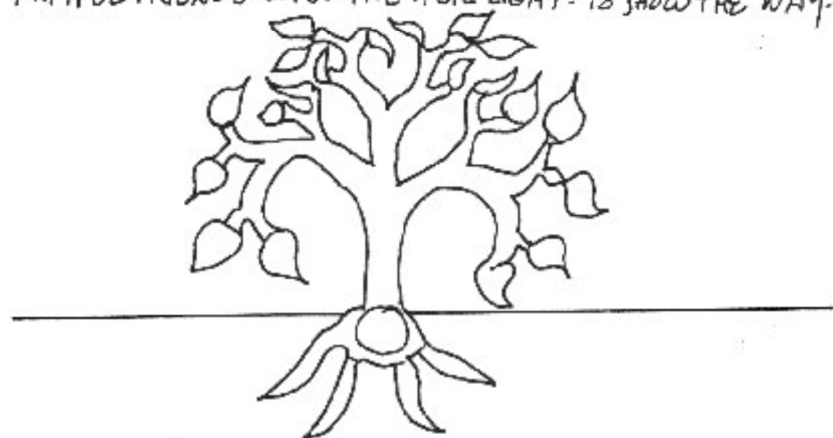
THEN [BLANK] IN (ABSTRACT) SPACE,  
FEELING THE THINKING NOT WITHIN  
THE HEAD BUT ABOVE AT 30° OR 45°  
DEGREES. PROCESS OF THINKING  
FEELING; WILLING IS DONE IN

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 "SCATTERED AROUND BUT UNITED BY THE INVISIBLE TIES OF THE IDEAL RECOGNISED BY THE OVERSOUL - THIS IS THE WAY OF ARHATS. "I AND MY FATHER ARE ONE."

DEVELOPMENT OF CONSCIOUSNESS AND EGO, MEETING ☐ HUMAN BEINGS RECOGNISED THE STAGES OF THEIR DEVELOPMENT AND CALLS THEM:-

NEIGHBORS, FRIENDS AND FAITHFUL FRIENDS, ACCORDING TO THEIR INNER TRUE SELF, WHICH CAN NOT BE HIDDEN FROM THE ALL SEEING EYE. FAITHFUL FRIENDS BURN THE VIGIL LIGHT - TO SHOW THE WAY.



## MAGICAL PROJECTION

INVOCATION OF THE HOST OF ANGELS OR POWERS.

CONFIRM THE "I" AND "I AM", STAND IN A CIRCLE WITH A SQUARE INSIDE OR OUTSIDE. SQUARE AND THE CIRCLE ARE OPENING THE WAY ON THE INFINITY.

FACE THE NORTH AT MIDNIGHT (CHARGE YOUR BODY WITH POWERS ACCORDING TO THE 1<sup>ST</sup> MASTER ARCANES BEFORE STARTING THE PROJECTION).

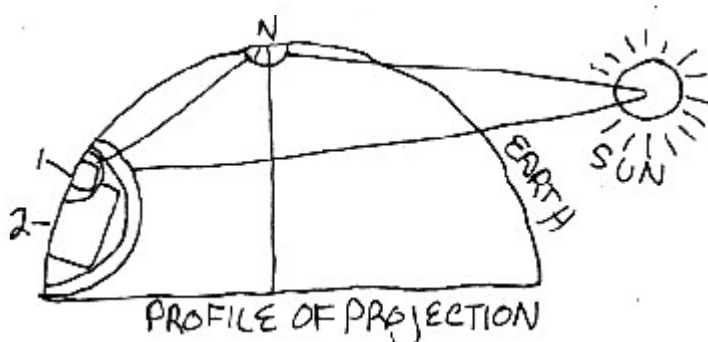
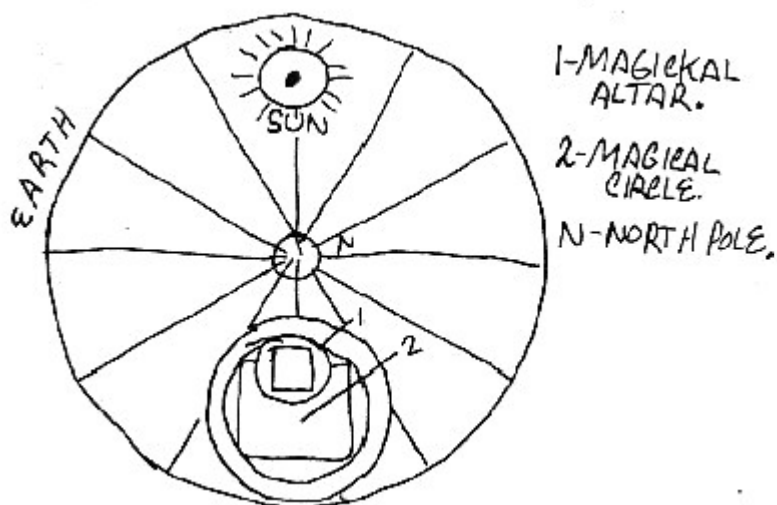
HAVE A ALTAR IN FRONT OF YOU WITH SAME DESIGN AS THE MAGICAL CIRCLE.

ALTAR SHOULD BE BUILT FROM MARBLE, WOOD, OR METALS. DESIGNS ON IT SHOULD BE ENGRAVED, ETCHED, PRINTED 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, (DRAWINGS SHOULD BE MADE FROM LEFT TO RIGHT, FOLLOWING THE MOVEMENT OF THE SUN) AROUND THE CIRCLE SHOULD BE INCRIBED 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 "I AM" WOL. SW WOL.  
U>. DW. J. J. J. J. J. J. IS MASTER PROTECTION,  
"THE WILL OF THE LORD IS THE LAW OF RIGHT-  
EUSNESS, -" - OR YAT-HA-AH-HU-VO.  
J. J. J. WOL. WOL. WOL. U>. DC. "THE WILL OF THE LORD IS  
MIGHT."

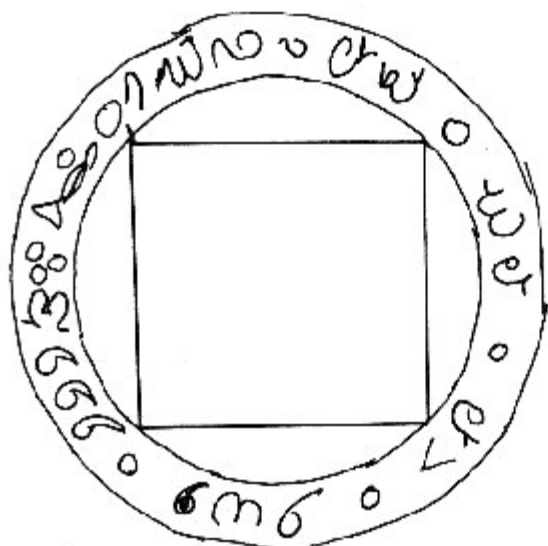
REMEMBER THAT THE MAGICAL CIRCLE IS PROTECTION FROM YOUR OWN VOLITIONAL AND INTENTIONAL EMANATIONS, WHICH GROW TO THE EXTENT OF BEING VERY DANGEROUS WHEN THEY TRY TO TAKE POSSESSION OF YOUR BODY AND MIND,

PROJECTION VIEW FROM ABOVE:

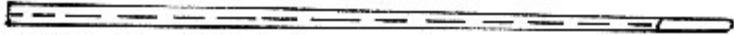




## MAGICAL CIRCLE, AND THE ALTAR.



THE MAGICAL WAND IS TO BE MADE FROM WOOD HOLLOWED INSIDE WITH MAGNETISED STEEL WIRE INSERTED SO THAT THE HAND HOLDS 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.)

N  S

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 MAGIC. 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 OBEDIENT 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 LEADER. YOUR THOUGHT, AND THEREFORE YOU MUST BE PROTECTED, AND ALSO STRONG ENOUGH TO WITHSTAND AND WITHHOLD A POSSIBLE REBOUND.

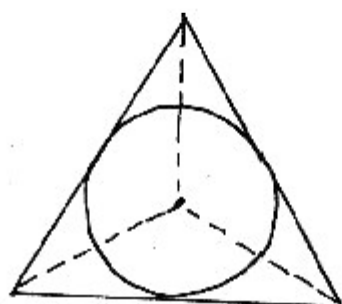
INVOCATION IS CENTERING THE THOUGHT ON ONE POINT, ENDOWING IT WITH FEELINGS AND ARMING IT WITH WILL, THEN THROUGH MAGNETIC, ELECTRIC POWER ADHERENT TO IT, THE THOUGHT BECOMES CRYSTALLOGRAPHIC AXIS, AROUND WHICH THE POWERS CENTER, UPBUILD IT AND MATERIALISE BECOMING MANIFEST.

WORKING ACCORDING TO THE NORTH POLE AND THE SUN, THE THOUGHT BECOMES THE LEVER WORKING OUT THINGS IN SCALE  $\square$  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 HIEROPHANT IS THE AXIS AROUND WHICH THRU THE ATTRACTION OF THE HARMONIOUS 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

*end*  
*breaks off*