

# A SYSTEM OF CAUCASIAN YOGA



A Facsimile Of The Manuscript By  
Count Stefan Colonna Walewski

### EDITOR'S PREFACE

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

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

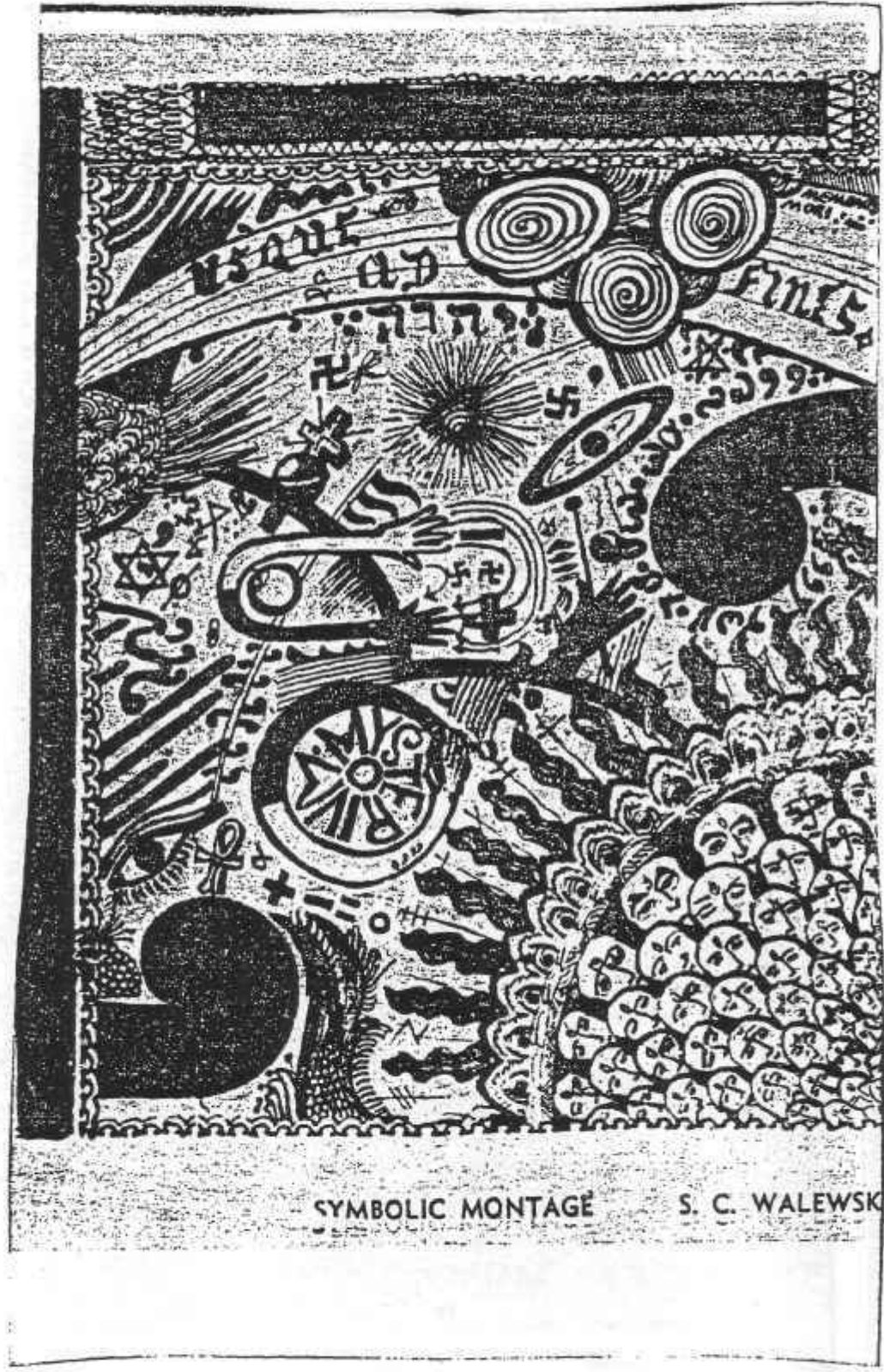
However, we have considered it best to give the reader the manuscript in facsimile rather than any "improvement" on it, which would destroy or at least vitiate its unique character. There was all the more reason so to present the work, when, shortly after releasing it for publication and disposing of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

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

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

C. A. Muses  
Colorado, 1955





SYMBOLIC MONTAGE

S. C. WALEWSKI



METHOD OF MEDITATION



# KEY TO MASTERY

## S

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

ॐ नमो भगवते वासुदेवाय ॥

YAT HA AHU VAIRIO

THE WILL OF THE LORD IS  
 THE LAW OF RIGHTEOUSNESS:

- MASTERY -

YOU MUST.

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



## INTRODUCTION

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

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

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

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

TO KNOW THYSELF - IS TO GO INSIDE  
OF ONES ENTITY AND TO WATCH  
STUDY AND APPLY

INDICATOR OF ENTITY IS

I - I AM, SOUL

I THINK

I FEEL

I WILL

INDICATOR OF THINKING, FEELING

AND WILLING IS THE BREATH.

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

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

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

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



AND INFLUENCES AT THE TIME OF CONCEPTION

BREATH IS LIFE AS  
FLOWING THRU THE NOSTRILS. BREATH  
SHAPE 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 BREATH OF WARRIOR  
READY FOR 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  
BREATH OF THE JANE READY TO ABSORB WISDOM.

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

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

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

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



SUN BREATH POSTURE

THE MOON BREATH IS THE SAME POSTURE  
 REVERSED +

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

DEVELOPMENT OF HUMAN ENTITY IS  
FOURFOLD:

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

COLORS CORRESPONDING TO THOSE  
FUNCTIONS ARE:

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

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



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 ARCANA'S GREATER MYSTERIES GENERAL POINTS

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

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

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

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

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

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

MASTER THOUGHT IS THE OPPOSITE OF SLAVE THOUGHT AS IS

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

14

# I - FIRST MASTER, ARCANES: | EXERCISE

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

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

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

HEELS FROM (3) THREE TO SIX (6) INCHES APART. FEET OPENED TO FORM V'S AND ALSO SHINS AND THIGHS. LIFE ATTRACTS LIFE, SYMBOL V HAS CONCENTRATING POWER AND SOUNDS V AND (F) AND (PH) HAVE DIRECT MANTRIC (INVOKING) POWER TO ATTRACT INCREASE AND PROLONG.



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



III  
CORRECT POSTURE FOR THE FIRST MASTER ARCANER [EXERCISE]

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

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 - ON <sup>MENTAL</sup> 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 <sup>SPIRITUAL</sup> BLUE 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 <sup>PSYCHIC</sup> WHITE COLOUR.

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 SECONDS  
 ONE PAUSE OF ONE SECOND  
 ONE EXHALATION OF SEVEN SECONDS  
 ONE PAUSE OF ONE SECOND

SUM ONE BREATH SIXTEEN SECONDS

• TAKING THREE BREATHS FOR EVERY DEVELOPEMENT - SUM 16'

• 3 BREATHS ON RED (PHYSICAL) 48 SEC

3 BREATHS ON YELLOW (MENTAL) 48 SEC

3 BREATHS ON BLUE (SPIRITUAL) 48 SEC

3 BREATHS ON WHITE (PSYCHIC) 48 SEC

12 BREATHS 192 SEC

ONE HUNDRED AND NINETY TWO 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



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

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

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



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

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

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

TAKE SPECIAL CARE TO KEEP GREAT  
 TOE IN GOOD CONDITION, MASAGE  
 IT THOROUGHLY AND STRETCH AND  
 PULL WITH HANDS TO PREVENT NUM-  
 BNESS FROM SETTING IN IT, AND  
 KEEP IT RESPONSIVE AND ALIVE.  
 GREAT TOE IS CONNECTED WITH HEA-  
 RING [AUDITORY NERVE] AND COOR-  
 DINATES HARMONY, AND RHYTHM  
 IN THE BODY.

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



CLOTHE FEET IN SILK (FIRST CHOICE), LINEN

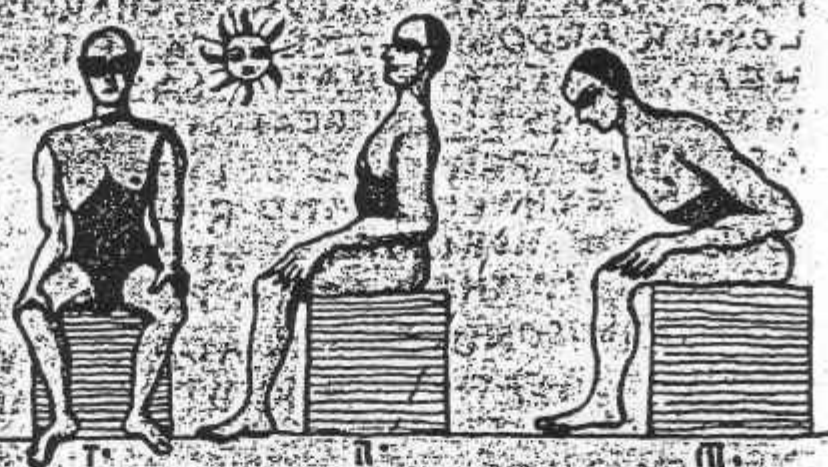


OR WOOL, OR COTTON AND DRAW STOCKINGS OR SOCKS ON OVER CLOTH. CHANGE FOOT CLOTHS WHENEVER FEET ARE MOIST AND COLD. THIS PREVENTS COLDS, COUGHS, AND AFFECTIONS OF EARS, EYES, AND THROAT, AS WELL AS MANY RHEUMATIC CONDITION, TO A GREAT EXTENT.

**III** THIRD MASTER ARCANES [EXERCISE] SIT ON A CHAIR. SPINE UPRIGHT. NECK STRAIGHT. HEAD UP. AS IN FIRST MASTER ARCANES [EXERCISE]. HAVE ONE SPOT FIXED LEVEL WITH THE EYES [OR USE SUN, MOON, ETC.] AND THE OTHER THREE (3) TO FOUR (4) FEET DISTANT ON THE EARTH (FLAP 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 ENCIROLLING TOWARD INSIDE OF THE KNEES. HEELS FROM THREE TO SIX INCHES APART FEET OPEN TO FORM V. AND ALSO SHINS AND THIGHS. HAVING THE POSTURE PROPERLY TAKEN, <sup>(EQUALLY PARALLEL)</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  
AFFIRMING PRINCIPLE OF LIFE.  
WHEN EXHALING AND RISING SHIFT  
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. G.  
GENERAL NOTE: WITH ALL THE MASTER  
ARCANES ALWAYS NOTE IN WHAT

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



I. FRONT VIEW OF EXERCISE (BEGINNING THE INHALATION AND END OF EXHALATION)  
 II. SAME AS ABOVE (PROFILE)  
 III. PROFILE VIEW AT THE END OF INHALATION AND BEGINNING EXHALATION  
 THOUGHT FIXED ON GAYALHAMA (GA-EL-EHA-MA), EYES ON HORIZONTAL SPOT AND ON EARTH (FLOOR) SPOT. THIS THIRD MASTER 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. 11

**IV** FOURTH MASTER ARCANES (EXERCISE)

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

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

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



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



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



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

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

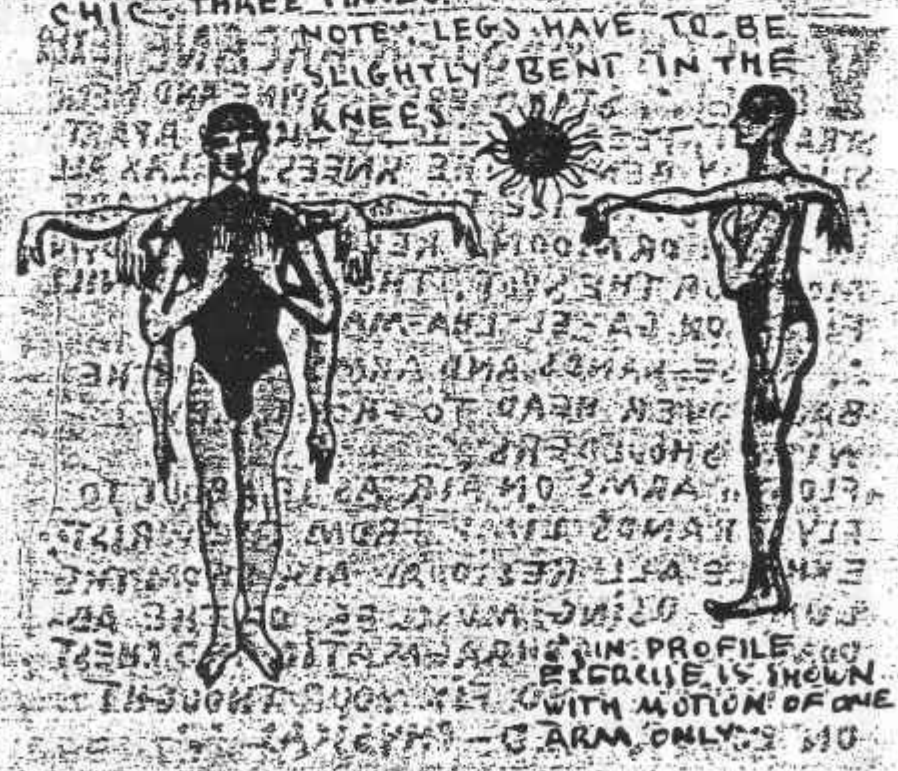
FRONT VIEW OF THE SECOND PART OF THE FOURTH ARCADE (EXERCISE).  
 A-I-BEGINNING, A-II-A-III- INHALING AND LIFTING THE ARM-GRADUALLY TENSING THE GRIP.  
 FIGURE B: B-I- DURING ONE (1) SECOND PAUSE IN BREATH BENDING FROM THE POSITION IN A-III THROUGH POSITION B-I- TO STRIKE THE EARTH (AT THE SAME TIME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

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

PK

**V FIFTH MASTER ARCANE** (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, LEAV-  
 ING THEM LIMB, EXPANDING FOR PHYSI-  
 CAL - 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 - PSY-  
 CHIC. THREE TIMES. (12 BREATHS)





NOW AGAIN EXTEND AND CIRCLE  
HANDS ON LEVEL OF SHOULDERS TO  
SIDES TENSING MUSCLES OF ARMS  
(HANDS LIMP) FOLD AND EXTEND  
AGAIN AT SIDES ETC. 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 HĀ AS IN HA HA BUT  
LONG SIGH LIKE BREATH SWING  
ARMS LIMP AS THE LESSON GOES  
NOW TO EXPLAIN CORRECTLY  
ON EVERY COLOR (PHYSICAL, MENTAL,  
SPIRITUAL AND PSYCHIC THERE  
ARE THREE BREATHS - TWO WITH  
HANDS IN FRONT AND ONE WITH  
HANDS ON THE SIDES ALL TOGE-  
THER 12 TWELVE BREATHS  
THIS FIFTH MASTER ARKANE IS  
ONE WHICH GIVES CONTROL OVER  
ATTRACTION OF THE EARTH (WEIGHT)  
ENABLING TO RAISE IN THE AIR  
FLY AND WALK ON WATER.



## VI MASTER ARCANE [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 STARING. 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



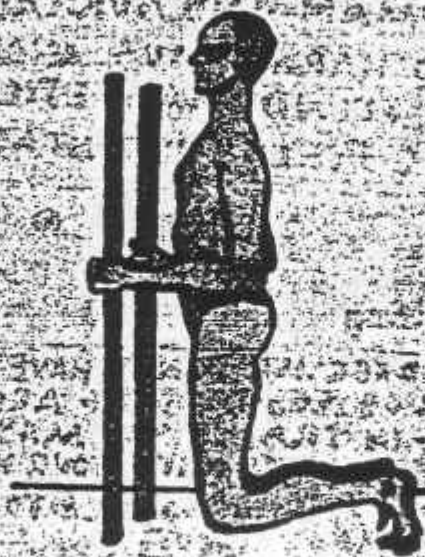


THE SPINE UPWARD INTO THE MEDULLA  
OBLONGATA, CORPORA QUADRIGENIA,  
FIFTH AND FOURTH VENTRICLES, CORPUS  
CAUDICUM, CORPORA STRATA, PONS  
VAROLI, PITUITARY GLAND OR BODY,  
THIRD VENTRICLE AND PINEAL GLAND  
OR HYPOPHYSIS (PITUITARY IS EPIPHYSIS)  
ALSO IN SEPTUM LUCIDUM AND OTHER  
PARTS, YOU WILL HEAR A PULSATING SOUND  
LIKE A BELL OR CHIME AND FEEL PUL-  
SATIONS WITH A SENSE OF SWELLING  
OR EXPANSION OF AURA, AND SOME-  
TIMES 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 DISTUR-  
BED UNTIL YOUR GUARDIAN ANGEL  
OR HEAVENLY FATHER AWAKENS  
YOU, - ALSO IF YOUR KNEES RISE  
FROM THE FLOOR, OR BODY RISES IN THE  
AIR, STOP AT ONCE. -  
YOU DO NOT WANT LEVITATION TO OCCUR

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

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

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



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



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



## VII (SEVENTH) MASTER ARCANES

(EXERCISE) (WEATHER CONTROL)

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

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

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

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

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

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

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

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

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

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

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



POSITION OF HANDS.

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

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



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

### GENERAL ∴ ∴ COMPENDIUM.

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

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

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

OF THE WAYS AND MEANS FOR DEVELOPEMENT  
OF CONSCIOUS MASTERY.

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

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

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

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

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

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

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

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



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

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



THE AIR IN PASSING GETS HEATED, AND GOING THRU PHARYNX, RELEASES THE GA-YA-LHA-MA WHICH SINKS THRU THE PHARYNX BEHIND THE SOFT PALATE IN THE PROXIMITY OF TWELFTH NERVE AND FIRST PAIR OF CERVICAL NERVE, 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.

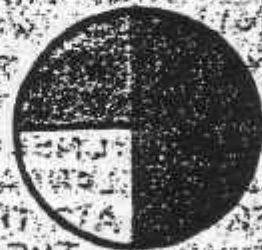
FILLING WITH ENERGIES DONE SIMULTANEOUSLY IN TWO PLACES IN THE BODY, BOTH OF THEM BEING CHARGED AT THE SAME TIME DURING THE PERIOD OF EXHALATION. THE FOUR STATES OF VIBRATION OF GA-YA-LHA-MA, AND CORRESPONDING COLOURS, WITH THE PARTS TO BE CHARGED IN THE BODY ARE:

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

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

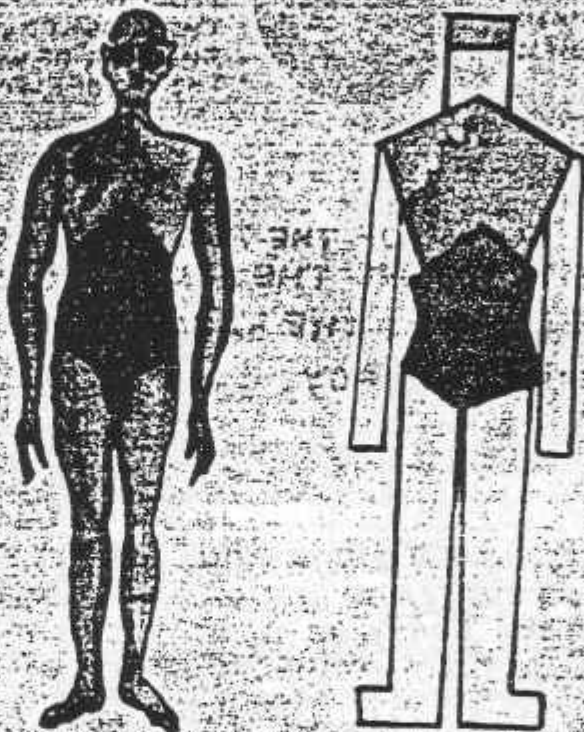
3) SPIRITUAL (DYNAMIC) - COLOUR - BLUE (ULTRAMARINE), PARTS OF THE BODY TO BE CHARGED - UPPER PART OF THE ABDOMEN (SOLAR PLEXUS) AND TOP OF THE HEAD.

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



THE ANCIENT REPRESENTATION OF THE GA-YA-LHA-MA CURRENTS 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 RESSU-  
RECTION.



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

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

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

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

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

GOOD THOUGHT, GOOD WORD AND GOOD DEED  
ARE ANALOGOUS WITH MASTER THOUGHT,  
MASTER WORD AND MASTER DEED, 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 ANGRU -  
- 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 MASTER





CHANGING THEM, AND THE EFFECTS WILL FOLLOW.

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

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

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

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

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

THIS WAS INITIATION OF MOSES AND CHRIST,  
AND USED IN THIS DAY IN CHRISTIAN CHURCH,  
2) THE SECOND INITIATION WAS BY FIRE.  
THE NEOPHITE PASSING BETWEEN TWO FIRES  
OR GOING THRU FIRE, HAD TO HOLD HIS  
BREATH, FOR THE IMPOSSIBILITY TO INHALE  
THE SMOKE. (BABYLONIAN AND DRAVIDIAN  
MYSTERIES).  
3) THE THIRD INITIATION WAS BY AIR, DROPPING  
DOWN FROM A HEIGHT IN SPECIALLY 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-  
RANIAN CAVES, TO GET THE SACRED RHYTHM  
OF THE EARTH'S HEART, WHICH VIBRATES  
IN UNISON AND HARMONY WITH THE UNIVERSE.  
(HEART OF THE EARTH CONTRACTS FOR SEVEN  
SECOND, ONE SECOND PAUSE, SEVEN SECONDS  
EXPANDS, ONE SECOND STOP) THIS IS THE  
SACRED MASTER RHYTHM.)  
THOSE ARE THE GREAT FOUR INITIA-  
TIONS IN THE MYSTERIES OF MASTERY.  
IN THE MASTER SYSTEM THERE ALWAYS  
WAS THE SIMPLIFIED, CONDENSED AND  
CORRECT-MANNER OF DISCLOSING THE  
TEACHINGS AND ARCANES OF MASTERY,  
BUT IT IS ALWAYS GIVEN ONLY FOR THE  
SUFFICIENTLY DEVELOPED AND REA-  
DY CANDIDATES, AND IN CASES OF

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

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

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

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

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

① MYSTICISM IS CAREFUL OBSERVATION THRU SUPERSENSITIVE CHANNELS OF IMPRESSIONS.

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

③ MAGICK IS PRACTICAL APPLICATION OF SUPERSENSITIVE OBSERVATION AND INTER-



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



.. SITTING MASTER  
 SYSTEM POSTURE ..

POSTURE CALLED POSI-  
 TIVE IN RELAXED ATTI-  
 TUDE, TO RECEIVE, ANALI-  
 SE AND DIRECT CON-  
 SCIOUSLY, IMPRESSIONS  
 AND EXPRESSIONS, ACCOR-  
 DING TO THE LAW, AND  
 SPIRIT OF THE TIMES.



.. STANDING MASTER  
 SYSTEM POSTURE ..

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

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

I. L. ARCANES. DOCTRINE OF THE HEART

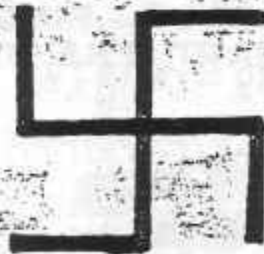
OLDEST SYMBOL - SWASTIKA REPRESENTS CONTRACTING OF THE HEART, WHILE SOUWASTIKA - EXPANDING. DIVIDING THE WORK IN MYSTICISM AND OCCULTISM AND MAGICK INTO TWO DISTINCT PATHS. - I (FIRST - DOCTRINE OF THE CLOSED HEART - BUT OPEN MIND - DEVELOPING REASON - IT IS SYMBOL OF SOUWASTIKA, USED IN THE ORIENT, ). 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 WITHDRAW  
WITHIN YOURSELF.

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

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



• WAY OF  
CLOSING HANDS  
(CALLED ALSO  
SACERDOTAL  
HAND)



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

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

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



THIS COMPLETES THE DOCTRINE OF THE  
SACRED HEART.

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

## II G. ARCANÉ. CREATION EXERCISE.

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

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

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

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

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

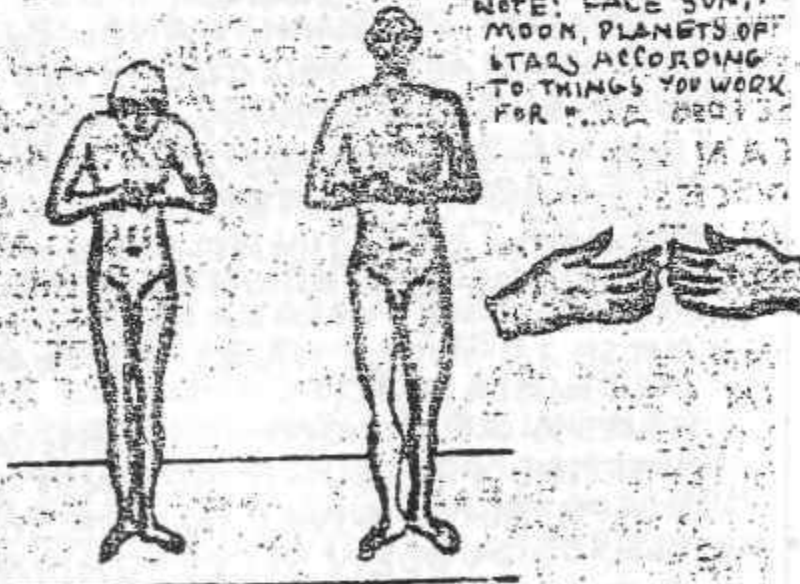
LOCKING THE THROAT IS REPRESENTED  
AS CRUX ANSATA IN EGYPT,  
NOOSE IN INDIA TIBET, TIE THAT BINDS  
IN PERSIA E.T.C.

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



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

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



SYMBOLICALLY REPRESENTED PROCESS  
 OF CREATION IS IN CADUCEUS OF HERMES  
 WITH THE TWO SERPENTS ENCIRCLING IT  
 MOUNTING TOWARD PINE CONE OR MER-  
 CURY'S HEAT WITH WINGS SPREAD ATTA-  
 CHED TO IT. ALSO WINGED SCARAB OF  
 THE EGYPTIANS, SCARAB REPRESENTING  
 HUMAN SKULL. IN ORIENT A SKULL, THE  
 SAME SYMBOL OFTEN USED IN CHRISTIAN  
 SYMBOLIC ART.

MERCURY (HERMES) CARRYING DEMAND  
 OR ORDER ON THE WINGS OF WILL.

NOTE: THIS IS A GREAT ARCANUM  
 (HERMETIC), AND USES SAME POWERS  
 CONSCIOUSLY DIRECTED, AS ACHIEVED  
 IN (6) SIXTH MASTER ARCANUM (EXERCISE)  
 IT IS USED IN EVERYTHING OF IMPORT-  
 TANCE, IT MATERIALIZES THINGS YOU  
 WANT, CURES DISEASES YOURS AND OTHERS  
 WILL MAKE YOU INSENSIBLE TO PAIN  
 (SELF ANAESTHESIA) AND WILL PUT YOU  
 IN TRANCE, CATALEPTIC STATE OR  
 IN LETARGIC (HIBERNATING) CONDITION  
 IT AROUSES THE SERPENT POWER OF THE  
 BODY (KUNDALINI IN YOGA)

CAUTION: WORKING THOSE POWERS IS  
 BEST BEGINNING DELICATELY, AND BEING  
 IN PRACTICE WITH A HIGH MASTER ARCA-  
 NUM.

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.

III G. ARCANES. PROJECTING OF POWER.  
RITUAL OF PENTAGRAM: MASTER PROJECTION  
THIS IS A PROJECTION OF POWER, DONE TO  
BUILD THE WALL OF ABSOLUTE PROTECTION  
AGAINST ADVERSE POWERS AND THOUGHTS  
AND ALSO A POWERFUL AND TERRIBLE  
WEAPON TO STRIKE AND DESTROY THE  
ENEMIES.

FACE NORTH, - BEGIN BY DOING THE  
TWELVE COMPLETE BREATHS LIKE IN  
THE FIRST (I) MASTER ARCANES, SITTING  
AND USING MASTER BREATH SEVEN (7)  
SECOND INHALATION, ONE (1) SECOND  
STOP, SEVEN SECONDS EXHALATION,  
(1) ONE SECOND STOP - TWELVE TIMES.

SET UP AND STAND UPRIGHT, HEAD UP,  
CHIN IN, RIGHT FOOT FORWARD, LIKE IN THE  
SECOND (II) MASTER ARCANES. 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 PEN-  
TAGRAM THAT YOU ARE BUILDING, WHICH  
WILL BE STRAIGHT OVER YOUR HEAD.  
THEN SWING THE ARM DOWNWARD TO-  
WARD THE RIGHT SIDE, BUILDING THIS  
WAY FIRST UPPER CORNER OF THE PENTA-  
GRAM, THEN SWING THE ARM TOWARD  
LEFT SHOULDER, THEN HORIZONTALLY  
OVER THE RIGHT SHOULDER THEN BRING  
THE ARM DOWN FROM UPPER RIGHT  
SIDE TOWARD LOWER LEFT WHICH MO-  
TION 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 RHVST WITH THE ARM AND HAND, FOREFINGER POINTING. (ACTUALLY THE CIRCLE AND HALF CIRCLE FORM A SPIRAL DRAWN IN THE AIR FROM LEFT TO RIGHT.) NOTE (ALL THE EXERCISE IS DONE POINTING THE INDEX FINGER AS IF WRITING IN THE AIR.)



FIRST MOTION SECOND MOTION THIRD MOTION



FOURTH MOTION FIFTH MOTION SIXTH MOTION



COMPLETE.



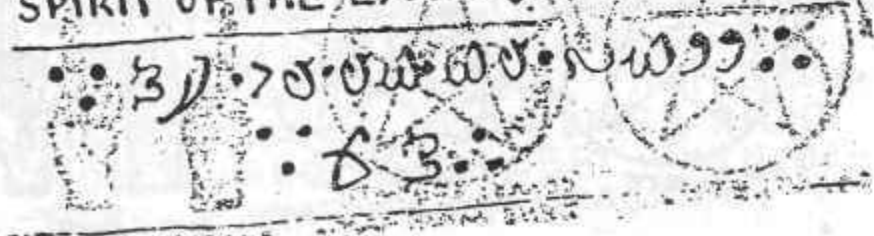
COMPLETE WITH ZEN MANTRAM.



RIGHT HAND.

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

PROJECT IT ACCORDING TO NECESSITY, UP TO TWELVE TIMES, AND ALWAYS FACING NORTH. TO BUILD PROTECTIVE WALL YOU CAN MAKE IT TO THE FOUR CORNERS OF THE EARTH, ABOVE AND BELOW, USING ONLY THE PENTAGRAM WITHOUT THE SPIRAL THRUST "YAT-HA-AH-HU-VO" - THIS WORD MEANS - "THE WILL OF THE LORD IS POWER" IT IS THE WORD THAT ROOSTER KNOWS. THE WORD "OM" IS THE WORD 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.



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

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

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





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

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

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

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

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

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



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



POSTURE FOR HEARING THE "AUM"

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



### VII B ARCANES. CONCENTRATION:

SIT ERECT, SPINE STRAIGHT, FACING THE POSITION OF THE SUN. DO THE COMPLETE (I) FIRST MASTER ARCANE (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 COMFORTABLY. 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 FEELING, NOT LETTING IT RELAX, DO NOT PAY ATTENTION TO YOUR BREATHING OR YOUR BODY, (AT TIMES AFTER EXHALATION OR IN THE MIDDLE OF IT YOU WILL COMFORTABLY STOP BREATHING, THIS SHOULD BE SO.) NOW TAKE THE THOUGHT ON WHICH YOU CONCENTRATE, TRY TO SQUEEZE IT IN THE POINT BETWEEN THE EYEBROWS WHERE YOU FEEL THE PRESSURE. HOLD IT WITH THE PRESSURE, REPEATED IN FRONT OF IT, AND INSIDE OF IT, ON ALL THE MODES AND MANNERS, HALF IT, SPLIT IT, THE THOUGHT AND THE WORDS CONTAINED IN IT. YOU WILL KNOW THEN THIS IS CALLED CAREFUL OBSERVATION. AT CERTAIN TIMES YOU WILL SEE LIGHT BEFORE 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 CONCENTRATION CALLED WHEN THE SUBJECT IS OF SPIRITUAL IMPORTANCE APPEARS - MEDITATION. WHEN IT IS PERTAINING TO OBJECTS OF WORLDLY LIFE IT IS THEN CONTEMPLATION. EACH OF THOSE HIGHEST STAGES, BEGINS WITH CONCENTRATION. THE DEFINITION OF THOSE

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

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

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

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

USE EXERCISES TO CONTROL THE MUSCLES OF YOUR EYES, BY ROLLING THEM OPEN AND TIGHTLY CLOSED, BY STRIVING TO SEE AS FAR BACK OF YOU AS YOU CAN, AND ALSO UP AND DOWN WITHOUT MOVING YOUR HEAD. ROLL YOUR EYES IN DIFFERENT GEOMETRICAL FIGURES. LEARN TO CONVERGE THEM AND CROSS THEM, LOOKING AT "URNA" POINT BETWEEN THE EYEBROWS, AND BRINGING THEM CROSSED TO THE TIP OF THE NOSE. WORK TO BE ABLE TO DESCRIBE GEOMETRICAL FIGURES WITH YOUR EYES CROSSED. DEVELOP FACULTY OF LOOKING WITH ONE EYE UP AND WITH ANOTHER DOWN. NOW COMES THE EXERCISE USED FOR SPLITTING THE ETHER, FOR CLAIRVOYANCE - SIT STRAIGHT, RELAXED. CLOSE YOUR LEFTHAND LEAVING THE INDEX FINGER OUTSTRECHED, COVER THE LEFT HAND WITH THE SO THAT THE THREE FINGERS OF THE RIGHT HAND WILL BE CLASPING THE THREE FOLDED FINGERS OF THE LEFT,

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

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



(1)



(2)

(1) POSTURE OF  
THE HANDS.

(2) APPEARANCE  
OF THE THIRD  
FINGER.

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



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

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

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

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

■ THIS DEVELOPS THE INNER GAZE. -

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

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

SIT ON THE CHAIR, RELAX, DO THE FIRST  
MASTER ARCANÉ (EXERCISE), THEN HAVE  
IN FRONT OF YOU A TABLE ON WHICH YOU  
CAN REST YOUR ELBOWS. - REST UPPER  
PART OF YOUR FACE ON THE PALMS  
AND FINGERS, BUT THUMBS PLACE  
BEHIND THE EARS. HAVE THE BALL  
OF CRYSTAL, ON A STAND LITTLE HIGHER  
THAT LEVEL OF YOUR EYES. (YOU CAN  
USE, GLASS BALL, TOURMALINE, BERYL,  
MAGICAL MIRROR, OR GLASS BALL FIL-  
LED 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) MI-  
NUTES 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 FORM  
 IN NICE WARM WEATHER LAY DOWN  
 ON YOUR SPINE ON THE GRASS, OR SAND,  
 OR EARTH AND PUT YOUR ARMS FOLDING  
 THEM BEHIND YOUR NECK AND HEAD AS  
 A PILLOW, AND WATCH THE BLUE SKY,  
 TRYING TO PENETRATE AS FAR AS POSSI-  
 BLE, - DO IT ALSO AT NIGHT TRYING TO  
 REACH THE STARS. - THIS MAKES EYES  
 SENSITIVE TO ULTRAVIOLET AND INFRA  
 RED RAYS AND DEVELOPES FACULTY  
 OF SEING AURA, OF HUMANS AND  
 OTHER BEINGS. (ALSO PSYCHING OBJECTS.)  
 THIS GIVES THE WAYS OF CONCENTRATION,  
 MEDITATION, CONTEMPLATION, SPLITTING  
 OF THE ETHER, INWARD SIGHT, FARAWAY  
 GAZE, CLAIRVOYANCE, \* THOUGHT FORM REA-  
 DING, AURA, AND PSYCHOMETRY.  
 X) FOR TELEPATHIC TRANSVERENCE, USE  
 SAME MEANS LIKE CRYSTAL GAZING, ONLY  
 INSTEAD OF BEING RECEPTIVE (PASSIVE,  
 BLANK) REPEAT THE FORMULA YOU WANT  
 TO CONVEY TO OTHER PERSON, AND  
 TUNE ON ACTIVE STATE (WILL POWER,  
 AND DESIRE).



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

THE SLEEP. BEING CONSCIOUS, ONE CAN MOVE AROUND IN THE ASTRAL BODY, LEARN THINGS, BE ABLE TO PERFORM THINGS, TRU REACHING STATE CALLED [OCULT STATE OF CONSCIOUSNESS, AND OTHER STATES. I.E - MENTAL, SPIRITUAL ASTRAL, SUPER, SELF AND COSMIC STATES OF CONSCIOUSNESS.

TO REACH AWAKENING IN YOUR DREAM, YOU MUST SET ASIDE A DAY COMPLETELY, TO YOURSELF, IN A PLACE FRE FROM THE OUTSIDE DISTURBANCES.

THEN PROCEED WITH THE WORK, BY SITTING ON A CHAIR HAVING IN FRONT OF YOU A TABLE WITH A PILLOW ON IT, BEND TOWARD THE TABLE SO THAT YOU CAN PUT YOUR ELBOWS ON IT, KEEPING THE SPINE STRAIT, REST UPPER PART OF YOUR FACE AND FOREHEAD ON PALMS OF YOUR HANDS WITH FINGER LITTLE & SPREAD, WET YOUR THUMBS AND INSERT THEM INTO EARS. CLOSE YOUR EYES AND TURN THEM SLIGHTLY UPWARD. (POSTURE EXACTLY LIKE THE (6) SIXT L. ARCANÉ - SOUNDLESS SOUND "AVM"). NOW BEGIN TO SING A MANTRA IN A LOW VOICE - "HUONG, YANG, YANG, YANG, - HUONG, YANG, [ ] YANG" - HUONG, 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-



**IX. L. ARCANÉ**, RECHARGING NERVOUS ENERGY AWAY USED IN ANCIENT EGYPT FOR STRENGTHENING OF CURRENTS OF ENERGY WITHIN THE BODY. IT WAS SHOWN IN THE FIGURES, USING THE SECOND MASTER ARCANÉ EXERCISE. TWO RODS CLASPED IN THE HANDS OF STANDING FIGURES, WERE THE GRIPS OF TREMENDOUS POWER, A KIN TO ELECTRICITY (SECONDARY ELECTRICITY), WHICH WHEN THE GRIPS WERE HELD IN THE HANDS RELEASED THIS ENERGY INTO THE BODY TO BE STORED IN UNIPOLAR GANGLIA, AND SPINAL FLUID, RAISING THE POTENTIAL OF ENERGY ONE HUNDRED PERCENT, AND LASTING FOR A DAY AND A NIGHT, (24) TWENTY FOUR HOURS.

THE RODS WERE TWO IN NUMBER AND OF DIFFERENT COMPOSITIONS. ONE GENERALLY TO BE USED IN THE RIGHT, ANOTHER IN THE LEFT HAND, ONE HAVING THE POWER OF THE SUN, ANOTHER OF THE MOON.

THE SUN ROD OF POWER IS COMPOSED OF HARD COAL SPECIALLY HARDENED, IN WHICH STRUCTURE OF THE MOLECULES IS CHANGED THE WAY THE MOLECULES OF IRON ARE CHANGED WHEN CONVERTING IRON INTO 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 EXELENT AS SUN RODS OF POWER.



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



GRIP FROM HARDENED COAL (SUN)

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



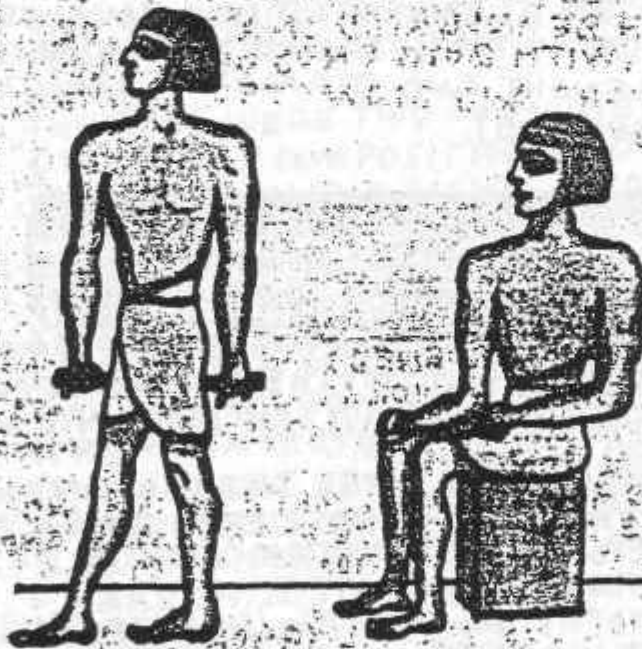
GRIP FROM HARDENED LODE STONE. (MOON)

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

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

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

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



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

OBJECTS SHAPED IN DIFFERENT SYMBOLIC FORMS ARE ALSO USED THROUGHOUT THE WORLD, LIKE BABYLONIAN MALES (IRON WITH SILVER INLAY) WITH HORNED HUMAN HEAD, AND HEAD OF THE BULL.) IN THIBET IS USED DORGEE, ETC. (RODS OF POWER CAN BE USED WITH <sup>12/10/25</sup> SECOND MANDALA)



DORGEE.

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

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

IT SHOULD BE PREPARED SLOWLY AND PRACTISED GRADUALLY.

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

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



## XI LARCANE. MULLAH MUDRA. MULLHA MUDRA

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



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

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

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

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

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

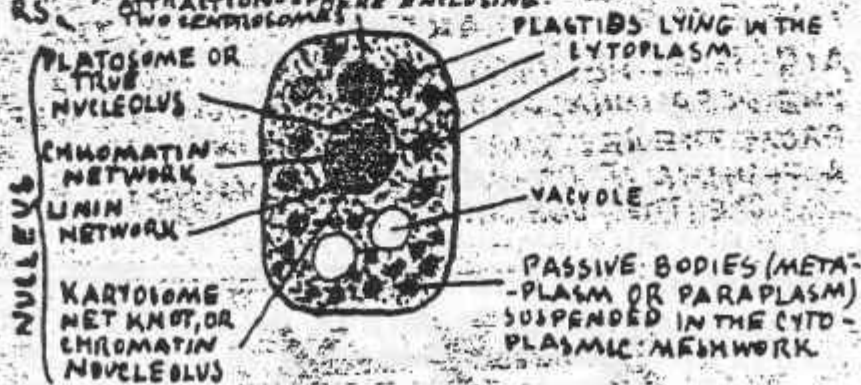
NOTE (THE TUBE SHOULD BE KEPT CLEAN.)



**XI) G.S. ARCANÉ. FACE AND HEAD REJUVE-  
NATING EXERCISE. ALSO GENERAL.**

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

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



PROTOPLASM CONSISTS OF COMPOUND OF CARBON (OVER 50%), HYDROGEN, NITROGEN, OXYGEN, SMALL AMOUNT OF SULPHUR, PHOSPHORUS, AND ABOUT A DOZEN OTHER ELEMENTS. CELLS ARE OF MANY KINDS, BUT FUNDAMENTALLY THEY ARE ALL SIMILAR IN CONSTITUTION AND POWERS. ALL LIVING BODIES CONSIST OF ONE OR MORE PROTOPLASMIC CELLS AND CERTAIN EXTRA PROTOPLASMIC ELEMENTS, PRODUCTS OF CELLULAR ACTIVITY.

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



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

CATABOLISM IS THE PROCESS BY WHICH THE COMPLEX, LIVING COMPOUNDS ARE RETURNED TO A MORE SIMPLE FORM BY A PROCESS OF COMBUSTION, CHEMICALLY SIMILAR TO BURNING, ALWAYS PRODUCING CARBON DIOXIDE ( $\text{CO}_2$ ) 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 PHASE EXCEPT AS SOME DEGREE OF ENERGY IS CONSUMED IN BUILDING THE LIFELESS MATERIALS INTO LIVING SUBSTANCE. HOWEVER SOME OXYGEN IS STORED IN THE TISSUES WHERE IT REMAINS INERT UNTIL NEEDED FOR COMBUSTION FOR THE PRODUCTION OF ENERGY. CONSIDERABLE PERCENTAGE OF OXYGEN IS ALWAYS A PART OF PROTOPLASM ITSELF NEXT TO OXYGEN, LIVING THINGS NEED WATER ( $\text{H}_2\text{O}$ ). 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 THEIR TISSUES, ALL THE ACTIVE, LIVING CELLS OF THE MANY-CELLED BEINGS LIVE IN A WHAT HAS TO BE CONSIDERED FLUID MEDIUM, MAIN CONTINENT OF WHICH IS WATER. IN CASE OF THE PLANTS THIS FLUID IS CALLED SAP; IN THE ANIMALS AND MAN IT IS BLOOD OR LYMPH, OR JUST WATER WHICH IS CIRCULATED TO THE TISSUES. THESE BODY FLUIDS CONVEY TO THE CELLS THEIR FOOD, CARRY AWAY THEIR WASTES, AND SUPPLY THE WATER NECESSARY FOR KEEPING THE LIVING SUBSTANCE IN THE HALF-FLUID, MOBILE CONDITIONS NECESSARY TO LIFE.

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



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

NORMAL CELL CELL EXPANDED  
TRUE METABOLISM

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

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

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

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

1<sup>ST</sup> PART - PURIFYING AND STRENGTH-  
-ENING OF THE BLOOD.

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

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

USE XI ARCANÉ MULLAH (MULLHA) MWDR.  
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 TUMB ON THE MUSCLES UNDER THE CHIN. NOW ROLL YOUR TONGUE BACKWARDS AND FORWARD, REPEATING THIS MOTION FOR 2 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 2 1/2 TO 5 MINUTES.

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

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

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

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

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



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



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

THE ABOVE IS THE REJUVENATING ARIANE  
ALSO TO RENEW AND CLEAN THE TISSUES  
IN DIFFERENT PARTS OF THE BODY YOU  
HAVE TO LEARN THE WAY OF SENDING  
THE BLOOD TO THEM, AND ALSO TO  
WITHDRAW IT. IT IS DONE BY HAVING  
THE CENTER OF THE PART TO BE FLUSHED  
WITH BLOOD PUT BELOW THE OTHER PART,  
THEN IT WILL BE FILLED WITH BLOOD,  
TO WITHDRAW THE BLOOD PUT THE CENTRE  
OF THE PART OF THE BODY TO BE DRAINED  
OF THE BLOOD HIGHER THEN THE OTHER PART.  
NOTES. YOU SHOULD KNOW ALSO, THAT  
WHEN INHALING THE BLOOD IS RECEIVING  
FROM DIFFERENT PARTS OF THE BODY,  
WHEN HOLDING THE AIR IN THE LUNGS,  
AND ALSO WHEN EXHALING BLOOD  
CIRCULATES STRONGER.

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

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



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

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

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

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

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

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



STRETCHING AND STRENGTHENING THE THUMBS.



MEANING OF THE FINGERS.

THIS EXERCISE DEVELOPS THE THUMBS,

AND DEVELOPING THEM GROWS AND STRENGTHENS THE WILL POWER.

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

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

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

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

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

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

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



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

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

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

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

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

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

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

TO CHANGE THE BLOOD PRESSURE, MAKING IT NORMAL, PUT FINGERS OF BOTH HANDS ON THE SIDES OF THE NECK, BELOW THE BACK OF THE EARS AND MASSAGE 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  $\frac{1}{2}$ " TO  $\frac{1}{2}$ " INCH THICK, ROUNDED ON THE END AND THE EDGES, ABOUT 6" TO 8" INCHES LONG.



THE FORM OF THE STICK.

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

FOR UPPER ABDOMEN PRESS AGAINST THE ~~STICK~~ 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 DEVE-  
LOPMENT FOR HEALING OF ONE AND THE  
OTHERS, TAKING IN - BLOOD, GLANDS,  
CONSCIOUS DIRECTING OF THE BLOOD  
STREAM, FEET AND HANDS AND TONGUE  
AND THEIR RELATIONS TO HEALTH.

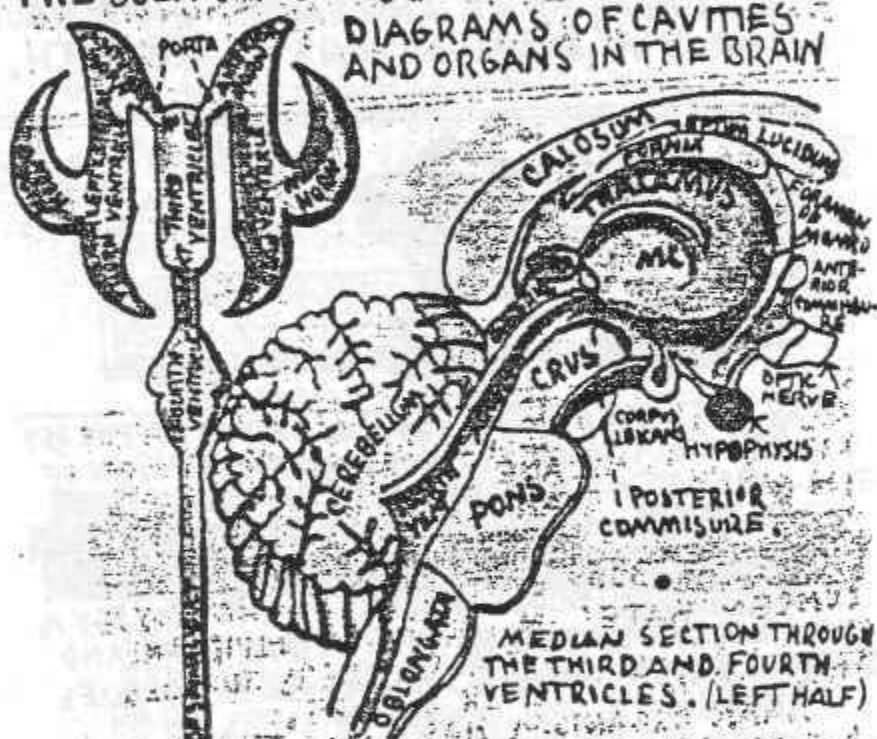


**XIII L. ARCANES** REJUVENATION OF ENERGY  
FOR INCREASING SPAN OF  
LIFE. THIS ARCANES IS TO PRACTICED  
IN IMPORTANT CASES.

BODY BATTERY OF LIFE ENERGY IS  
CONCENTRATED IN THE SPINAL FLUID, AND  
THE FLUID TOUCHING THE CENTERS SUPPLIES  
THEM WITH THE POWER OF LIFE.  
HUMAN ORGANISM HAS A WAY, TO STIR UP THE  
SPINAL FLUID BY NATURAL MEANS, IN CASES  
OF EXHAUSTION AND LOW EBB OF ENERGIES.  
THE WAY IS YAWNING. - PROCESS OF YAWNING  
PRESSES ON MEDULLA OBLONGATA, AT THE  
SAME TIME MAKING IT AUGMENT PRESSURE  
ON THE CAVITIES IN THE HEAD, AND THE CEN-  
TRAL CANAL (FOURTH VENTRICLE) IN THE SPINE,  
DURING PROCESS OF SATISFACTORY YAWNING  
YOU FEEL REFRESHING PRESSURE WITHIN

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

DIAGRAMS OF CAVITIES AND ORGANS IN THE BRAIN



MEDIAN SECTION THROUGH THE THIRD AND FOURTH VENTRICLES. (LEFT HALF)

DIAGRAM OF ENTIRE CAVITY OF CEREBRO-SPINAL AN.

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



USED WHEN THE CIRCUMSTANCES CALL FOR

**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 UTMOST. CLOSE THE EYES, PRESSING THE EYE LIDS STRONGLY TOGETHER.

YOU WILL HEAR THEN THE RUMBLING SOUND IN YOUR EARS, AND TEARS WILL SHOW IN YOUR EYES. THOSE ARE THE SIGNS THAT THE EXERCISE IS DONE 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 THEM 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

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

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

BY STUDYING THIS PROCESS YOU WILL  
KNOW THAT THE BEST WAY OF SENDING  
OUT OF TELEPATIC MESSAGES IS TO  
~~BEGIN~~ BEGIN WITH YAWNING EXER-  
CISE, AND AFTER COMPLETELY RELA-  
XING, SENDING OUT MESSAGE VIBRA-  
TIONS ON THE YAWNING BREATH.

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



POSTURES OF THE  
SECOND EXERCISE

NOW WITHOUT SEPARATING THE FINGERS MOVE YOUR HAND OVER YOUR HEAD AND BACKWARDS SO THAT THE ENDS OF YOUR BENT FINGERS WILL REST ON THE SPOT WHERE THE HEAD JOINS THE NECK. PRESS LIGHTLY WITH FINGERS AGAINST THE SPOT BETWEEN THE HEAD AND THE NECK. MOVE THE HEAD DOWNWARDS RESTING YOUR CHIN ON YOUR CHEST, THEN LIFTED AND MOVE IT UPWARDS AND BACKWARDS, WITHOUT REMOVING THE PRESSURE OF FINGERS AND HANDS. AGAIN REPEAT THE MOVEMENT OF THE HEAD TO REST THE CHIN ON THE CHEST, AND CONTINUE DOING IT TWELVE TIMES OR MORE. THIS EXERCISE HAS A GREAT INFLUENCE ON MEDULLA OBLONGATA OR PINEAL GLAND, DEVELOPING ITS SIZE AND CAPACITY. THIS EXERCISE CAN AND SHOULD BE DONE FOR THE DEVELOPEMENT ACCORDING TO THE NEED FOR THE EXPANSION OF ENERGIES. (NOTE: DURING THE EXERCISE YOU CAN STAND OR SIT, WITH THE SPIRE 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 TREMEDOUS IMPORT IN THE DEVELOPEMENT, AND WHICH IS HARD TO EXPLAIN, WITHOUT PRACTISING AND UNDERSTANDING THE

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



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

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



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

THIS EXERCISE DEVELOPES THE PINEAL GLAND

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

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

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

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

THE LACK AND QUALITY OF SPINAL FLUID. YOU MUST HAVE FOR THIS THE ASSISTANCE OF A TRUSTWORTHY INITIATED PUPIL OR DAKHAR. 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~~ IN ANYWAY THE DONOR. — BOTH SPINAL FLUIDS — YOURS AND DONORS ARE MIXED TOGETHER AND INJECTED IN YOU NEAR THE PUNCTURE IN YOUR SPINE.

**Publisher's Note:**

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

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



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

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

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

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

THIS IS THE XIV ARCANUM, FOR DEMAND  
AND COMMAND.

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

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

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



FIRST POSITION



SECOND POSITION



THIRD POSITION

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

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

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

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



STATE, IT IS THE BEST IN THE NIGHT TIME  
WHEN THE PERSON IS ASLEEP. YOU TUNE IN  
BY CONSCIOUSLY PUTTING YOURSELF IN RE-  
LAXED CONDITION, AND BREATHING QUIETLY  
AS IF ASLEEP, MENTALLY CONCENTRATING  
ON THE PERSON. (FOR ESTABLISHING BETTER  
CONTACT YOU CAN USE SOMETHING BELON-  
GING TO THE PERSON AND HAVING THE IMPRINT  
OF PERSON VIBRATIONS. (RECORD LEFT BY THE  
EMANATIONS OF THE ENTITY ON THE OBJECT)  
ALSO A FIGURE REPRESENTING PERSON CAN BE  
MADE - BEING DONE WITH CONSTANT THOUGHT  
AND FEELING OF IT BEING TRUE REPRESENT-  
ATION 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 PER-  
SON TO THE OBJECT. TREAT THE OBJECT AS THE  
PERSON, WHICH GETS TO BE SO.

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

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

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



XVII 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 ELEMENT  
LINK IN THE EQUATION STARTED BY THE ANCIENT  
ONES. SOUND CONVEYS THE SPARK WITH WHICH  
THE SOUL TO BE INBARNATED BLENDS AND IS ABLE  
TO ESTABLISH ITSELF IN THE FLESH.

WHEN THE MAN IS SPENNING HE WILL EMIT A  
SOUND MOST OF THE TIMES DOUBLE, FIRST DEEP IN-  
TAKE OF THE BREATH WITH A GASP OR HISSING,  
HOLDING THE BREATH AT THE MOMENT OF SPEN-  
DING, AND AT THE END OF IT, EXHALING WITH  
A SIGH OR A MOAN. FINAL SOUND OF EXHA-  
LATION ISSUES "OM" - CONVEYS THE SPARK  
OF LIFE FROM MAN INTO THE WOMAN, PRE-  
PARING 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 COPLATION.  
IF BEFORE THE INTER COURSE THE MAN AND WO-  
MAN 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 COPLATION. 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 STRONBER IN HIS RIGHT  
NOSTRIL, AS HE WILL BE IN THE MOON  
BREATH, BREATH FLOWING IN HER LEFT  
NOSTRIL. - CHILD OF THIS UNION WILL BE  
MALE.

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

LEFT SIDE, HE WILL BE IN THE MOON BREATH,  
BREATH FLOWING IN HIS LEFT NOSTRIL, AND  
THE WOMAN WILL BE IN THE SUN BREATH,  
FLOWING THRU HER RIGHT NOSTRIL. -

- CHILD OF THIS UNION WILL BE FEMALE,  
ACCORDING TO OTHER COMBINATIONS THAT  
MAY BE CREATED - IF MAN IS IN SUN BREATH  
AND SO IS THE WOMAN, OR REVERSE, THE  
MALE CHILD WILL BE EFFEMINATE, OR  
FEMALE CHILD WILL BE MASCULINE.

THIS ABOVE ENDS THE XVI ARCANES OF  
CONTROL AND PREDESTINATION OF THE  
SEX OF THE OFFSPRING FROM THE SEXUAL  
UNION OF MAN AND WOMAN.



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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, EXISTING  
EVERYPLACE, EVERYWHERE AT THE SAME  
TIME.

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

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

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

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

WISDOM IS KNOWING THE TRUTH CON-  
SCIOUSLY.

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

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

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



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

THIS IS MAGICK, THIS IS THE MIRACLE.

I AM THAT I AM.

AWAKEN, OPEN YOUR EYES, ARISE, BECOME CONSCIOUS - REALISE - "I" "I AM" "I AM I"

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.

OUT ACCORDING TO THE LAW - THE LIKE ATTRACTS ALIKE, THE GROWTH OF I

ONCE STARTED WILL AUGMENT TO UNEN- DERSTANDABLE SIZE. AFTER REACHING

THE SATURATION POINT WITHIN THE BODY OVERFLOW OF EGO BEGINS TO EXTERNA- LIZE, OCCURRING IN A VIBRATORY WAY.

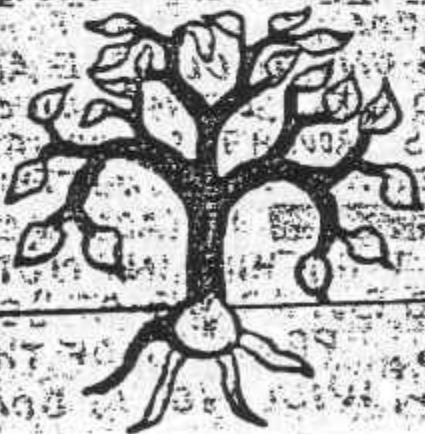
THE PLACE MUCH LARGER THEN THE BODY - IT REACHES OUT DISTENDING AURA AND

CREATES WHAT THE INITIATES BEHOLD AND UNINITIATES FEEL AS PERSONA- LITY. EGO OF THIS DYNAMIC TYPE MER- GES OTHER SMALLER EGOS WITHIN ITS

SCOPE OF ATTRACTION AND THIS WAY EXPANDS  
STILL FARTHER. THIS IS THE EGO OF LEA-  
DERS AND EXECUTIVES, AND VOLITIONARY  
VIBRATION OF ITS POWER IS FELT BY THE  
MULTITUDES, TUNED TO IT, BY FORCE OR  
BY SYMPATHY.  
ORIGINALLY THE "I" THE EGO IS SMALL  
WITHIN THE BODY, A 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 SHA-  
RE IN THE CREATION"  
UNTIL THE CHANNELS ARE ABSOLUTELY  
OPEN AND PURE THIS SPARK OF "I" RE-  
MAINS WITHIN, AND THE BODY, EXER-  
NAL PART OF IT IS THE OUTSIDE, WHILE  
THE OUTSIDE FROM THE BODY IS FAR  
AWAY. - THIS IS THE FIRST STAGE IN THE  
DEVELOPMENT OF EGO.  
SECOND STAGE IS SATURATION, THROUGH  
EXERCISING AND DEVELOPMENT EGO THE  
"I" GROWS AND REACHES THE BOUND PRE-  
SCRIBED BY THE LIMITS OF THE FLESH,  
THE EGO IS AT ONE WITH THE BODY,  
A PERFECT FIT, IT IS UNITY, THE SEED  
GROWN TO THE SIZE OF ITS CONTAINER,

THE EGO FILLING THE VESSEL - "EAT OF THE BREAD. IT IS FLESH OF MINE, DRINK OF THE VINE IT IS BLOOD OF MINE," THE STAGE OF THE SAINT. EXPANSION OF THE I, THE EGO OVERLAPS THE BOUNDS OF THE FLESH, EGO BECOMES THE OUTSIDE, WHILE THE BODY BECOMES THE SEED ON THE INSIDE, THIS IS IMMORTALITY, THE WAY OF THE GODS. EGO GRASPS THINGS UNHEARD OF AND UNIMAGINED BY THE UNINITIATED. - IT IS THE STAGE OF MASTERS AND SAVIOURS, - BENT ON SOLVING THE KARMA GENERATIONS AND RACES ON THIS EARTH. SUCH AN EGO THINKS, FEELS AND ACTS THROUGH THE OTHER EGOS, THAT ARE INCORPORATED WITHIN ITS SCOPE OF INFLUENCE. - IT IS THE MASTER OVER THEM, CONSCIOUS, EVER WATCHFUL, RECEIVING, TRANSMUTING AND EXPRESSING THROUGH ITS WISDOM OF CAREFUL OBSERVATION, CORRECT INTERPRETATION AND PRACTICAL APPLICATION. IT THINKS ON THE OUTSIDE AND SO IT FEELS AND ACTS, BEING CONNECTED WITH THE OTHERS THROUGH THE INVISIBLE THREADS OF "THE TIE THAT BINDS" IT THINKS THEM 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. IS CA-  
 TTERED AROUND BUT UNITED BY THE IN-  
 VISIBLE TIES OF THE IDEAL RECOGNED  
 BY THE OVERSOUL - THIS IS THE WAY OF AR-  
 HATS. "I AND MY FATHER ARE ONE"  
 DEVELOPMENT OF CONSCIOUSNESS AND  
 EGO, MEETING HUMAN BEINGS RE-  
 COGNISES THE STAGES OF THEIR DE-  
 VELOPMENT AND CALLS THEM  
 NEIGHBORS, FRIENDS AND FAITH-  
 FUL FRIENDS, ACCORDING TO THEIR  
 INNER TRUE SELF, WHICH CAN NOT BE  
 HIDDEN FROM THE ALL SEEING EYE.  
 FAITHFUL FRIENDS BURN THE VIGIL LIGHT TO SHOW THE WAY.

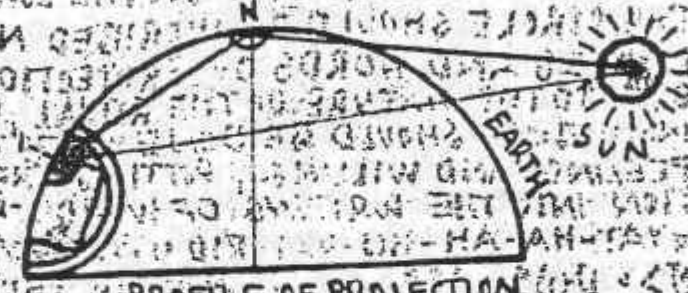






REMEMBER THAT THE MAGICAL CIRCLE IS PROTECTION FROM YOUR OWN VOLITIONAL AND INTENTIONAL EMANATIONS, WHICH GROW TO THE EXTENT OF BEING VERY DANGEROUS WHEN THEY TRY TO TAKE POSSESSION OF YOUR BODY AND MIND.

PROJECTION VIEW FROM ABOVE



PROFILE OF PROJECTION

MAGICAL CIRCLE AND THE ALTAR.



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

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

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

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

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

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

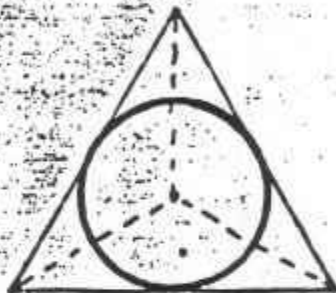
INWOCATION IS CENTERING THE THOUGHT  
ON ONE POINT, ENDOWING IT WITH FEELINGS  
AND ARMING IT WITH WILL, THEN THROUGH  
MAGNETIC, ELECTRIC POWER ADHERENT  
TO IT, THE THOUGHT BECOMES CRYSTALLO-  
GRAPHIC AXIS, AROUND WHICH THE POWERS  
CENTER, UPBUILD IT AND MATERIALISE  
BECOMING MANIFEST.

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

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



IS MANIFESTED. "LIKE ATTRACTS ALIKE"



POINT OF CONCENTRATIVE PROJECTION.

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

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