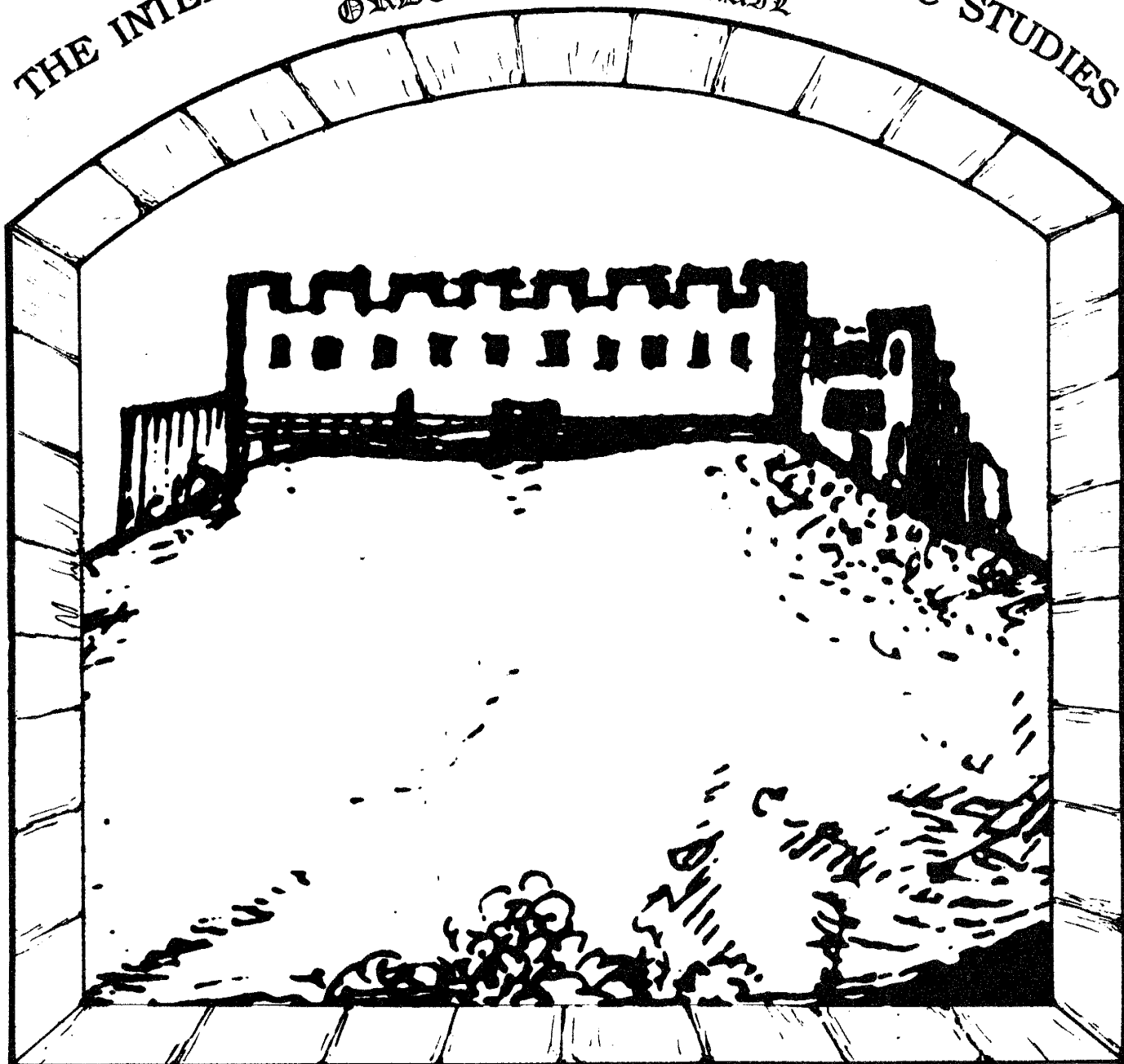


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DEVOTED TO THE ADVANCEMENT AND MYSTICAL ENLIGHTENMENT OF MAN



MARTINIST ORDER OF THE WEST INDIES

Dear Brothers & Sisters

WHAT IS MAN

We read in the very first chapter of Genesis that man is made "in the image of God." What does this mean? That YOU have an infinite potential! A casual observation of the world around you will disclose that Man stands at the pinnacle of creation. He has developed capabilities far and beyond all other creatures. How has he attained this enviable position? Through the creative use of his MIND! And yet it is scientifically known we use less than 10% of our MIND power! Learning how to use your mind creatively is the key to unlocking the door to your infinite potential.

THE CONSCIOUS & SUBCONSCIOUS MIND

Although we generally speak of the conscious and subconscious mind (and even of the superconscious mind), it is more or less given that the conscious and subconscious are but two phases of one mind.

The conscious mind. In your everyday life you direct your actions. You do so through your conscious mind. It is the seat of your will power. It enables you to interpret and understand what you are reading; it is capable of reasoning ... both inductively and deductively; and it is able to analyse and make judgments about what is right or wrong. The conscious mind controls your five physical senses: seeing, feeling, hearing, tasting and smelling. It directs your central nervous system and enables you to implement all the conscious acts and

decisions you make. Through the use of your conscious mind you voluntarily decide what is possible or what is impossible for you to do ... consequently, the limitations in your life are limitations based on your conscious mind's critical appraisal of experience. For example: a person tells himself he would like to be able to assert himself, but he tells himself he "can't" ... so he doesn't. The conscious mind, as powerful and wonderful as it is, is nevertheless the most limited part of you.

The conscious mind possesses a "critical faculty". The "critical faculty" is your power of evaluation and discernment. The conscious mind stands as the "guardian at the door" of the subconscious mind and only lets through

to subconsciousness what it decides to let pass.

The subconscious mind. The subconscious mind, conversely, does not possess a "critical faculty", it is unable to evaluate, analyze, or to make judgments. It is devoid of the ability to reason .. which means it can only carry out the ideas and messages given it. The subconscious does not know what is right or wrong, or what is true or false. It does not know the difference between actuality and fantasy. The subconscious mind is the faithful servant who carries out exactly and to the letter, the instructions given it by the conscious mind. It is the powerhouse of the body. The subconscious controls memory and the autonomic nervous system --that part of you which sees after the beating of your heart, digestion and repair of the body's cells, the healing of wounds and so on. The subconscious is a vast reservoir of all the experiences you acquire in your lifetime. It is capable of symbolic interpretation. The subconscious is a creature of habit, the source of instinct, urges, impulses and compulsions. All your experiences, learnings, needs, motivations, drives and the manner in which you interact with the world and all your automatic responses as expressed in your behavior each day ... are all evidence of subconscious functionings. Metaphysicians think of the subconscious as being the part that survives bodily death, carrying with it the memory record into the non-physical realm. In short, your subconscious indicates the real you.

Whereas the conscious mind is limited,
THE SUBCONSCIOUS MIND IS UNLIMITED. ITS POTENTIAL IS

INFINITE. Your conscious mind by no means reflects the vast power-potential locked within your subconscious. Notice we said "locked within" because while you can, to a reasonable extent, control and direct your conscious mind ... in the **NORMAL** state of consciousness one is **NOT** able to get in touch with or control the subconscious, to change it in any way, or draw from its vast, untapped power.

Let us notice what is in the subconscious:

Knowledge beyond imagination is stored there.

Memories are stored there, many intact from earliest childhood.

The largest computer in the world does not have the ability to sort out, compare, digest, combine or bring forth into your conscious mind a fraction as much information as your subconscious can.

Your subconscious mind contains power unlimited. It contains the power to repair, create and to heal without the aid of medical assistance or drugs.

It has a built-in self-protective mechanism which can save your life if called upon to do so -- witness the case of the 123 lb. woman who lifted a one-ton car off her son who was trapped beneath it -- and the man who had spent 10 years as an invalid in a wheel chair who suddenly got up and ran away to flee his burning house.

All instances of ESP, mental telepathy, pre-cognitive danger signals, all cases of so-called 'magic' ... are functions of the subconscious.

The subconscious is a vast storehouse and a giant generator all in one.

Most people, all their life, have been sending both positive and negative suggestions to their subconscious and the net result has been frustration.

Will power is an attribute of the conscious mind. Imagination and emotion are attributes of the

subconscious mind. *Wherever and whenever there is a conflict between the will (quality of the conscious mind) and the imaginative idea (quality of the subconscious mind), the imaginative idea invariably wins. The goal therefore, is to have both the conscious and subconscious mind focused on the same ideal.*

THE BRAIN WAVES

In the 1920's a brilliant German researcher by the name of Hans Berger placed electrodes on a man's scalp and found that the brain was generating electrical waves. He spent years studying these waves and from his work and the work of other scientists who followed these brain waves, a list was made in which the waves were catalogued in four basic groups, identified by the pattern their frequencies produced on an electronic analyzer and by the conscious and mental state of the person experiencing them.

Beta waves have the fastest cycle occurring 14 - 30 times per second. Beta waves are common in the fully alert or aware state. They are associated with logical reasoning as well as with fear, excitement, tension, anxiety and most normal activity. Beta waves, then, are associated with being fully awake, with mental alertness, with thinking and talking.

The next group of waves are the most exciting to researchers, they are the Alpha waves occurring at speeds of 8 - 13 times per second and appear to be predominant in the state of

consciousness that occurs at the borderline between sleep and wakefulness, when you are passively aware of what's happening, when you are relaxed and capable of day-dreams. Alpha waves are almost always present during periods of unusual creativity.

The third type of waves are Theta waves at 4 - 7 c.p.s.. When these predominate you're usually in a state of drowsiness, deeply relaxed and perhaps even dreaming.

Slowest of all are the Delta waves which are from 0.5 - 3.5 c.p.s. and these are associated with deep sleep.

When you are fully awake there is a mixture of brain waves in ever-changing patterns. One moment the Beta may predominate and the next Alpha. These waves fluctuate randomly -- often dozens of times per minute. It is during the time when the Alpha dominates that you are the most likely to have flashes of ESP or perhaps even come up with a brilliant idea or remember some long forgotten fact, or experience, or something like that.

Alpha waves are generally associated with a relaxed, yet alert mental state. The alpha state has been described as 'waking sleep' or 'passive alertness' and also as an "altered state of consciousness". *IT IS WHEN YOU ARE IN THE ALPHA STATE THAT YOU HAVE ACCESS TO YOUR SUBCONSCIOUS MIND.* While in the alpha state the way is not blocked by the daily stresses and tensions we have become conditioned to live with ... as

while in the Beta state. **SINCE THE SUBCONSCIOUS MIND IS THE POWERHOUSE IN YOUR BODY, LEARNING HOW TO ENTER THE ALPHA STATE AT WILL AND HOW TO DIRECT YOUR SUBCONSCIOUS MIND TO ACHIEVE YOUR DESIRES, IS THE ESSENTIAL FIRST STEP IN ANY PROGRAM TO CHANGE YOUR LIFE FOR THE BETTER.**

THE LEVELS OF CONSCIOUSNESS

Meditation, mental creation, progressive relaxation, Bio-feedback, active imagination, Alpha Dynamics, hypnosis, self-hypnosis, pathworking, mesmerism, neuro-linguistic programming, auto-suggestion, prayer, guided fantasy, etc ... are all names for an "altered state of consciousness", they are all flowers on the same tree, they are all related, the difference being in the method of employing the "alpha state". An altered state of consciousness or 'trance' is described as "a state of passively focused inner awareness". Mosby's Medical Encyclopedia describes ASC as "any state of awareness that differs from the normal aware state" then goes on to say "most people are able to enter altered states of consciousness. These states can be used to improve health and help fight disease." Mosby's definition of the "normal aware state" would be the Beta level of consciousness, so when one goes from Beta to Alpha (for example) one would be in an "altered state of consciousness." You go into an ASC or a "trance" and you are "hypnotized" dozens of times a day ... everytime you try to recall something from memory, everytime you 'daydream', everytime

you pray, etc. ... you go into an 'altered state of consciousness' or 'the alpha state' or a 'trance'. If you were in Alpha at around 8 c.p.s. you would be in a 'deeper' trance than if you were say at 12 c.p.s. That is why if you were engrossed in reading a good book and someone came in the room and spoke to you --- you may not hear them, whereas if you were reading but not so engrossed, in other words if you were in a "light" trance -- you would hear them. You can easily spot the characteristic signs of a 'trance' the eyes are defocused and the face has a blank expression. Next time you go to church or attend a lecture where people are giving their rapt attention ... look around ... you'll see many of them in a "trance" or "in an altered state of consciousness". In these days of close up T.V., have a look at the audience on the screen ... and by the way ... have a look at yourself too ... for you go into a "trance" whenever you watch T.V.

Be sure you understand this: your whole existence, which is the whole of your conscious and unconscious experience, occurs between a brain wave pattern of 0.5 - 30 c.p.s.. You are either fully

awake as in Beta, which is a conscious state; or sound asleep as in Delta, which is an unconscious state ... or somewhere

in between. There is no where else to be!

CONSCIOUS			SUB-CONSCIOUS			UNCONSCIOUS	
CPS 30	BETA	14	13	ALPHA 8 7	THETA 4	3.5	DELTA
ACTION SENSE REASONING TENSION STRESS			RELAXATION TRANCE MEDITATION HYPNOSIS THOUGHT EMOTION INSTINCT URGES INTUITION INSPIRATION ESP SPIRITUAL AWAKENING			DEEP SLEEP	

THE FIVE PRINCIPLES OF CONVINCING THE SUBCONSCIOUS

1. The slow, hard way to reach and convince the subconscious is through: repetition. Very few people have the tenacity to stick to this discipline long enough to obtain satisfactory results. Radio and television advertising successfully uses repetition to plant ideas in the subconscious. Have you ever found yourself trying a new product because of constant advertising?
2. Identification with group or parent: If you are Irish, you may have a subconscious desire to show off your so-called "Irish temper," which is merely an accepted idea because you are a member of that group. Or, you may have been told "You're just like your father" often

enough to have accepted some of his habits as your own. This is subconscious programming by identification.

3. Ideas presented by authority figures are usually accepted as absolute truths by the subconscious. Someone you deeply admire and trust can often change your subconscious beliefs, although this occurs more often during childhood than in adult years. Friendly advice from such a person is unlikely to convince your subconscious that you are going to quit smoking, however. For that, it takes the advice of esteemed scientists concerning the role of cigarettes in lung cancer and heart

disease. A combination of an authority figure and fear has a greater influence on the subconscious.

A good example of an authority figure altering an adult's subconscious belief is the case of the hospitalized patient hovering between life and death for two days. Being well along in years, he had resigned himself to dying and had asked that his relatives be brought in for last good-byes. A wise doctor who understood mental processes told the old man's wife, in a voice loud enough for the patient to hear, that he had finally gotten hold of a new wonder drug that would have the illness licked by morning. He then gave the old man two aspirin tablets. The following morning the patient was sitting up in bed, and he made a full recovery in the next few days. A subconscious belief had been changed.

4. Intense emotion opens up the corridor to the subconscious because the conscious mind is inhibited by emotion. If a child is badly frightened by a dog, he may fear dogs for the rest of his life, despite his conscious reasoning that most dogs are not only harmless but friendly.

Gil Boyne, a Los Angeles hypnotherapist, tells of an interesting case history in which a Mr Rowe (not his real name) was referred to him by a doctor because marital difficulties were affecting his health. During therapy sessions, Mr Rowe complained that his

wife could not be convinced he loved her, no matter what he said or did. After some questioning under hypnosis, he recalled that during an argument on their honeymoon eighteen years before, he had foolishly told her he was sorry he ever married her. Because she was in the heat of anger at the time, her subconscious mind accepted the idea as true. Thereafter, although her reasoning, conscious mind could understand that his every word and act proved her husband loved her, she still retained this subconscious conviction that he did not. Now, hear the surprise treatment!

Boyne explained that since the false idea had been accepted by his wife while she was in the grip of intense emotion, it could be negated by replacing it with a conflicting idea during another intense emotional situation. He suggested that Mr Rowe whisper, "I'm glad I married you" in his wife's ear during her next orgasm. Mr Rowe followed this advice and both his problem and his wife's were solved. The subconscious was reached and convinced during intense emotion.

5. The fifth way to subconscious change is by autosuggestion while in the Alpha state and this is much more practical and effective than any other. Auto-suggestion while in the Alpha state is the fastest and shortest route to the subconscious. You learn how to enter the Alpha state, you tell your subconscious what to do, then sit back and let it work for you.

HOW TO STRUCTURE YOUR SUGGESTION

By its very nature, the subconscious mind must obey suggestions as though they were orders.

During the trance state while the conscious mind is in abeyance, it is possible to by pass it and reach the

subconscious with suggestions, or orders, without their being influenced by conscious interpretations of related and fixed ideas.

When approaching the subconscious without the benefit of conscious reasoning, you must remember that *because the subconscious only reasons deductively, you must follow certain rules in the wording of your suggestions.* By structuring suggestions correctly, you can put this great source of energy to work for you, carrying out your orders without the use of will-power or conscious effort of any sort. Your subconscious is better at regulating your behavior than your conscious mind, because nature intended that as its function. Most of your behavior is on a subconscious level and any interference by your conscious mind is usually rather frustrating. Just try not to think of lions. Think of anything else, but don't think of lions. The more you think "Don't think of lions," the more sure you are to think of them. This is the law of reverse effect. The harder you try consciously to do something your subconscious is programmed to do, the less chance you have to succeed. The insomniac can sleep only when he stops trying and lets it happen. Here is the way to structure your suggestions:

1. The motivating desire must be strong. If you enter the alpha state and tell your subconscious to make you dig a hole six feet deep on a hot day, you won't get much cooperation because it knows you don't have a real desire to work in the hot sun. However, if you tell your subconscious you want to earn more money, and mean it, it will work day and night, even while you sleep, to grant your wish.

Before you start to write your suggestion, choose a reason or a number of reasons why you want your suggestion carried out. This must be a counter-emotional motivator to replace the behavior pattern you intend to eliminate. If you overeat, your present emotional motivator may be the enjoyment you derive from tasting certain foods. The motivations that might be chosen to replace this habit are a desire for better health, a more attractive appearance, or an improved relationship with someone you love.

Start your suggestion with your motivating desire: "Because I have a strong desire to have an attractive, slim figure," or "Because I want to feel physically fit and enjoy vibrant health, etc."

2. Be positive. If you say "I will stop eating too much" you are *reminding* the subconscious that you eat too much, thereby suggesting the very idea you want to eliminate. If you say "My headache will be gone when I come out of meditation" you are suggesting a headache.

To frame these thoughts positively, you should say, "I am always well satisfied with a small meal. I enjoy eating only at mealtimes, and after I have eaten food amounting to approximately four hundred calories, I push my plate away and say "that's enough." I get up from the table feeling entirely satisfied and enjoy the resulting loss of weight." If you wish to suggest that your headache will go away you should say, "My head feels better and better. It is clear and relaxed. My head feels good. It will continue to feel good after I come out of

meditation because all of the nerves and muscles are rested, relaxed, and normal."

Never mention the negative idea you intend to eliminate. Repeat and emphasize the positive idea you are replacing it with.

"What is expected tends to be realized." This is the law of mental expectancy. If you expect to toss and turn instead of going to sleep at bedtime, you will do just that. If you expect to feel terrible the next morning, you will get what you expect. Job, the hard-luck figure of Biblical times, stated it correctly: "For the thing which I so greatly feared is come upon me, and that which I was afraid of is come unto me." Every time you say, "I have trouble going to sleep at night," you reinforce an already fixed idea in your subconscious mind. You are playing the role of the person who can't go to sleep. Luckily, you have the ability to change the script, but be certain that your suggestion does not include your present image of yourself. *The subconscious can only respond to mental images, and the idea is to form new mental images.* Think of yourself acting in a more satisfactory way, whether it is awakening in the morning feeling good or sleeping comfortably at bedtime. Again: Never mention or think about the idea you are eliminating. Self-hypnosis is positive thinking in its most practical form.

3. Always use the present tense. Never say, "Tomorrow I will feel good," but rather, "Tomorrow I feel good." This may seem strange to your reasoning mind because you have learned to speak of the future in the future tense. But since your subconscious is an emotional

feeling mind it responds to the present only.

When you read your suggestion, don't just say the words you have written: think them, imagine them, and see yourself acting out the suggestion. If your goal is to eliminate stage fright, feel yourself standing before a large crowd, speaking with poise and confidence. *When you use your imagination you are in direct contact with the subconscious, and that is what you are trying to influence. Your self-image has a great deal to do with your success or failure in life. If you want to be a success and you visualize yourself as a person who can't get anywhere in life, you will fail.* Even if you don't use autosuggestion, your self-image will determine your future; but with autosuggestion you can accelerate the change to any self-image you wish to imagine. See yourself as you want to be or visualize your goal as already accomplished, and then enter the trance state. The saying "Wishing will make it so" is scientifically correct in this case, if you follow the ground rules.

It should now be clear why you must always use the present tense in all of your suggestions. Imagine what you are suggesting is true, not sometime in the future, but now! This is the only kind of communication your subconscious mind will understand and act upon.

4. Set a time limit. Although you must picture your goal as having already been reached when dealing with the subconscious, your conscious mind, which can reason, knows you can't do some things overnight. If you fracture your leg, it won't mend in ten minutes, although all pain may be eliminated by

hypnosis. If you want to become an expert bowler even your subconscious can't grant your wish immediately. So you must set a realistic time limit. Find out how long it usually takes a leg with a similar fracture to heal. Set your time at one-half that amount and let your subconscious go to work. Or let an expert show you how to bowl, and imagine yourself, in your suggestion, while in alpha, doing exactly as he tells you to do. You will be amazed at the results! Remember, your subconscious is a goal-striving mechanism - once programmed toward a goal, it never stops until it achieves it. Set a realistic time limit, and you'll find you reach your goal well before the time you set!

5. Suggest action, not ability to act. Don't say, "I have the ability to dance well," but rather, "I dance well, with ease and grace."

6. Be specific. Choose a self-improvement suggestion you are anxious to carry out, and work with that one suggestion until it is accepted. Don't suggest a number of things at once. You may alternate suggestions at different meditation sessions, but never work on more than two or three at once, and never more than one during a session. While learning, it is best to start with suggestions that are easier to carry out so that you can see more immediate results.

7. Keep your language simple. Speak as though your subconscious were a bright ten-year-old. Use words the average ten-year-old would understand.

8. Exaggerate and emotionalize. Remember, your subconscious is the seat of the emotions, and exciting, powerful words will influence it. Use descriptive

words such as wonderful, beautiful, exciting, great, thrilling, joyous, gorgeous, tremendous! Say or think these words with feeling.

9. Use repetition. When writing your suggestion, repeat it, enlarge upon it, and repeat it again in different words. Embellish it with convincing adjectives. When you are satisfied that your suggestion is attractive and influential, repeat it as often as necessary during the alpha state.

10. Reinforcement. Attain the Alpha state twice a day and give your suggestion each time. The best times are on mornings soon after you awaken or at night just before going to sleep, but anytime of the day or night is also suitable. The first time a suggestion is given to your subconscious the effect lasts for a few hours. The next time the effect stays a few more hours. The effects of suggestions are cumulative and the more the suggestion is given the longer the duration of the effect. You can go into alpha and give yourself suggestions while in that state as often as you want ... you can't 'over dose'. It takes at least 30 days for a suggestion to become established as a habit. Remember that as long as you live there will be goals to strive after. When you have been practicing attaining the alpha state for a little while you will find you can easily and effortlessly go into a deep trance. In fact ... give yourself that suggestion!

Let self-hypnosis (or whatever name you prefer) become a part of your life ... a Way of Life if you will. There are few, if any, other practices that will bring you more bountiful rewards.

EXAMPLE OF A FINISHED SUGGESTION

First you select a goal. In this case we will assume you have difficulty going to sleep at bedtime and want to relieve the condition. The first thing you must do is choose a positive motivating desire, which of course would be the desire to get a good night's sleep and a desire to awaken in the morning feeling refreshed and rested. So you start your suggestion:

"Because I want to get a full night's sleep, and because I want to awaken in the morning feeling completely refreshed, rested, and full of pep and energy, each night as I retire, I relax every muscle in my body by taking three deep breaths. After each breath I say 'relax now' and let every muscle and nerve go loose and limp. After the third breath I am so completely relaxed I immediately drift off into a deep, restful slumber which remains unbroken until morning. Only an emergency awakens me, and if this happens I return to bed after attending to it and go to sleep because I expect to sleep. Throughout my sleep, I am contented and pleasantly relaxed.

I always relax completely upon taking three deep breaths, and at bedtime I always go to sleep as I relax. I sleep soundly and comfortably and without effort. Throughout my sleep I feel calm, contented, and relaxed, and I carry this calm, contented sense of relaxation over into my waking state. I always awaken at my usual rising time and feel wonderful! Completely rested, alert, and cheerful! I thoroughly enjoy my deep, restful sleep. At bedtime I just take three deep breaths and think 'sleep now' after each one, and I go to sleep

automatically. All of these thoughts come to me when in alpha when I think of the code word 'bedtime'.

Now observe how this follows the nine principles of suggestion.

1. First, it gives a reason: Your desire to sleep at bedtime. "Because I want to get a full night's sleep, and I want to awaken in the morning feeling refreshed".
2. All thoughts are positive. Sleepless nights, insomnia, or staying awake are not mentioned. Only sleep, rest, and comfort are emphasized.
3. The present tense is used throughout. Even the future is treated as the present.
4. A time limit is set. "After the third breath I immediately drift off into deep, restful slumber".
5. A type of action is suggested, that of going to sleep. "I can go to sleep" is not used, but rather "I go to sleep."
6. The suggestion is specific and to the point.
7. The language is simple enough for a ten-year-old child to understand.
8. Exaggeration is used, as well as emotion-bearing words. "Completely relaxed," "every muscle in my body," "wonderful," "contented," "without effort," "thoroughly enjoy," "completely rested."
9. Repetition is used generously.

HOW TO PASS SUGGESTIONS TO YOUR SUBCONSCIOUS MIND

The two simplest ways of passing your suggestions to your subconscious mind are through the use of a tape recorder or by means of a symbol.

1. Using a tape recorder. If you have access to a tape recorder, dictate your suggestion into the recorder. Tape your message using the word "you" so that when you play it back it will be as though someone was speaking to you. After having recorded your message, attain the Alpha level of consciousness, start the tape recorder, and while remaining at the Alpha level, listen to the message.

2. If you do not use a recording device which will give you the suggestion verbally while in trance, you must symbolize your suggestion. Note that the example suggestion ended with the code word "bedtime". This could be changed to "deep slumber," "sleep," or some other word or phrase which symbolizes the content and feeling of the suggestion to you. The symbol must create a mental image or a strong feeling of your actively carrying out the

suggestion - in this case the taking of three deep breaths, relaxing every muscle and nerve in your body, and going to sleep. Choose the symbol which represents these things to you.

If you are overcoming faulty concentration, you might use the code words "think sharp," "free mind," or even "concentrate." If you want to lose weight, you might symbolize your suggestion with "size nine" or "physically fit." It is important that the symbol reminds you of the suggestion.

The reason you must use a symbol to represent your suggestion is that while in meditation, the conscious mind is dormant, this condition is necessary to reach and arouse your subconscious. If, then, you use your conscious mind to detail the suggestion to your subconscious, you arouse it from its inhibited state and defeat your purpose. Trance differs from sleep in that the conscious mind is under your control, even though it is dormant, and you can think of a code phrase or symbol without disturbing your trance.

THE TECHNIQUE

1. If you are using a tape recorder, write out your suggestion following the nine principles outlined earlier and tape record your message. Enter the Alpha state, then turn on the machine.

2. If you are using the symbol method, have your suggestion written out and choose a symbol that best describes or represents the suggestion to you. Then read it aloud at least three

times. Read it slowly and with feeling. Concentrate on its meaning. If you are in a place where you cannot read it aloud, read it four or five times to yourself. Now you are ready to enter the Alpha state.

As soon as you feel the deep relaxation of hypnosis, think the symbol, and the symbol only, and then let your mind relax and drift. Don't try to think of the

wording of the suggestion. Let your subconscious absorb it in its own way. A few phrases from your suggestion may float through your mind, or you may just feel a sense of your suggestion being an accepted truth. Allow visions of yourself with your suggestions as being a reality to enter your imagination, but without conscious effort. Impressing the suggestion upon your nervous system by reading it aloud several times has turned on the ignition. Thinking the symbol has activated the starter and set

the wheels rolling. Hypnotizing yourself has opened your subconscious to suggestion.

Some find it helpful to hold the written suggestion in one hand while in meditation, or if they are inclined to drop it when in the relaxed state, tape it to the hand. This serves as a reminder, while in trance, that the suggestion is to be considered to the exclusion of all other matters.

SUPPLEMENTARY SUGGESTIONS

There are a few suggestions which should be incorporated in every meditation session until they become fixed habits:

"I awaken immediately in case of any emergency, alert and completely normal in every way. I automatically achieve the proper balance between the

conscious and the subconscious, so that all my suggestions are readily accepted. I go into hypnosis more quickly and easily every time I practice it. I stay completely free of hypnosis while driving a motor vehicle or operating dangerous machinery. I waken in exactly fifteen minutes (or set your own limit)."

HOW TO ATTAIN THE ALPHA STATE

Sit comfortably. Focus your eyes on a spot where the ceiling meets the wall. Relax your body while taking three very deep breaths and exhaling slowly and completely each time. Then close your eyes. Begin the relaxation exercise by starting from the top of your head and going down to your toes, completely relaxing each muscle group and limb. In the beginning take seven minutes or more to accomplish this exercise. Then begin to count down slowly from 15 - 1, giving yourself

suggestions between numbers that you are relaxing more and more and going deeper and deeper into relaxation. If you have done this exercise properly you will now be at the Alpha level of consciousness and this is where and when you can give yourself the suggestions you wish ... either to overcome some habit, or to implement a new one, or to develop an attribute, or establish some characteristic or goal you wish to achieve or whatever.

THE AWAKENING TECHNIQUE

If you use a recorder, you can record the awakening at the close of

your recording. If you do not use a recorder, either memorize the following

in the first person or use your own language with a similar message:

"Now it is time for you to return to normal consciousness. You feel wonderfully rested. I will count to five, and as I do, you feel vitality and energy surging through your body. You are wide awake at the count of five. One. You are waking up now. When you awaken, you feel full of pep and energy. Two. More and more awake! More and more awake! You feel refreshed and perfect from head to foot, normal in every way. Three. You feel as though your eyes had just been bathed in cool spring water. You feel physically perfect and emotionally serene. Four. You feel wonderful in every way! Refreshed and full of vigour, but perfectly relaxed and calm. You feel good all over! Five. Eyes open! Wide awake now. Take a deep breath, stretch, and feel good!"

If a recording is used, the induction should be in a slow monotone. The suggestion should be given in a crisp, businesslike tone, and the awakening should be louder and spoken forcefully and with enthusiasm. A gradual transition should be made between the induction and the suggestion so as not to startle yourself out of the trance.

For clarification: if you use a tape recorder, when recording your suggestion use the word 'you', say "you are satisfied eating less food"; "you will awaken feeling wonderfully refreshed," etc... In other words, record your message as if someone were speaking to you. If you are not using a recorder and are speaking to yourself, you will of course speak to yourself in the first person "I am healthy and happy", "I feel better now", etc..

FURTHER WAYS TO INFLUENCING YOUR SUBCONSCIOUS

"AFFIRMATIONS" & "SELF-TALK"

A FEW KEYS TO REMEMBER

Whereas dreaming is an automatic form of internal self-talk, self-hypnosis is a consciously controlled form of the same thing.

The subconscious mind responds to ideas and to images.

The mind and the body are not separate, they are an integrated whole.

The use of imagery - or a mental picture - is one of the easiest ways to awaken

the slumbering giant that is your subconscious mind.

Negative mental imagery is powerful. Some of its well-known manifestation are: ulcers, asthma, hypertension, migraines and insomnia. It is the imagery or expectation of a situation that creates stress and causes an ulcer -- not the actual hardship or failure. Likewise, it is low self-esteem that causes overeating, not the other way around.

You literally ARE what you believe yourself to be on the subconscious level.

Your subconscious holds the answers to what appear in your conscious mind as problems. Problems are nothing more than opportunities that have yet to be realized.

THE ROAD TO SUCCESS

You were made in the image of God and your potential is infinite! Your subconscious mind is called the 'Holy Spirit' in some places and the 'Astral Light' in others. Christians speak of Heaven Worlds (2 (Cor. 12:2); mystics speak of the Astral Planes; psychologists speak of the mind. Your subconscious mind is the powerhouse within and without your body. It is the willing servant who carries out faithfully and to the letter, the suggestions you give it. The constructive use of your subconscious mind is your key to achieving all you want and to becoming the person you want to be.

A long time ago a very wise man said "As a man thinketh in his heart, so is he." If King Solomon were to write that statement today he would phrase it "As a man thinketh in his subconscious mind, so is he." It simply means that what you think about becomes you, or to say it another way: what you think about, you become.

Many people have tried to 'meditate', have failed and have given up. The reason for their failure is simply because they either did not attain the Alpha state before getting into their work, or they did not know how to structure and transmit their suggestions to their subconscious correctly. The use of

The central nervous system, including the brain, does not recognize the difference between deep-seated mental programming for an activity and the actual physical event.

meditation, hypnosis, alpha dynamics, auto-suggestion, or whatever name you prefer, is easy to learn and it is a technique that may be used for a myriad of purposes -- to program your subconscious, to receive inspiration from the Universal Consciousness, to transmit thoughts, to direct the flow of healing energy

The Alpha state of consciousness has been employed throughout the history of mankind. The great healer in the Bible was a hypnotist and used hypnotic techniques. (Notice it was not until the nineteenth century that the words 'hypnotism' and 'hypnosis' came into usage. It was the British surgeon James Braid who coined these words from the Greek word 'hypnos', meaning sleep, to describe the alpha state. On his first observation Braid noticed that persons in the alpha state seemed to be asleep but later found out this was not the case at all, for while in the alpha state one is a thousand times more alert than in the Delta or sleep state. Braid then attempted to change the word 'hypnosis' to 'monoideism' but the latter did not stick and the word 'hypnosis', which is actually a misnomer, remained. Unfortunately hypnosis has been abused throughout the years by stage performers, film and T.V. shows and there is more misinformation than truth

in the public's mind about what hypnosis is and what it is not. In 1955 hypnosis was accepted as a legitimate healing and therapeutic modality by the British Medical Association and in 1958 by the American Medical Association. Nowadays hypnosis has been restored to its proper place and the alpha state is widely employed by psychotherapists and hypnotherapists to achieve remarkable cures.)

Regarding the alpha state, remember you don't have to be at home sitting in your favourite chair in order to access this creative and intuitive level of consciousness! Neither do you have to have your eyes closed! You can access and enter the alpha state at a business meeting, while giving a speech, while saying the Mass (if you're a Priest), when painting, writing, playing music, or jogging, or wherever..... You should admit the alpha level of consciousness whenever you wish inspiration, to receive pure thoughts, to be creative, be psychically aware

Last but not least, you enter the alpha state every night when you go to sleep and every morning when you awaken. It is that peaceful bliss, that 'twilight zone', that lethargic state that occurs at the borderline between sleep and wakefulness. This is a naturally occurring opportunity to picture in mind the idea you wish to have accomplished. Translate your idea or desire into a visual image and hold the picture in your mind. Build as much actuality into your picture as possible. Try to see, hear, feel, taste and smell it as intensely as you can. Hold the picture as you want it to be. Do not try to analyze how it is going to happen, do not bring your conscious reasoning to bear. Simply hold and live the picture.

In conclusion, let us say that the great secret possessed by the great men of all ages was their ability to contact and release the powers of their subconscious mind. You can do the same. We have done our part it remains only for you to do yours! **YOU HAVE BEEN GIVEN THE KEY -- USE IT!**

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Suggested reading

The Power of Your Subconscious Mind - Dr. Joseph Murphy
The Dynamic Laws of Prosperity - Catherine Ponder
Hypnotism & Meditation - Ormand McGill
Creative Visualization - Phillips & Denning.
Beyond Hypnosis - Lee Pulos

10 RULES OF THE MIND

- I) EVERY THOUGHT OR ACTION RESULTS IN A PHYSICAL REACTION.
- II) WHAT IS EXPECTED TENDS TO BE REALIZED.
- III) IMAGINATION IS MORE POWERFUL THAN REASON.
- IV) SUBCONSCIOUSNESS DOES NOT DISTINGUISH BETWEEN A STATEMENT THAT HAS BEEN PROVEN OR ESTABLISHED AS TRUE AND ONE THAT IS STATED "AS IF" IT IS TRUE. THE CENTRAL NERVOUS SYSTEM DOES NOT RECOGNIZE THE DIFFERENCE BETWEEN DEEP-SEATED MENTAL PROGRAMMING FOR AN ACTIVITY AND THE ACTUAL PHYSICAL EVENT.
- V) THE MIND CAN ONLY GIVE CONCENTRATED ATTENTION TO ONE PARTICULAR MATTER AT A TIME.
- VI) WHEN THE MIND IS CONCENTRATED ON ONE PARTICULAR MATTER, SUGGESTIONS RECEIVED WHICH ARE NOT RELATED TO THAT PARTICULAR MATTER ARE NOT SUBJECTED AS MUCH TO THE REASONING PROCESS ... AND THEY ARE TRANSMITTED MORE READILY TO SUBCONSCIOUSNESS.
- VII) ONCE AN IDEA HAS BEEN ACCEPTED AT A SUBCONSCIOUS LEVEL, IT REMAINS THERE AND GOVERNS THE BEHAVIOUR IN THAT AREA OF OUR EXPRESSION FROM THAT TIME FORWARD UNTIL IT IS REPLACED BY A NEW IDEA OR IS ALTERED OR AMENDED. Companion rule: THE LONGER THE IDEA REMAINS, THE MORE DIFFICULT IT IS TO REPLACE IT WITH A NEW IDEA.
- VIII) AN EMOTIONALLY INDUCED SYMPTOM PRODUCES ORGANIC CHANGE WHEN PERSISTED IN LONG ENOUGH.
- IX) A SUGGESTION ONCE ACCEPTED LESSENS RESISTANCE TO ADDITIONAL SUGGESTIONS AND THE REASONING PROCESS BECOMES MORE PASSIVE BECAUSE OF ITS ACCEPTANCE.
- X) WHEN DEALING WITH THE SUBCONSCIOUS MIND, THE GREATER THE CONSCIOUS EFFORT, THE LESS THE SUBCONSCIOUS RESPONSE.