

Crabb

The Invisible Reality Behind Appearances Part II

Lessons 4, 5, and 6 of the Kabalistic Series

by

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Part II of Studies in
THE INVISIBLE REALITY BEHIND APPEARANCES

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Studies of
THE INVISIBLE REALITY BEHIND APPEARANCES
Introduction to Part II

It is over two years since we issued Part I of the studies of the Invisible Reality Behind Appearances. Continuing demand for our first effort in assembling a practical series of lessons in the Western Mystery Tradition has encouraged us to put together and release another three chapters, four, five and six. Eventually we'll have a book.

The ground plan is still the same. It is based on the Tree of Life of the Kabala. Each chapter is divided into three sections. Section One is concerned with some aspect of the philosophy or history of the Ancient Wisdom. Section Two is a Workshop of techniques and drills for expanding consciousness. Section Three is comment or relevant material in occult science which we believe adds to the total picture.

This is the Hermetic approach to Wisdom, rather than the Mystic. Not until the mind is developed is it possible for the Seeker to know God as well as to love him. Thot-Hermes of Egypt taught that to know God in all His Mysteries is to live a life of Power, intelligently controlled in loving service to the Light.

Ritual and ceremonial magic is not for everyone; but for those who are attracted to this means of evoking Divine power and directing it to constructive purposes, we offer these studies in the Mystery Tradition of the West.

Riley and Judy Crabb
Vista, California
April 18, 1968

THE KABALISTIC CROSS

Always start your studies with The Kabalistic Cross ritual, either silently or aloud.

The Kabalistic Cross is a simple technique by which you can bring yourself and your bodies into alignment with your Higher Self. Performing the Cross opens you up to the more direct guidance and inspiration of the Divine Will.

The Ritual of the Kabalistic Cross is:

1. Touch the forehead and say or chant, ATOH (Thou art),
2. Bring the hand down to touch the breast and say MALKUTH (the Kingdom),
3. Touch the right shoulder and say, VE GEBURAH (and the Power),
4. Touch the left shoulder and say, VE GEDULAH (and the Glory),
5. Now clasp the fingers over your breast and say, IE OLAHM AMEN (forever and ever, Amen).

The gestures are those of the Christian Cross and the words are the last phrases of the Lord's Prayer. You won't find them in the Matthew or Luke versions of the prayer; perhaps they were only given later to the Disciples in the Upper Room. We chant the Hebrew but if you prefer the English, use it by all means. Making the gestures and sounding the words releases a power which helps to balance your personality and opens the mind to higher things.

The Kabalistic Cross is an equal-armed cross. It represents the four elements, Earth, Air, Fire and Water, and the four quarters of the globe. This formula proclaims the dominion of God over them. You declare the power of God as the sole creator and supreme law of the Universe. By making the sign of the equal-armed cross you magnetically establish His Divine rule in your aura. This cross is not an exclusive symbol. It is the equal-armed cross of Nature. It is not to be confused with the Calvary Cross of Sacrifice, whose shaft is twice the length of the cross arms.

Each student will have to experiment for himself but general experience seems to indicate that effective chanting, or sounding, or vibrating the sacred words is done at a pitch slightly higher than the normal speaking tone. The syllables of the words are sounded evenly, none being accented especially above another. You will know that you have hit the right pitch for that hour and day when every atom and cell of your body tingles in response.

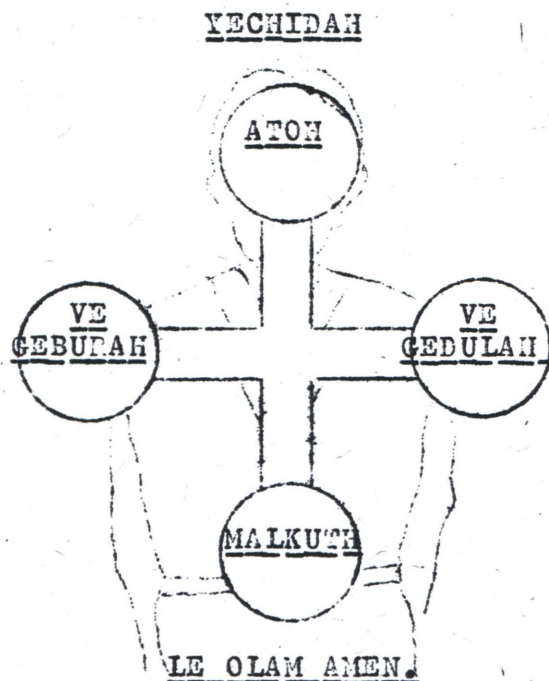
It isn't unusual to have a student shun ceremonial for fear of making himself ridiculous. You can do the Cross mentally, visualising yourself going through the ritual, but then the ceremonial is likely to be effective only at the mental level! Suppose your problem is very physical -- ill health, no job or money, marriage or some other important personal relationship gone sour? If you want your prayer to show results on the physical plane, bring the force down to the physical plane!

This is done with chanting, gestures, incense, candles and so forth. Physical action completes the circuit of the Creative energy by "earthing" it, Dion Fortune reminds us. There is no other way.

Technically, we say the sound of the chanting of the Divine names shakes up the lower bodies -- physical, etheric, lower astral, higher astral and concrete mental. Coarser material is worked out of the aura, to be replaced by finer, purer material, thus promoting the general health and well-being of the personality.

Traditionally, the East is the source of Light. The earth spins eastward into the rising sun, and the magnetic currents evoked in the Kabalistic Cross flow from east to west. The Yechidah, the I AM in you, is the spiritual source of your life and light, symbolized physically by the Sun; so always face eastward when performing the Kabalistic Cross. Use it before and after every meditation.

We show the Cross here objectively, outside you; but you perform it as though it were inside you, subjective, and thus reversed. This puts Geburah or Mars at your right shoulder where it belongs (the sword arm); and Gedulah or Chesed is on your left, the Mercy side of the Cross or Tree, where it belongs.



THE THREE GREAT OCCULT TRADITION

Chapter IV - Section 1

After several years of study, one will realise that the teachings and symbolism of many different schools of occultism are fundamentally the same. They all teach purification, discipline and concentration. They also have graded courses of study. But the schools are not identical because they are influenced by different Rays, or sources of Light from the Inner Planes. Each school came into being at a different time in the earth's history and thus it possesses the characteristics of the aspect of the Logos dominant at that time.

The First Migration

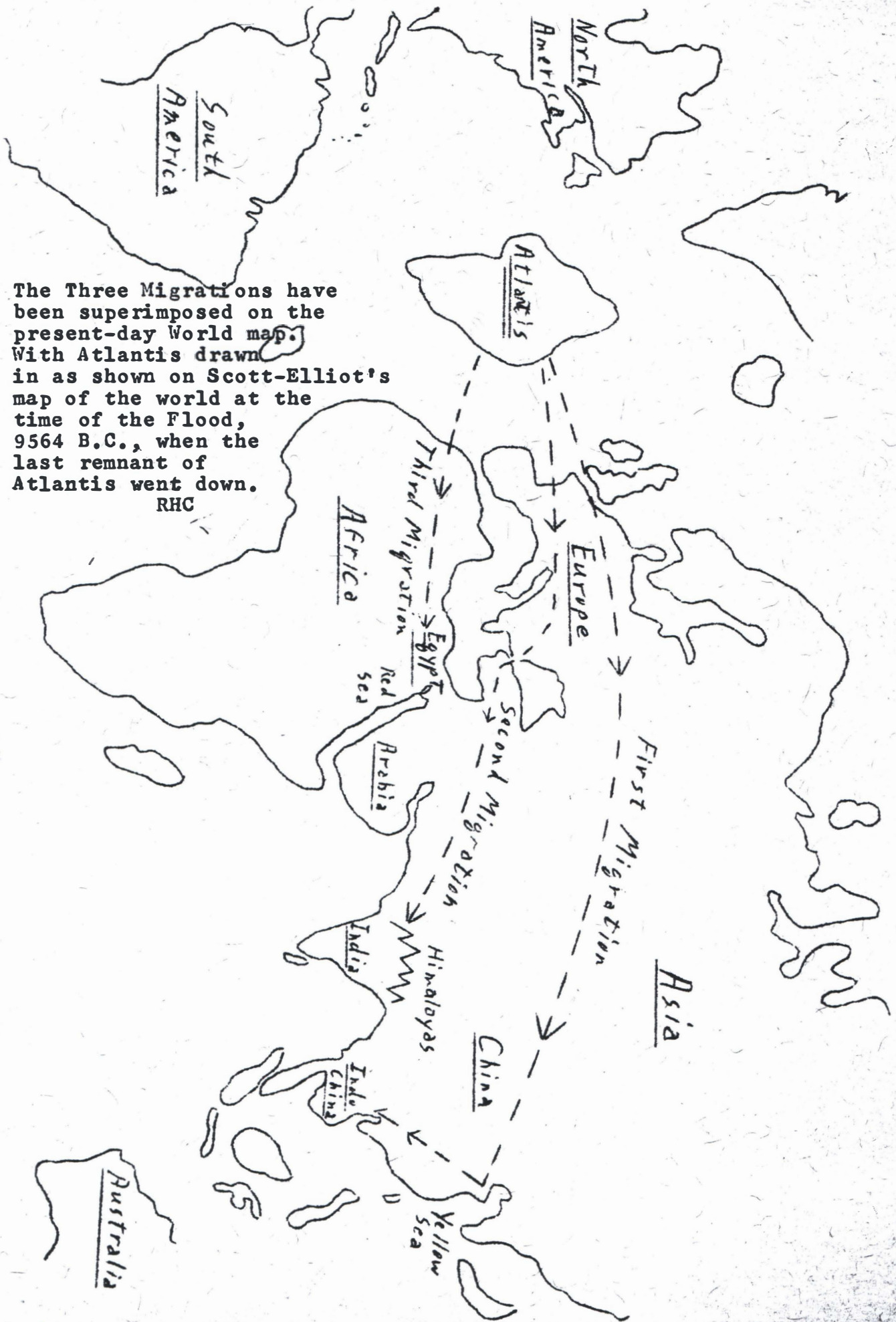
The three great traditions trace back to Atlantean times. Among the many disasters which shook that ancient continent there were three cataclysms of interest to the present day student of metaphysics. Dion Fortune doesn't date them but perhaps we can find a clue in three of the six maps which accompany W. Scott Elliot's book, "The Story of Atlantis." Anyhow, three cataclysms especially were foreseen by the initiates of the time, so before each of these occurred, preparations were made to send migrations to safe lands where lodges and centers of the Ancient Wisdom could be formed. The chosen ones took their Sacred Books with them. They drew their authority as initiates from the Manu of the time, the First Ray leader of the race.

The Logos of our system is a Triune God. His three aspects are Power, Wisdom, and Love. Only one of these aspects is dominant at any given time but the other two are always present and active. The aspect of the Logos dominant at the time of the first cataclysm was the Will aspect. Will has Power for its keynote. These first migrants moved eastward from Atlantis across what is now Northern Europe and Asia until way was blocked by the Yellow Sea. Then they turned southward along the coast lands of Asia to what is now Indo-China. Some apparently turned westward into the sub-continent of India. There they established their fore-runner of the Hindu religion. This is the first Ray religion with Will or Power as its keynote. In Indo China the Atlanteans contacted the decadent magic of the Lemurian culture. There was an intermingling of the old Lemurian with the new Atlantean. This Will aspect of Atlantean magic became polluted. That corruption is still to be found today in Vietnam. Sodomy is commonly practised there. This was discovered by one of the first French Army Surgeons to enter into Indo-China a hundred years ago, Dr. Jacob Suto. He writes of it in "Untrodden Fields of Anthropology."

Thus the present day primitive magic of Asia traces back to the Power aspect of this first Atlantean tradition. To Western occultists it is known as the Pagan Ray. This deals with the forces of the lower Astral plane.

The Three Migrations have been superimposed on the present-day World map. With Atlantis drawn in as shown on Scott-Elliott's map of the world at the time of the Flood, 9564 B.C., when the last remnant of Atlantis went down.

RHC



It is a principle of occultism that each plane of life is controlled by the plane above it. The Astral plane therefore controls the physical. The forces of the lower Astral can be destructive; so, any person who works consciously on the Astral plane should be a qualified initiate. This means that he should be able to control the Astral forces from above; otherwise he might become obsessed by them.

The Second Migration

The second migration left Atlantis (before the cataclism of 80,000 B.C.) crossed southern Europe and moved on eastward until it was stopped by the Himalaya mountains of Tibet. These Atlanteans were under the Wisdom aspect of the Logos. In this highland of Asia the migrants established the centre which is still the main source of illumination of the Wisdom religions of the East. Then they began to spread their culture down the great water ways on to the plains of India. Buddhism is one of the Wisdom religion from the second aspect of the Logos. Originally it was a philosophy and not a religion.

The Third Migration

The third migration started before the cataclysm which caused the last remnant of Atlantis to go under the waves, probably 9,564 B.C. Again the movement was eastward but this time across northern Africa until stopped by the Red Sea. Here the refugees from Poseidonis settled down in the fertile delta of the Nile Valley and established a centre which became what we know as the Egyptian culture.

Once settled down the Atlanteans began to cultivate trade. Their ships sailed to all ports around the Mediterranean and to the Near East. The Egyptian philosophy went along with the traders and so it was spread all over the Mediterranean. The students of this philosophy, born under the Love aspect of the Logos, traveled from their foreign lands to Egypt to take initiations in the great occult tradition of the West.

Then these initiated Adepts returned to their homelands, Phoenicia and Greece, and started their own Mystery Schools. These Schools had thus been in existence for thousands of years when Christ came to Palestine, and when Constantine made Christianity a state religion in the 4th century. And it was the Greek initiates who translated the Spiritual teachings of Christianity into an intellectual system called the Gnostic Teaching.

As the Christian church became strong the Mystery Schools were driven underground and left little trace of their existence during the Dark Ages. So, except for an occasional Hebrew Kabalist, Europe apparently had no Mystery Schools until the Crusaders went to the Holy Land in the 11th and 12th Centuries.

In fighting to gain possession of Jerusalem, and in the occasional peaceful periods which followed, some of the Crusaders came in touch with the still-active Mystery Schools of the Near East. One result of this contact was the formation of the Knights Templars. Templar initiates returned to Europe taking the Ancient Wisdom with them. They flourished for over a hundred years as the Mysteries were taught through the Templar organizations across Europe. But the Church again drove them underground. It wasn't until the Reformation weakened the power of the Church in the 16th Century that the Ancient Wisdom of the Mystery Schools was again available in Europe, through the Alchemists.

The Differences In The Traditions.

As the communications between races and nations increased and developed, the cultures spread more widely over the world and the various aspects of the Traditions intermingled. Naturally, the teachings were modified but the forces involved in initiations are still distinct and the methods of training are different also.

A magician on the Pagan Ray works from below upward. He uses the objects of the physical plane as a guide to control the subtle aspects. He is trained to select natural objects which are best suited to put him in touch with the invisible world and this gives him an open channel. A good example is the Hawaiian Kahuna with a bundle of sacred bones of a deceased relative. One has to investigate closely before he can decide whether the power is in the bones or in the Kahuna.

The Pagan Ray magician also uses drugs to free his consciousness from his body. He then can travel astrally or talk to the gods for needed information. He follows rigidly and without question the teachings given him. He operates by rule-of-thumb.

The Second Tradition developed a vast knowledge of its own by studying and practicing magic. These students of the Wisdom of the Mysteries already had the magic of the Pagan Ray and they added to it higher initiations.

The Western Tradition.

The Western Esoteric Tradition derived from the third migration from Atlantis. This was the last from the doomed continent just before it went down into the sea in 9,564 B.C. The wisdom of its civilization went down with it. The priests who guided this migration took with them the Sacred Books and Symbols. In Egypt they founded a temple where they worshipped the Sun and also taught the Mysteries. Because the Love aspect of the Logos was dominant at this time, this is the primary characteristic of the Mystery Schools of the Third Migration. One of its ideals is Brotherhood.

The priests of the Third Migration were trained in the same tradition as the priests of the First and Second. So the Third had acquired the Power aspect of the First and the Wisdom aspect of the Second. They repeated the work of the two preceding aspects and brought their new culture up to that of Atlantis before the cataclysm. The new ideals of Love and of Brotherhood were re-enunciated by the work of the Initiate, Jesus, and the Adept, Apollonius Tyana.

So the Western Tradition has all three aspects of the Logos: First, the Nature aspect or Power Ray, with its initiations of the Astral, the lower and upper Astral planes; Second, the Wisdom aspect corresponding to the mind, with initiations for lower or concrete mind and upper or abstract mind; Third, the Devotional and Spiritual aspects are represented by the Master of Masters, Jesus of Nazareth, with initiations corresponding to the transfiguration and the ascension. These three aspects form the Western Tradition. One by itself will not give balanced development.

Nature Worship

Unless the Power aspect of Nature worship is controlled by intellectual development and mind training, the sub-human aspects will dominate in the sub-consciousness of the student. The sub-human aspects will exaggerate his normal vices. For example, if he likes the taste of liquor the uncontrolled power of the Pagan Ray will make him an alcoholic.

And unless the Intellectual Ray or Wisdom aspect of an individual be illuminated by the Devotional aspect of the Brotherhood Ray, his exaltation will make him intolerant of other people. Finally, a student who concentrates only on the Wisdom and Love aspects needs the balancing of the Pagan Ray with its positive aspects of the sweetness and beauty of the Nature contacts.

All three Rays, Power, Wisdom and Love unite in the Sun. In the lower planes these Rays are separate and distinct, but as they approach the Sun they draw together. In the Sun they blend together into one. At the higher levels of life and consciousness the initiates of all Mystery Schools stand together upon one common purpose, that of uplifting mankind. But in the lower form worlds the Mystery Schools differ from each other. They use different methods of work because of the different conditions in which they work. The invocations used to call the angelic hosts of the East will not get response from the angels of the West. Nor will the Words of Power which exercise Tibetan devils cause the American ghosts to disappear. This is because these Words of Power are derived under the influence of different Rays.

Mantrams and prayers of one Mystery School cannot be carried over to another School to produce the same results unless adjusted by a trained occultist. It is because only a Master knows the correspondences in the teachings of the Schools.

A symbol of one type of force can be represented by another symbol in a different religion. These two symbols have the same force behind them. When these symbols are translated from one country to another the names and signs of their gods are also changed. Often times the students disregard the importance of changes and concentrate only on similarities. They believe that the changes are due to local customs and language. For example, it is logical that all religions have a symbol for the Sun. So when a student sees a Sun symbol he can see he is dealing with the same potency.

It is extremely important that the Words of Power are correctly pronounced and correctly written. Whatever changes are made in name and symbol must be made for a good reason. One of the reasons for changing names from country to country is to make the force fit the conditions where it is operated.

A Mystery School of any race naturally belongs to that race. So when one type of teaching is transplanted into another race, it will not produce the same results. Importing Zen Buddhism or Yoga disciplines into America, for instance. The teachings of the Schools should not be mixed; however, on the higher planes racial differences disappear. The Adepts work on an equal basis. So they have identical illumination.

"Meditation and asceticism will bring the Eastern chela or student to the feet of his Master," writes Dion Fortune, "but the Western Initiator, working in the much denser material conditions of that civilization, has to employ ritual to get his results -- ritual that very few Eastern bodies could stand."

The Eastern meditations lower the vitality of the body. Western living conditions require powerful forces and these forces demand a strong body to handle them. So it is very dangerous for the Western occult student to use Eastern methods in the hard driving Western civilization.

Methods of Mystery School training developed under one type of life, learned during a particular regime and illuminated by the specific Logoidal aspect dominant at that time are not suited for practical work in another type of life. The evidence of unbalanced results shows in the nervous strain of the student. A student who wishes to follow the Yogi methods should lead the yogi life; otherwise he will break down.

The forces used in the East require a very sensitive vehicle for work. An Eastern student eliminates animal foods, alcoholic beverages, sex, animal passions, etc. Whereas the Western forces require a strong physical body to use the lower etheric and emotional forces needed in successful daily life in a Western community. The Western student does not retire from his world; he stays in it and uses his forces to improve conditions around him! The Eastern method sensitizes the student so he can receive illumination. Because he has already isolated himself from his society in some remote area, his illumination does not fit the heavy vibrations of the community from which he came.

Western methods increase the power of the total personality so the student can overpower the lower vibrations of his environment. The Eastern teacher must require his pupils to follow the conditions of the East, and the student must go to the East for the higher degrees.

Far back in the beginnings of Western civilization we find the symbols and forces which have made the Western world what it is today. The Mystery Schools of the West have derived their systems from these same Western symbols and forces. Any Western student who joins or studies one of these schools will not alienate himself from his race. Instead he learns to cooperate with the forces of his race, working toward fulfillment of the plan of evolution.

The Western Tradition goes back to Atlantean times. Thus the Mystery Schools have been in Egypt, the Near East and Europe since that time. So the Western student has a tremendous reservoir of Tradition from which he can draw inspiration and guidance. This Tradition includes the Pagan Ray worship of the Celt, the Hermetic studies of the Kabala, the Alchemists, the Rosicrucians, the Masonic Brotherhood, and Mystic Christianity with its tradition of the Holy Grail from the time of King Arthur.

SECTION 2 THE WORKSHOP

Meditation as an Art

Meditation should be practised daily at the same time. If possible it should be done in a place used just for that. The reason is to have objects in this place which are associated with occult study.

The regular time, place and associated objects all help to put the student in a mood for meditation. Beyond that, the physical surroundings become highly magnetised. These special vibrations then help to support and sustain the student in his deeper work.

A short meditation of 10 minutes done regularly every day is more effective than longer periods of meditation done at random. It is generally considered that the best time for meditation is in the morning just after rising and before breakfast. The mind is comparatively uncluttered and fresh then and there are few distracting noises and cross-currents from the work-a-day world. The early morning meditation helps to tune one up for the day; whereas the late evening meditation should really prepare the subconscious for whatever work is to be done during sleep.

The recommended position is to sit upright in a straight back chair, high enough so the feet are comfortably flat on the floor with hands palm down on the thighs. The goal here is a balanced or poised position without tension. If a person meditates in slumped relaxed position, he is likely to fall asleep. The poised erect position tends to keep one awake. If the mind does drift off into sleep, the loss of poise will awaken one immediately.

FOUR STEPS TO MEDITATION After the mind has quieted down.

First step -- Have your meditation subject very clear in your mind. Get rid of irrelevant details and think of it only in its essence. For example: Take a common-place subject such as your HOME. Strip the idea of all non-essentials and basically what is a home but a refuge from the world. A place where you rest, and renew your energies for the continual struggle for existence. Within this refuge, you can let your hair down, drop all your social pretenses and be yourself.

Second Step -- Universal Application.

To relate your meditation idea to the universe around you. It should be important enough to life that if it were removed, all life would be affected. On the other hand if it were increased, all life would be benefitted, and this universal and beneficial application of your meditation idea is the second step.

For example: The next larger refuge would be the community in which a home is placed. Beyond that, the state, and beyond that, the nation. Each of these larger units being but an expansion of the idea of a citadel or refuge which offers certain protection against external, perhaps unfriendly, forces. The nation is a refuge for members of your race, the next larger unit is a planet, a refuge for the human race or all mankind. Thus through meditation on a simple object like a home, you see how your idea can be related step by step to the Universe.

To go beyond this, the Sun and its family of planets is a home for the Solar Logos and all the Lesser Beings who make up our universe. The next larger unit according to occult science is that Star System we call the Zodiac. Apparently this is "home" for a group of perhaps a hundred Suns, rotating around a common center and their home is our meta-universe, the Milky-Way Galaxy.

Third Step -- The third step then naturally follows the second, in that there should be an expansion of consciousness; or at least a change of viewpoint which leads to a better understanding of your surroundings. The result of this is harmonious relationships with people and the world around you. This harmony in a home would spread to other members of the family. There should also be the increased need for order and beauty in the home, as well as cleanliness and comfort. Then should come a widening circle of effect in better relations with your neighbors as well as an increased feeling of community responsibility.

Fourth Step -- The goal or the fourth and final step in meditation is increased self-conscious awareness. This means control of one's personal conduct to where he will intelligently refrain from doing things which will hurt himself and others.

Sit erect on the floor as illustrated, hands flat and palms down right beside the buttocks, chin on chest, legs straight out before you with toes pointed. Breathe in a full breath through the nose as you raise your hips off the floor.

The body should be lifted until the torso is parallel with the floor as shown in illustration two. Note that the head is allowed to drop back and down as far as possible while the body is in the raised position.

Breathe out through the nose while lowering down to position number one again. Relax for a moment before trying again. You should work for a minimum of three repetitions and a goal of at least ten.



ETHERIC ENERGY VORTEXES

These Rites are not calisthenics to promote physical exercise. They are rituals designed to stimulate the flow of vitality: Mana, Prana, Ectoplasm, etheric energy, or whatever you want to call it, through seven force centers in the etheric double or counterpart of the physical body.



These force centers are called wheels or Chakras in India. They are called "eyes" in the Bible; for the Kabbalists knew the spiritual importance of keeping the Eyes in function as well as did the Yogis! Old age is a result of the slowing down or stopping up of these centers to where vitality no longer flows through them to nourish and revivify the physical.

Two centers in the head are related to the Pineal and Pituitary glands. The third is related to the throat. The

fourth is related to the spleen on the right side above the waist line. The fifth is related to the generative center at the base of the spine. Six and seven are related to the knees.

"THE EYE OF REVELATION"

The little book from which we derive this information was written in 1939 by Peter Kelder, "The Eye of Revelation". It is published at \$2 a copy by the New Era Press, Drawer 151, Burbank, California. Kelder was taught the Rites in a class instructed by a former British army officer and diplomat who learned them himself in a Tibetan monastery, or Lamasery.

Kelder had known the British colonel in earlier years when he looked his age, the mid-sixties, thin, stooped and walking heavily with a cane. But at the second meeting, the one which lead to taking the Colonel's revitalization class, Kelder thought he was talking to the Colonel's son! Peter Kelder needed no other proof that the Rites learned in an Oriental monastery were the secret of physical life, vitality and health that the Colonel claimed for them.

Near the end of the class members were guessing at the Colonel's age. Each was asked to write down his estimate on a piece of paper. These were handed to the Colonel. He read them aloud with great amusement. His age was guessed at between 38 and 42.

"Gentlemen," he said, "I thank you. You are most complementary. And as you have been honest with me, I shall be equally honest with you. I shall be 73 years of age on my next birthday."

Rite number one, the clockwise whirling, stimulates the head centers and the generative center at the crotch.

The centers stimulated by Rite number two are not given.

Rite number three stimulates the generative center especially, the spleen at the waist and the throat. The throat center is the higher sex center in the body.

Rite number four stimulates the knee centers, the generative, spleen and throat centers.

Students of the writings of the American mystic, Edgar Cayce, will remember the suggestion repeated time and again through him by the Controls diagnosing human ailments: Take exercises to keep the back and neck limber! We believe you'll agree, these Rites do exactly that!

DRILL ON THE ORDERS OF ANGELS OF THE SEPHIROTH

As suggested in the previous exercises or Rites, the monotony of counting by the numbers can be relieved, and the mind given something interesting to do by repeating the names of the Orders of Angels of the Sephiroth in order, from Kether down to Malkuth.. This can be done mentally while going through Rite No. 4. Better yet, you can get practice in sounding the Names aloud while releasing the outgoing breath as you sit back down on the floor. Once the Names are clearly in mind, you can add the appropriate color by visualizing it around you.

HOLY NAMES OF ANGELS

1. CHAIOTH HA QADESH

2. AUPHANIM

3. ARALIM

4. CHASMALIM

5. SERAPHIM

6. MALACHIM

7. ELOHIM

8. BENI ELOHIM

9. KERUBIM

10. ASHIM

COLOR

Pure White
Brilliance
Pearl Grey,
iridescent
Dark Brown

Deep Purple

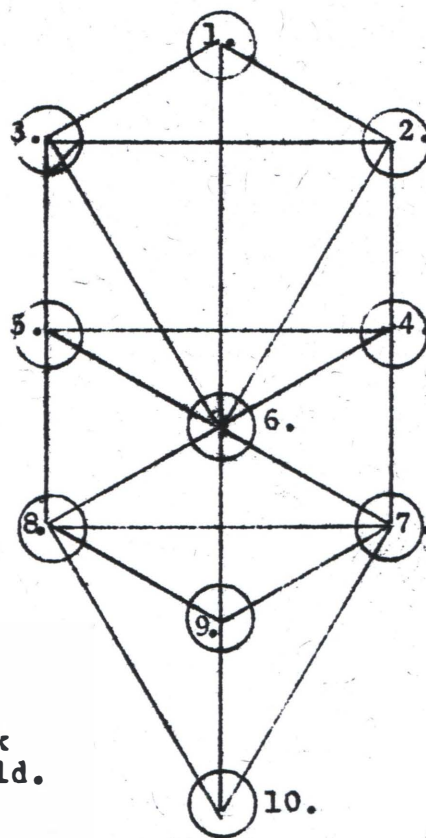
Bright Scarlet

Rich Salmon Pink

Bright Yellow-
ish Green
Russet Red

Very Dark Purple

Citrine, Olive,
Russet and Black
flecked with Gold.



Section 2 ----- The Workshop

RELAXATION

(This is a repeat, step-by-step relaxation exercise given in detail in Chapter I, Section 2, page 14).

Now, let's sit for a minute, get as comfortable as you can and we'll go over the relaxing of the body. It is wonderful that you want to try to develop or become expert along this particular line. You come from a busy, work-a-day world and you bring a lot of tension with you.

Certain parts of this work require absolute quiet and absolute poise. The only way you can develop this is to work at it a little at a time. This is bound to be beneficial to you anyhow.

Now to consciously tell the body to relax. The trick is to have confidence that you can actually talk to the muscles of your body, and relax them:

Tell the little toes on the left foot, relax, let go; the ball of the foot, relax, let go; the arch, the muscles of the arch, relax, let go; the heel, relax, let go; the ankle and the calf of the left leg, relax, let go; the knee, relax, let go; the muscles of the thigh, the bones, tissue and skin, relax, let go; now let's go to the toes of the right foot, relax, and let go; ball of the foot, relax, let go; the arch and the muscles, relax and let go; the ankle, the calf of the right leg, relax, let go; and the knee, relax, let go; the thigh of the right leg, muscles, the bones, relax, let go. We are not saying - go to sleep, we are just saying relax. This is conscious control where you heighten consciousness naturally, by taking attention off the demanding muscles.

The legs should be heavy now, relaxed. Now the buttocks, the genitals and the lower part of the body, relax, relax, let go; the abdomen, the abdominal area, the lower spine, relax, let go. Now turn to the stomach, liver, and kidneys, relax, let go; and the middle portion of the spine, relax, let go. It is balanced now; now turn to the lungs, diaphragm, the skin of the torso, relax, let go.

Now let's take the fingers of the left hand, thumb and forefinger, relax, let go; the palm, the back of the hand, the muscles, the wrist of the left hand, relax, let go; the muscles of the forearm, skin, the elbow, relax, let go.

Now the triceps and biceps of the upper arm, relax and let go; the shoulder, the left arm hangs limp, on your lap. Now turn your attention to the fingers of the right hand, relax, let go. If you want it more in detail, you can take one finger at a time in your home exercise in relaxation. Now take the palm, the back of the hand, relax, let go; the right wrist, and the forearm, relax, relax, let go; the elbow and the upper arm, muscles, the biceps, relax let go; shoulder relax, let go. Now we come up the torso into the neck, the muscles, bones, relax, let go; the spine, the upper part of the spine, let go; now the throat, esophagus, the larynx, skin, jaw, tongue, relax, let go; now the back of the head, the scalp area, the ears, the hearing systems, relax, relax, let go. Relax the eyes, the top part of the scalp, relax, let. go.

Now you have relaxed your whole body. The demands of those tense muscles have been released. They were calling for your attention with their tension. Now you are free to turn your attention inward toward your Higher Self.

WHY RELAXATION? The Yada di Shi'ite answers:

"There is neither subconscious nor super-conscious; there is only consciousness, conscious awareness. And as you train yourself to control your physical emotions, to quiet your stormy self, then you will begin to learn the greatness of life. For then you will be desirous of knowing what meditation really is; and it is through meditation that you will learn from whence you came and what your connections with life really are. Before this, you cannot really know; you can only think you know from what you have heard -- just as you think you know from what you are now hearing. But, my friends, what we are saying may be pure and simple lies -- you do not know. There is only one way you can know: Go and look for yourselves, experience life, dig and get behind everything that pertains to life. You will find this quest of life the greatest thing you can imagine."

* * *

Section 2 ----- The Workshop

RHYTHMIC BREATHING

By now you should have done enough rhythmic breathing that you are aware of the healthful, extra charge of vitality you receive by doing this. Also you should be able to do the routine for five or ten minutes without any noticeable discomfort. Many of these drills demanded by occult science are uninspiring, even boring; but practise makes perfect, if the practise is done intelligently. A few more thoughts on good reasons for continuing rhythmic breathing exercises may help you to persevere.

Did you know that every breath you take in and out is repeating and re-enforcing thought habits and feeling habits you have built up over the years? Understanding of the power of creative thought is the fruit of the Tree of Life. The eating of the fruit brings the knowledge of good and evil.

If ill health, lack of money, friends and other fruitful social relations have dogged you all your life, it is largely because of the negative thought pattern you have created in your aura. Occult science teaches that thinking and feeling are channeled through the pituitary gland to cut grooves or lines in the etheric double or body of vitality. Every time you breathe and are in a passive state of thinking your breath runs in and out of these grooves. They are often called Signatures. If you can change these Signatures that you have created, you can change your life. This is one of the main purposes for the drills we give you, from the physical point of view.

Just think, if on an average you breathe in and out one complete cycle every 10 seconds. This figures out to 6 complete breaths in a minute and 360 in an hour. Do you realize the subtle influence continually repeating your set views on life? 8,640 breaths in a day of 24 hours is a lot of repetition, isn't it? If you want health, wealth, understanding and a host of friends, better get those signatures straightened out or cut new grooves of positive thinking. In a year you take 3,153,600 breaths; and if you live to the ripe age of 70, you will have taken 220,752,000 breaths.

But you reply, I am learning to slow down my breathing with these breathing exercises. Will this shorten or lengthen my life? An Eastern Sage has said that each person is allotted just so many breaths when he is born, to be expended in that life. If a person burns the candle at both ends he will burn up his breaths quickly and have a short life.

But if he was allotted 220,752,000 breaths at birth, equal to a normal life span of 70 yrs, but stretches them out through moderate living and controlled, rhythmic breathing, he can stretch out those millions of breaths to a hundred years or more of earth time.

Now, to get into the actual exercise---we are continuing with the 1-4-2 ratio started in our preceding lesson. So sit erectly, feet flat on the floor, hands palm down on the knees, and allow as much free play to the abdomen as possible.

Expel all the air from your lungs and breathe steadily in through the nose, for four counts:

In-n-n-n, Two, Three, Four.

Now hold in for sixteen counts steadily:

Hold, Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten, Eleven, Twelve, Thirteen, Fourteen, Fifteen, Sixteen.

Next, breathe out for eight counts:

Out, Two, Three, Four, Five, Six, Seven, Eight.

Repeat with breathing in for four counts, etc.

Increase the count number to 5-20-10 if you are capable.

Remember that during the hold breath, the increased pressure is burning up toxins in the lungs, blood and other parts of the body.

Five minutes of this should calm down your whole system, quiet the body, smooth out the emotions and still the mind for meditation. You should be developing enough body-awareness to know when this change takes place. We mean the change from the active, hectic, out-going consciousness necessary to carry on your daily affairs. A five or ten minute period of rhythmic breathing is a powerful command to your whole system that you are going to change from an out-going, objective awareness, to an in-going subjective awareness. In effect you are jamming on the breaks, swinging your whole being 180 degrees, and starting off in a new direction.

Section 2 ----- The Workshop

VISUALIZATION -- The Middle Pillar

Our previous visualization exercises have been simple abstract circular figures concerned with the first three basic movements in space. Now it is time to put our developing visualizing power to a more practical use. In the previous lesson we drew the Tree of Life for the first time. Now we are going to have a visualization exercise making direct use of the Middle Pillar of the Tree of Life.

"As above, so below." The Tree of Life of the Western Mystery Tradition is a road map of the Universe showing the occult relation and flow of energies between its various parts. This is when the Tree is viewed objectively as being outside of us, but an important part of the work is learning to use the Tree subjectively as though it were inside of us. When we do this, the Middle Pillar relates to our spine, as shown in the illustration on page 19.

You must accept the idea that these force centers do actually exist in the magnetic field of your aura. In most people they are sluggish and only partially awakened or active. The purpose of this Middle Pillar exercise is to awaken these centers into a balanced, vital activity.

One thing for sure, this visualization exercise will help to promote health if you don't have it. Once a balanced flow of vital energies is reestablished through the centers, the ideals and powers of your Higher Self can be more freely expressed through you. We could say that with the Middle Pillar exercise you are creating a psychic atmosphere favorable to Spiritual attainment.

An important part of advanced work is visualizing specific colors and sounding names or sacred words at the same time. You may as well start with the Middle Pillar. If you persist in this, dormant psychic faculties will gradually be brought into operation, along with increased vitality and a sense of well being. The balancing effect of the Middle Pillar exercise should reveal itself as a more equable disposition, calmer judgment and an improved ability to make intelligent decisions.

The five Sephiroth on the Middle Pillar of the Tree of Life are used, the four known ones; #1 - Kether, #6 - Tiphareth, #9 - Yesod, and #10 - Malkuth. Also included is the mysterious Daath at the throat center.

The Middle Pillar -- (continued)

Why the Middle Pillar, to the exclusion of the Right and Left hand Pillars of the Tree of Life?
Regardie quotes a Magician as saying "The Secret of Wisdom can be discerned only from the place of balanced power."

W. E. Butler contends that "if the magical fraternities and orders were to train their members from the commencement of their lodge training, in the practise of this exercise, they would greatly gain thereby."

This is a subjective exercise so you are standing, sitting or laying in the Tree of Life, with the feminine Pillar of Severity on your right and the masculine Pillar of Mercy on your left. The Middle Pillar is, of course, your spine, legs and feet. Your Director does this sitting down because he meditates in that position.

1. Visualize a swirling sphere of brilliant white light above your head, take a full, deep breath and chant the God name Eheieh (Eh-beh-ee-yeh). "I Am that I Am." From this sphere a ray of white light flashes downward to form the second sphere at the throat.

2. Visualize a sphere of lavender at the throat center and chant the God name Jehovah Elohim (Yod-he-vau-heh E-lo-heem). From this second sphere visualize a ray of white light flashing downward or descending to form the third Sephirah, really combining heart and solar plexus.

3. Visualize a sphere of golden yellow over the heart and chant the God name Jehovah Aloah Va Daath (Ah-lo-ah Vah Dah-ahth). See the line or ray of light now descending to the Moon center, Yesod.

4. Visualize a purple sphere over the generative organs and chant the God name Shaddai El Chai (Shad-dahee El Kahee), using a full breath of air, slowly expended, as for the others. Now see the ray of light descending to the feet.

5. Visualize a sphere of dark green or jet black at the feet and, with a full, deep breath, chant the God name Adonai Ha Aretz (Ah-doh-nah-ee Hah Ah-retz).

Each name can be chanted several times for emphasis or development as you descend the pillar. If your concentrative power is still weak don't try too hard for true color and a perfect sphere, just pass lightly and gracefully from one to the other until a certain rhythm and familiarity have been built up. Then you can take time to concentrate on each sphere, visualizing and meditating on the qualities of that Sephirah, as described by Dion Fortune in "The Mystical Qabalah."

THE MIDDLE PILLAR

COLOR OF SPHERE

White
Brilliance

Lavender

Golden
Yellow

Purple

Dark Olive
Green or Black

GOD NAME (for chanting)

IHEH
(eh-heh-ee-yeh)

YOD HE VAU HE
ELOHIM

ALOAH
VA DAATH

SHADDAI
EL CHAI

ADONAI
HA ARETZ

SEPHIRAH

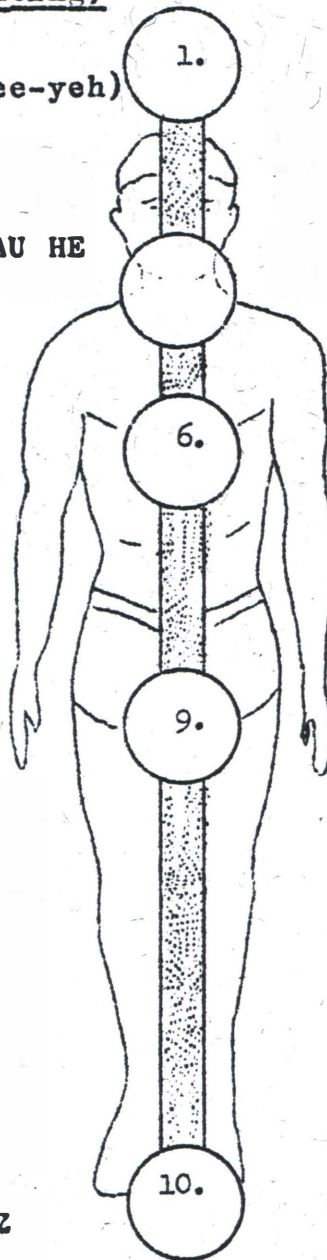
1. Kether

Daath

6. Tiphareth

9. Yesod

10. Malkuth



Section 3 --- Theory Applied on the Tree of Life

THE GROUND PLAN OF THE TREE OF LIFE

Occult science demands of a person that his mind be capable of handling Spiritual abstractions. For the untrained human mind, this is impossible and even educated people here in the United States, find Spiritual abstractions difficult to deal with because of our practical training. Among educated people themselves also, there are such great differences that the same body of teaching is not helpful to everyone. The demands we make of you in this series of lessons may be incomprehensible to some; while to others the material may seem shallow and lacking in depth because they have already developed in some ways beyond it. This could be true, for instance, if a person already had conscious contact with his own teacher on the inner planes. We hope to lead you, too, to such contact; and this should be the goal of any physical plane school.

The major problem in esoteric studies is that occult philosophy must present to you certain concepts about the origin of the universe and the nature of the organizing Mind, God, or consciousness which pervades it. We cannot give you a picture of the universe as literally true as a photograph of a landscape; we can only give you a blue print or diagram suggesting the hidden relationships. Even these cannot be taken as literally true, but only approximations.

To the untrained student of the Mysteries, most of the metaphysical ideas are as obscure and unknown as (x) in the algebraic equation. Esoteric philosophy starts with the absolute, for instance, but what finite mortal mind can grasp the absolute. For convenience of our study we can only designate it with (x); for this designates the unknown quantity. But this unknown quantity, (x) bears relationship to our known universe because we came from the absolute. Orthodox astronomy traces our Solar system and the other Suns around us in space back to a gaseous cloud which was the beginnings of our Milky Way, a Galaxy, billions of years ago, and before that the impenetrable blackness of the void of deep space. That is our absolute and even though it is impenetrable to us, we can deduce something about it from the world in which we live; it bears a definite relationship to us just as do the known numbers in a mathematical equation bear a relationship to (x). When the calculations are finished we know what (x) stood for from the very beginning.

In this way we can gradually but surely come to know the invisible reality behind appearances, whichever you call it, esoteric philosophy or occult science. Nor should you make the mistake of thinking that this is a fixed doctrine of rigid ideas. What you will learn is a set of symbols chosen to represent these ideas or invisible realities.

There is a proven technique for arranging these symbols in certain ways by which the invisible realities are revealed to you.

In earlier times and in other races these invisible realities were termed gods and goddesses by the occult leaders of those races. Such a grouping of individualized forces is called a Pantheon. The Myths and legends of any race reveal the family relationships of these divine beings. Their many adventures contain moral teachings for the simple minded of the race. The parables of Jesus perform the same function for the devout orthodox Christian. The more highly developed man, if he is a Mystic, finds in them a philosophy; if he is a metaphysician, he finds them a science. The occult teaching given by the Master Jesus to the disciples in the Upper Room was such a science. He did not teach a pantheon of Gods to the Jewish and Gentile disciples there in Galilee 2,000 yrs. ago; for the Jews were monotheists and believed in only One God. This is the basic concept of the Western Mystery Tradition, One God with many aspects. The onw word title for our Tradition is the Kabala.

What is Kabala: The Hebrew spelling of Kabala is QBL. Literally this means "to receive." We could make this definite and more meaningful by defining the Kabala as "a doctrine received through oral tradition."

Remember, the Western Mystery Tradition does not impose upon you a set dogma to be memorized and obeyed. Rather, does it give you a ground plan, a blue print of the universe by which you can set and guide your own course at your own speed. You must penetrate the Mysteries in your own way, using only general guide lines for understanding. You will draw many Trees of Life and fill them in with much data, creating a key to unlock the door of the Temple of Mysteries.

Each lesson will give you more data to add to this ancient and honorable filing cabinet. Your meditating should certainly throw additional light on the Tree and they will also be useful increased material from your reading.

You should at least have a notebook with ten sections, each labeled for one Sephira, or it might be easier to set up a file of ten folders, labeled one for each Sephira. Then under #5, Mars, for instance, you could file any items which reveal the destructive activities of the war-god. Anything connected with First causes would be filed under the Crown, #1, Kether.

Always bear in mind that we cannot possibly prove to you the validity of these statements at the present time; proof will have to come over a long period of study and practice. Eventually you will be taught methods by which occult laws can be proved and demonstrated.

In these early lessons the best we can do is give you an outline of Mystery teachings which slowly but surely reveal the hidden reality behind appearances as you apply the method.

Most of this for you now is pure speculation; We ask that you receive it with open mind and the eventual verification will justify your patience.

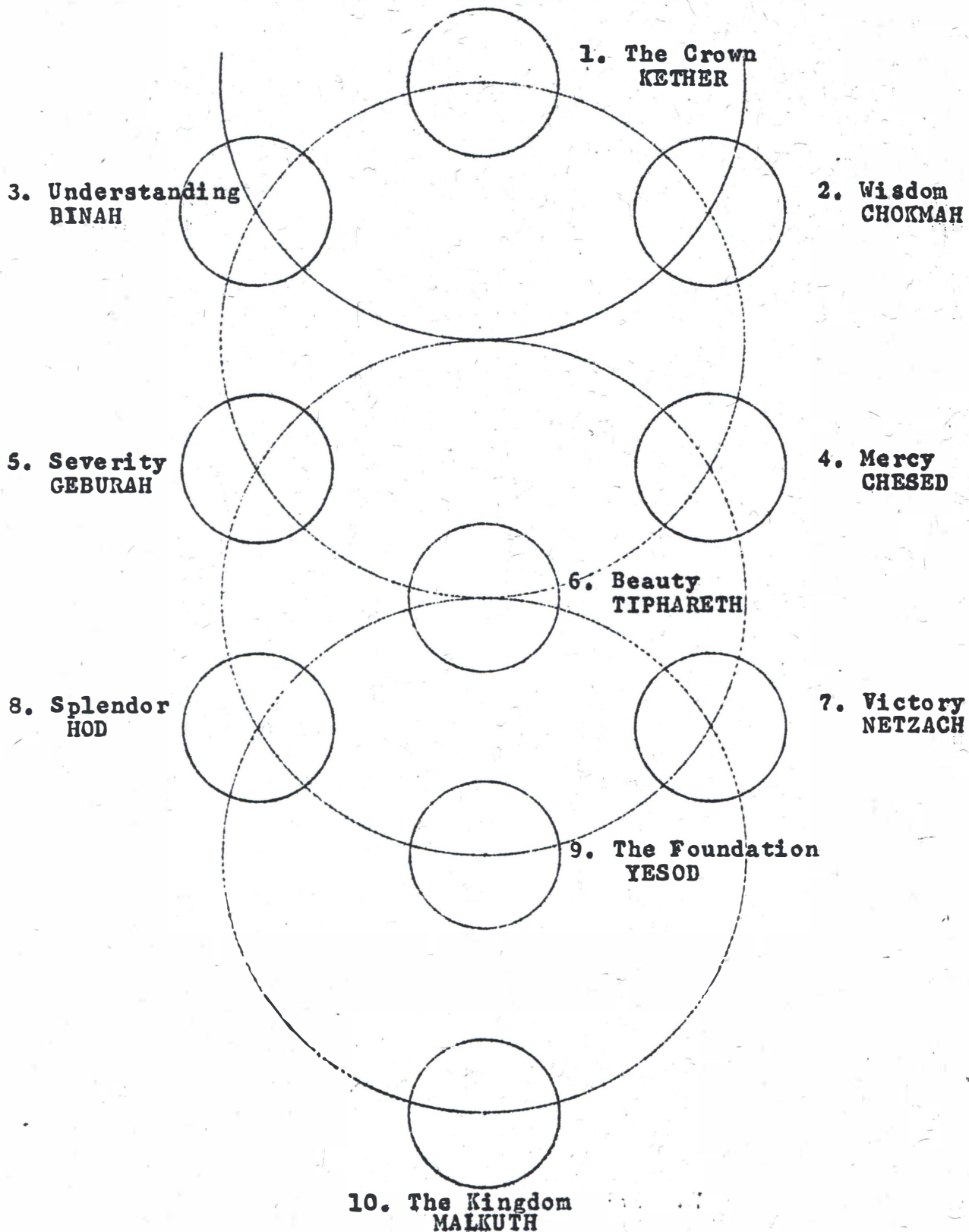
The ground plan of the Kabala is known as the Tree of Life. On this diagram we show the different potencies of the One God. There are ten of these in our Western Tradition diagrammed in a special way. From the One they emanated each from the other in sequence in the creation of our universe.

The traditional names for any of these ten is Sephirah, singular, and the plural Sephiroth; so we have the Ten Holy Sephiroth. Sephira means Emanation, one particular aspect of Divine Power.

1. The Crown, Kether
2. Wisdom, Chokmah
3. Understanding, Binah
4. Mercy, Chesed
5. Severity, Geburah
6. Beauty, Tiphareth
7. Victory, Netzach
8. Splendour, Hod
9. The Foundation, Yesod
10. The Kingdom, Malkuth

In the names of the Sephiroth all the 'e's are short - so that Kether rhymes with weather. The 'u's, as in Geburah and Malkuth are long as in the name Ruth. 'Ch', at the beginning of a name, like Chokmah is pronounced as an 'h'. The 'i' in Binah is long (Beenah) but short in Tiphareth. The 'o' in Chokmah is short (as in dog) but long in Hod and Yesod so that the sound is the same as that in 'road'. The 'ch' at the end of Netzach is as in the Scotch word, 'loch' or the name of the German composer, Bach.

The TREE_OF LIFE_with TEN PARTICULAR_ASPECTS_OF DIVINE_POWER



Students of the Bible have long been confused by the different names for God, especially in the Old Testament. The Creator of our universe is sometimes called Father, sometimes Lord, sometimes the God of Hosts, or perhaps Lord God. These various titles refer to the different emanations of the God-force as outlines on the Tree of Life. Following are the Ten Holy Names of God.

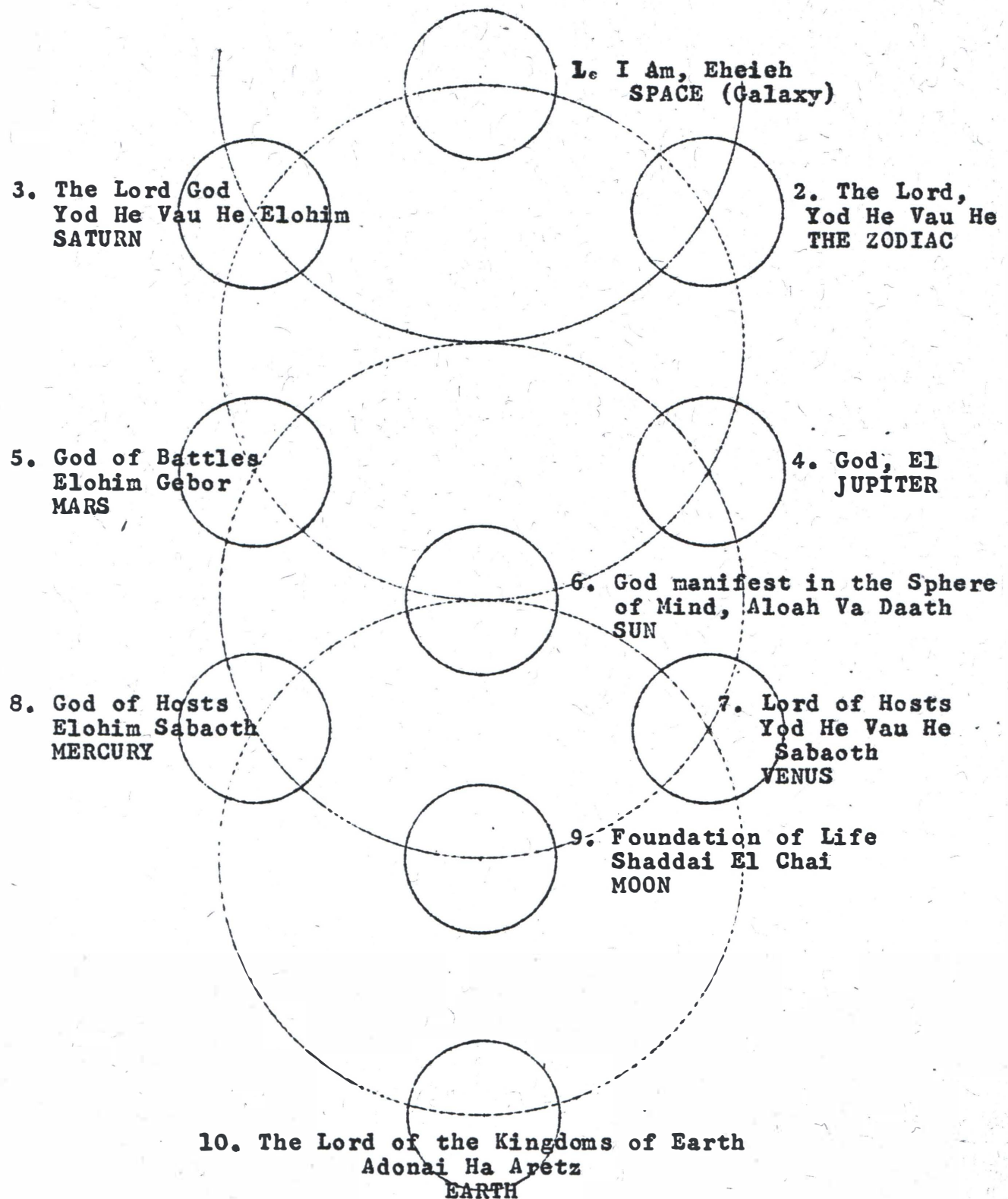
1. I Am, Eheieh
2. The Lord, Yod He Vau He
3. The Lord God, Yod He Vau He Elohim
4. God, El
5. The God of Battles, Elohim Bebor
6. God Made manifest in the sphere of mind, Aloah Va Daath
7. The Lord of Hosts, Yod He Vau He Sabaoth
8. The God of Hosts, Elohim Sabaoth
9. Shaddai El Chai, The Spirit of Life or Foundation of Life
10. The Lord of the Kingdoms of Earth, Adonai Ha Aretz

Students will be surprised and pleased to know that the seeming chance arrangement of the Sun and Planets of our Solar System can also be placed in regular order on the Tree of Life. There is an occult but very real relationship between the Planets. The astronomical name for each Sephira represents its material or mundane aspect.

1. SPACE, identified as the Milky Way or Primum Mobile, the First Swirlings or motion. This is the well-known Spiral Nebula of astronomy.
2. THE ZODIAC, this is a system or family of Suns of which our Sun is a members.
3. SATURN,
4. JUPITER
5. MARS
6. SUN
7. VENUS
8. MERCURY
9. MOON
10. EARTH, made up of 4 elements -- Air, Fire, Water and Earth. Thus the symbol of Earth is a circle divided into four parts, one quarter for each element.

In the Names of God, No. 1. pronounced as if spelt 'Ayhayay'.
 #2. pronounced as written.
 #3. The word Elohim is pronounced with short 'e', long 'o' and 'i'. All the 'e's are, again short and all the 'o's long except in the 'Sabaoth' (7 and 8) which is pronounced as if spelt Sabayoth -- the first 'a' short. #9 has the first 'a' short (as in cat) while the 'ai', in both words, is pronounced like the 'i' in ice.

The TREE OF LIFE with TEN GOD and ASTRONOMICAL NAMES



THE FOUR PLANES OF THE UNIVERSE

CHAPTER V Section 1

The men and women who have built up the body of knowledge which we call the Western Mystery Tradition have found it convenient to divide the Universe up into four planes, or levels of consciousness. We might call these four types of existence. It is also convenient for us of limited consciousness to think of these planes as layers in a sandwich, or floors of a four story building, but this is not literally true. It is simply easier for us to understand the four worlds in that way. Actually they interpenetrate one another but the inhabitants, especially those of the physical plane are not aware of the others except under special circumstances. The purpose of these studies is to create such circumstances.

We might compare these other planes of existence with the various radio and TV broadcasts which even now penetrate this room in which you are. Without special equipment, turned on and tuned to their various wave lengths, you are not consciously aware of their broadcasting; but you know they are there. They are all present in this one place in time and space their various wave lengths passing through each other, through you, and through the room, interpenetrating everything and yet not interfering each other; so it is with the Four Worlds of the Kabbalist which constitute the manifested universe.

In the Western System, counting down from the top, they are:

1. The Archetypal Plane or Spiritual
2. The Mental Plane
3. The Astral Plane (See chart on page 33)
4. The Physical Plane

They are all one universe really, but manifesting in different ways. The universal element of water would be a good example of this: when frozen it is a solid.

Apply heat to it and the solid becomes liquid.

Apply more heat and the liquid turns into a gas, known as steam.

All different forms of one substance, water.

The occult science of the West teaches that there is another state of being beyond these four which we can call the Unmanifest. This means nothing to you, and we mean nothing, or No Thing. But we might also think of it as pure Spirit, unknowable to any of our senses.

Here we part with orthodox Christianity which teaches of a personal creator forming and controlling his universe. This may be true of a universe such as our Solar System or even the group of constellations we call the Zodiac. But as a student of the Western Mystery Tradition, you must get used to the idea of the Great Unmanifest periodically crystallizing the manifested universe as we know it and see it through our great telescopes, the Spiral Galaxies. The conditions which cause these vast flaming clouds of gas to form from the black chaos of deep space are completely unknown and unknowable to such finite creatures as ourselves.

For thousands of years, teachers of the Western Mystery Tradition have told their students that the condensing or crystallizing of a universe passes through definite stages of development. The kinds of matter of which it is composed are organised into a vast complexity until all possible forms have been created. Having reached the peak or the limit of all possibilities it begins to return, or to simplify itself back to the First Principles from which it developed.

Modern astronomy refers to the final visible stages of this as "the heat death." To the occult scientist death is only apparent, not real, because life cannot die. There is only a change of form. The final change for a universe is a return to the Spiritual and Unmanifest from whence it came.

So these four planes we speak of are successive stages through which the process of evolution takes place. The First Principles we referred to in earlier lessons are the Primary or simple manifestation of the Archetypal plane. The second plane coming down from the Unmanifest, the Mental Plane, is really "the first matter" which can be moulded into form, from or by First Principles. The third plane is the Astral or emotional world and here the mental images or forms take on power. Finally, we have the fourth or Material plane made up of four elements of the Kabalist; Earth, Water, Air, and Fire. It is well for you to begin thinking of these four as manifestations of one universal physical element which occultists call Aether.

You will understand the relationship of the four elements if you keep their essential difference in mind. The

The atoms of element, Earth, are relatively inert.

The atoms of liquid are comparatively free moving and they tend to cling to each other.

The atoms of the gases tend to behave in just the opposite way. They repel each other.

The fourth state of matter, Fire, is closest to what the 19th Century physicists called ether. Remember that electricity also is a form of fire, and even electro-magnetism.

There are still three more etheric sub-levels of the physical plane. The topmost of these, the Kabalist calls Aether because this is the Primal substance of the physical. This Primal or atomic sub-level of the physical is condensed or manifested from the lowest sub-level of the astral. (See chart on page 33.)

For more detailed study of the planes, it is possible to divide them up even more. Theosophy and perhaps other schools teach that each plane has a subtle and dense aspect, from which they divide the universe up into seven planes. (See chart on page 33).

THE FOUR PLANES OF THE UNIVERSE

The Great Unmanifest

The Four Planes of the Universe

1. Spiritual or
Archetypal Plane

2. Mental Plane

3. Astral Plane

4. Etheric-Physical
Plane

Seven Sub-planes

7. Abstract Spirit

6. Concrete Spirit

5. Abstract Mental

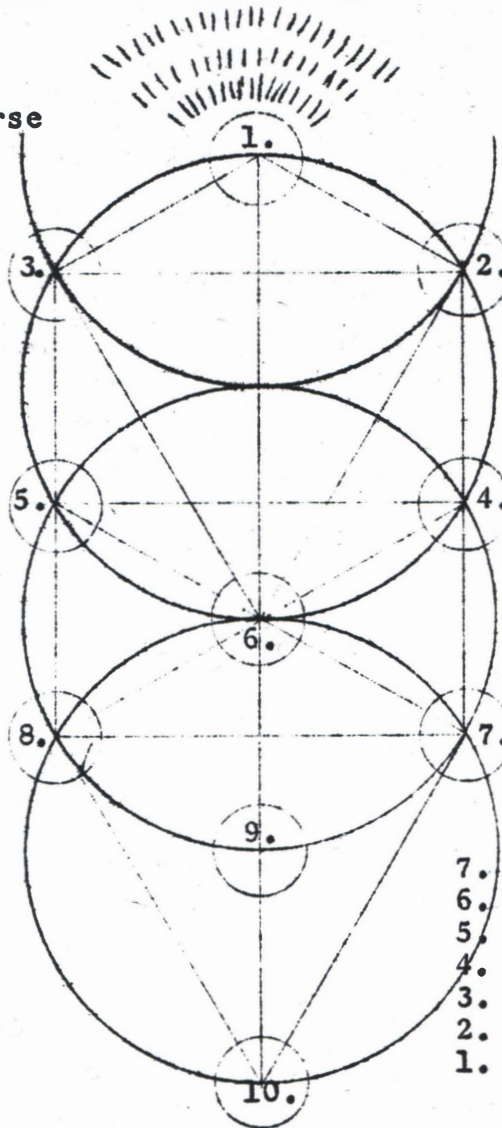
4. Concrete Mental

3. Higher Astral

2. Lower Astral

7. Reflecting Ether-AETHER
6. Light Ether)
5. Life Ether) FIRE
4. Chemical Ether)
3. Gases. AIR
2. Liquids. WATER
1. Solids EARTH

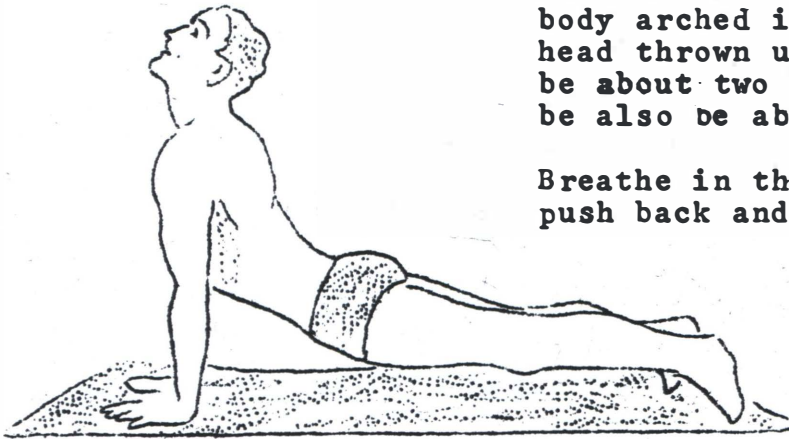
(The seven sub-planes
of the physical)



CHAPTER V SECTION 2 THE WORKSHOP

Exercise #5 The Arch-Demons

The final exercise or rite for conditioning and re-vitalizing the force centers of the Etheric Double starts from this position with the body arched in a relaxed curve with the head thrown up and back. Hands should be about two feet apart. The feet should be also be about two feet apart.

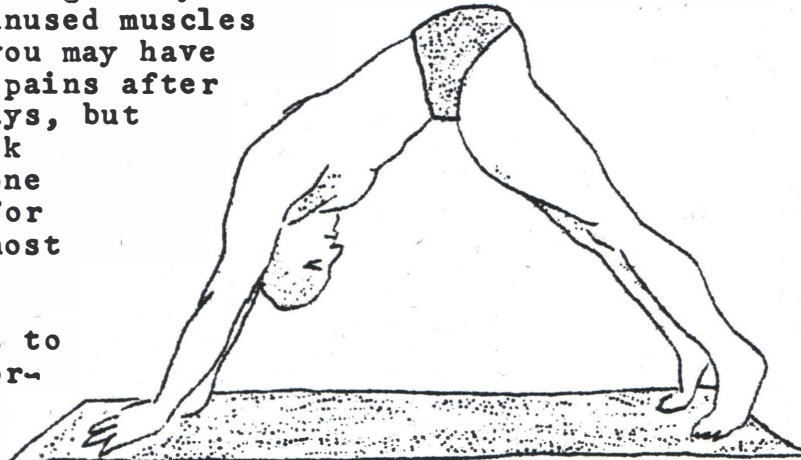


Breathe in through the nose as you push back and up, raising the hips as high as possible, as shown in the lower illustration. At the same time bring your head in between your shoulders until the chin is touching the chest.

Now, lower the torso down slowly to the original sagging-arch position, breathing out at the same time. Be sure to lift your head back up as far as possible to complete the arch and the flexing of the spine.

Remember, these are not primarily physical culture exercises though they will bring hitherto unused muscles into play. So you may have a few aches and pains after the first few days, but but within a week this should be one of the easiest for you to do, and most beneficial.

The goal is to get the seven vertebrae spinning at their normal rate of speed and more or less in unison "at a speed which is normal for, say, a young, strong, robust, virile man of twenty-five years of age".



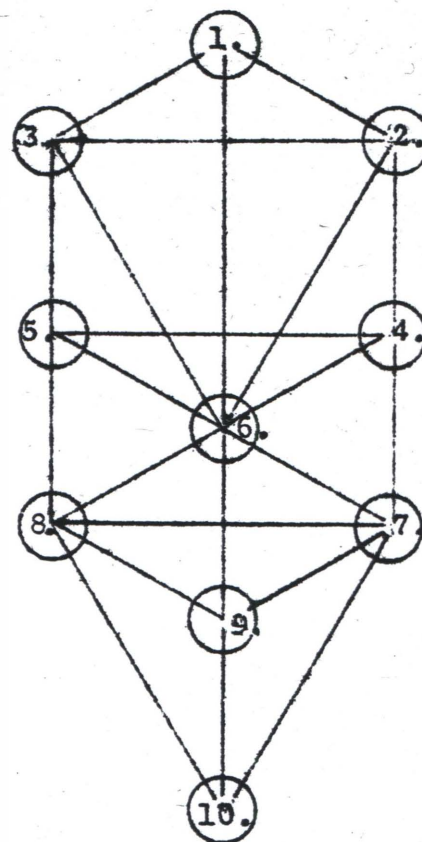
DRILL ON THE ORDERS OF ARCH-DEMONS of the SEPHIROTH

To continue our painless memorizing of the Names of the Forces associated with the Sephiroth on the Tree of Life, let us use the names of the Arch-Demons from Kether to Malkuth as counters for our repetitions of exercise No. 5. You can do them mentally or chant them aloud on the outgoing breath.

These names are not given by Dion Fortune in her book "The Mystical Qabalah". We found them in Geoffrey Hodson's "The Kingdom of the Gods", Part III on the Kabbalah, the chart on the Ten Sephiroth, page 168.

THE ARCH-DEMONS

- | | |
|-----------------|-------------|
| 1. Satan-Moloch | (Kether) |
| 2. Beelzebub | (Chokmah) |
| 3. Lucifuge | (Binah) |
| 4. Ashtaroth | (Chesed) |
| 5. Asmodeus | (Geburah) |
| 6. Belphegor | (Tiphareth) |
| 7. Baal | (Netzach) |
| 8. Adrammalech | (Hod) |
| 9. Lilith | (Yesod) |
| 10. Nahema | (Malkuth) |



CHAPTER V SECTION 2 THE WORKSHOP

Relaxation

By now you should have used the full exercise enough that it can be considerably shortened and still get the same result. If you have been doing it regularly and completely your body, nerves, and muscles should be responding more quickly to your Will or Command. If not, by all means go through the complete exercise as detailed in Chapter IV. If ready for a shortened exercise you could try it this way:

Tell the left foot, knee calf, knee and thigh; relax relax, let go, and take time to withdraw your consciousness from the left leg, feeling it go limp. Now turn your attention to your right foot, knee, calf and thigh; relax, relax let go. Now turn your attention to your torso; the lower part, the middle, and chest; relax, relax let go. Now turn your attention to your left hand, wrist, forearm, elbow and upper arm; relax, relax let go. Now turn your attention to your right hand, forearm, elbow, upper arm; relax, relax, let go. Finally the head and shoulders; relax relax, let go. Now you should be able to feel yourself all relaxed from head to toe.

This means a limpness, a heaviness, indicating a true release of tension all over the body. Remember, your attention and energy have been directed outward in physical activity. Now you want to pivot your whole consciousness 180 degrees to turn inward. All your physical activity must be slowed down, stopped and reversed. These workshop techniques are designed to do just that. Only then can the contemplation of the secret inner life be achieved.

CHAPTER V SECTION 2 THE WORKSHOP

Breathing

Use any of the breathing exercises previously given. Here is a suggested use of the breath to relieve pain in the body given by Professor Alfred Luntz. Try it sometime.

REGENERATIVE BREATHING: "Now, you take breath, the breath of life. It is truly electric; for as you breathe this breath that goes into the lungs, the blood is freed of its poisons; and it goes through the blood stream before it returns out again. Can you imagine how fast that has to travel? Nevertheless, you can take a deep breath; and when you are suffering you can direct this breath-- or what is called prana, life force to the part of the body that is in pain -- mentally direct it -- to rid and take out that pain from that part of the body. Do not expect miracles overnight; but I can assure you that with a little practice, if you will do that and do it three times, deep, through the nostrils and back through the nostrils again (although there are some schools that say to take it out through the mouth) directing that breath consciously, for consciousness is the God-force, your suffering will stop."

Thinking or thoughts are put in touch with the respiratory system through the heart. Thoughts can be acted on by the breathing and they can affect the breathing. The science of breathing is concerned with conscious control of the breath, thus thought is controlled also. Here we have the key to mental control or maintenance of health. Disease is thought manifested in the physical body.

Breathing and thinking are indeed so closely related that we can say both are the cause of physical disease. A thought which is out of harmony with life is carried into or impressed upon the blood by the breath. The blood circulating through the physical body silently speaks that discordant thought into physical existence as disease.

The thought-form must be ensouled or filled with desire before it can manifest in the physical. Breath could be said to represent the higher or mental side of life force. Blood represents the lower or desire aspect of life force. Wrong thoughts can either over-stimulate the flow of blood to where there is congestion, or they can restrict the flow of blood to where there is anemia. So all human disease, pain and suffering, can be reduced down to this simple postulate; too much or too little.

The real, immediate non-physical cause of disease is a sign, seal, or signature on the etheric double of the physical body. The vital and elemental forces respond to the commands of these signatures in the aura.

Section 2 ----- The Workshop

THE INTERWOVEN LIGHT

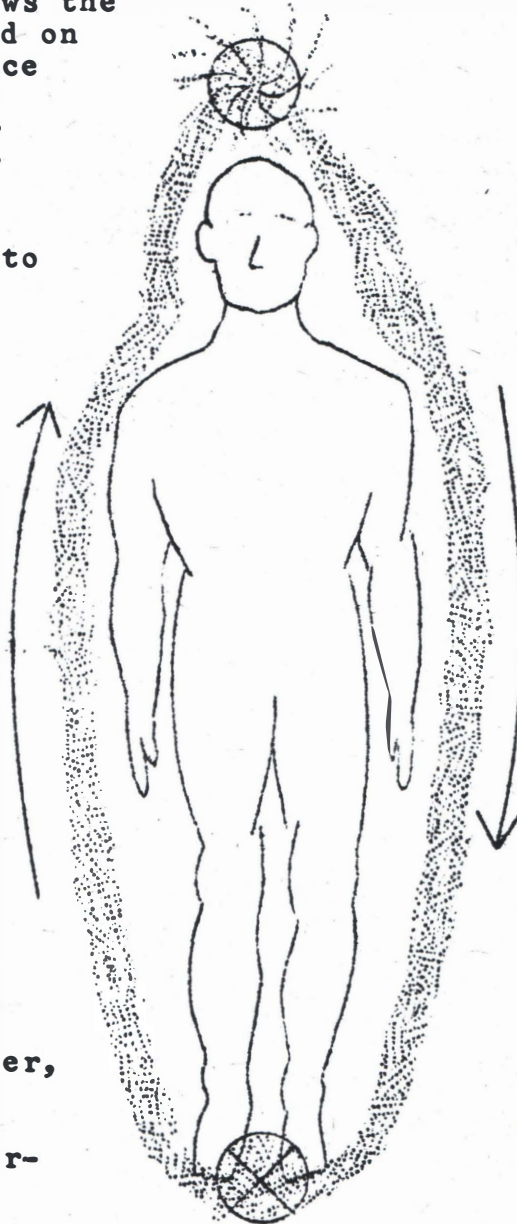
We continue to train the mind in visualization with with drill in one of the basic techniques for stimulating the flow of energy or vitality in the aura. This is called the Interwoven Light in the Western Tradition of the Golden Dawn.

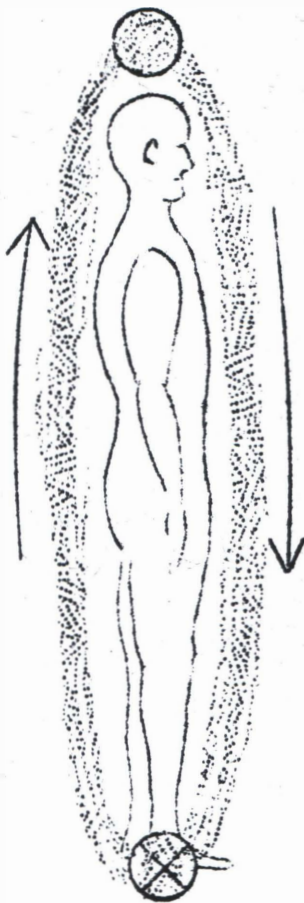
This rite logically follows the Middle Pillar exercise outlined on pages 21 - 22, Chapter IV. Once you have stimulated your force centers or "eyes" into greater activity with visualized color and chanting of the God names, then it is equally important that the energy be directed into healthful, circular movement within your aura.

The conclusion of the Middle Pillar leaves you at Malkuth, the feet, and the sphere of God manifest in Nature, Adonai Ha Aretz.

Now raise your point of concentration back up the legs and spine to the blazing white brilliance of Kether, above your head. Take a deep breath. As you exhale, will and visualize a stream of white light from Kether, descending down the left cheek, left shoulder, arm and side of the leg into the left foot and Malkuth. Will the energy on into the right foot and up the right side, as you inhale, all the way up to Kether,

This completes the first of the three parts of the Interwoven Light exercise.





The second portion of the Interwoven Light exercise or rite is to induce a second stream of white light in the aura, front to back.

Your attention is centered in the I Am, Kether, above your head. Take a deep breath. Will a stream of brilliant white light to descend along the front of your body as you exhale.

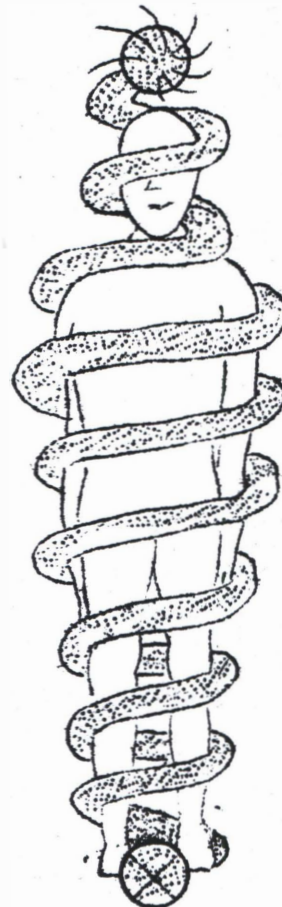
Visualize the light flowing down past your face, over your chest and lower torso, down the legs and into the feet at Malkuth.

Now inhale as you lift the stream of brilliant light up the back of your body from the feet, along the backs of your legs, up the spine and back of the neck and head into Kether again.

Do this several times to intensify the auric current.

The third and final portion of the Interwoven Light starts from Malkuth in the right foot. The stream of white light is then willed into the left foot and around behind the body, spiraling upward in a counter-clockwise direction. You wrap yourself from foot to head in Light, "similar to wrapping a mummy in swathing bandages". The final turn above the head goes into the Sphere of Kether.

For breathing with this you can take one breath, in and out, for each turn of the Light around your form. You'll sense the value of this in advanced work later.



Section 3. HOW TO THINK THE UNTHINKABLE

The method of the Kabala is to identify every factor and force in the Universe and coordinate it in the diagram known as the Tree of Life. The Tree of Life also correlates every force and factor in man. They can be spread out on this occult map for better understanding.

If the Tree of Life of the Kabala of the Western Mystery Tradition is as all embracing as its proponents claim, it includes science, psychology, philosophy and theology within its embrace. With the Tree the relationship between every unit of force and form within the universe can be traced and their relative positions can be seen. No ordinary mortal could have created such a stupendous philosophical structure. The Rabbis are unanimous upon this point. The Kabala was given to man by Angelic Beings. Another order of creation which gave us the abstract concepts by which we illumine our own minds.

Illumination is sought by both the devotional Mystic and the philosophical Mystic. The devotional Mystic is distressed if you ask him to explain the Divine but the philosophical Mystic must know how the Divine ecstasy is achieved. He desires to know clearly the difference between subjective and objective reality.

Buddhist and Hindu philosophical Mystics have developed elaborate systems of philosophy to explain the subjective realities of the Inner Planes. Long courses of mental discipline have been developed by what is called "the Yoga of the East" to explain the unexplainable. The Aphorisms of Patanjali are good examples; but few Westerners have the patience for the hours, days, weeks and months of meditation necessary to gain a gleam of illumination from his Aphorisms.

The Westerner demands a concrete symbol which he can hold before him. The Tree is something the eye can see even if his untrained mind cannot grasp the subjective reality it represents. The Yoga of the West does not demand of its students that they fly before they can even walk. Modern Algebra uses the same principle for uncovering the hidden relationships taught for thousands of years in the Kabala. Let a symbol (X) represent the unknown quantity. Let (Y) represent half of (X) , and let (Z) represent something we know. If we can establish a relationship between (Z) and (Y) , and their proportions, we can eventually express (Y) in terms of (Z) . The knowledge of (Y) will lead us then to some understanding of (X) the unknown.

Now you have some idea of why symbols are used in meditation. They concentrate the mind upon a certain thought. This in turn brings up certain associated ideas. Some of these ideas are from the subconscious, the subjective part of us which is also the reservoir of the feelings.

The Calvary Cross of Christianity is the most common of religious symbols in the Western World. The Gods and Goddesses of Greek mythology were and still are potent symbols of specific Solar and Cosmic forces active here on earth. Phallic symbols are common in the Pagan faiths where there is so much emphasis on fertile fields, flocks and large families.

The invisible forces of our Solar system and the Zodiac are indeed a mystery to the uninitiated; but the Initiate can get in touch with and direct these invisible forces by means of the symbol system of the occult school to which he belongs.

Because of his training he can safely guide his thought out into the unseen and back again. A single symbol representing only one aspect of the universe will not do. The initiate must use a composite symbol. This shows the hidden but very real relationships between the forces of the universe, just as the road map of the United States shows the connecting highways between the cities. The Tree of Life is the road map of the universe for the Westerner.

The initiate, when he starts out, knows only that small portion of the universe with which he is familiar. From this, following his map, he can guess at the function and importance of other parts of the universe. His understanding of First Principles will help him to reason out some of these other relationships. He cannot stop on the highways of the consciousness, but they will enable him to travel from one known aspect to another.

A scientific philosopher will object to the occultist trying to think the unthinkable; but nevertheless it can be done; for the capacity and power of the mind increase with exercise. As the would-be initiate in meditation moves forward and backward between his symbols, he gradually begins to comprehend the incomprehensible. Even the absolute can be symbolized in such a way as to give the mind something to grasp, something which can be labeled; and labels are words. In our study of language, we learn that words precede thought. Rational thinking as we know it cannot be performed unless the objects of thought are identified and labeled. And symbols are the tools of intuition just as words are tools of thought.

Thought grows out of language, This is why the Kabalistic system of philosophy is far richer in ideas today than it was in the time of Abraham or Daniel. Our language is far more rich in words because modern science has increased our knowledge of our universe. Both the telescope and the microscope have helped to make the Kabal a growing system.

Speaking of growth, let us consider the sphere of the Moon on the Tree of Life. From its downward position on the Central Pillar it controls all energy which has to do with growth and reproduction. Note the Paths radiating outward from Yesod, the Moon center. To the materialist these are just lines on a sheet of paper but the discerning student of occult science knows that there are symbols assigned to these paths which represent definite relationships. Hidden but important clues reveal themselves in his meditation for on the Tree of Life one thing leads to another.

The Pantheons and Gods of other systems can be placed on the Tree, also the planet to which the God is related. The Tree of Life opens up whole new fields of understanding over which the mind can range at will along a chain of associations. Planes of consciousness are seen and a symbol with one meaning on one plane may lead to something quite different on another level of consciousness; yet there is a definite association link. The Tree of Life is an all embracing glyph which relates man to his Soul and to the Universe.

It is a map of the inter-linked highways in space or consciousness, where one location or ideologically leads to another just as an accurate road map directs you from one town to another. But to explain the Tree more accurately we must turn to the language of Psychology.

The Tree could be said to be the Universal Mind. This universe is a dream or thought projected by the Universal Mind. We dream also and our dreams come from the hidden part of us, the subconscious. The dream usually is asynthesis, a combination of experiences from our conscious life of the preceding day. So if we think of the Tree of Life as a dream picture in the subconsciousness of God, it dramatizes His thought processes. Our universe, then, is the end-product of the working of God's Mind. The Tree of Life shows how the raw material of the universe is slowly but surely transferred from force to form.


As above, so below. Man is the universe in miniature and the Tree of Life also represents the relationship of forces within his life and within his body. This is why, with such magical knowledge, the Initiate or Adept can look into the future with great accuracy. He knows there is a system of correspondences between his soul and his universe because the raw material of life is channeled along certain well defined pathways. If you can accurately read the signs and omens at the beginning of a creative cycle the end-result can be predicted with some accuracy also.

There is a logical reason for this close relationship between the soul of a man and the universe. Consciousness develops with evolution. What the universe has been and is, we are too in miniature; because we have these universal principles within us we react to universal influences. When those influences can be interpreted correctly both the past and the future are an open book to the inspired gaze of the initiate.

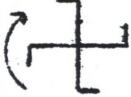

Dion Fortune compares the soul of man to a salt-water lagoon connected with the ocean by a submerged inlet. The connection with the sea cannot be seen but the surges of the lagoon rise and fall with the tide. We have a subconscious connection with the Invisible forces of the world outside us, including the Solar System and the Zodiac; so our consciousness, our soul, rises and falls with the Cosmic Tides. Here we come again to the Tree of Life. Each Sephirah on the Tree is a symbol for a Cosmic Force. When we meditate on that symbol we are in touch with the force to whatever degree or capacity we have developed at that time.

In addition to his subconscious links with the world soul, the student through concentration establishes conscious links; he cuts channels in consciousness through which the water of the universe pours in. Point by point he does this, ten in all, when he meditates on each of the Sephirah on the Tree. The result of this is magical power and a tremendous increase of energy available to the student.

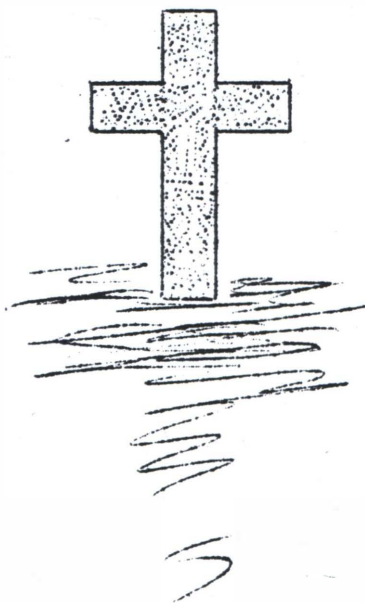
Wherever there is a conscious increase in Power there is always danger of misuse, or that the person achieving it may hurt himself. But if the High Self of man rules his little universe as God rules the Greater One, there will be balance, harmony, and creations of great beauty of benefit to all.

This balance and harmony is symbolized in the equal-armed Cross or the Kabalistic Cross  already given to you for your use in previous lessons.

There are two other variations of this equal-armed Cross with which you should be familiar, the Cross of Creation and the Cross of Destruction. In these two, hooks are added to the arms to indicate a whirling motion or vortex of energy.

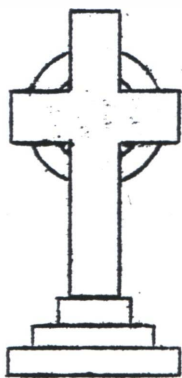
When the hooks are drawn thusly,  it indicates a clockwise movement which is the Cross of Creation. When the hooks indicate the opposite or counter-clockwise direction, like this  it indicates the Cross of Destruction. The Swastika, Hitler chose as a symbol for his destructive philosophy of Naziism.

These forms of the equal-armed Cross symbolize Evolution, Devolution and Equilibrium. They represent also three aspects of God the Father, manifesting as elemental nature. Each arm of the Cross represents one of the elements, Earth, Fire, Air or Water, and the fifth element, Aether is the hub or point where the arms cross. The Cross of Creation is never shown resting on a support of any kind because it functions in Space.

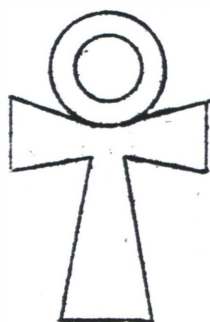


The Calvary Cross referred to earlier is usually shown where the shaft is in the earth. It symbolizes Spiritual Power in manifestation. It is, of course, the Cross of Sacrifice and is the symbol of the Saviours who come to help free the people from their errors and wickedness. They equilibrate the unbalanced force and break up the crystalized institutions which ordinary man cannot or will not change to allow for progress.. The Calvary Cross represents God the Son.

A third form of the Cross with which you should be familiar is the Cross with the circle. This represents God the Holy Spirit. This is the Cross of Life



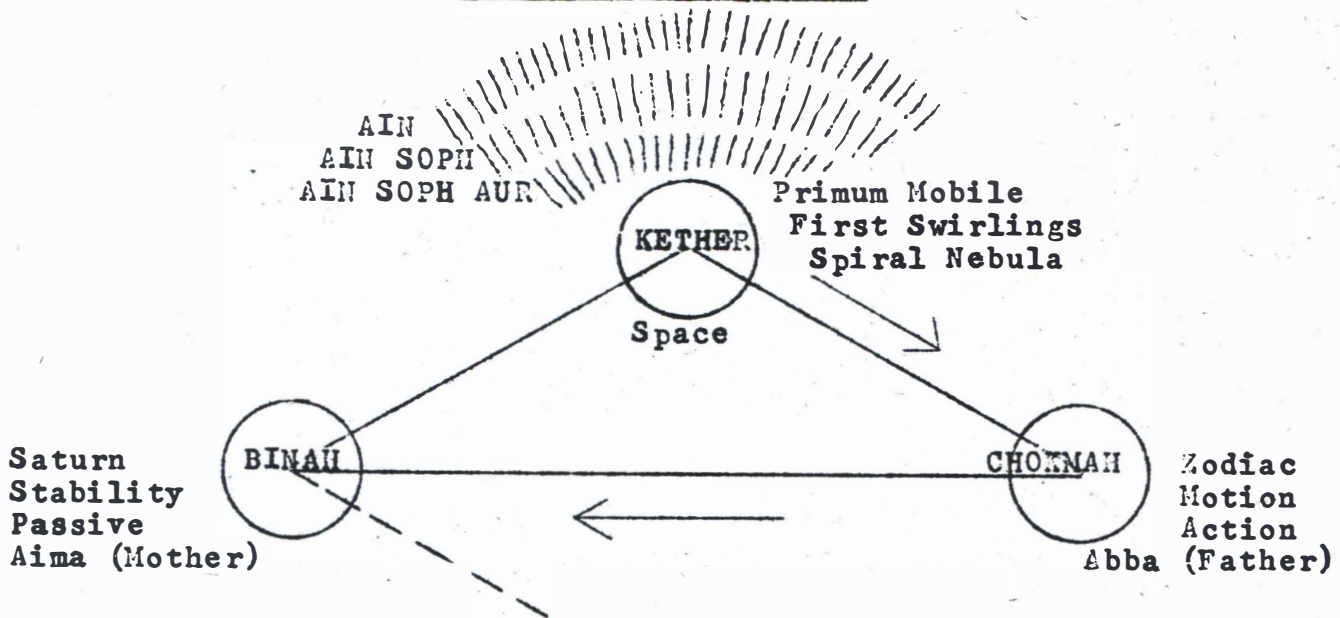
especially if it is shown as a serpent swallowing its tail. Sometimes it is shown mounted on a pyramid or a plinth of three graduated steps. The pyramids suggest force rising from the earth. If the cross with a circle is shown without support, it means that the force symbolized has not yet manifested in matter.



The Cruz Ansata is another form of this Cross of the Holy Spirit or the Holy Ghost. The pyramid idea in this Cross is suggested in the tapering shaft, wide at the base and narrowing as it rises toward the cross arm and circle on top. This is also known as the Celtic Cross.

The Rose-Cross is another of this type with a single rose at the point where the arms cross and standing upon a plinth of three steps.

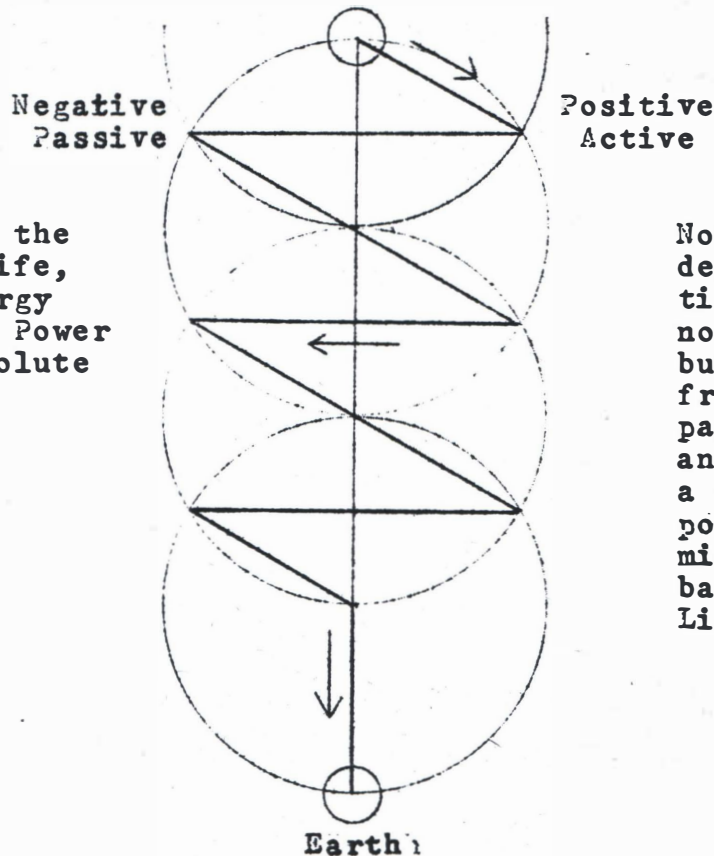
THE CREATIVE TRIANGLE



THE LIGHTNING FLASH

Three Degrees of the Absolute
Equilibrium

Illustrating the descent of Life, Creative Energy or Spiritual Power from the Absolute to Earth.



Note that the descent of Creative Energy is not straight down but oscillates from active to passive, back and forth across a zero or balance point. This rhythmic movement is basic to all Life.

THE CREATION OF THE UNIVERSE

Chapter VI Section 1

The student who has stayed with us this far has already learned something of the language of the Mysteries, he has touched something of the hidden reality behind appearances. As he becomes more familiar with them and with the language, more can be conveyed to him.

As we continue on into space, gaining freedom from the earth, how far into space can we go? No one knows at this time. In astronomical terms the largest known body visible to our sight is the Spiral Galaxie or Nevula. Beyond the Galaxie, or around it, is the black void, the Veil of the Unmanifest. So this is the limit, the horizon of our comprehension.

Kether, the Crown on the Tree of Life represents these First Swirlings in space, the galaxies, and the Unmanifest beyond Kether is shown as three sets of short lines in semi-circles. The Kabala recognizes three planes of Unmanifestation or Negative Existence: The first of these is called Ain, Negativity; the second Ain Soph, the Limitless; the third Ain Soph Aur, the Limitless Light. These are sometimes thought of as Veils; from the last one Kether is concentrated.

Beyond these absolutes our finite intellects cannot penetrate. This reach for wisdom is not hopeless however, for consider the horizon as you see it here on earth. As you move toward it, it recedes away from you. The limit of your physical vision is not a fixed thing; the same is true of your Spiritual vision. As you push forward in the path of Divine Wisdom the Veil of the Unmanifest is pushed further and further away as you develop.

The technique of the Tree of Life allows us to hang the Veil where it is convenient, nor need we strain to push it further away. The development of our Spiritual understanding will take care of that.

The mind of the student is likely to be bare of furnishings when it comes to Cosmic philosophy of the sort we are considering here. the first statements concerning Cosmic origins will therefore have to be dogmatic. From the assurance of those who trod the path before us, we ask you to accept these statements to the extent that you will meditate upon them and practice with them on the diagram of the Tree. Surely in time you will grasp their relationships to each other and to you; for this, educated guesses can be counter-checked by experience. This is all we can ask of you at this present stage of your studies.

We might compare this to learning to riding a bicycle. You can look at a bicycle; you can read about it; but to get the knack of riding it, you must get on and take off under your own power. So it is with the Tree of Life of the Kabala, only the experience of using it will give you the knack.

We term our physical existence as objective, positive, The Veil of the Unmanifest is Negative, subjective, because we can know nothing directly about it. When you try to compare something with nothing, is it any wonder you can not understand it? Yet, this we dare do in our search of truth. The black void of deep space, the Veil of the Unmanifest, must be something if only because all manifestation proceeds from it. On the Tree of Life we show this First manifestation, or Emanation, as the Kabalist calls it, as "Kether." Behind Kether is a Veil of negative existence.

The old Hindu Myth (or is it Chinese?) of Creation illustrates this idea for the simple minded with earth resting on the back of an elephant, which stands on the back of a tortoise, which in turn is supported by an eagle soaring in space.

So the idea of manifested life originating in the Unmanifest from space is very, very old. In the Kabalistic teaching, Kether is sometimes called the Sphere of Space. But now as our rockets push out to the Moon and beyond toward Mars, we realize that there are different degrees of space. The Kabalist sees these as different degrees of consciousness.

But to get back to the beginning of things, whatever that beginning may be, the Kabalist calls it Kether and puts it at the top of the Tree of Life. Now as we continue our occult studies and learn about the beginnings of things, our understanding of Kether will grow. The first Sphere of Space of which we have any knowledge at this level of living is the Spiral Nebula. These are the great Star Cities seen and photographed by our astronomers.

One of the other titles for Kether, the beginning of things, is Primum Mobile or First Swirlings. Evidently the Kabalists were familiar with the idea of Spiral Galaxies thousands of years before the first telescope was set up in Europe in the Middle Ages by Roger Bacon.

From Kether emanates Chokmah, the second Sephira. Another title for Chokmah is the Sphere of the Zodiac. This circling belt of Suns is a secondary system within our own Milky Way Galaxie. There are countless thousands of others, fo course, each circling about its own Central Sun. If the first emanation is Space, this second emanation is Motion.

The third emanation to complete our Cosmic Trinity is Binah which conveys the idea of Stability. One of the basic concepts of modern science is, that space is curved. Obviously, if curved motion proceeds far enough, it returns to where it started and becomes a circle. Thus creation stabilizes itself in space as a spinning circle of force.

Let us continue reasoning by analogy, allowing the imagination to draw pictures on the screen of consciousness. Look again at our Tree of Life with Kether the word symbol for the beginning of things at top center. This is a balance or center point. The other two Sephiroth, Motion and Stability are pairs of opposites. Motion is active, masculine, and stability is passive, feminine. Chokmah and Binah are positive and negative. These ideas are illustrated in more human ways by the early Kabalists in calling Chokmah, Abba the Father; and Binah, Aima the Mother.

The whole of manifested life as we know it shows this principle of polarity, the pairs of opposites. In the Tree of Life, this is shown by the three columns. The Emanations are shown on one or another of these columns and with this principle of polarity in mind, as soon as you know where an emanation is shown on the Tree, you know its polarity. It is active, or passive, or in equilibrium on the middle pillar of the Tree.

"Male and female created He them." The male is active the female is passive and He is in the Middle.

In the foregoing paragraphs we have taken the profoundest ideas of occult science and related them to certain basic concepts about the visible universe discovered by the science of astronomy. We hope we have bridged for you the gap between physics and metaphysics. The most abstract of speculations has been tied to commonly accepted pictures of space and the First Beginings of a visible universe.

The metaphysics of the beginnings of a universe have certain fundamental principles which are entirely beyond the material plane. Yet we believe you'll agree that these can be satisfying to the mind when presented in this way. Turn now and look back, and see how far you have come from the mental limitations you previously had. Now you know it is possible to go into the unseen. You can work your way from the known to the unknown and, in doing so you'll have already advanced to an area of the mind beyond the limits set by many a learned man of your generation.

We can truthfully say that the ancient myth-makers meditated with their imagination. Now you know something of how ancient myths were created. The myth-makers of old meditated on the beginnings of things and came up with something similar to what we have outlined above.

Remember this truth, when the mind is working correctly and according to its nature it apprehends truth. Let us now examine an early Christian Myth, creation as described in Genesis:

"In the beginning the Earth was without form and void."

That was Space.

"And the Spirit of God moved upon the face of the waters."

That was Motion.

"And He divided the waters from the waters, and He made the firmament."

That was the principle of duality. Finally there was stability. This analogical method of picking up the trail of truth may be new to you and not completely satisfactory because it gives you only glimpses; nevertheless, if you are sincere in your search for the reality behind appearances you should get some thrill of satisfaction out of this method.

There is a knack to it, and it comes only with practice. Eventually, your mind will be able to focus on abstract ideas, without effort and with great skill.

Always remember that at this stage of your study and for sometime yet these great abstract concepts are only working hypotheses for you. Without the ability to get behind appearances in full consciousness, you cannot directly test the truth of your conclusion. Sometimes they will leave you bewildered. The pleasure should tell you that the mind is thinking true. The uneasiness should be taken as an indication that you wandered astray. Yet this is the technique of higher consciousness and you must persist.

You must learn to trust your imagination. It is a tool for operating in a realm shunned by orthodox science; for here reason cannot be checked by direct observation. Nevertheless, the highly respectable and erudite philosophies of Greece and India were developed in just this fashion.

This method is also used by the leading philosopher-scientists of our time, who dare to break away from orthodoxy and reach out into the realm of the unknown for new answers to old problems.

Einstein: "I believe in God l l l who reveals Himself in the orderly harmony of the universe. I believe that Intelligence is manifested throughout all Nature. The basis of scientific work is the conviction that the world is an ordered and comprehensible entity and not a thing of Chance."

J. B. S. Haldane: "The material world, which has been taken for a world of blind Mechanism, is in reality a Spiritual world seen very partially and imperfectly."

"The only real world is the Spiritual world The truth is that not Matter, not Force, not any physical thing, but Mind, personality, is the central fact of the Universe."

Kirtley F. Mather, geologist, Harvard: "The nearest approach we have thus far made to the Ultimate, in our analysis of Matter and of Energy, indicates that the Universal Reality is Mind."

There is a hint here that the study and practice of occult science will enable one to produce moments of inspiration at will; if so, initiation in the Mysteries should enable us to produce genius at will.

Relaxation

Time to remind ourselves once again of this essential part of physical health and spiritual development, the Art of Relaxation. The continual and deliberate use of this technique should by now have convinced you of its worth, using the full ritual described in Chapter IV, page 16, or the shorter form described in Chapter V, page 36.

The goal is expansion of consciousness. This can only be achieved by release from the tomb of the flesh. Sometimes this happens spontaneously -- probably done for you by your Teacher, for the sake of your own experience. Temporary release and expansion can also be achieved through the use of drugs or hypnosis. What we're aiming for is self-hypnosis or auto-suggestion -- a willed release or expansion under conscious control.

The demands of the body are quieted. The physical senses are shut down, and the psychic senses opened up. 100% success in relaxation puts the body in a deep, cataleptic trance, the rigidity of temporary death -- which indeed it is. This self-mastery may be years ahead of you yet but you should have an idea of the direction in which you are headed.

In his excellent book on "The Power of the Mind", Dr. Rolf Alexander discusses both Eastern and Western theory of hypnosis. In the chapter on Autohypnosis he writes: "Western psychology divides the hypnotic state into three main phases: (1) Light hypnosis (heightened suggestibility), (2) deep hypnosis (lethargy and catalepsy), and (3) somnambulism (complete abnegation of will)." His system of "creative realism" was published by Werner Laurie, London, 1958.

Another excellent case book on auto-hypnosis is Oliver Fox's "Astral Projection", published in England just before World War II, and republished in the U.S. in 1962 by University Books, Inc., New Hyde Park, New York.

Breathing

Continue with the rhythmic breathing exercises suggested in the Workshops in the previous chapters. Work toward increased capacity, holding, and smoothness of intake and discharge. Unknown to you, there is invisible breathing going on as well. It is time you learned something of the intake and distribution of vitality through your Spleen center.

THE INVISIBLE BREATH OF LIFE

Adapted from C.W. Leadbeater's
Book on "The Chakras"

The vitality which sustains us comes from the Sun. It is not the same as electricity. It is a form of energy which has not yet been perceived or identified by science. Light, heat and electricity we know and identify, and these effect the molecules of our body from without. Vitality wells up from within the physical atoms. This means that it manifests from a higher dimension.

Some sensitive people can see this vitality dancing in the sunlight as transparent globules. Their brilliance and activity indicate the stimulating feeling one gets from breathing clear sunlit air. Direct sunlight only seems to create this vitality; for the presence of the vitality globules is greatly diminished in cloudy weather and at night. Early in the morning they are gone altogether. This apparently is one reason why gravely ill people so often pass away in the early morning hours. Thus also a long series of cloudy days has a depressing effect on us.

"As above, so below." This principle of occult science indicates that vitality in higher forms or aspects is also available to our emotional, mental and spiritual bodies on sunlit days. So the student of metaphysics must realize that a sunlit environment is best for him as it is for most other people.

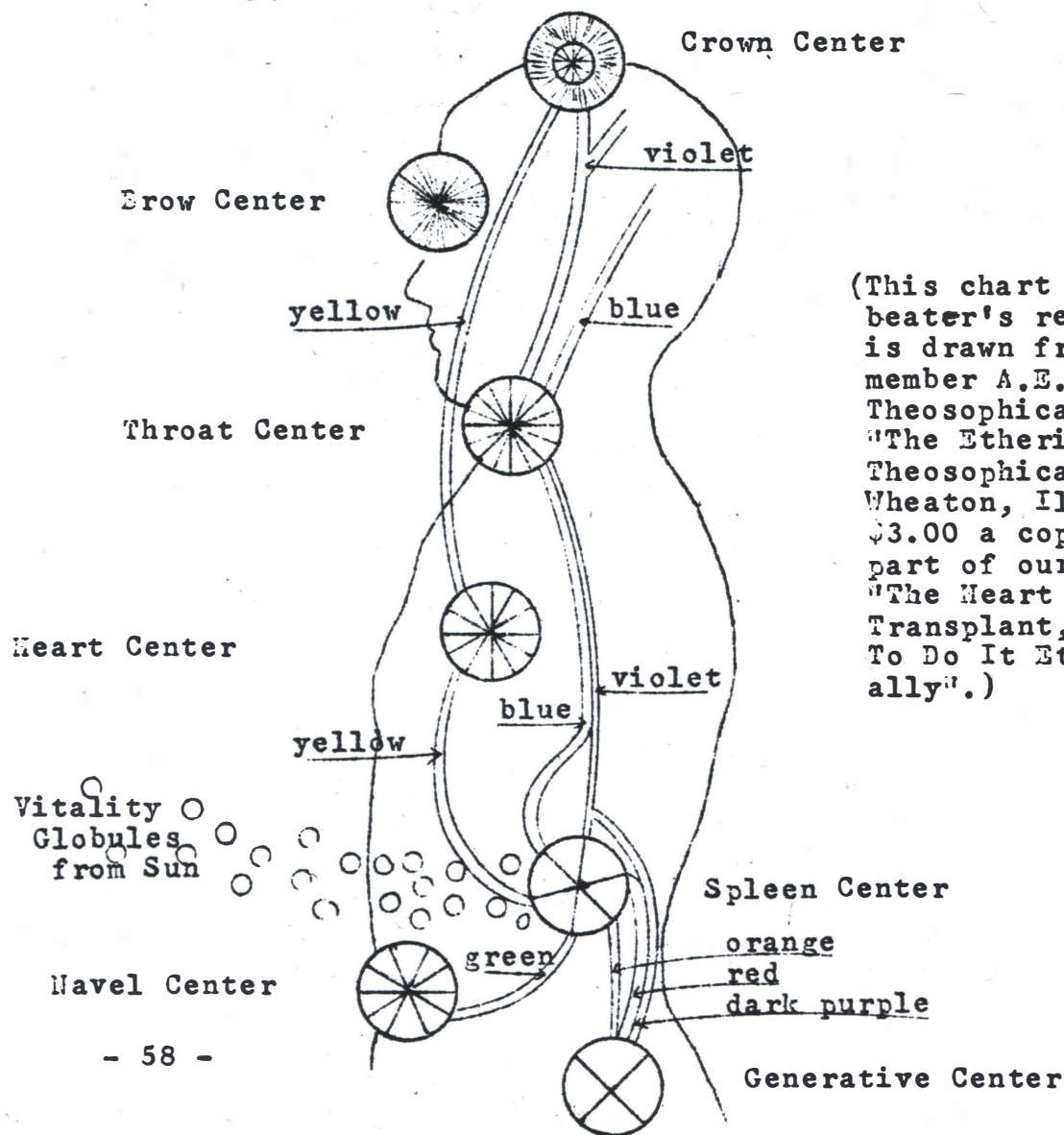
Leadbeater says that prana is the Hindu or Sanskrit term for vitality. We learn from Max Freedom Long that mana is the Hawaiian term for the same. The absorption of these brilliant, fourth-dimensional particles into the body is a hidden part of the breathing process. It is a continuous part of the life process but forced or rhythmic breathing increases and concentrates a greater supply of this energy. This is why rhythmic breathing is such a very important part of student training and development. You should know something of this hidden aspect. With his trained sight, Leadbeater could actually see these vitality globules being drawn into the etheric double of the physical body through the Spleen force-center on its surface and not into the lungs through the nostrils.

In the atmosphere the vitality globules are brilliant white, almost colorless. The Spleen acts like a prism, separating and distributing this special atomic energy of the sun. It looks like a funnel-shaped vortex as the vitality globules enter. They are divided into six streams of different colors.

Leadbeater says each globule is composed of seven atoms. It

is the atoms which separate and take on distinct coloring as they are distributed to other centers of the etheric double and body. The Spleen center has six well-marked spokes radiating outward from the central hole. Six of the atoms move out individually along these spokes. The seventh becomes pink in color as it goes through that central hub and is distributed throughout the body along the nerves (which are more properly part of the etheric double than the physical). This is the healing energy which can be transmitted to others by the laying on of hands.

A pair of atoms are violet-blue in color and move up to the throat, where they divide. The light blue one quickens the throat center. The dark blue or violet goes up into the brain. It seems to help vivify the crown chakra or force center. The yellow atom is channeled into the heart center but some of that even passes on up to the brain and the crown center. A fifth atom becomes green. This moves on to the abdomen and enters into the Solar Plexus. Its job is to vivify the liver, kidneys and intestines. The sixth and seventh atoms are orange-red and they turn downward to the base of the spine and the generative organs.



(This chart of Leadbeater's researches is drawn from BSRA member A.E. Powell's Theosophical book, "The Etheric Double". Theosophical Press, Wheaton, Illinois \$3.00 a copy, and is part of our new talk, "The Heart to Heart Transplant, and How To Do It Etherically".)

BREATH CONTROL OF PAIN

The Sages both East and West tell us that it's possible to arrange our thinking so we can live a life free from pain. This idea is based on the principle of mind over matter. If we are in pain now it is the result of wrong thinking yesterday. Change your mind and you can change your body.

One of the most direct ways of getting into the body with the conscious mind is through action of the blood. Ordinarily we leave this control to the subconscious mind through the sympathetic nervous system. Get into an exciting situation, you start breathing faster; you tense up; this tension increases pressure throughout your system; the heart beats faster against this pressure; and the circulation of the blood is speeded up. This is unconscious or automatic reflex action.

We have also stated the law for a natural sequence of events which can be started by the conscious mind at any time. Here is the secret of conscious control or neutralization of pain.

Remember that the bloodstream carries nourishment to all parts of the body. It also carries away poisons. Pain is the result of injury or the accumulation of poisons in that part of the body which hurts. The theory is that if you increase the flow of blood to that area you speed up the healing process and also the removal of poison. This can take care of the pain too.

You dont have any conscious control over the action of the heart, fortunately; but you do have conscious control of your breathing when you want it. You could speed up the heart action by forcing yourself to take quick, short breaths; but this isn't the higher way of the Kabala or of Yoga.

Three slow, full, deep breaths should do the trick. An increased supply of vitality, mana or prana -- part of your invisible breathing -- comes in with this increased supply of air. If the indrawn breath is held in the lungs for a few moments, its increased charge is imparted to the body and blood. In this exercise in self-control it is important that yuu consciously concentrate this extra creative energy in the area signaling for help.

For example, you have a sore knee. Slowly draw in a full breath through your nostrils. Concentrate on the knee and direct this extra energy there. Feel this healing power flowing to the area of pain. Then slowly and steadily breathe out through the nostrils. Repeat the exercise a few times then forget it for awhile. Naturally you cannot expect perfect results at first but continued practice will bring success.

CHAPTER VI SECTION 2 THE WORKSHOP

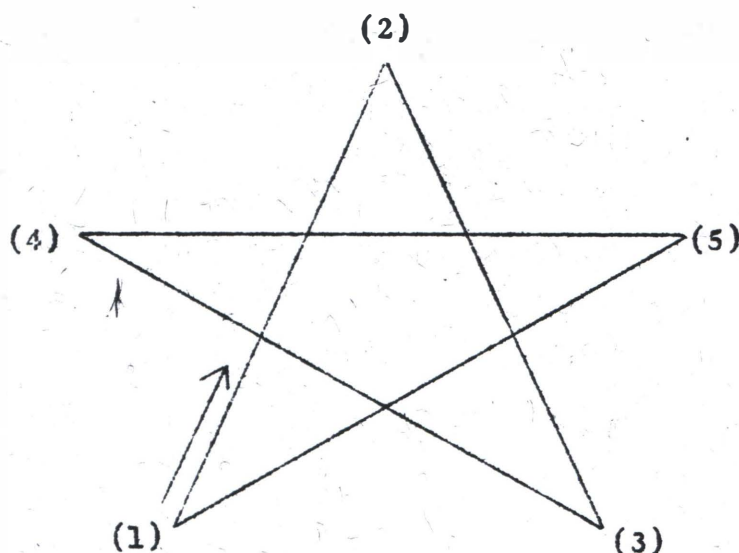
Visualization

THE LESSER BANISHING RITUAL OF THE PENTAGRAM

The Kabalistic Cross is the first part of the what is called the Lesser Banishing Ritual. Refer back to it on page 3, Chapter IV. We believe you are ready now for this comparatively simple magical ceremony. Its purpose is to clear your aura and room of bothersome Elemental forces of the Etheric and Astral Planes. Some of these you have created out of your own fears and selfish desires, other, independent entities you have attracted to you and bound to you by habits of long years standing. Still others are attracted by the Light you release in meditation. So, it is good to use the Lesser Banishing Ritual before every daily meditation period or other magical ceremonial. It creates a protective magical circle within which you carry on your spiritual endeavors.

You perform the Cross facing East. The Lesser Banishing Ritual of the Pentagram also starts from the East. At first, this bit of magic may seem unduly complicated. The demand to make gestures, sound strange words and mentally create shining geometrical and angelic figures, all at the same time, may discourage you to the point of quitting; but who is to judge the quality of your performance but yourself? Daily repetition of this will make you just as talented as you are in your other acquired skills. If ceremonial magic comes natural to you, it is probably because you've had a recent embodiment as a priest, priestess, sorcerer, witch or warlock. The old skill is there, latent; this time you'll use it to better and higher purpose.

The five-pointed star, the Pentagram, is drawn life-size in the air before you, using a full-arm motion with the elbow straight. A wand, dagger or sword held in the right hand as you draw the four geometrical figures helps concentrate the force. If you use such a magical implement dont use it for anything else. Keep it with your other ceremonial gear. Some wrap it for storage in a silk cloth to hold the magnetism. If you dont use an implement, point with the first two fingers of the right hand, holding the other two close to the palm with the thumb. For this banishing ritual, each pentagram is drawn in one continuous stroke, always in the same clockwise direction, as indicated in the following diagram, and always with the point up! The starting point (1) is outside and below your left hip; therefore your right arm at the beginning will be straight down across your body, with your right hand outside and below your left hip.



You are standing erect, of course, facing East. Now you make a sweeping, full-arm gesture from Point 1 to Point 2, directly above your forehead as far as you can reach comfortably. Now make your second sweeping, full-arm gesture from Point 2 to Point 3, below and outside your right hip. Again the sweeping, full-arm gesture across and up in front of you to Point 4, on a line with your left shoulder and past it. From Point 4 to Point 5 the next gesture is horizontal, shoulder height, out to the right at arm's length. You now close the figure and complete the first of the four Pentagrams by swinging your straight arm from Point 5 back down in front of your body to Point 1.

The next step in the ritual is to charge this Pentagram of the East with blazing Light. Bend your right arm now, put one foot decisively forward and jab or thrust your ceremonial weapon into the center of the Pentagram you have drawn -- invisible to you but visible to creatures of the next plane of consciousness! As you make the forward thrust and hold it, chant aloud the God-name, Yod-He-Vau-He. It is very important that you visualize a line of Light as you draw your five-pointed star, and that you visualize the star being filled with Light during your chanting.

Now step back to your original, feet-together position at the center of your magic circle, and turn to the South (clockwise), bringing your straight arm back to its original starting point, Point 1, outside and below the left hip. Your second five-pointed star, the Pentagram of the South, should now be drawn in the air before you in the same identical fashion as the first, starting at Point 1 and returning to it. Again you put your best foot forward, jab at the center of the Star, and chant the second God-name as you

visualize the geometrical figure filled with Light, Ah-Do-Nah-Ee (Adonai).

Continuing in a clockwise direction you now turn to the West and draw the Pentagram of the West, just as you did the others, one continuous line from Point 1 through Point 5 and back to close the figure at 1. The God Name for the West is Eh-Heh-Ee-Yeh (IHEH).

Continue the building of your magic circle by turning now to the North. Draw the Pentagram of the North, following the diagram and using the same movements. After stepping forward and thrusting forward to charge the center of the figure, chant Atoh-Gebor-Le-Olam Ah-Do-Nah-Ee (AGLA).

You have now built four Pentagrams at the four points of the compass, a magic circle, with yourself at the center, as you complete the clockwise movement and face East again. You have actually impressed these figures with your will and your action on the imponderable Ethers about you. If you visualized a stream of brilliant, white light flowing from your sword or the tips of your fingers, the figures are that much stronger. From the material or physical point of view, the great, great secret of ceremonial magic is the ability to visualize sharply and clearly the thing desired, and then to charge the image with equally invisible but very real creative energy, mana, prana or vitality. Unless you have clairvoyant sight you will not see these Pentagrams, but they are visible tangible barriers to the entities of the Astral planes. At present you have only your faith to tell you this. Persist in its regular use for a year and there should be a notable decrease of troublesome interference in your daily affairs, This is the pragmatic test.

EVOKATION OF THE ARCHANGELS

At this point your Lesser Banishing Ritual is only half done. Equally important is the evocation and visualization of the Archangels of the Four Directions. Your circle was completed by facing East. The remainder of the ritual is done facing this direction. With elbows straight, raise the arms to shoulder height, making a Calvary Cross of your body.

Raphael

Raphael (chanted Rah-fah-yell) is the Archangel of the East, Lord of the Element of Air. His predominant coloring is yellow, set off by mauve. Visualize this towering, colorful figure before you, facing you, as you chant this summons or invocation.

"Before me, Raphael."

Each of these chants should be drawn out to the full breath. You'll need that much time and more, anyhow, to visualize the protective figure of the Archangel as fully and clearly as possible. Strengthen the impression by "feeling" a gentle breeze or wind blowing from Him past you. If you are familiar with the wonderful Angel God paintings in Geoffrey Hodson's "Kingdom of the Gods", or H.K. Challoner's "Watchers of the Seven Spheres", form your mental images after these inspiring pictures; otherwise, use the conventional Christian angel form.

Gabriel

Gabriel (Gah-bree-yell) is the Archangel of the West, Lord of the Element of Water -- and the Moon, by the way. He is the second archangel invoked in this particular ceremony of cleansing and protection. His predominating color is blue, set off by complimentary flashes of orange. Visualize this towering, flaming Being standing behind you, facing you, as you chant His name.

"Behind me, Gabriel."

You can "see" Him holding aloft a blue cup or chalice of water, streams of water at His feet, and the power or roar of a cataract, falls, or heavy surf coming from Him to you. The cleansing effect of fresh breezes and running waters should be obvious, shouldn't they? Remember that you are standing erect, facing the East, and with arms outstretched, palms up, during this part of the ceremony.

Michael

Michael (Mee-kah-yell) is the Archangel of the South, Lord of the Element of Fire. His control, above all, holds the power of the primitive, unbalanced earth forces in check. His predominating color is red, with contrasting flickers of green. Visualize Him as a mass of roaring flame -- tremendous power under perfect control -- surmounted by a face of surpassing beauty, eyes ablaze with power. Michael extends to you a sword of Etheric light, held upright. It is yours to take, and wield, in the Service of the Light!

"On my right hand, Michael."

Auriel or Uriel

Auriel (Aw- or Oo-ree-yell) is the Archangel of the North, in this ritual, the Lord of the Element of Earth. In its positive aspects the Earth is the Mother, the nourisher of our bodies. So visualize this gigantic Earth God as extending the abundance of Nature to you. His colors are olive, russet, citrine and black, with dark green predominating. He stands amid green grass or waving grain

and extends sheaves of grain or corn in both hands.

"On my left hand, Auriel."

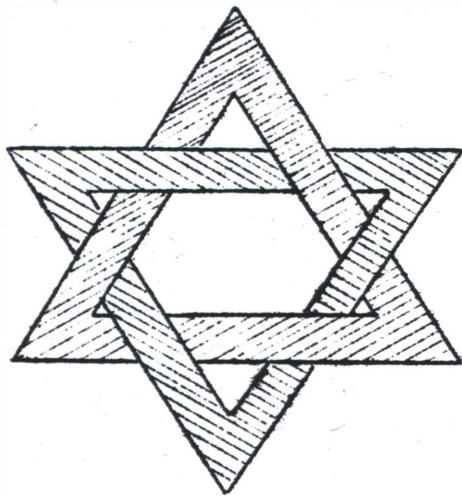
Authorities are not agreed on the spelling or pronunciation of Auriel; so chant the one which appeals to you. There is disagreement on other minor details of the Ritual also; you can only choose between them.

Now for the final two chants and visualizations of the Ritual, as you stand there facing the East, with arms still upraised. Visualize again your four Pentagrams, ablaze with Light and Power, between you and the Arch-angels.

"Around me blaze the Pentagrams."

The final figure is the symbol of the interlaced triangles, the Yechidah, the I Am Presence over you. The upward pointing triangle is yellow. The downward pointing triangle is red.

"Above me shines the six-rayed Star."



The Six-Rayed Star

This should be sung or chanted out to the full breath, on the same tone as all the rest, while you imagine this symbol of the Perfected Man above your head. Only after this do you lower your arms to your sides. The Lesser Banishing Ritual of the Pentagram is then completed just as it was opened, with the Kabalistic Cross.

There is good authority for placing the I AM-symbol above the head rather than in the Christ-center, the heart, or elsewhere in the body. The Master Koot-Hoomi reminded the Englishman, A.P. Sinnett, of this during their correspondence of the 1880s.

You'll find this in Jinarajadasa's "Early Teachings of the Masters", the Chapter titled "The Principle of Life", where Sinnett picks up a previous remark of Koot Hoomi's: "Remember that there is within man no abiding principle." To which Sinnett asks, "How about the sixth and seventh principles?"

And here is the Master's lengthy reply, quoting from authorities of our own Western Mystery Tradition. "Neither

Atma nor Buddhi were ever within man -- a little metaphysical axiom that you can study with advantage in Plutarch and Anaxagoras; the latter made his nous autokrates -- the spirit self-potent -- the apeiron that alone recognized noumena; while the former taught on the authority of Plato and Pythagoras that the Oiakonimos or the nous (I Am) always remained without the body, that is, floated and overshadowed, so to say, the extreme part of man's head. 'It is only the vulgar who think it is within them,' says Buddha; 'you have to get rid entirely of all the subjects of impermanence composing the body, that your body will become permanent.'

"The permanent never merges within the impermanent," continues Koot Hoomi, "although the two are one. But it is only when all outward appearances are gone that there is left that one principle of life which exists independently of all external phenomena. It is the fire that burns in the eternal light, when the fuel is expended and the flame extinguished; for that fire is neither in the flame nor in the fuel, nor yet inside either of the two, but above, beneath, and everywhere."

SOURCES

The Banishing Ritual we give here is taken from Dr. I.F. Regardie's "The Middle Pillar", and from W.E. Butler's "The Magician, His Training and Work". Their source was the teachings and practices of the Order of the Golden Dawn, an occult lodge of the Western Tradition organized in London in the 1880s by MacGregor Mathers and Dr. Wynn Westcott.

Mathers found, or was led to, a treasure trove of occult lore in the safe-keeping of the British Museum, Latin and Italian manuscripts deposited there by previous students on the Path. Westcott and other of the early Golden Dawn associates were members of Masonic and Rosicrucian orders in England. They received inspiration and information from the earlier writings of Eliphas Levi (see his book, "Transcendental Magic") who studied metaphysics largely from French sources. The Golden Dawn was also in touch with a German lodge of the Western Tradition. Mrs. Crabb and I do not pretend that we have access to secret knowledge not available elsewhere. Any metaphysical teacher who does make such pretensions is either deceiving himself or is a liar.

The technical knowledge of occult science and ceremonial magic is no more secret and specialized than is the knowledge of medicine, or law, or nuclear physics; and it takes just about as many years to learn the theory and laws, and to develop the skills with actual practice. Would you expect a highschool freshman in mathematics to solve problems in trigonometry and calculus of a fourth-

year university course? He can buy the books, but without the "initiation" of eight years of study and practice the advanced work is beyond his capacity; so it is with occult science. The secret is in the years of patient study and practice in power, wisdom and love -- in service.

Dr. Regardie learned the occult science of "The Hidden Reality Behind Appearances" at the feet of Aleister Crowley. He told us he became Crowley's secretary at the age of 19, in London. The tragedy of Crowley was that he didn't have to work for a living in his early years, he inherited a considerable fortune from his father. Thus he was free to throw himself wholly into the study of occult science as a member of Mathers' Golden Dawn order, but he was under no compulsion to make himself useful to others!

But Aleister was under compulsion to get money somehow, after dissipating his way through his patrimony; so he began publishing the extensive material of the Golden Dawn under his own name in a magazine he called "The Equinox", and in many books, such as "777", now a standard work of occult relationships in the study of metaphysics. We can be thankful Crowley broke his vow of secrecy to the order and gave its valuable materials to the world but the resulting conflict with MacGregor Mathers helped to break up the order.

Regardie told us he brought a mass of Golden Dawn manuscripts to America from England in the 1930s and sold them to Aris Press, 189 West Madison, Chicago, Illinois. for \$1000. The press soon published them in a four-volume set (but now out of print).

The Golden Dawn was re-formed after Mathers' passing, for a new, younger generation of students, including Dion Fortune among others. Later she formed her own physical plane school, The Society of the Inner Light, in London, and rewrote the Kabalistic teachings for her own generation. Her writings on occult science are well worth anyone's time and study. Her "Mystical Qabalah" is the handiest reference work on the subject under one cover. She writes from experience and so does her star pupil, W.E. Butler.

He writes for the person who is seeking or has chosen the Hermetic Path. This is the Way of Knowledge and this is the logical Path for the philosopher, the scientist, the historian, the scholar, the teacher, the playwright, the organizer of men and human activities in any field, be it politics, economics or religion. The Way of Ordered Knowledge gives understanding and control of the Laws of the Universe. The Initiate on the Hermetic Path becomes an engineer of the Solar System, directing Solar energies

according to the Plan of Evolution. The blueprint is carried in the mind of the Solar Logos, the creator of our little universe. The best thing we can do is find out what that Plan is and work with it. To most people this is all a Mystery -- which is why we speak of the Mystery Tradition. Each generation unveils a little more of the Hidden Wisdom. This is why the Mysteries must be continually rewritten and updated, as we are doing in these lessons. If we have any authority it is only the experience derived from ten years of unremitting work with this fascinating material. As far as we've gone, we've proven that it works. This is encouragement enough to continue on and prove out the rest of it in actual practice.

THE ANGEL EVOLUTION

For you, use of the Banishing Ritual may for the first time bring you into conscious contact with members of the Angel evolution. We understand this is to be one of the major developments of the New Age, conscious recognition of and cooperation with the Angels.

This has not been encouraged in the past because of the danger of being taken over and used by members of the lower orders. With the Banishing Ritual you establish your authority over the elementals of earth, air, fire and water by recognizing their Lords, the Archangels, and making connection with them by name and by visualization. The lower orders are held at arm's length, so to speak, by your magic circle of pentagrams. By stamping your aura with the seal of the Archangelic Overlords, when you sound the note of healing, or protection, or constructive visualization for yourself, your friends or loved ones, or those who come to you for help, your note carries the overtone of authority of the Lord of the Element needed to fulfill your prayer or visualization.

You can make a deal with non-human entities if you want to, and gain super-human powers for a time. This has been dramatically portrayed many times, in Goethe's "Dr. Faust". Always remember this, if the note you sound with thought and feeling on the Inner Planes is a false one, it will attract false entities. If your desire for added power is a selfish one, selfish beings will gladly come and try to make use of you, even as you try to use them! And, unless you have exceptional will power and can maintain your guard day and night, they will win; for you need rest and they don't!

"So then, my beloved, even as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; for it is God who worketh in you both to will and to work, for His good pleasure."

Apollonius

CHAPTER VI SECTION 3 DISCUSSION

The Powerful Leverage of Ritual

In July 1963 we lectured on "Color, Bridge to the New Age" at a New Age church in Santa Monica, California. Afterward, one of our Associates took us aside to describe the problem of a dear old friend. She told us of an old, old friend, an immigrant, only surviving member of a large family of Irish Catholics. But this lady was a heretic. She had left the Church years before, and refused to return to it. Now she was at death's door and had been for days and days, with illness and old age. She wanted to die but couldn't. Some invisible force seemed to be holding her back, holding her in the worn out old body against her will.

Our Associate told us that one night, while visiting her sick friend, she distinctly heard chanting, in Latin. Another visitor, with some clairvoyant ability, distinctly saw two nuns leaning over the invalid's bed!

"Sounds to me as though the Church's Astral operatives are successfully holding the old lady in the flesh, until she recants and asks for the last rites from a priest," we suggested to the Associate. "The Church never forgives or forgets."

"But they cant stop a person from dying!" the Associate protested.

"Oh, yes they can. The higher echelons of the Church study occult science and practice it -- as you now know from direct experience! You'll have to do the same, if you want to help your old friend."

"How can we do that? We've already prayed for her as much as we can."

"Ordinary Christian prayers, by untrained minds, are ineffective against such forces, drawn from the earth and knowingly directed through study and practice -- for selfish ends. Only ceremonial magic will give you the necessary mental and spiritual leverage to give those Catholic spooks the old heave-ho out of there. You have the Lesser Banishing Ritual of the Pentagram we published in our Journal. Use it."

"But I dont know how to do ritual," she objected. "Cant you do it for her?"

"No. This is your case. The old lady asked you for help and you can help her with this powerful mental tool. Get the description of the Ritual out, find a quiet place in your home where you can work undisturbed. Hold the description of the ceremony in your left hand so you can read it. Hold a knife in your right hand and bull your way through it, making the right gestures and saying the words just as directed. Do it in the name of the healing Christ and for the sake of the old lady, that her prayer for release be granted."

A few days later we had a letter of thanks from the Associate. The Lesser Banishing Ritual of the Pentagram did work. She called in two other friends who were also concerned about the old lady's suffering. They also had the necessary understanding and were willing to help. They worked alone in their own homes. Late that same evening the old lady went peacefully into a coma and passed on the next morning, finally free from the tomb of the flesh.

Here is another example of the power of ritual prayer. We had been counseling a lady bothered for years by obsessing entities. At 3 a.m. one morning our phone rang. The lady was desperate. She was afraid now her Astral or Etheric tormentors were going to do her in for sure. They appeared now in space age trappings, with ray guns in their hands, standing in the corners of her bedroom, directing deadly beams at her.

Were these creatures of her own over-wrought imagination? Or were they actually independent elementals, attracted to her by some witchcraft out of her own past lives? Who knows. Anyhow, we told her to go back to bed and hung up the phone. We stood right there, visualized the sufferer standing beside us, and went through the banishing ritual for her sake. Then we went back to bed ourselves.

A few days later there was a grateful letter in the mail, backed up with a substantial check. It is this kind of practical experience which confirms our faith in the Western Mystery system we offer in these pages.

CHAPTER VI SECTION 3 DISCUSSION

Telepathy

In 1962 an unusually fine book, "Beyond Telepathy", was published here in America. The author was Dr. Andrija Puharich. So good was the book that Dr. Eugene Kon-neci, bio-physicist of the National Aeronautics and Space Administration, recommended it as a text book for astro-nauts and others interested in space travel for human beings.

Some of you may have read or heard of his first book, "The Sacred Mushroom", the fascinating story of his researches in the psychedelic properties of musyrooms, especially Amanita Muscaria.

Puharich's "Beyond Telepathy" gives some conclusions and data which are quite new to me and I suspect they will be to many of you students of metaphysics. Seeing that he is a borderland researcher to whom our space bio-logists are turning, we might as well go along and get some of the background ourselves.

Let us review the two new terms which Puharich has put forward to describe the necessary state of mind or consciousness of the person who is sending telepathic messages, and of the person who is receiving them. These terms are Adrenergia and Cholinergia.

Adrenergia refers to a person who is sending mental or emotional pulses or ideas. Cholinergia is a term for a person who is in a receiving state. These terms are derived from physiology, not psychology, because Dr. Puharich and others have found that there are measurable chemical changes in the body when a person is in either of these conditions. He gives good examples of both in the second chapter of his book, "The Telepathic Sender and the State of Adrenergia". Out of this chapter I got a new way of looking at telepathy, the reverse of the way I had been taught; it might be the same for you.

He discusses the physiology and psychology of the sender in telepathy, on whom we don't have much data because research has been concerned mostly with receivers!

The old concept is that the sender is projecting an idea outward, away from him; but from Puharich's researches just the opposite is true! It is the receiver who is reaching out, expanding his consciousness in a relaxed way. An excellent example given is one that occurred in

Boston, to two friends who worked as welders for a firm laying water pipe for the city. One afternoon about quitting time Jack Sullivan was alone in a 14-foot deep trench welding new 36-inch water pipe along Washington Street. By four-thirty p.m. that day the last pipe had been laid and the crew doing the laying had left. Sullivan was at the bottom of the deep trench welding the last seal, alone. Up on the street his electric generator machine was running. He was leaning over, arc-welding with his mask on. All of a sudden the trench caved in on him!

Sullivan had all this dirt on him, pushing him down. To add to his tension and fear the dirt was pressing his shoulder against the red hot weld. He couldn't move away from it; so his shoulder was blistering badly. Fortunately, his welding mask was still over his face. This gave him an air pocket in which to breathe. He tried to put one hand up to push dirt between his shoulder and the hot pipe, and only succeeded in burning his hand. He was in extreme pain, an ideal state of Adrenergia for telepathic sending. **HELP!**

His good friend Whittaker was a couple of miles away doing another welding job for the city. The interesting thing in this case is that Whittaker didn't know his friend Sullivan was working on the Washington Street job. It had been held up for a few days because of a digging problem. The other men in Whittaker's crew didn't know either that the pipe-laying had gone ahead on Washington that day and that Sullivan had been called over there to work.

Whittaker finished his welding a little bit early and it flashed into his mind to leave then and go by the Washington Street job. Yet his conscious, reasoning mind told him that his friend, Sullivan, couldn't be there because the job hadn't started up again. Yet the intuitive impulse was strong enough that he did leave a few minutes early to drive to Washington Street.

As he drove up to the trench and parked he was still questioning himself as to why he should go there. There was no one around, the job looked deserted; but he heard that electric welding generator running full speed. Then he jumped out and ran to the ditch. There he saw a hand sticking up out of the cave-in, and jumped in to dig out his friend, Sullivan, and save his life.

Puharich feels that this is a classic example of the sender and receiver states in telepathy. Of course we know from our studies of Hawaiian magic that there was an Aka-thread connection between Sullivan and Whittaker. The Kahunas of the old Pagan system teach that we have a very real but invisible Etheric cord connection between ourselves and anything and everything we

ever touch. During their years of friendship Whittaker and Sullivan had many contacts to establish Aka-thread connections between them. Thus clusters of thought-forms could easily be transmitted back and forth. Fear and pain had put Sullivan in the almost perfect sending state, a powerful inward-turning vortex of emotion, Adrenergia.

Puharich reminds us of the researches of physiologist Walter B. Cannon, who established the connection between the "emotional condition of extreme danger, or a tendency to flight or fight" and "with a massive action of the sympathetic nervous system. The sympathetic nervous system in general acts as an antagonist in the body to the parasympathetic nervous system. What one does, the other counteracts. For example, the parasympathetic inhibits or slows down the heart-beat. Sympathetic prepares the body for great exertion. . .

"The sympathetic nervous system is activated by adrenalin and related adrenalin-like compounds. Therefore, dominance of the sympathetic nervous system is called adrenergia. The parasympathetic system on the other hand acts on the effector cells, that is, muscle and gland cells, by liberating acetylcholine, and its dominance is called the cholinergic system. . . "

Buried under dirt, clay and sand in the ditch, Sullivan tried shouting. He soon realized this would only reduce his air supply. "Then a vivid picture of Tommy Whittaker came into his mind. . . Somehow Sullivan got the idea that Tommy Whittaker might help him."

Now consider Whittaker's state of consciousness a few miles away in Westwood, at about the same time that afternoon. The flickering light of a welder's torch will put you in trance if you watch it long enough. In fact a flickering or glittering light is sometimes used by hypnotists. An arc welder will tell you, once the art has been mastered, it becomes almost automatic. As you know yourself, from experience, when handwork of any kind becomes repetitive the mind is free to wander. So Whittaker was undoubtedly in a good, relaxed, receiving, Cholinergic state. His mind was centrifugal, expanding outward in all directions, floating free and ready to be pulled in to the centripetal, highly charged vortex created by Sullivan. There his desperate need for help could be strongly impressed on Whittaker's free-floating streamers of consciousness.

I can think immediately of another situation which promotes the ideal Cholinergic state, the orbital flight of the astronaut! In that silent, weightless environment up there consciousness can indeed float free. In fact this is the great problem of space travel. This is why Dr. Konecni was so impressed with Dr. Puharich's book.

It gave him an intelligent appraisal of the "break-off", as this space-influenced change of consciousness is called.

The Cholinergic state in astronauts is a menace to the space program because it may cause the key man in the orbiting capsule to neglect his duties and dream of heaven! The best answer NASA officials have found so far is to keep the orbiting astronaut so busy with earth-oriented observation and research that his mind won't go wandering.

But Dr. Puharich sees the orbiting astronaut as an ideal receiver in a telepathy test program, with the sender in a normal Adrenergic state here on the surface of the earth. Gravity is pressure and Puharich makes a good case for gravity as being one of the main forces that holds our consciousness in our body. But that's another chapter in his fascinating book and our immediate concern is telepathy.

The second excellent example given is that of the student, John Hayes, attending San Jose State College in California. As a fraternity member Hayes took part in hazing activities. One of his responsibilities was to take freshmen out into the mountains and let them find their way back home. While driving alone along a mountain road about 150 miles from the school, young Hayes suddenly ran off the road and down into a deep cut. Fortunately, the car did not turn over before he brought it to a stop. It was very dark in the early morning. For a few moments John Hayes was in the ideal Adrenergic state from panic and tension.

At home 150 miles away his mother woke up suddenly. It was 5 a.m. She had a terrifying vision of John in an automobile accident. The shock brought her out of her Cholinergic state, from passive to active, and she got up and called the college. They didn't know where John was and it was several hours before they and she could find out. There was no tragic accident, but the sudden drop into the wash out did put young Hayes into a powerful, inward turning vortex of emotion for a few moments. His mother, asleep at home, was in the ideal Cholinergic state. Her expanded aura easily reproduced her son's mental and emotional tension. If she hadn't reacted immediately, but had stayed calmly detached, she would have gotten the whole picture.

Dr. Puharich proved his thesis by a controlled, laboratory experiment with Peter Hurkos as the sender and Harry Stone as the receiver. Both were good, proven sensitives with whom Puharich did much experimentation. The doctor knew that Hurkos had an abnormal fear of electric shock. Under ordinary conditions Hurkos proved to be only ordinary as a telepathic sender, his tests were average. So Puharich conceived the idea of putting Hurkos under pressure. He had him sit on a plate charged with 10,000 volts

of electricity, but very low amperage, not enough power to give Peter a shock. Doc explained all this to Hurkos but nevertheless the knowledge of the charged plate put the man under considerable emotional stress. In this Adrenergic state, the number of successful "hits" by Hurkos as a sender went up significantly. Hurkos was sending distress signals.

His successful transmissions rose from an average of 12 out of 50 to 30 out of 50. This is overwhelming evidence of telepathic interaction and Puharich repeated this experiment several times with Hurkos. The average always was high when he was in that state of added tension.

But Puharich admits, "I was never able to create under laboratory conditions a consistent situation which would maintain sustained adrenergia in different senders during the telepathic test."

This is the problem which discourages the technical researcher who wants 100% performance and proof -- just like a machine. Further, Puharich says that psychologically, telepathic sending is the centripetal condition, and the word "sender" in telepathy is a misnomer in that the sender does not send out anything! Rather, he serves as a center of attraction, drawing to himself the attention of the receiver. This we should thoroughly understand.

John Hayes wasn't thinking of his mother when he had the car accident, but his mother picked up and reproduced within her own consciousness some significant images. These points are so well taken that Puharich's "Beyond Telepathy" is really impressive.

In the last paragraph of Chapter 2 he writes: "It is as though the sender creates a vacuum toward which the receiver's mind is drawn. The sender by his need prepares a mental stage. The receiver in turn populates the stage with his own symbols and images."

("Beyond Telepathy", Doubleday & Company, Inc., Garden City, New York, 1962, \$4.50.)

* * *

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