

PART ONE

The

Invisible

Reality

BEHIND

APPEARANCES

By

Riley and Judy Crabb

A BSRA Publication



THE INVISIBLE REALITY BEHIND APPEARANCES

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Borderland Sciences Research Associates
Foundation, Inc.
PO Box 548, Vista, California 92083



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THE INVISIBLE REALITY BEHIND APPEARANCES

INTRODUCTION

For some time now the Director of BSRA and his wife have received requests for metaphysical study materials in the Western Tradition. This material given here is an answer to that and has been drawn from many sources, books, pamphlets, lectures, personal experiences in borderland research, and counseling for thirty years on metaphysical and occult problems.

Out of this we have set up, in as simple a form as possible, a series of lessons which can be understood and applied by any earnest seeker after the Ancient Wisdom. Each lesson or chapter will contain a review of principles designed to give the student a useful background for the work.

The second section of each chapter is concerned with the practical application of the principles. This includes drill in concentration, relaxation, rhythmic breathing and visualization. The goal is contact with your Higher Consciousness. In modern terminology some would call this Extra Sensory Perception, or ESP.

The third section of each chapter or lesson contains deeper philosophical and historical material on various aspects of the Western Mystery Tradition. Also included will be questions and comments from students during previous study periods. These may answer some of your own questions as you work your way along through this greatest of all adventures, the exploration of the world of your own mind!

Riley and Judy Crabb
Vista, California
November 6, 1965



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SCIENCE OF MIND IN THE SPACE AGE

CHAPTER I -- SECTION 1

The Dawn of the Space Age has occurred. The orbital flights of the Russians and the Americans have opened up the mystery of Space. As the scientists launch the probes toward the Moon and Mars and plan the interplanetary voyages of the future, man's whole relationship to his universe takes on a new perspective. Central to the exploration of space is the question, "Is there life in the Cosmos?" In April 1965, the National Academy of Sciences met in Washington, D. C. A panel of Space Scientists concluded that the search for life beyond Earth, beginning with unmanned flights to Mars, "justifies the highest priority among all objectives in space science--indeed in the space program as a whole."

To put it in another way, we might ask, "Is there an invisible reality behind the ordinary appearance of the Solar System?" Some intelligent men suspect, and others believe, that there is an invisible reality unknown to most of us. They believe that its origin can be learned, that its evolution can be understood, and that its future can be predicted.

The Space Age demands of us that we adjust to the idea of higher intelligences on other worlds and in space. It poses the problem then of developing ways and means of communicating with these beings through the little known powers of the human mind.

As we study the invisible reality behind appearances, and as we develop the powers of the mind, we gradually realize that this is an applied science, the Science of Mind. To put it in religious terms, we could say that we are working objectively with Spiritual power. One result of this working is the development of intuition. This is the ability to apprehend these invisible realities directly. You also obtain remarkable power over your own mind, especially the subconscious. What is the result of this work? All of your personality will be enhanced if this power is properly used. Your intellectual capacity is increased, your character is strengthened and purified and your temperament is harmonized.

The study, practise, and mastery of the little known powers of the human mind does not make one supernormal, but it does increase one's efficiency enormously, the disposition becomes serene and the whole life is stabilized. There is a great free flow of energy when the soul is in harmony with the Cosmos.

How does one do this?

By training the mind. The mind can then be used by the will, and phenomenal results can be obtained. These are impossible to the average man whose mind wandereth where it listeth, led hither and yon by uncontrolled emotions.

We have said that present-day man will be forced to think about the invisible reality behind appearances by Space Age developments. This does not mean that it has not happened before in the long, long history of mankind. The imaginations of Europeans were freed from the dark-ages by the Crusaders. A couple of hundred years later men's imaginations were again stirred by Columbus' discovery of the New World. Every age has had illuminating discoveries to reveal to thinking men that there is an invisible reality behind every-day appearances. The more adventurous of these have trained their minds, have brought their emotions under control and have learned to work objectively with Spiritual power.

These we call Initiates, Adepts, and even Masters. Some were prominent in public life but many, many more are comparatively unknown in history. All have contributed to that vast accumulation of knowledge, both spiritual and psychological, which is known to students variously as The Ancient Wisdom, the Mystery Tradition, the Wisdom of the Kabalah, Hermetic Science, and Yoga. We prefer to use the general term, Occult Science.

Actually, these techniques of training the mind have been known for thousands of years and have been passed on from Master to pupil. Students of Occult Science and Initiates, by means of their power and training have extended their observations and experience far beyond what can only be learned through the five senses. Other powers latent in the human personality are developed.

These enable the student of Life to contact subtler forms of existence here on the earth, to project their consciousness to other planets and planes of existence, and to determine the real nature of anything and everything seen and heard upon the physical plane, whether it be Flying Saucers from outer space or a ghostly voice from beyond the grave.

Why should you or anyone take the time and trouble to push through the veil which hides this invisible reality from us? Because the causes which underlie all physical events are found on these subtler planes. Learn of these causes, understand them, and you are much better equipped to deal with the problems of life. Psychic phenomena are one evidence of this hidden reality, but the student of occult science is not interested in producing it. He knows that he will survive the death of his body. If psychic phenomena develop, they are incidental to his main work. His first concern is the training of his mind for development of character and harmonizing of all aspects of his personality.

Your personality has been built up through years of experience in the physical world. This experience has come to you almost entirely through your five senses. This is the standard mode of consciousness common to all men and women in the flesh. But occult science teaches that there are other modes of consciousness. These have been established through long tradition by countless students of the Mysteries. They know and have proven that life can be perceived by other means than just the five senses. They know that there are other kinds of logic than that used by the business man, the scientist, the philosopher, the statesman. The student of occult science deliberately cultivates these other modes of consciousness, these other means of perception, and these other kinds of logic; for he is determined to expand his knowledge beyond the physical plane to the invisible reality behind appearances.

As the student becomes the Initiate in the Ancient Wisdom or the Mysteries, he utilizes all three methods mentioned above. Most important of all the results are constant assurance that he is conscious of the powers brought to bear on the problems of daily life; and he can counter-check those results with scientific method, observation, and experience.

We admire the ancient philosophers of Greece, the astrologers of Chaldea and the pyramid builders of Egypt for such science as they had; but they did not have the instruments for developing the scientific knowledge in common use today.

DEDUCTIVE and INDUCTIVE REASONING

We draw conclusions from direct and detailed observations in nature unknown to the occult student of old. They could only look deeply into their souls through meditation. This gave them knowledge of the invisible reality behind appearances which could be followed out and checked with life around them. This is known as the deductive method of logic. In analyzing life this way, you start with First Principles and draw conclusions or trace them out into your daily life, checking them against actual experience. This is the opposite of the inductive method used by the present day scientist and philosopher. As you know they make detailed observations of nature, and from this try to induce knowledge of First Principles.

This inductive method is too limiting for the occult scientist. The student of the Mysteries cannot wait for orthodox science to come with statistical verification of the infinite drama of the Cosmos. Nevertheless, the inductive method gives us modern science and the marvelous electro-mechanical civilization we have today. The deductive method gave the Greek Philosophers of 2500 years ago those magnificent speculations which still excite our admiration.

We need both inductive and deductive methods. By deducing First Principles from the observable universe, we get our leads for research in the little known powers of the mind. The inductive method working from piles of statistics enables us to counter-check the results of our studies, practise, and research. The problems of rocket travel into deep space may force orthodox science to make more use of the deductive method of philosophers than has been their wont.

The inductive method requires great patience. To succeed with it, you must be able to make accurate observation and cover a wide field.

The deductive philosopher sets up a working hypothesis to explain what he is observing long before there is sufficient data to even interest the inductive scientific observer. The deductive philosopher as a student of Light has supreme faith in himself and the source from whence he came. He moves forward, confident that circumstances will justify his belief in First Principles.

Make no mistake about it, you, the deductive philosopher must be as accurate in your way as is the patient research scientist. You do not use the external instrument such as slide rule, microscope or telescope. You use an internal instrument, the power of your own mind. This must be trained, strengthened and sharpened to where it is a very accurate instrument of observation indeed. This gives you far more development than that of the average man, and the training in occult science is designed to do this very thing.

It is to be expected that your mental aptitude and development, at the time you take the study of occult science, may be quite different from that of the next would-be student of the Mysteries. Thousands of people learn to play the violin but only a rare one becomes a Fritz Kreisler. This doesn't prevent many from learning to play passably well and even becoming a soloist at weddings and musicals. So it is with occult science. Thousands sign for preparatory courses with the Rosicrucians, Theosophy, some Hindu Swami, or a California mail-order school, and some go on to initiation according to their type, But few achieve Adeptship in one life.

ANALOGICAL REASONING

It is not unusual for an intelligent person, or for an expert in some particular field, to observe a natural law at work on the physical plane. Here we come to a third way of using the mind as taught in occult science. This is, reasoning by analogy. One of the wise sayings attributed to Lord Buddha was, "As above so below, as below so above."

Applying this general principle to natural law, we can assume that a law which repeats itself systematically on the physical plane will also work on the emotional, mental, and spiritual planes. The law of evolution might be one example; another would be the conservation of energy.

Conversely, analytical reasoning would lead us to assume that spiritual laws would also apply systematically in the physical world. Here again as with deductive logic, you should be careful not mislead yourself with analogical reasoning based on insufficient material. Your conclusion should be counter-checked before making important decisions based on them.

The analogical method is a useful tool of the mind, however; and it can give strong suggestion as to where exact research should be carried out. This method, along with deductive logic, might be compared to the scaffolding which precedes the construction of the building. The one is speculation; the other is exact knowledge which can be built upon it.

Inductive logic is the domain of Science, admirable but limited. If you assayed occult science by this logic only, you would never make a start. Inductive logic by its very nature cannot accept the invisible reality behind appearances. It is built upon direct observation by one or more five senses.

Analogy and deductive logic are directly concerned with the invisible reality behind appearances. You cannot counter-check the results immediately by observation. Their accuracy depends upon the smooth and uninhibited workings of your mind. If you are prejudiced, if your personality is loaded with unresolved complexes, your deductive reasoning can be very inaccurate indeed. This accounts for the ridiculous dogma put forth by many religious leaders. Too often these self-styled saints are neither honest minded, nor are they willing to admit the limits of their knowledge and beliefs. Your training in occult science will teach you to know your limits and to hold yourself to reasonable deductions from what you observe or suspect. The know-it-all has no place in the study of the Mysteries. If you would be truly wise, be ever humble enough to say, "I do not know."

Yes, humility is a primary intellectual virtue in the pursuit of truth. But something else is just as necessary, and this is intellectual courage. You must be free from prejudice if you would follow the Master. It takes intellectual courage to do this.

You must be mentally humble to be open-minded enough to see the Truth. These are the primary virtues essential to the successful study and practise of occult science.

Many of you who read these pages have volunteered for or have been drafted into military service. As a trainee or a "boot" you were among a polyglot group of recruits who were all rammed through six-weeks of basic training to give you military discipline and response to command. Training in occult science is based upon this same, sound, character-building principle, though the Mystery teachings are more concerned with the discipline of the Mind than of the body. And instead of studying the manual of drill and military rules, all students get drilled in the general rules of esoteric philosophy!

Once the neophytes have finished basic training, then they are ready to be divided up into the three general types for specialized development suitable to their needs and Paths. These Paths are (1) The Mystic Path, the way of the heart or Love, (2) The Hermetic Path, the way of the knowledge or the mind, and (3) The Pagan Path, the way of power and of nature.

We cannot tell you which type or combination of types you are. You can only determine this by self-examination and we'll explain them in greater detail later. Right now it is more important at this stage to consider some specific example of the invisible reality behind appearances. We are in the Space Age and we turn to research data developed by a space age scientist, Dr. Andrija Puharich, in his book of 1962, "Beyond Telepathy."

In the foreword to his book, "Beyond Telepathy," Dr. Puharich says his work is concerned with a journey that anyone can follow. This "is the exploration of the personal world of your own mind." He believes that this journey can be very exciting. It should be if it can be presented in the right way. Then he goes on to claim that the nature of the individual mind is such that "potentially every nook and corner or cranny of the world can be reflected in your mind, and there are ways and means to experience this."

This is quite a claim to make and yet I can agree with him myself. Of course the average person, especially the technical-minded person, wouldn't agree

with him at all. But Puharich is implying here that you can pull the veil aside on almost any activity which is going on here on Earth. Nothing which is possible to be conceived by human consciousness can be hidden from mind, if the mind is trained to ferret it out. This brings us, then, up against the ultra-conservative powers in every nation who don't want certain of their operations to be known to the general public.

So you see Dr. Puharich agrees with our original thesis which derives from Ancient Wisdom, in itself thousands of years old. He claims that nothing which is possible to be conceived by human consciousness can be hidden from mind, if the mind is trained to ferret it out; and of course there are ways and means to do this.

Dr. Puharich backs up his theories with direct observations of people who have telepathic experiences. He analyzes what happened and why.

The first one he gives is the experience of his associate. Dr. John Lawrence, whom he met while in the Army. They were both in a technical laboratory working for the Army Signal Corps. Lawrence came into his office one morning, sat down at his desk and thought, "Oh boy, I want to call Bill Harmon about something." So he reached over to his telephone and began dialing Bill's number.

A few miles away Bill was still asleep and in bed. About that time Bill woke up and said, "Gee, I better call up Dr. Lawrence." By this time Dr. Lawrence had finished his dialing and the phone was getting ready to ring. Bill reached over to his phone, picked up the receiver, put it to his ear and heard Lawrence say "Hello." The phone had not rung.

This is a perfect example of telepathy. Lawrence the sender, is in the adrenergic state, concentrating and pulling himself in, saying "I want to get this done." Harmon is relaxed in the borderland between sleeping and waking, actually a perfect receiver in the cholinergic state, waking up and reaching for the phone to call the guy who was going to call him. Of course this is the spontaneous kind of telepathy where neither person was planning on doing it. The planned or controlled type of telepathy is the kind we want.

We can set up conditions where there is conscious receiving and conscious sending. The first example Dr. Puharich gives is that of Mrs. Eileen Garret, former editor of "Tomorrow" magazine. She is quite a medium herself. In 1952 Dr. Puharich had a Faraday cage, probably just a copper screen room. It wasn't the solid copper type like the one he eventually built in Carmel Valley, California. In this Faraday Cage Mrs. Garret went into a self-induced trance. She had that kind of control. We will be working toward it too. There are passive psychics and this distinction must be made. The kind of psychism we work toward here will be the positive, the controlled type which can be turned off and turned on at specific times, as you choose.

This is in the Western Tradition, by the way. We live in a heavy-vibration civilization. It is very material. If you are going to work in this area, you should be able to open up under certain conditions and close down just as quickly so you are not shattered by noise and other disturbances. Mrs. Garret did go into trance and then her control took over and identified himself as Latiff.

The transmitter for this experience was a man called Wedlock. He sat outside the cage and could see Mrs. Garret and talk to her. Puharich was there too, and they got into a conversation with Latiff about increasing sensitivity. He said it was done with chanting and that the vowel sound (E) would be most helpful. He chanted an ear-splitting (E), and showed that he really had power. He is her control.

Latiff went on to say that this vowel (E) helps to excite and open up the solar plexus center to release power for the work which is to be done. So this is another aspect of technique to keep in mind.

The experiment that day was for Eileen Garret or her control to determine when an electric charge would be placed on the cage. This is one of the things Puharich found helpful, to connect the Faraday Cage to some electrical device to put a charge on the cage to increase the insulation. He found out more or less by accident that she did react to the charge. She could sense it. This experiment lasted 30 minutes and in that time they placed three charges lasting 10 seconds each on the cage. She correctly called two of them -- two out of three is high for telepathy. Then after the experiment Mrs. Garret went into her room for an hour and told later that she experienced severe abdominal cramps.

During the hour following the experience she had three bowel movements in quick succession. After all this, she came out and said that she felt like a million dollars and was ready for more experimental work. The abdominal cramps had disappeared. As Puharich says, she had unusual mental acuity and she experienced telepathic travelling. She could flip from one city to another, to places where she had known people and be in the presence of those people. This is a very outstanding type of clairvoyance, but there was no way of checking her for accuracy at that time.

Here is Puharich's analysis of her experience.

"Since in the trance condition her control, Latiff, had said that her production of vowel (E) sound would activate the solar plexus center, I casually assumed that she had been unconsciously influenced by this statement, but that was not the important point. The point was that she had massive activation of her parasympathetic nervous system, the one which works from the solar plexus of which we have little control, that handles the breathing and digestion of foods, the heart beat, etc. I took her blood pressure and found it to be 25% lower than normal. Her pulse which normally runs 90 was found to be 66, the skin was flushed, the pupils pin-point narrow and her eyes were shining bright. These are the general symptoms of parasympathetic activation. In addition, she had a profound activation of the gastrointestinal tract. So this parasympathetic activation was associated with increased degree of sensitivity for telepathy. When the parasympathetic nervous system is activated there is an increased amount of acetylcholine released into the nervous system."

Now this is something that the technicians can measure, a chemical change in the nerves when a person gets into a telepathic or psychic state. This chemical, acetylcholine, can be measured or detected. Out of this Puharich developed this term which he used all the way through the book, the cholinergic state, as a passive, relaxed, receptive stage. The adverse of this is the adrenergic state for positive, tense, compressed state for transmitting.

He used this term all the way through so we might as well get used to it, too. The parasympathetic activation creates the state of cholinergia. The second point of interest to him in her experience was the centrifugal reach of her mind, taking in a wide geographical surface to any point at will, so to speak.

SECTION - 2 THE WORKSHOP

Now it is time to turn from theory to practice and the practice, if you persevere over a long period of time, will prove the theory beyond any question. Four daily routines are essential: (1) concentration, (2) relaxation, (3) rhythmic breathing and (4) visualization. All of these could come under the general heading of meditation.

We have found out certainly that if your energy is down or you are tired, there is not much use in trying telepathy. It requires a base, a good energy base and good health, to really do this successfully. We don't have to be as perfect physically as an Adept, but we should bring ourselves to as high a level of power and physical condition as possible.

One of the first things we should do when we come from the work-a-day world of a modern American city with its racket and traffic, poisoned air, frustration and so on, is to quiet ourselves down. One of the best ways to do this is to reverse. There are other reasons for doing this too but this will suffice for the present.

So, for the next five minutes reverse and go back in imagination to the time you got up this morning, and do a thorough going-over of the day. I do want you to get used to the idea of reversing. This is one of the best mental exercises you can do, of going back along the time track. Part of it is sort of getting the idea of relaxing all over. Get your mind off of the worries you carried here. You may even release them as you review the day. If you had a fight with your boss or your wife, or your husband, or someone else, or behaved in a way which was embarrassing to you because it was not up to your best standard--this is really a complex which is buried in your subconscious, you know. You can release it or trigger it off by recalling it and unwinding it.

So sit back as comfortably as you can in your chair and from now let's return back along the time track toward the time you got up this morning. Your mind will wander, you may get thrown off or stopped by various things that happened. But when you do, or when you become aware of it, bring yourself back to the project in hand and keep on going back stubbornly and determinedly as far as you can in the five minutes we'll allow for this.

FIVE MINUTES OF SILENCE -- For reversing the time track

Well, I guess that is pretty close to five minutes. I only got as far back as the supper we had at 4 o'clock this afternoon. I was trying to get as much detail in as I could, going back down the highway to Vista and all that.

"Did anybody get back to when you got up this morning?" I asked in one of our sessions. Some got back just about noon, while others got the clothes on the line. One or two got back to the morning and another got up just as usual for breakfast--11 o'clock in the morning.

"Any more?" I asked.

"I got back to the job, but I had an experience when I got to where my finger was burned; it just about killed me. But after I got to half that point of the burn, it didn't burn any more."

There is an example of draining off a complex you see. You burned your thumb at supper time, and now, suddenly, all pain and swelling are gone, just by mental means, an instantaneous healing.

"The whole thing was flaming red, it burned so that I could hardly stand the pain," said she. "I went down the stairs to the kitchen and fell against the hot stove."

This is actually what this reversal technique is supposed to do and can do, release tensions and, theoretically, you can go all the way back to birth and release every negative thing that has happened to you. If you do nothing else between now and next meeting, I wish you all would try this method of reversing. Do it. Try to do some of it; it will release a lot of nervous tension. I heard quite a bit of shifting around here and you realize this is what reversal will do.

It is up to you, you can make it as detailed as you want to. Primarily, as a mental exercise, it is giving the mind a task to carry out. Then there is the other part of this mental exercise. It is hitting the highlights or the tense periods of the day for releasing the tensions you buried because you couldn't release them at the time.

Suppose you injured someone either voluntarily or involuntarily. You didn't have time to apologize or felt so resentful that you thought, "Oh, I wouldn't apologize. It was his fault as much as mine!"

This kind of thing causes tension. If you pile experiences like these up in your subconscious, they can cause illness. One way to release this is by reversing it. When you get to that point, do what you should have done, apologize mentally to that person and accept your share of the blame. It will release you from it even if the other person was in the wrong. Reversal helps develop the kind of mental control which is absolutely essential if you are going to get back from astral travel. You can only return by retracing your steps. So this is really the occult science part of it. This isn't important to us now but if we get to where we project out to the moon, we might want to know how to get back!

RELAXATION SECTION

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 calm 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 the body and relax them:

Tell the toes of the left foot, relax, let go; the ball of the foot, relax, let go; the arch, the muscles of the arch of the left foot, relax, let go; and 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, let go; the ball of the foot, relax, 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, 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 demanding muscles, calling for attention.

Your legs should feel heavy now, relaxed on chair and floor. Now the torso. Say to your buttocks, genitals, lower intestine and spine, relax, let go; the abdomen and abdominal area, relax, let go; now think of the stomach, liver, kidneys, spleen and middle spine, relax, let go;

to the upper spine, heart, lungs and general chest area, relax, let go.

Now turn your attention to the fingers of the left hand, and thumb, relax, let go; the palm and back of the hand, relax, let go; the wrist, relax, let go; the left forearm, bones, muscles, skin and tissue, relax, let go; now the triceps and biceps of the upper arm, relax, let go; and the left shoulder, relax, let go. Now your left arm should hang limp, with forearm, wrist and hand heavy and relaxed on your left thigh. Concentrate now on your right hand, the fingers and thumb, relax, let go; the right wrist and forearm, relax, let go; the elbow and upper arm, relax, let go. RELax the biceps, triceps and right shoulder so that arm hangs heavy and limp.

Now the throat and muscles supporting your head, also the esophagus and larynx, relax, relax, let go; the jaw, tongue and lips, relax, let go; the back of the head and scalp area, relax, let go; relax the right eye, relax the left eye; relax the right ear, relax the left ear. Say to your whole body, relax, relax, let go. I am in charge. I am in conscious control.

RHYTHMIC BREATHING

We are now ready for some rhythmic breathing, or forced breathing, to charge up this relaxed body. We'll try a 4-4-4 rhythm to start with. As you build up lung capacity through practice this count can be increased to 6-6-6, to 8-8-8 and so on if you like.

This is a suggested beginner's rhythm for charging with extra etheric energy or vitality. The Hawaiian kahuna calls it Mana. The Yogin calls it Prana. This extra charge is necessary for successful meditation and for getting answers to prayers. Sit erect in your chair, feet flat on the floor, hands palm down on the knees. In a mixed class such as this we cannot conveniently loosen restrictive clothing to allow full play of abdomen, diaphragm and chest for full breathing, but at home you should do so.

Our own experience is that it is almost impossible to do effective psychic work -- meditation, absent healing, telepathy, etc., while in a depleted or tired condition, or if one is sick. All the vitality then should be devoted to recovery. Anyhow, if you are sick and try to do work for others, you may pass your illness on to them! But the way to re-charge the body quickly is with several deep breaths, held long enough to allow the lungs and blood to fully absorb the electro-magnetic energy in the air.

So, we'll breathe in for four counts, slowly and steadily: one, two, three, four.

Now hold for four counts at the same rhythm: one, two, three, four.

Now exhale for four counts: one, two, three, four.

Once more, in for four: one, two, three, four.

Hold, two, three, four.

Out, two, three, four.

And finally: In, two, three, four. Hold, two, three, four. And out, two, three, four.

That's enough for a starter. For the first few days, especially if you feel yourself getting dizzy, dont do any more than this. As time goes on and your system becomes conditioned to the increased volume and pressure of air you can take more full, rhythmic breaths at one sitting. You can also increase the count for each of the three parts of inbreathing, holding and exhaling. Use common sense and dont overdo it. Dont cork the breath in the lungs while holding, by closing the throat. The expanded lungs will take care of that.

Breathing, like several other important functions, is controlled by the subconscious. This part of you never sleeps, but continues those basic actions which keep the body alive, sleeping or waking. When you start using rhythmic breathing you are temporarily assuming control of one of the automatic functions. It is possible to take over conscious control of the breathing completely; but if you do this you will have to stay awake night and day to make sure breathing continues. Otherwise you'll die. So always cooperate with your subconscious, or Astro-Etheric Double.

Controlled breathing, especially for advanced work, should only be done under the direction or supervision of a Master or Adept who knows what it's all about. The teachers all agree that there is no progress beyond a certain point without controlled or full breathing. Everything is done with the breath while we are in the body or out of it. To do effective work you have to have a platform or energy, vital energy stored up in the body; and the the glow you should be feeling from this first exercise should be proof to you that you can get it whenever you want it.

SECTION - 2 --- VISUALIZATION

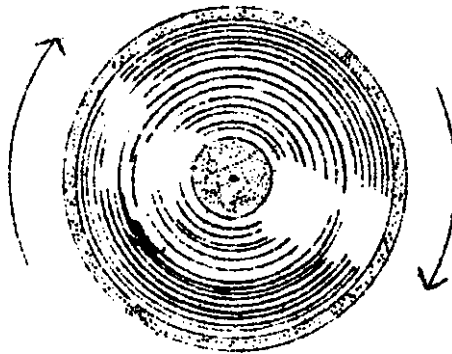
It is said that picture consciousness is a more important means of communication in the higher worlds than speech. So we must have practice in visualization as a regular part of our training. Let us start from the beginning with the simplest thing you can imagine, a point of light. Seated comfortably and relaxed, close your eyes. Somewhere in front of you at a convenient distance, visualize a point of light. Without dwelling too long on this static image and to keep the mind occupied with movement, visualize the light expanding outward to form a glowing disc perhaps 8 or 10 feet across or as large as you like. Don't be too concerned at this time with slick edges, etc, just a white glowing disc which starts to revolve in a clock-wise movement as you face it.

You will probably find it easier to think now of a rim turning as you concentrate on movement. That current should be a constantly moving ring of light, smoothly turning in one direction. We'll call this the Ring Cosmos, and keep it turning with your eyes closed until your mind gets tired or bored.

Remember, the purpose of these visualization exercises is to train the mind not to inform it. We think it wise to start with the simplest moving image possible. This is the primary movement in space when Light manifests from the black void of the deep. The great telescope has seen and photographed these primary beginnings of universes, usually called Galaxies.

How long should you practice this? Until it comes easily to you and the visualized spinning ring of light continues almost of its own volition. We identify it by the title Ring Cosmos because in succeeding lessons we will add to it and each addition must be identified.

RING
COSMOS



THE ETHERIC ROAD TO HEALTH

Exercise No. 1

This is the first of a series of exercises designed to stimulate the re-generative flow of etheric forces -- mana, prana, orinda, nephesch, ectoplasm -- through the body for health and vitality.

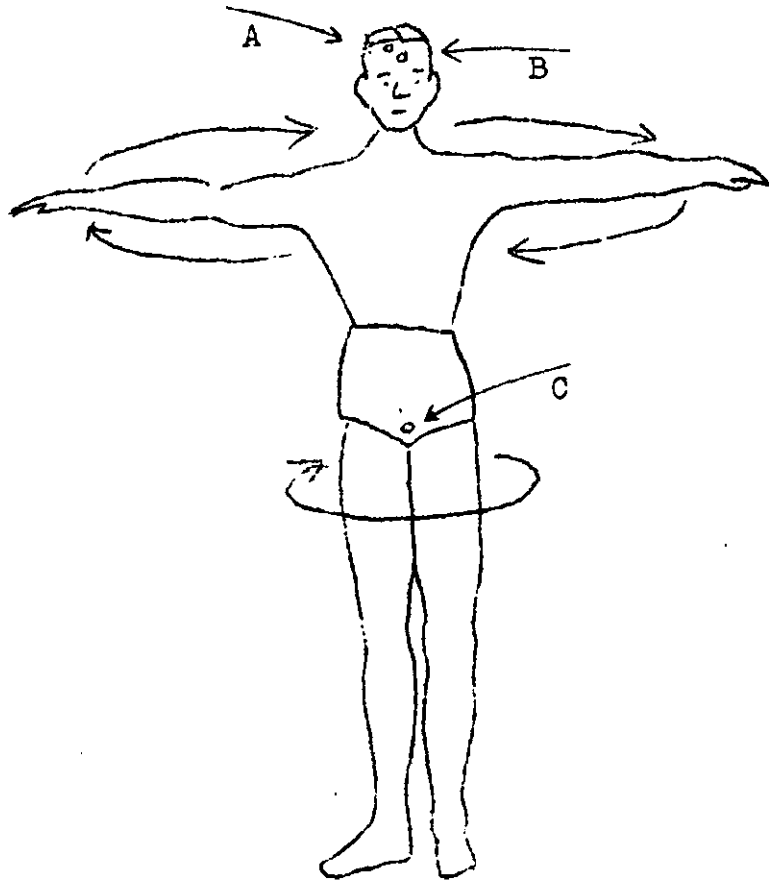
The exercises are repetitive and for counters let us use the different sets of names on the Tree of Life. Thus the daily routine will drill the names into our memory and consciousness for future use in our studies.

The specific purpose of this first exercise is to stimulate the flow of etheric energies through the generative force center at the base of the spine and the two centers in the head, the pituitary and pineal glands, A, B and C.

Stand erect, hands and arms outstretched, and turn in a clockwise direction. If you get dizzy, stop and try again later.

Start your count of turns with Kether at the top of the Tree of Life and sound the name of each Sephira as you complete a turn, working your way down the Tree to Malkuth.

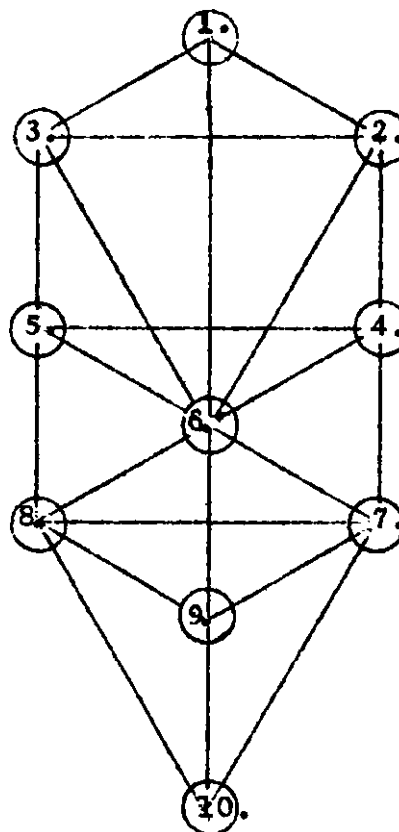
This will give you ten turns, which should be your minimum goal. If you can make more than ten, do so, counting back up the Tree from Malkuth through the other Sephira in order to Kether.



The Ten Sephirath

- | | |
|--------------|---------------|
| 1. KETHER | (Keh-ter) |
| 2. CHOKMAH | (Hawk-mah) |
| 3. BINAH | (Bee-nah) |
| 4. CHESED | (Heh-said) |
| 5. GEBURAH | (Geh-boo-rah) |
| 6. TIPHARETH | (Tiff-ahr-et) |
| 7. NETSACH | (Net-sahk) |
| 8. HOD | (Hoad) |
| 9. YESOD | (Yeh-soad) |
| 10. MALKUTH | (Mahl-koot) |

Tree of Life



You can relate the Sephiroth to your body by thinking of No. 1, Kether, as being above your head; No. 2, Chokmah, as being at your left ear; No. 3, Binah, as being at your right ear; No. 4, Chesed, as being your left shoulder; No. 5, Geburah, as being your right shoulder; No. 6, Tiphareth, as being your heart and solar plexus; No. 7, Netsach, as being your left hip; No. 8, Hod, as being your right hip; No. 9, Yesod, as being your generative center; and No. 10, Malkuth, as being your feet.

This combination of physical exercise and the naming and sounding of the Sephiroth in order is a wonderful drill in concentration. If you take it up regularly and persist in it, it cannot help but enhance your mental powers -- while at the same time you are beginning the all-important process of the re-generation of the physical body. This can only be accomplished by re-establishing the flow of vital etheric forces you enjoyed for free in your youth. The main channel for these forces in the body is along the spine. The four exercises to follow, while working on other force centers, are designed to release tensions along the spine and keep it flexible.

QUESTIONS AND COMMENT FROM CLASS WORK

One lady called us before the first class and asked if it would be all right for her to bring her daughter. I shocked her by asking how old the daughter was? (Laughter from the class.)

"Dont worry," I told her, "I'm happily married!"

As it turned out the daughter was old enough (more laughter) for the study of occult science, 37! We dont encourage teen agers to take part in these studies, nor even kids in their 20s. This is because they tend to become introverted too soon; at too early an age they become impractical, lazy, and want to do everything with a prayer or with their mind.

We say that as a general rule it is best for people not to go into these deeper studies until they are 35 or 40. The life base must be built first, the worldly career well established and the children well along toward the completion of their education. Repay your debt to the race for having given you a body and a livelihood by putting into your children what your parents put into you; only then are you comparatively free to turn your attention to these deeper philosophies.

It is none of my business who studies occult science. Anyone, teen ager or adult, can buy the books. Most of it is in print nowadays. The Church cannot indulge book burning as openly in America as it did in Europe when my ancestors fled that oppressed land. The secret of occult science is in the practice! If you want to play a violin concert with a symphony orchestra, how many years do you have to practice? You can go to the local music store and buy a violin and the music, but can you play it? You can buy the books on occult science, explaining the Reality Behind Appearances; but can you call up a windstorm? Can you cure cancer by the laying on of your hands? Can you precipitate money? By the time you get to where you can do these things the need for money isn't so obvious.

"Why should it take so long to learn?"

If you want real power you have to condition yourself to handle it. If you want to see the Master, you have to literally tear your personality apart, all the way down to the ground and build it back up again on a better pattern, a higher standard of performance. Because

right now you are a hodgepodge of bits and pieces of life put together without much plan or purpose. This must all be rearranged and it takes time, years. If this were not true you would not be coming to a class like this, trying to better yourself.

"I heard that the Astronauts are using the Sacred Mushroom. Do you think this is true?" asked a student.

Yes, we are sure that the psychedelic drugs are being used in the Astronaut training program. This was announced publicly several years ago from the Aero Space Medical Center at San Antonio, Texas. When Mrs. Crabb and I were in Princeton, New Jersey on our Eastern lecture trip in the spring of 1965, we had the opportunity of talking to an RCA engineer who had just returned from an Aero Space meeting in Chicago. Attending were five Russian space scientists. One of these scientists told the Americans about the first Russian Cosmonaut to walk in space. As soon as that man landed he was given colored pencils and paper; he spent a half hour drawing and sketching things he saw in space -- probably non-physical things which cant be recorded with a camera and color film.

Space is Ether! When you meditate and practice as we do here, you are opening, you are expanding your consciousness into the Ethers! This is the next level of matter, of consciousness beyond the gases on our physical scale: Solids, liquids, gases, plasma.

In the weightless, sensory deprivation conditions of outer space the Astronauts are becoming psychic. So the space scientists are having to study what we are studying here, consciousness, Mind. The Astronauts are, or will have to become, occult scientists; though they wont call it that. A good dose of a psychedelic drug -- the Sacred Mushroom, LSD 25, Mescaline, peyote -- forces consciousness out of the body. This is done so the Astronaut is familiar with the experience here under lab conditions on the ground. Then it wont panic him when it happens in space.

The Astronauts are seeing ghosts in space. The orbital flights are beginning to reveal some of the Invisible Reality behind the Appearances of our Solar System. At the NASA Manned Space Flight Center in Houston, Texas in 1963, Astronaut Wally Schirra surprised reporters by saying that he and his fellow Gemini pilots will have to become artists, because "the best films and hand-held cameras have consistently failed to record precisely some unexpected things seen from orbit". According to Missiles and

Rockets Magazine of July 8, 1963, "Among the things Schirra would like to paint on Gemini flights are these:

-- The color changes of planets, especially Venus, as they sink through the bands of light at the horizon. Astronauts report that the best color films of this event taken from space are inaccurate.

-- Moonset. Schirra saw a halo about the moon as it passed through the horizon and took what he thought would be an excellent photo. However, the films revealed nothing of the halo.

-- The so-called Red Arcs, an ionized phenomenon that occurs at an altitude of about 150 miles. They cannot be photographed, but an accurate representation of them might help atmosphere physicists learn more about the energy process that creates them. . . "

So Space Age science is leading mankind into metaphysics now, and we metaphysicians will have to rewrite the Mysteries to suit the times.

"But Mr. Crabb, Theosophical books tell of Venus and other planets being inhabited, so does some of the Rosicrucian literature I'm sure, as well as the Vedantas and other Oriental literature."

"They certainly do, lady; but have any of them come out with any comprehensive analyses of Flying Saucers, these apparently solid space ships and their relation to the old occult literature? I haven't seen any. When I was an AMORC Rosicrucian in Honolulu about 12 years ago, I remember a cynical, critical article in the Rosicrucian Digest by one of the leaders, belittling people who reported seeing Flying Saucers. I wrote him a sarcastic note reminding him that if he saw a UFO or any other phenomenon from the Ethers of Space, he would expect people to believe him."

"What did he say in reply?"

"I got no reply from him. Not even an acknowledgment! He was no more ready to accept the three dimensional reality of Flying Saucers than were the leaders in Theosophy, and the other old established preparatory metaphysical schools in the physical world. They have become conservatively orthodox too, and have to be shaken out of their crystallized complacency. This is why the Mysteries have to be re-written for each generation. This is what Mrs. Crabb and I are doing, adapting the ages old Ancient Wisdom to the New Age, which must now include new concepts of space travel, both for ourselves and for Visitors from other planets, in the solar system and elsewhere.

"Would deductive reasoning tell you that the planets are inhabited?" asked a student.

"Right. But the inductive reasoning used by science tells us that they are not!"

You and I dont have to wait for the scientists to prove the existence of God. It isn't necessary because our hearts tell us that. One of the monstrous errors under which science operates today is the pre-conceived idea that the Moon is dead! This mistake comes from the limited point of view of science which says: It is only an accident of fate that intelligent life developed on this planet, because we have the right temperature, the right amounts of air and water, a certain narrow range of rhythms. Reasoning inductively from this limited data science says that if we are going to find intelligent life on other planets, these same surface conditions will have to obtain.

The astronomer turns his telescope on the Moon. There are no clouds, therefore no air, no wind, nor rain; and the daytime temperatures are above 300 hundred degrees; the nighttime temperatures are just as far in the opposite direction; so the Moon is dead. There cant be any life there! This is a very, very unscientific point of view but try to get an orthodox scientist to admit it.

"You cant prove that the Moon is inhabited!"

"Nor can you prove that it isn't! Until you get there!"

Take a good look at the data which Western astronomers have accumulated on the Moon in the past 200 years. Things are happening on the Moon and have been happening there since astronomers made the earliest telescopes to look at it. But this cockeyed idea, from inductive reasoning -- that there can be no intelligent life because Moon surface conditions are radically different from ours -- has discolored their whole perspective. Having limited themselves in this way, they wont believe the evidence of an inhabited Moon even when they see it! It is commonplace for scientists to ignore evidence which contradicts their pet theories.

So beware the shortcomings of inductive reasoning. True it gives you wonderful, practical ways of accomplishing things at this physical level. And God knows, I certainly wouldn't want to do without Western

science and the wonders its technology has produced; but by the same token I am not limited to it; neither are you. The occult scientist uses both deductive reasoning and inductive reasoning.

We say, Yes, this is an ordered Universe. It is the creation of some Great Mind, using Love, and Wisdom, and Power, in balance. This great being has created this school room in which we learn to become Gods ourselves.

When we learn these Laws by which God runs his Universe, and begin to apply them, we must double check their performance at the physical level; and we must be willing to admit we were wrong, in our interpretation or in the application, if things do go wrong. Be humble enough to be ready to say, "I dont know."

"BEYOND TELEPATHY"

A companion book from which we will be quoting extensively in these classes is Dr. Andrija Puharich's "Beyond Telepathy". Here is an admirable technician of the Western sciences, an M.D. who has succeeded in his own way in bridging the gap between orthodox science and occult science. In the twelve chapters of this book I believe he has done about as well as any academically trained technician could. His first book was, "The Sacred Mushroom",

Dr. Puharich had to believe in the Invisible Reality Behind Appearances. Early in the summer of 1964 Mrs. Crabb and I returned to our old home town, Honolulu, Hawaii. While there we had a three-hour interview with David "Daddy" Bray. He is the one Hawaiian kahuna who is willing to take caucasian students. In fact, white people are just about his only students. Dr. Puharich was one who placed himself under the tutelage of this Initiate in the Pagan Mysteries. This Pagan magician sensed that Puharich had latent psychic abilities. After studying under him for a time, Daddy Bray sensed that Andrija was ready to be "opened".

"Doc," he said, "Look at me. I want you to diagnose me. I want you to tell me what is wrong with this body."

"Daddy," he replied, "I cant!"

But he could, and at his teacher's insistence he went into a passive state. He was in the aura of his teacher. He saw, all of Bray's medical history,

illnesses, operations, one after another. Dr. Puharich was dumfounded at his own ability. But now you know why this man believes, and this belief shines through every chapter of "Beyond Telepathy".

THE CARMEL VALLEY LAB

Daddy Bray visited Dr. Puharich's Carmel Valley laboratory, about twelve miles inland from Carmel, California. We have visited the lab several times ourselves and have pictures of the copper-sheathed room, the Faraday Cage, in which much of Dr. Puharich's research on ESP was done through the late 1950s. In this special, metal-shielded room was extra sensitive electronic equipment, a modification of the Theramin suggested by a visiting electronic scientist. Maybe the field around this open coil would register thought-power.

At the time Daddy Bray was there, he said that Puharich had already checked about 18 different mediums on it. Few had had any success with it. One woman from Saratoga, California had gotten the thing to sound loudly, but neither she nor her controls had any control over it.

This Hawaiian kahuna told us that he took his magical gear into the Faraday cage. He set it up, did a ritual, and called on the Gods of his people "to show these haoles, these white men and women, the power of the Ancient Gods!" The audio circuit began to sound. David asked it to go up. It went up to a high shriek. He commanded that it go down. The tone went down to a low pitch.

This is controlled invisible power. This is the kind we want to study, learn, practice and use in this class; not as Pagans, but as Christians, under the dispensation and guidance of the Masters of our own Western Tradition. For mistake not, my friends, Jesus the Christ was and is an occult scientist of the first order.

"Beyond Telepathy" was printed by Doubleday Doran in 1962, at \$4.50 a copy. If you can get hold of a copy of this out-of-print book, do so. It is well worth it. You wont find in there the two anecdotes Daddy Bray told us in Honolulu last year. I suppose these experiences were a little too precious and personal to Dr. Puharich to expose them to public ridicule and the scoffing of his colleagues; so I dont blame him for leaving them out.

In "Beyond Telepathy" Puharich shows that they actually know now what happens in the body when you become psychic. There are measurable chemical changes in the blood and in the nerves. These changes must take place when and if you open up your psychic centers to see and hear the Invisible Reality Behind Appearances.

"What about Astral projection, Mr. Crabb?"

Puharich proves that you can and do alter the chemical balance of the body before projection in full consciousness can be made. One of the last chapters in the book is devoted to a discussion and analysis of yogi practices in Tibet. He discloses there the rhythmic breathing which is used to accomplish deliberately such a change in balance, to prepare body, mind and emotions for the higher work. There is more math in his book, more technical knowledge than you and I need.

In giving Oriental examples of occult science, the Hermetic practices of the yogin, Puharich shows a total ignorance of the Western Mystery Tradition. This proves again the effectiveness of the Church's ruthless campaign to suppress all occult knowledge but its own. I hope I can say this in America without fear of persecution, the Kabalist is the yogin of the West.

CONCENTRATION

"I'm bothered with insomnia, have been for years; do you think this going back down the day's time track would help me get to sleep?"

"I'm sure it would."

The reversal technique as a concentration exercise is a wonderful way of relaxing the body. Try it at night after you've gone to bed. From the time that you lay down, in your imagination go back through getting ready for bed, whatever preparations you made in the bathroom, back through the evening, supper, back to work. Somewhere along there you are going to come to the trying experience which is causing you to stay awake. Perhaps you had a fight with the boss, or your wife or husband, some customer. They were wrong and you were right but they wouldn't admit it. You allowed yourself to get angry and hurt, inside, and buried it there. So you have this complex still in your emotional system, unresolved. If you find one of these in your reversal exercise, and take yourself

gently but firmly through it, you'll release the hurt and feel much better. Theoretically, you could use this technique to go all the way back to birth, and thus release every hidden complex that's bugging you.

"This is going to take practice!"

"Of course! That's what we're here for!"

AFTER THREE MINUTES OF SILENT CONCENTRATION

"Time's up! How'd you do? Now, it is to be expected that your mind will wander from the task, especially if you haven't done anything like this before. If it does, just gently bring it back to the task and keep it there for the allotted time."

"One thing that amazed me," replied a male student, "if some one was to ask me what I did between two and three o'clock this afternoon, I couldn't tell them. But as I went back through the day's routine I found I could. I got back to lunch time!"

"I could think of all the things," said a lady student, "but I couldn't always think of them backward."

"This is normal," replied Crabb. "You'll do incidents forward than jerk yourself back to what preceded it and so on."

There is always a general babble of excited conversation as the students compare notes on this fascinating mental experience.

"Did anyone cure themselves of cancer?" Asked Crabb.

"Is it possible?" asked a lady student.

"I believe it is possible. This of course is the great problem in psychiatry -- if you have a competent psychiatrist -- is to actually get the subject to face up to and look into the bitterness, the grudge, the hatred buried deep within him all these years. I had a friend in Honolulu years ago who had one breast removed because of cancer. She decided to try psychiatry to help make sure there was no recurrence of the disease. The cause of her trouble was revealed to her as a deep-seated hatred of her father. They got back into the childhood areas where her father had shattered her ideal of

the perfect male.

"Do I have to go through that again?" she kept asking her psychiatrist.

"She had to go through it again and again to release it! This mass of negative energy was locked in to her aura, and where the flow of auric force is blocked, then that part of the physical organism is deprived of nourishing vitality from on high. There is then a Target Organ as the doctors call it, and then there is disease."

"I was wondering how this was going to help," observed a lady student. "You didn't say anything about carrying through with the emotions as you go back from one incident to the next. Is that the way conditions are cured? by living the emotions also? That would be the important part."

"That is the important part because emotions are the energy which activates matter," replied Crabb.

"Remember Kathleen Chatterton's talk at the BSRA Convention at Harmony Grove two years ago," observed a student, "where she described going through ancient Egyptian dances in her sleep at night?"

"Yes, I certainly do," replied Crabb. "and that complex from a past life was released through the use of the psychedelic drug, LSD 25. Now we get into reincarnation and the fact that many of us are haunted or bugged by terrible experiences carried over from previous lives."

RHYTHMIC BREATHING

After the first rhythmic breathing exercise a lady asked, "Tell us what happens in this rhythmic breathing. Why is it so important?"

"Conscious control of breathing is one way of getting control of all the other subconscious functions of the body. By slowing down the breathing you slow down all other body functions until finally a trance state is achieved, releasing consciousness, freeing yourself from the physical."

Puharich goes into this in some detail, quoting extensively from K.T. Behanan's book, "Yoga, A Scientific Evaluation". While a student at Yale University in the 1930s, Behanan, a Hindu or East Indian, proved to the professors that one can consciously "park the

carcass" and take off, by the use of rhythmic breathing. Holding the air out is an important part of deep trance. In the so-called catalpetic trance there is no sign of life, no breathing, no heart beat. This can be deliberately induced through long years of careful practice.

"What happens to you then? Do you come to?"

"Well, yes. The Kabalist or the Yogin hopes that he does come to again," replied Crabb.

"Do you fall over or something?" asked a lady student. "I have gone into the Silence for an hour at a time, in my practice, but I've never had any thing like that happen to me."

"No, because you didn't work for it. You see we are talking about occult science, the science of mind over matter, conscious goals, consciously chosen and consciously arrived at. This is the science taught by Jesus to the disciples in the "upper room" at the Kirbet Qumran monastery by the shores of the Dead Sea 2000 years ago. The multitude were taught in parables. This is all they could understand. The disciples were picked by Jesus because they could think for themselves! Not only that, they could think in abstract terms. You are not ready for occult science until some capacity for abstract thought is in you. You must be able to comprehend ideas, ideals, principles."

Normal breathing is adequate for ordinary daily living, but you want to change that. You want to quiet the body down so you can receive other ideas, other logic, from other levels of consciousness than the physical. This is a science and rhythmic breathing is one of the basics. The heart beat is slowed down; other body rhythms are slowed down until there is a state of self-induced sleep -- that is sleep to the observer -- but you are actually more wide awake and alert than you've ever been.

Puharich demonstrates mathematically that gravity helps to hold consciousness in the body! The forces of gravity are present at the heart of every cell in the body. There is a time-factor in gravity, in that each body cell has a normal rhythm or beat. Slow down your breathing and heart beat, and this alters the rhythmic pattern of each cell. Puharich says that when you change this time factor, you change the gravity factor. It becomes less. This is the secret, technically, of releasing consciousness from the body.

I believe you will all readily admit that gravity, or some invisible force holds your body to the earth. But how many of you realize that gravity also holds your consciousness in the body?

THE TIME-MACHINE EFFECT

A change of vibration is a change of location. This occult principle was beautifully illustrated and dramatized in the George Pal movie adaptation of H.G. Wells' "Time Machine".

You'll remember that when the inventor got in the seat of his Time Machine and got the disc spinning -- and changed his vibratory rate -- he disappeared, didn't he? Why? The change of vibration was great enough to change the time-factor and he moved forward or backward through time, at will. He also changed his location because he wasn't there!

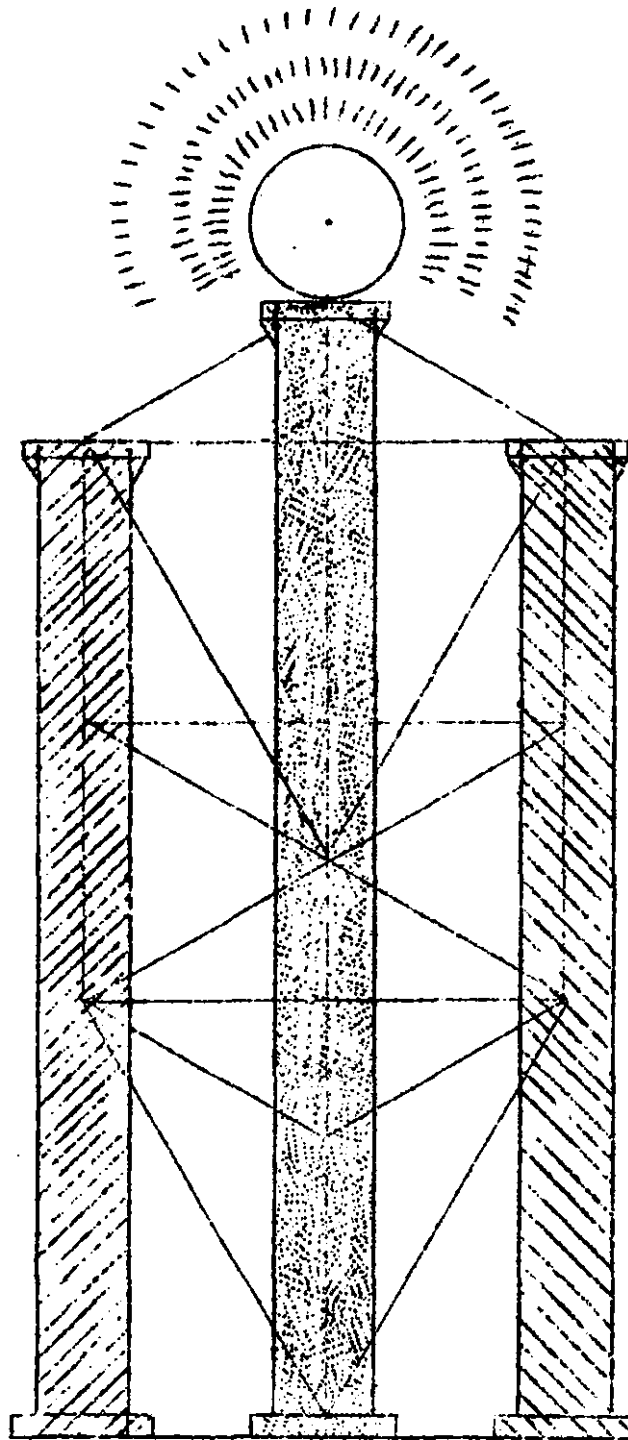
We can do this by rhythmic breathing. We are locked into the body by gravity. This is a part of God's plan for man in the flesh. He has veiled Himself from us, but there is no reason why we can't pull this veil aside, part of it at least, when we think we are ready. But remember that rhythmic breathing is dynamite.

"How often should we do it?"

"I wouldn't do it more than once a day, for awhile. Do three groups of the four-two, four-two rhythm we tried here. If and when you feel comfortable with this, do a few more groups or double the count to 8-4, 8-4. Always give your system a chance to adjust to the new forces you bring to bear on yourself. If you begin to feel dizzy and lose conscious control, stop it. Wait until the next day before trying again. And remember always to breathe in and out through the nose; never corking the air in by closing the throat; but holding the air in the lungs by keeping the lungs expanded and the diaphragm partially extended."

* * *

THE THREE GENERAL PATHS FOR MAN



The Pagan The Hermetic The Mystic

CHAPTER 2 ----- THREE PATHS FOR MAN TO FOLLOW

Readers of these pages must be aware of the three general types of mankind who approach this Path. In writing this material we don't know what type you are but a description of the three types and a discussion of a way they function may help you to understand yourself and your approach to the Ancient Wisdom. It will also help you to understand other students and the reasons why their needs and studies may differ considerably from your own, even though you are headed in the same direction.

Students approaching the Path must realize that there are actually three paths, the Pagan, the Hermetic, and the Mystic. These three paths can be related to the three levels of consciousness recognised by psychology. The Pagan would be subconsciousness, the Hermetic would be consciousness, and the Mystic would be superconsciousness. In terms of time the Pagan Ray or Path represents the early development of man. This development took place in the past when man was descending down into the denser planes. The Mystic refers to the future. This is the return to Unity from whence man came.

The Pagan and the Mystic Paths deal with force. As force descends from level to level into more dense planes, it organizes into more and more complex forms. These forces are equilibrated through counter-balancing of pairs of opposites. The perfect equilibrium of force is established "when the warring forces become equilibrated through the coercion of matter." This is the descending or involutory process.

In the ascending or evolutionary process the forces retain their equilibrium without the restriction of matter. On the downward arc the forces are balanced through opposition, whereas on the upward arc the forces balance through alternating rhythmic sequences. The Pagan Ray deals with force as it comes down into denser forms. The Hermetic Ray is force organised into form. The Mystic Ray is force freed from form.

The mind of the pagan is not developed so his consciousness is instinctive. Modern man has developed and uses a thinking consciousness. For a modern man to try to use Pagan Ray methods means that he is going backward in evolution!

Mystical consciousness is superconsciousness. This means that it is above the mind. Anyone who wants to achieve Mystical consciousness will have to rise above the rational mind, but he will have to have trained himself in rational thinking before he can raise himself to superconsciousness. However, if the student sets rational thinking aside he will fall into subconsciousness rather than rise into superconsciousness. He draws his power from the subconscious, the world of elemental forces. The instincts give rise to emotions and emotions are expressed in imagination. The images thus created are those of past evolutionary period, characterized by primitive violence. A student of the Mysteries who tries to achieve Mystic super-consciousness without taking the time to develop his mind will release uncontrollable elemental forces within himself. One result of this would be an explosive desire to blast through anything or anyone which is in the way.

The third phase of consciousness concerns the future. It is the Mystic Path. This frees the consciousness from form. Thus it can perceive truth directly. In rational thinking the mind takes time to evaluate from one idea to another, but intuitive consciousness sees a problem and its solution instantaneously. The forces of Mystic consciousness are Cosmic consciousness not yet organised into matter.

Midway between the Pagan and the Mystic is the Hermetic. This is human consciousness. The work of the rational mind is to analyse the intuitive visions and the primitive passions and interpret them in the light of waking consciousness.

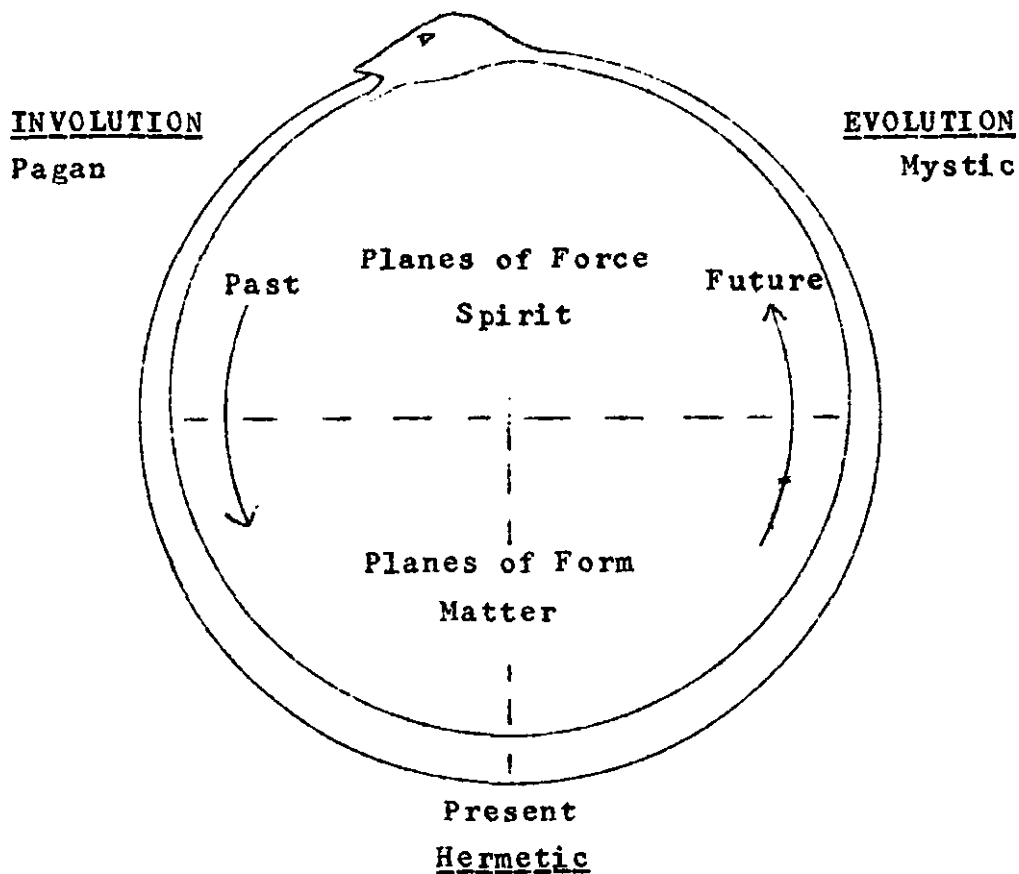
THE THREE WAYS TO GOD

These three Rays are three ways to God and there are initiations for each Path. These three levels of consciousness are not considered as three steps on one Path in regards to initiation. But from the evolutionary standpoint this is true because we have all three characteristics within us. These three Paths are equal, sometimes one dominates the others.

The Pagan Ray is past and repressed in us. The Mystic Ray is in the future and yet unrealised. The Hermetic is present and in consciousness. On the inner planes time and space do not exist. All these are in man at the same time. The rational mind can shift into the past at will. When it does so the past event is present. Also when the rational mind visualises a future event, that event is in present time. The Lower Self, the personality, lives in a world of illusion. It sees only reflections of life until life brings to it an aspect of Truth.

At this moment the personality is living in present time and is at one with its Higher Self. Such revelations are not necessarily pleasant. Consider the woman who is blissfully unaware of her husband's extra-marital affair, until the mistress comes to the wife and demands that the husband be freed so the mistress can marry him.

A UNIVERSE



FULL CONSCIOUSNESS IS THE GOAL

An Adept lives in full consciousness all the time. He is aware of the past, the future and the present, and is free to focus his attention anywhere at will.

Each Path has its own technique, so there are three techniques taught in the Mystery Schools: The Pagan, the Intellectual, and the Mystic or Devotional. These differences of technique are applicable to different types of people, and they are for those who are at different levels of evolutionary development.

Primitive man must be trained on the Pagan Ray, and after adequate training he may contact superconsciousness. The overly developed Devotional types are usually found in monasteries or in highly developed civilizations. They have deliberately separated themselves from the Pagan, the Green Ray power, so their training must teach them how to renew contacts with the subconscious, with the power of the Pagan Ray. In either case, to reach fully balanced development, Pagan or Mystic will have to shift into the Hermetic Path. If he does not shift over then he remains in his Path and has only one-sided development. Such specialisation will give him tremendous talent but beyond a certain point he cannot go. So, it isn't until his next life that he can shift into the Hermetic Path, because it is only on the Hermetic Path that one can get the balance necessary to complete his evolution.

A person whose mind is not yet developed should remain in the Ray in which he began his evolution, until he is ready for mental development. The Pagan or Green Ray is for the primitive child of nature. It is also for the moral rebels. These are people who have become utterly disgusted with the hypocrisy and the brutality of civilisation. A return to a primitive environment is necessary to give the soul a chance to bring itself back into balance.

A good example such a moral rebellion is the two writers, James Hall and Charles Nordhoff. Embittered by their experiences as military pilots for the Allies in World War I they fled the immoral corrossions of Western Civilization and found refuge in Tahiti and other pagan islands of the South Pacific. Judging from the lieterature they produced: Mutiny on the Bounty, Hurricane, Faery Lands of the South Seas, and other books, the healing was successful. Of course, such a radical change in environment is the choice of the soul, not the personality.

TWO TYPES OF THE MYSTIC

There are two types of people who are attracted to the Mystic Path. One is the person who has mastered the teachings of the civilization he is in and can receive illumination directly. The other is the person who cannot withstand the temptations of civilization, and must run from them to the monastic life. A good example of the latter is the young American, Thomas Merton. In his book "The Seven Storey Mountain" he describes his trials and temptations in New York and his final flight to the Trappists. The Church is a refuge for the moral cripples; just as a pagan environment is a refuge for the moral rebels. In either case, of course, the development cannot be perfect.

A true Mystic is one who has succeeded in lifting his consciousness above his mind. He is not affected by his passions. Church history abounds with examples of this type, Innocent III among the Popes, for instance, and George Fox, founder of the Quakers. On the other hand, a moral cripple has not succeeded in lifting his consciousness above his mind and his emotions and is only repressing them. His flight to a religious order cuts himself off from the nature contacts which make for a balanced life. Of the two types who need the Mystic Path, the one who has mastered his emotions is near the end of his human evolution, the other has not found satisfaction in the normal way of life and must detour for a lifetime or two. While on the Mystic Path both may receive Hermetic teachings, and the moral cripple may receive the balance necessary to cope with the problems from which he fled.

The undeveloped man of nature must follow the Green Path until the studies and experiences develop his mind. Then he can shift into the Hermetic Ray. A man who has been hurt by civilization should go to the Green Ray for healing his psychic injuries. His high expectations of civilization are not fulfilled. Once he achieves balance he can return to the Hermetic Path.

In both the Pagan and the Mystic, persons who are rebellious toward civilization or who are crippled by it, have their emotional and mental illnesses cured. Then they are ready for the Hermetic Path, which has the three Paths in equilibrium. Any soul, during its evolutionary period, will choose the Path it needs at any given time. Then there are souls which have been influenced by the false or twisted concepts of civilization. These souls have to choose a Path which brings them back into balance.

THE PAGAN RAY INITIATE

A person initiated in the Green Ray is capable of using elemental forces, but he is not capable of reaching the super-conscious levels for inspirational guidance. On the other hand the Mystic has the superconscious contact but lacks power for practical work. He has deliberately separated himself from the elemental forces with which he began his evolution. The Mystic knows his goal but lacks power to achieve it; the Pagan has power but does not yet know his goal! The Hermetic is midway between.

As Dion Fortune says, In the Hermetic Wisdom is equilibrium, synthesis and completion. Both the Pagan and the Mystic are subsidiary Paths which merge with the Hermetic. There are evidences of these Three Paths here in the physical world. They are fully revealed to the trained observer in myth, glyph, symbols and in ritual. A person who is ready for the Hermetic Path Should be capable of contacting the Pagan and Mystic forces as he needs them in his practical work.

The Trinity -- Pagan, Mystic and Hermetic -- can be related to the three phases of evolution, the three levels of consciousness, and the three levels of personal experience. The Saturn of the Old Gods represents the Pagan Ray. The Christ, the Son of God, represents the Hermetic Ray; and the Holy Spirit of the Higher Self, represents the Mystic Ray.

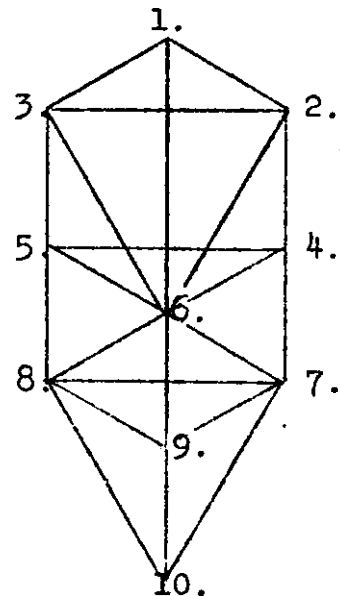
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THE ETHERIC ROAD TO HEALTH

Etheric Exercise or Rite Number Two is on the opposite page. As you increase the number of repetitions with practice in this, you can commit these God-names on the Tree of Life to memory by using them as counters instead of numbers.

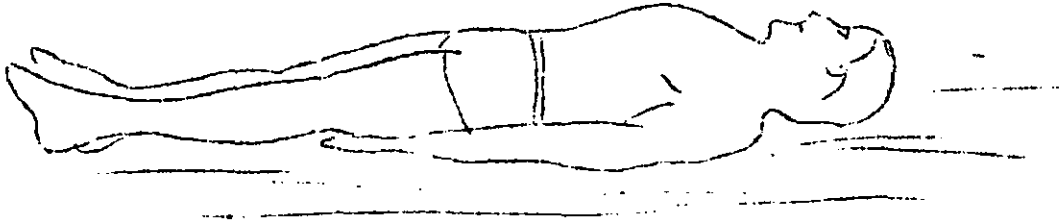
- | | |
|---------------------|-------------------------------------|
| 1. EHEIEH | (Eh-heh-ee-yeh) |
| 2. JEHOVAH | {Yod-hay-vau-hay) |
| 3. JEHOVAH ELOHIM | {Yod-hay-vau-hay
El or Al-o-him) |
| 4. EL | (El or Al) |
| 5. ELOHIM GEBOR | (Al-o-him Geh-bor) |
| 6. ALOAH VA DAATH | (Al-oah Vah
Dah-ath) |
| 7. JEHOVAH TZABAOTH | (Yod-hay-vau-hay
Tsah-bay-oat) |
| 8. ELOHIM TZABAOTH | (Al-o-him Tsah-
bay-oat) |
| 9. SHADDAI EL CHAI | (Sha-dae El Kahee)
Kah-ee) |
| 10. ADONAI HA ARETZ | (Ah-do-naee
Hah Ahrets) |

(From Dion Fortune's "Mystical Qabalah")



VORTEX RITE NO. 2

There are five Rites in all, to make a complete ritual for stimulating the flow of new, vital, etheric currents through body, aura and the force centers referred to as "eyes" in the Bible, and as "wheels" or Chakras by the Hindus. Though these are primarily for the student of occult science, a daily conditioning to help unfold the Higher Consciousness, the



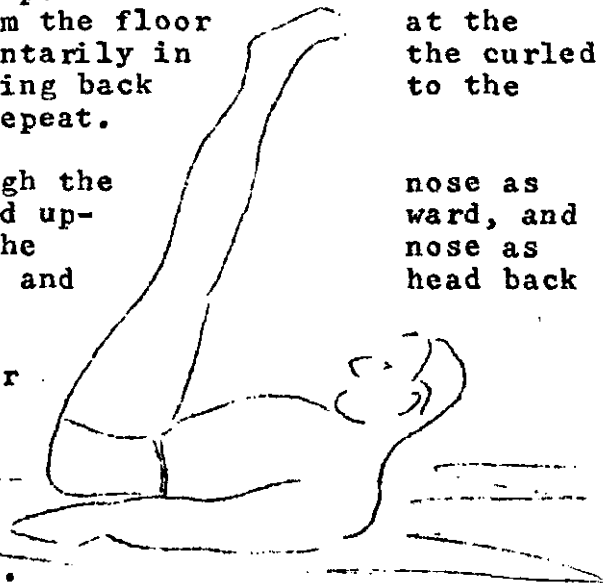
therapeutic contribution to well-being is considerable also.

Rite No. 2 starts from the prone position as shown above. Lie flat on the floor, legs straight, feet together, hands palm down so you can press down as you lift the legs up. Notice that the head is lifted up from the floor at the same time! Hold momentarily in the curled position before relaxing back to the prone position, and repeat.

Breathe in through the nose as you draw legs and head upward, and breathe out through the nose as you gently lower legs and head back down.

Your ability or inability to perform these simple rites will reveal how far your physical condition has deteriorated since your youth.

If you are ambitious to erect a sound spiritual structure, you must have a firm, balanced physical base on which to build. May as well screw up your courage and start now. The resulting physical health and well-being will more than repay your efforts in the long run. Try for a minimum of three repetitions at least.



nose as
ward, and
nose as
head back

Exercise In Concentration

Now it's time for our regular routine of mental exercise. We want to give you the various kinds of concentration exercises, and hope you will try them all out. Use them regularly to develop your mental power.

The way to develop the power of concentration is to deliberately exercise the mind, to give it a task. See that the task is carried out. There should be a certain amount of strain or effort involved; if not, no mental muscle is developed!

For this exercise I'd like you to think about your favorite room. This should be one of which you know the details quite well. In imagination now stand in the middle of this room and face the door by which you normally come in and go out. As you remember the room, slowly and steadily go around the room, clockwise. Briefly visualise the furniture, the walls, hangings or curtains, paintings and so forth. When you are facing the door again, reverse the process, go back around the room counter-clockwise. You may surprise yourself by remembering something the second time around that was forgotten the first time. If someone comes in the room while you are visualizing it, just have them sit down and wait until you are through!

We have an acquaintance, a retired commercial artist, with unusually powerful concentration ability. He says he can form an image and hold it for minutes, in full color! In fact that's his problem. He sometimes gets lost in thought this way and doesn't know how to get back to 3-D physical. Mrs. Crabb suggested to him that he reverse himself just as we are practicing in this exercise. He'd never thought of that, simple as it seems, and thanked her for the suggestion.

So try this now, as faithfully as you can. If your mind wanders, if you get stuck on some object dear to you and with a powerful chain of associated ideas, bring it back to where you wandered off and continue moving around the room. Let's take about five minutes. Sit com-

fortably as you can. Remember, we're training the mind to start a trend of thought, to stick to the subject, and to finish it.

(SILENCE)

If you set up a daily routine of mental training along these lines, you will do a more thorough job if you'll keep a paper and pencil by you, and a watch with a second hand. Every time your mind wanders from your chosen subject, and you become aware of it afterward, make a check mark on your paper and note the time.

If you are like me when I started, you'll find that your concentration lasts only a few seconds before the mind wanders. But if you persist over a period of several weeks you'll find that the concentration periods get longer and longer between wanderings. Finally, after a few months, the personal checkup routine will be unnecessary.

Exercise In Relaxation

Use the same, step-by-step relaxation exercise given in detail in Chapter 1, Section 2, page 14.

Exercise In Rhythmic Breathing

Before we get into the exercise itself, a little comment on the breathing process. To breathe through the nose is an elementary rule of correct breathing. Inside the nose are the guardians of the inner door, the glands which finish off any bacteria that have succeeded in getting this far. The smelling organism is an admirable instrument that warns immediately of fermentations and poisonous gases that might endanger your health.

But the most important function of this organ we call the nose is the absorption of vitality from the air. The Hindu esotericist or yogin calls it prana. The Hawaiian Kahuna calls it mana. You've all experienced the exhilaration and feeling of increased energy which accompanies the inhalation of a deep breath of fresh air -- when it is inhaled through the nose!

The same quantity of inhaled air through the mouth loses the refreshing and invigorating quality which is due to the vitality absorbed through the nose. The mouth lacks an instrument for the absorption of vitality.

The habitual mouth-breather will automatically suffer from this lack of vitality, or prana; so there'll be a corresponding lack of resistance against infection. Besides that there won't be the bacteria-filtering protection of the mucous membranes of the nose.

KINDS OF BREATHS

High Breath - This is the habitual breathing method of most women. The high breath lifts the shoulders, collar-bone and ribs; but these are only the upper part of the lungs. This is the smallest part and only a little air reaches the lungs. You waste more energy for less result this way. Many of the illnesses of the respiratory organs are due to faulty high-breathing.

The high breath is common more to women than to men, who are middle-breathers. Corsets, girdles and so on restrict the lower part of the woman's torso, forcing her to breathe high. Also the sitting position over a work table or sewing machine at home, the game of bridge, or typing all day at the office.

Middle Breath - This is more common to men, though many who sit all day at a desk are high breathers, too. It is a somewhat more energizing breath than the high breath but not completely satisfactory either because the lungs are only partly filled. Whether you are standing or sitting, male or female, this is a shallow, superficial breath, done unconsciously. When such breathing is occasionally interrupted by a yawn it shows that your lungs and body are desperately thirsty for air! So this reflex action gulps it down.

Abdominal Diaphragm Breath - This method, recommended by health specialists and doctors, is absolutely necessary to the Mastery of self demanded by the Western Mystery Tradition. Abdominal breathing fills the upper, middle and lower portions of the lungs with air. Your goal in rhythmic breathing should be to combine all three in one complete intake of air. To do this, every cell of the lungs and all muscles used in breathing should be brought into action. The chest expands; the diaphragm con-

tracts and the rhythmic functioning of the breathing apparatus gives a soft massage to the internal organs of the abdominal area.

Now for a really full breath. First, exhale completely. Then inhale through the nose, beginning with the abdominal breath. This activates the diaphragm. Push the belly out; that's it, jug-shape as the yogins call it. This pushing-out movement fills the lower part of the lungs with air. To feel the control of this absolutely important movement, lay your hands across your tummy and push against them. Unless you've had vocal training with emphasis on proper breathing, this may be a little difficult; but with practice the skill can be acquired.

Next you should feel the expanding of the lower ribs and the lower part of the thorax or chest, taking the air into the lower part of the lungs. If you've been a heavy smoker AND a high breather for years, the lower part of your lungs is poisoned with foul air and junk from the smoke.

Finally, we lift the shoulders and the upper chest -- shove 'em out, ladies; and gentlemen, make like Tarzan. That's it! Pack in all the air you can find room for in your expanded lungs. Now the abdomen, fully extended before, just naturally draws in slightly, as a support for the lungs.

In practice these three movements should blend or melt into one another like a flowing wave. Now we must direct our attention to them for awhile to become aware of what we are doing, and why. There should be no jerkiness to full, rhythmic breathing.

CONTROL OF ATTENTION

Students ask us, what should I think of while doing rhythmic breathing? In this preparatory work your consciousness should be focussed on the mechanics of breathing and on the body itself. We want you to feel and to know this increased vitality is flowing to every atom and cell, re-vitalizing each one with new Life!

You can feel the air flowing through your nose. You can feel the expanded lungs. Now we want you to become aware of the secondary effect, the response of your whole system to the increased pressure. This is electrical in nature

And we can only assume that each cell of the body gets an increased charge of energy, That's what I feel, a radiant glow.

MAN KNOW THYSELF

This is a most important part of the occult process of truly know yourself. We are working toward a state of development by which you can consciously produce a current of force in any part of your body simply by visualizing it and willing it. At present, the seat of physical consciousness is in the cells of the brain. As you follow the in-breathed air into the lungs and on out to the extremities of the limbs you are expanding the brain consciousness to the rest of the body, from the inside out! There are other nerve centers in the body, at least seven of them, certainly ten, and perhaps twelve. In the course of your studies and practices these are gradually brought into active play to support the head-consciousness and this is the way we start, with rhythmic breathing.

SUN BREATH AND MOON BREATH

In this second workshop session we are going to use a different routine, breathing first through one side of the nose and then the other. The occult tradition is to refer to the left nostril as the Moon and the right as the Sun. Occult literature on breathing warns the neophyte to be wary of forced breathing through one side of the nose or the other unless under the direction of an experienced teacher -- one who can clairvoyantly observe the effects of the breathing on the aura.

However, following the first principle of the Kabala of the Western Mystery Tradition, we are going to use a balanced routine. I believe the results can only be healthful and beneficial. In this exercise there are 27 full breaths or respirations in all, nine sun breaths, nine moon breaths and nine breaths through both nostrils, in groups of three.

The first three are sun breaths through the right nostril. Turn your head to the right, exhale. Raise your left hand and close the left nostril with your thumb or first finger. Now Breathe in slowly and steadily through the sun or right nostril. Also, slowly turn your head toward the front and exhale through the right nostril. Time the turning of your head so that by the time

you are facing straight ahead you will have filled your lungs with the second sun breath through the right nostril. Keep the head moving slowly leftward as you exhale through the right nostril. Breathe in once more and exhale once more through the right or sun nostril, three sun breaths in all by the time your head is turned fully to the left.

Now, open the left or moon nostril by dropping the left hand. Raise the right hand and close the sun nostril with thumb or first finger. Start a cycle of three moon breaths by inhaling through your left nostril as you turn your head slowly back toward the right. Again, you should have your lungs full of the second moon breath when facing straight ahead. Continue turning the head slowly to the right as you exhale this second breath. Take in one more complete moon breath, to make three in all, by the time your head is turned fully to the right.

Now drop the right hand and face straight ahead. Take three full breaths, inhale and exhale, through both nostrils, facing straight ahead.

This completes the first group of nine full breaths. You may find this pretty strenuous if you are not used to deep breathing. If it is too strenuous, stop now and try again next day. But to complete the full routine of 27 breaths, turn the head to the right again, close the moon or left nostril, and take three full sun breaths as the head is swung slowly around to the left, and so on, just as in the first group of nine, until the 27 are completed.

When you do this I believe you'll agree this is a real and complete exercise of the breathing mechanism. The effects on the system are positive, invigorating and a real contribution to the health and balance of the body forces.

DONT CORK AIR IN THE LUNGS

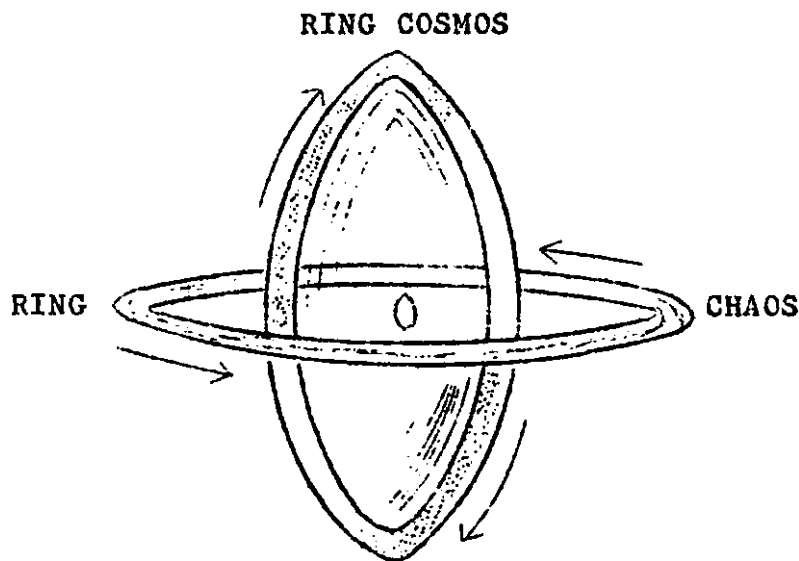
Here's one suggestion we give now. It will become more important later on in other forced breathing exercises. Dont cork the inbreathed air in your lungs by closing the throat. This can be unhealthy, even dangerous. Where the exercise calls for the air to be held in for several counts, this is done by keeping the lungs and diaphragm expanded. Even with the throat open the air stays in.

Visualization

Time again now to take up another exercise in image-building. In the Workshop of Chapt. I, page 18, we made an attempt to "see" the first Creation, primary movement in space, which became a spinning ring we called the Ring Cosmos.

It is said that after countless ages of time a secondary movement is set up at right angles to the first. This becomes a spinning ring outside the first; so let's try that now.

First of all, start again with a point of light, against the black screen of your closed eyes. This point of light is somewhere in space before you. In your imagination cause this light to expand outward so it becomes a spinning disc, or ring, turning in a clockwise direction. We say ring because we want to emphasize the motion of a rim or ring of light. Once this Ring Cosmos is visualized and set going in your imagination, build another image of a second ring spinning at right angles to the first and just outside it, as you see the horizontal ring below. This one we'll call the Ring Chaos. It'll take real effort on



your part, mental effort, but we ask you to make it, regardless of how well or how poorly you do it. This talent will serve you well later if you'll start training now.

Answers to Student Questions On
the Material, and Discussion

What about vegetarianism?

You'll have to decide what is best for you. If you can do without meat and still carry on your work, fulfill your responsibilities in this hard-driving Western culture, by all means do so.

But then where do you draw the line on the use of animal food and products? Are you going to stop wearing leather? And eating dairy products? It can get pretty ridiculous cant it? I beg of you, dont be a nut living on a nut diet! Unless you want to be a nut. That's your privilege. In the Western Mystery Tradition as Mrs. Crabb and I know it and teach it, you do not try to set yourself apart from the society in which you live by wearing peculiar clothes, an odd haircut and long beard, or publicly proclaiming your purity with a meatless diet.

The occult scientist of the West submerges himself quietly in the cities of his race. He doesn't set himself apart by extremes, as cultists do, a form of spiritual hypocrisy, You'll find this attitude often times in the Mystic who wants to recreate the Biblical atmosphere by wearing the flowing garments, the beard, the sandals and perhaps a turban, and go off into the hills. To the Mystic this is following in the footsteps of the Master. This is his privilege; but if he wants to teach he'll drive as many people away from him with his peculiar behavior as he'll attract.

The Hermetic Scientist goes pretty much unnoticed unless he gets in a jam where he has to call in extra power to save himself; then, if you should see him extricate himself in a miraculous way, you would realize that you are close to one who knows and practices the occult arts. No true Initiate or Adept will go around boasting about it. He'll get enough oppisition from the Lower Astral plane without asking for it on the physical!

Would you say that blood sacrifice is a Pagan rite?

Definitely. It is the vitality or mana, released with the freshly flowing blood which gives the Pagan magician his power; or, I should say, by which his thought-forms or prayers are powered. This is one of the most important reforms instituted by Jesus, and thus one of the reasons why he was murdered. The Christian magician -- if I may use that term -- offers himself as a sacrifice.

I didn't quite understand your explanation of harmony on the Mystic Path?

You mean the alternating rhythmic sequences I mentioned?

Yes.

A good concrete example of that here in the United States, or in any country that has popular elections between contesting liberal and conservative parties, is the shifting political power every four or eight years between Republicans and Democrats. This kind of free-swinging political freedom frightens observers who come here from the religious dictatorships of the right in Catholic Europe, or from the Communist dictatorships of the left. Such civilized, rhythmic freedom in those nations of younger souls would result in the wildest and bloodiest revolutions. In fact this is the only way these people can free themselves from the crystallized right or left, by rebellion, or by assassination of the money-greedy, power-mad leaders.

The natural Pagan aggressiveness in young and old in a civilized society like ours finds a healthy release in athletics. Football especially, here in America, satisfies our need for violence. The blood lust of the Pagan finds release either in hunting or war.

Is it wrong, then, for us to study Pagan religions and magic?

Good heavens, no! You have to study it if you want to work with power! Just don't practice it! As a civilized person you couldn't anyhow. One of our Associates, Hal Wilcox, went to Japan a couple of years ago and studied for a year, with different groups and in monasteries. In one he went through a blood initiation, watched the high priest slay a sacrificial goat. Then this ambitious Cau-

casian had to drink some of the warm blood of the unfortunate animal. The sacrificial knife was used to cut off chunks of meat and Wilcox ate a piece of that! It wasn't long before he had to run outside and heave his guts out.

Did you learn any Hawaiian magic, or take any Pagan initiations when you lived in Hawaii?

I didn't understand much of Hawaiian magic until I read Max Freedom Long's "Secret Science Behind Miracles". The Hawaiian Kahunas are very close-mouthed about their magical practices; nor will they reveal it to "haoles", white men until after long acquaintance -- which took far more time and patience than I had when I lived there. While I was president of the Honolulu Lodge of the Theosophical Society, I discovered an excellent article on Hawaiian magic in a copy of one of the old Theosophical magazines published by Madame Blavatsky when she was still alive in the early 1890s. The Honolulu Lodge is one of the oldest, you know, with a charter signed by the old lady herself; and this article must have been written by a haole who had known Kahunas for years and witnessed their practices at first hand.

According to this writer, if you want to become a powerful magician, Hawaiian style, you must first obtain the body of a dead relative. Then you peel the flesh off the bones. If the relative was a great warrior, chief or priest, a ceremonial banquet on some of the flesh is supposed to give you some of his power, of course. But the important thing is the bones! Bundle these up in a tapa cloth and keep them by your bedside, praying over them constantly, day and night for months. Eventually, the relative hears your prayers and consents to become your Guardian Angel, Akua or family god.

Whether or not a departed spirit or ancestor would consent to play such a role is debatable, but from little I know of occult science, the constant prayers and the desire of the would-be Kahuna would eventually create a powerful artificial elemental -- what is called "the creation of the created". This could be used for good, in the work of healing and protection; or it could be used for evil, to find out what the Kahuna's enemies were doing and if necessary kill them, by use of the Death Prayer rite -- ana, ana. This rite is portrayed in the Bishop Museum in Honolulu.

Even if you could get hold of the body of a dead relative, and could bring yourself to peel the flesh off the bones, the health authorities here in California would throw you in jail. At least I hope none of you would (laughter from the group) keep a bundle of human bones under your bed (more laughter) and pray over them. You can see why Pagan magic is not for us. To do these things the way they do them would be going backward in time for us.

This is really the Left Hand Path. This is exactly what the Black Magician does. And if he retrogresses back far enough along that Path, returning to the childhood of the race, he becomes a cannibal -- and I'm not kidding -- he eats human flesh, the ultimate in degradation for a civilized man.

THE USE OF DRUGS

Another consciousness-expanding aid used by Pagan magicians is a drug. It may be proper for primitive man with an undeveloped mind, but not for us. Now I'm not against experimenting with one or another of the psychedelic drugs, L - 25, Psycilocibin, Mescaline, Peyote. I had a wonderful release of consciousness with Mescaline, in a doctor's clinic in 1963; and as an experiment I recommend it to anyone who has the opportunity to try it under professional care; but don't use it as a short cut to spiritual development. Continued use dulls the will and the sense of discrimination, to where all kinds of irregular behavior seem perfectly proper.

THE FALL OF THE MYSTIC

You said earlier that some Mystics fall or slip from superconsciousness to subconsciousness. Could you give us an example of that?

Yes, the Mystic yearns for union with God. One of these exalted states of consciousness is called Nirvana in the Orient. There are others. If you aim for this high level of being and your mind is not trained, your discrimination is not developed, you don't achieve superconsciousness. You fall into subconsciousness. This is the home of the elemental passions. The subconscious is the "limbo of forgotten things", memories of past lives in which you suffered the great catastrophes of wars, earthquakes and floods. If you are the leader of a group, as a Mystic, these forgotten memories of the past come out as visions

of the future. Then the leader's sermons are filled with doom and gloom.

A good recent example of this is the late Gloria Lee who, as a Flying Saucer believer, thought she was in touch with a superhuman being from Jupiter. Maybe she was; I don't know. I do know she had a vision of Los Angeles going kerplunk into the Pacific, believed it, and obtained a piece of property on the high desert inland.

It was bad enough that this cockeyed idea from her own subconscious led her to desert her husband and daughter, but she made it worse by inducing others to give up their jobs, homes and families to follow her up there! The day of doom for Los Angeles came and went and there they were. One poor deluded follower was unemployed for nine months before he could find a job again. Some prophet. And so fixed was her concept that she had a private pipeline to God that she went to Washington, D.C. some time later and starved herself in a hotel room there to try to get the Administration to change its policy on Flying Saucers and war. After 50 days she starved to death and I suppose a few people in Washington shook their heads over another nut from California.

Gloria Lee's unbalanced behavior is directly opposite to Kabalistic principles of balance and proportion in all things. Now martyrdom has its place in human affairs, but if you are going to give your life to a cause, try to see to it that the effort is worth while and produces some results!

Gloria Lee hadn't earned the right to higher consciousness. She hadn't trained herself, as we are training in this class, to reach or achieve this kind of information and know what is real and what isn't real!

When you yearn for union with God make sure you aren't running away from or trying to skip over lifetimes of evolution when you should be developing your mind, the balance point, the discriminator for man. Otherwise you will fall into subconsciousness and mis-read your own past as the future.

Another characteristic of the Mystic-come-subconscious is a tendency to violence to enforce his cockeyed ideas. This is the cause of most religious wars, and of the Roman Catholic Inquisition, which tortured how many millions in Europe?

A PRACTICAL, AMERICAN MYSTIC

Was Edgar Cayce a Mystic?

Yes, in my opinion he was on the Mystic path because, in this life at least, he wasn't trained in occult science as we are training. He put himself in trance, as a passive medium, with no knowledge of what was being channeled through him. Occult science teaches conscious control, in or out of the body.

Edgar Cayce was the physical channel for a dedicated group operating on the Inner Planes, making diagnoses of subjects, both from the past and present. His total and unselfish dedication to helping others was Edgar Cayce's safety and protection.

Couldn't Edgar Cayce's own Higher Self have made the diagnoses?

It could and I'll admit the question is debatable; but I wouldn't ignore the probability of a dedicated group of doctors -- former practitioners in the flesh -- working impersonally and unidentified through their dedicated channel. The big, unanswered question for Mystics like Edgar Cayce is, can he give you an intelligent explanation of the Invisible Reality behind him? Can he give you a technique by which you can develop the same skill? The answer is no! About all he can say is, follow thou me.

For the thinking American this Devotional Mysticism is not enough! We want to know why, and for answers to what is the Invisible Reality Behind Appearances, we turn to occult science,

HERMETIC SCIENCE, THE GOLDEN MEAN

Midway between the Pagan and the Mystic is the Hermetic Scientist, the developed mental type. He analyzes his primitive passions, decides which of them he wishes to use, and in which direction, thus controlling his raw power so it does useful work. That's the Pagan in him. On the Mystic side he has a vision of the future, a plan, an ideal. His power is directed toward achieving that ideal.

A good example of Hermetic Science at work is the modern American factory. I've worked in two such large organizations, as an Inspector and Production Controller at Minneapolis-Honeywell, and

later at Vega Aircraft subsidiary of Lockheed at Burbank, California early in World War II. I helped plan production on the Vega and B-17 bombers.

The Mystic side of factory production is the contract. Our goal was a contract with the British government to build 800 bombers in so many years' time. This was the future, an ideal number of machines. Our engineering staff took that goal and broke it down into a daily production schedule of four finished bombers a day, with the various departments scheduled to produce so many parts and sub-assemblies each day. That's the Hermetic Science part of it, the present. If America seems to do this better than any other nation it is because we have more advanced souls in embodiment here -- souls that have developed the ability to think over many, many lives.

What is the Pagan side of a modern factory? The raw material deposited at the warehouse dock by truck? The iron, the steel, the aluminum, the fabrics, the plastics, and also the electricity, the gas, the fuel oils to power the machinery. Add to that the strong right arms of the laboring force.

I'll admit this all may not seem very spiritual, far removed from the Nirvana of the Oriental savant; but this is America. The goal of the Western races is to redeem the world by bringing the God-force down to the physical level. Too many Oriental teachers have gone off to the Himalayas looking for Nirvana, and let their civilizations go to hell. We stay in our society and make Divine principles work, in practical ways.

SUPPLEMENTARY READING

We mentioned Dr. Andrija Puharich's "Beyond Telepathy" before. In this book he has excellent chapters analyzing the occult science techniques of the Tibetan yogins, and the Pagan techniques of the Shamans of the primitive Tungusku tribes in Siberia. A good picture of the moral cripple on the Mystic Path is Thomas Merton, in his autobiography, "The Seven Story Mountain". One of the best of the advanced Mystic types is the Hindu, educated at Oxford, Krishnamurti. I'm sure you can find one or two of his books at the library, and for a fascinating biographical sketch of the impractical Mystic, read Rom Landau's two interviews with him in Landau's book, "God Is My Adventure".

Why did Dr. Puharich choose Russians for his studies of Pagan magic?

Not Russians, modern Russians, but the primitive Tunguskus, stone age people living in Siberia. And he didn't study them. Russian scientists did a thorough job of observing and recording their very effective magic.

Did the Tunguskus use blood sacrifice of humans?

I don't know. Puharich speaks only of animal sacrifice, specifically the Reindeer Ceremony. The freshly shed blood is a quick source of energy given to the Gods for the answering of the prayers -- for better crops, good hunting, and good children. Primitive wants are pretty simple.

After the blood is shed, or so the Shaman witch doctor told Shirakogoroff, he goes into trance. This leaves him free on the Lower Astral plane to gather up the animal's vitality and take it to the Gods of the Netherworld, the Earth Gods who stimulate growth in Nature, make the weather and so on. The Russian scientist took part in the ceremony and watched the Shaman in trance. Afterward he asked the Shaman what he did, where he went, and that was the answer.

But isn't this evil?

Not for primitive people living in their natural environment. It would be for us to revert to pagan practices of earlier times. Blood sacrifice is forbidden to us under the Christian dispensation, along with slavery and other oppressive, despotic practices. We build up extra charges of energy for our prayers by rhythmic breathing, chanting, singing and so on.

But this isn't why space doctors are studying the practices of native magicians such as the Shamans. It is because these practitioners of magical art have demonstrated superhuman ability to withstand extreme heat and extreme cold -- conditions which face the astronaut in the hostile environment of space. In the exotic environment of space, especially the isolation from normal surroundings, the silence, the mind tends to drift from the body -- "suffer hallucinations" is the old fashioned way of putting it. Pagan magicians can induce a self-hallucinating state and also come out of it at will, sometimes demonstrating amazing telepathic powers. The doctors would like for the astronauts to have this kind of control, too; so with scientific fervor they are analyzing the training pro-

gram, if not the religious philosophy behind it!. Out of this space scientists will develop an occult science, in their terminology. All we have to do is convert their terms to our own honored system which is thousands of years old.

TAKE A SIBERIAN SWIM

The Shaman trains himself to endure cold, even thrive on it. When he feels he is ready the elders of the village test him to see if he is really equipped to handle their problems. Several holes are chopped in the ice covering the river, some distance apart. The Shaman dives into one hole, swims under water to the next, and so on. If he doesn't come up the village looks for another Shaman!

Do the Astronauts have to do that?

Of course not, but in the testing program developed by Dr. Lovelace in his lab at Albuquerque, New Mexico the would-be Astronaut would have his bare feet thrust suddenly, and without his expecting it, into a bucket of icewater. His reaction to this shock, and his ability to return to normal quickly afterward, were the measure of his ability to handle stress. This technique has been refined since the early days. Now the subject lays on his side and icewater is poured into one ear!

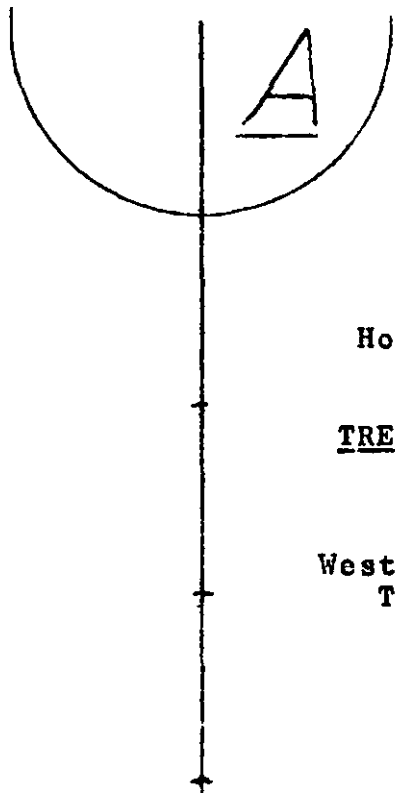
This is why I say that the Astronauts are really on the Path. By some of the things they are doing they are initiates. Of course the space doctors would be horrified to have us say anything like this.

The Astronauts come from religious families and seem to be highly developed spiritually.

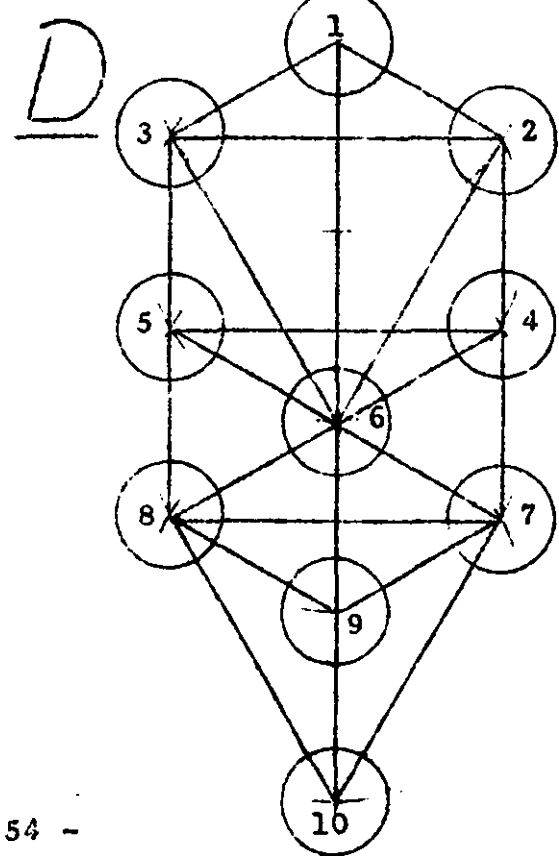
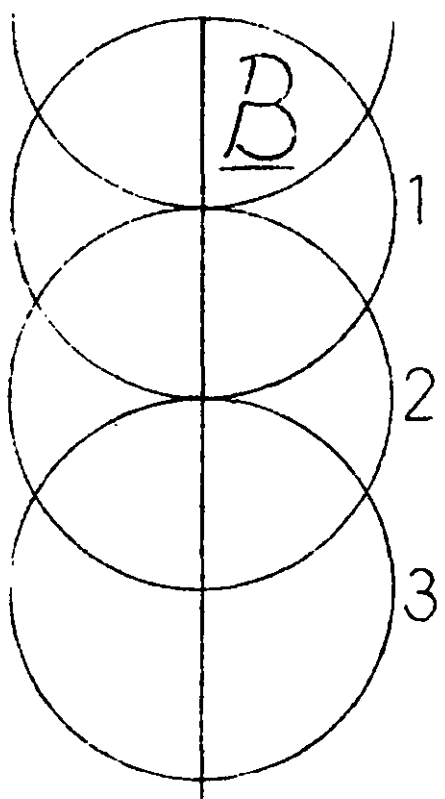
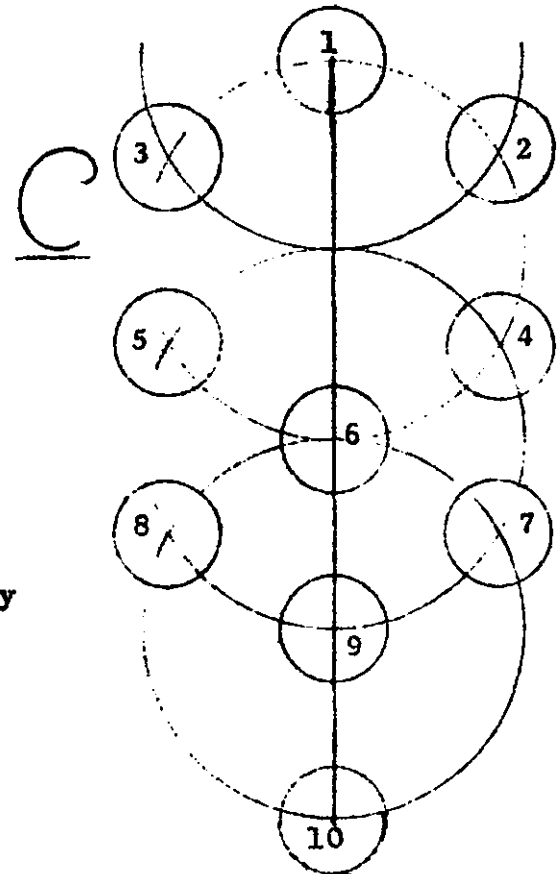
Yes, they seem to be. The first seven were WASPS, you know, white anglo-saxon protestants. I was so thankful that these top-flight Americans were so normal! All are apparently happily married men with children -- not long-haired ascetics in flowing robes living off in the wilderness somewhere. These are the new heroes of the New Age, and America was desperately in need of such an ideal in the late 1950s. John Glenn certainly filled the bill, I think.

How about Cooper?

Oh, is Gordo Cooper your favorite? (Much laughter from the class.) Well, I certainly wouldn't put one above the other. They are all fine Americans.



How to Draw
the
TREE OF LIFE
of the
Western Mystery
Tradition



HOW TO DRAW THE TREE OF LIFE

Take a page the size of this one, $8\frac{1}{2}$ x 11. Draw a straight line down the middle from top to bottom. Now take a compass and set it for 2 inches, from point to pencil. Set the point of your compass about $1\frac{1}{2}$ inches down from the top of the page, on that vertical center line. Now draw a half-circle, just as you see it drawn in Chart A on the opposite page.

Now move your compass point down to where that arc or circle crosses your vertical line. Draw a full circle around this point, just as illustrated in Chart B on the opposite page. Now move your compass point down again to where the new arc crosses the vertical line. Draw a second, full circle around this point. Finally, move the compass point down once more to where the arc crosses the vertical line and draw a third full circle. The basic layout for your first Tree of Life should look like Chart B.

Look at Chart C. We're going to draw in the ten small circles shown there. Set your compass now for a half-inch radius from point to pencil, and draw Circle No. 1, at the topmost point on the center line. Now move your compass point over to where the first two arcs cross and draw small Circle No. 2 there. Now go back across the center line of the Tree to where the top two arcs cross on the left. Draw Circle No. 3 there. Now take your compass point back to the right side of the Tree again, to where the two arcs cross directly below No. 2, and draw Circle No. 4 there. Then across to the left again to draw Circle No. 5 directly under No. 3. Now notice that you draw Circle No. 6 directly under No. 1, on the central pillar, in the middle of the Tree. Draw in the rest of the small circles as shown on Chart C. Ten circles in all, four on the Middle Pillar, three on the right and three on the left.

Look at Chart D. To complete the Tree of Life you must now draw in the connecting lines or Paths, 22 in all, as shown in Chart D. Later on, on other Trees, we'll number these Paths in their proper sequence; but for now just connect up the centers of the ten circles as shown, as neatly as possible, and number the circles.

THE WESTERN TRADITION, WHERE IT CAME FROM

CHAPTER III Section 1

Modern Psychology recognizes three states of consciousness, the subconscious, the realm of the instincts and primitive passions; the conscious, or realm of the intellect; and the superconscious, or realm of exalted religious or spiritual feelings. The Ancient Wisdom or Mystery Tradition spoken of in these pages developed through these same three stages with the evolution of mankind on the planet.

The so-called Animistic phase of religious development corresponds to the subconscious, this is found in the myth and folk-lore of primitive man. To explain the movement of non-human things like rivers, the ocean, clouds, wind, volcanoes, etc, he had to attribute to them an animating soul. These aspects of nature move, they must be alive even as he lives. No science has such a crude way of explaining the Mystery of nature.

As primitive societies developed man's instinctive reactions to life became slightly more sophisticated and animistic religious ideas changed to what is called the anthropomorphic conception of creation. Ignorant modern people as well as primitive men feel that the moving power behind the mystery of nature is a superman, or Gods. The Gods may be invisible but they are men on a much larger scale pulling the strings which keep the world going.

One of the basic beliefs in anthropomorphism is that all of these active and visible aspects of nature have an invisible but accessible mind back of them. Primitive man believes that these Gods, not so different from himself, cause everything to happen and this is all explained in the legends and myths of his people. These are the dogmas of primitive religion so important to our early ancestors. Here again we can divide them into three categories.

The first most important perhaps are the fertility Gods. Primitive man wants his tribe to be strong and his name to be glorified. He wants children to carry on his name. He also wants foods from abundant crops and large herds. So there must always be the rites and ceremonies to propitiate the Earth Gods.

A CRIMSON NATURE-DEVA AT CLOSE QUARTERS

From Geoffrey Hodson's Fairies at Work and Play,--
seen clairvoyantly by him in the Lake District, England, June 1922.

"After a scramble of several hundred feet up a rocky glen we turned out to one side, on to the open fell where it faces a huge crag. Immediately on reaching the open we became aware, with startling suddenness, of the presence of a great nature-deva, who appeared to be partly within the hillside.

"My first impression was of a huge, brilliant crimson, bat-like thing, which fixed a pair of burning eyes upon me. The form was not concentrated into the true human shape, but was somehow spread out like a bat with a human face and eyes, and with wings out-stretched over the mountainside. As soon as it felt itself to be observed it flashed into its proper shape, as if to confront us, fixed its piercing eyes upon us, and then sank into the hillside and disappeared. When first seen its aura must have covered several hundred feet of space, but in a later appearance, in which it again showed itself, the actual form was probably ten to twelve feet high. The auric flow was exceedingly beautiful and swept back behind the body in wing-like sheets, extending from the top of the head down to the feet, and reaching backwards and outwards in graceful curves and flowing lines. The colours were darker than any of those I have yet seen in this type of being--a rich dark blue was the background of the auric colourings--with lighter blue, gold, pink, and leaf green also showing. In some parts the colours appeared almost like a peacock's feathers, in fact the aura was not unlike a glorified peacock's tail in effect.

"There was a virility and force and an air of definite masculinity about this being. A continuous flow of the auric emanations caused ripples and waves to chase one another through the aura, suggesting coloured draperies in a very high wind. The central form and the central portion of the aura were of a rich crimson, the body actually glowing with this colour. He appeared to be "in charge" of that part of the landscape--to have undertaken its evolution, as it were--and his powerful vibrations were distinctly to be felt and must have a quickening effect upon the animal, vegetable, mineral and fairy life within his sphere of influence. This is the clearest vision I have ever had, and coming, as it did, quite unexpectedly, it carried with it powerful conviction to me. My physical body thrilled for hours afterwards with the force of the contact and the rapport established between us."

The second most important thing in the life of primitive man was death. He couldn't avoid this Mystery, but he could propitiate the God of the underworld even as the bodies of his fellow warriors and of his family were committed to the earth. The earth also became the limbo of forgotten things.

The third important aspect of primitive religion was the beginning of things, the creation of the universe. The legend that man's original home was in the sky and that the Creator God descended from Heaven, is common to many primitive peoples. These sky cults lead eventually to Sun worship and to recognition of certain constellations as having influence on the lives of men.

Referring now to the first chapter of these studies, you can see that your earliest ancestors had an instinctive grasp of First Principles. True, their language was crude and their understanding of the Cosmos was very limited compared to what modern astronomers give us; nevertheless, we have to give them credit for making good use of inductive reasoning.

MIND OVER MATTER

The Animistic theories of our remote ancestors were crude but they, nevertheless, were aware of, in their own way, the invisible reality behind appearances. Their belief in mind over matter was closer to reality than is modern science today; though the mentation of primitive men is more instinctive than rational.

The crudest savage is prone to see a nature God or spirit in every tree or stream or up-thrust rock. This is generally true of those who are entirely dominated by hunger, lust, and greed, but when these are satiated enough to free his attention, he develops the concept of greater Gods. These are forces of nature which are awe inspiring; great wind and storm, earthquakes, volcanoes, the Moon, the Sun, and the great sky above.

From this last came the idea of creation or of the Creator God from which so marvelously came every living thing. From the sky came sunlight and rain bringing forth living things from Earth, from which man and his herd could multiply. So primitive man was aware of the marvel of fertility. This developed the fertility cult of the Great Mother, always an Earth Goddess. From this more advanced primitive man developed the idea of the Goddess of Love. And, of course, there were Gods of preservation and destruction, but usually overall the Creator God, the all embracing sky God who continually rebuilt the world even as man and nature destroyed it through their wickedness.

Out of his own needs man created the Gods. But if you think deeply on these things you come to realize that these are needs of the soul. The God-forms and the stories of their super-human exploits are the outpicturing of the forces of your soul or your individuality. To say that they are merely mental projections is to do them injustice. For the myths and legends of your race are important spiritual truths for your instruction.

PICTURE-IMAGINATION

Let us agree with modern psychology that our basic instincts and passions are part of our subconscious and these are the "Mind" of primitive man. But primitive man's thinking wasn't reasoning as we know it. It was picture-imagination. Let us not forget, this is the way our minds worked when we were children.

Some adults think largely in terms of pictures even in this advanced civilization. Geniuses do. When Nichola Tesla had an idea or saw a need for a new machine, it is said that he built it first in his imagination, set it running and watched its performance for several days. In his imagination, he made corrections and adjustments until he felt that the invention was ready to be brought to drawing board.

Artists also make good use of the picture-imagination, but they do this intuitively rather than with conscious and directed purpose as does the occult scientist. The person who indulges in picture-imagination without control may become psychotic or at least subject to nervous disturbances. This is why genius is so close to insanity that it is sometimes difficult to draw a line between the two.

In the civilized man where the subconscious of the primitive passions has gotten the upper hand, aberrated behavior may lead to prison or insane asylum.

If you would take your destiny in your own hands and become master of your own life, you must learn to handle safely and to use surely the hidden powers of your subconscious: It must not only be brought under control, but trained and developed to enhance your entire personality.

Remember the famous phrase, "Every day in every way, I am getting better and better?" This is from that marvelous system of self-development taught by the Frenchman, Emil Coué. He came so close to enunciating one of the basic instructions of occult science that one wonders if indeed he wasn't a student of the Mysteries. For a great part of the technique of the Mysteries is learning to control the subconscious.

TRAINING THE SUBCONSCIOUS.

To succeed you must keep one thing clearly in mind, the subconscious is like a stubborn child; you cannot reason with it; you cannot force it. The subconscious does not think in words but thinks in pictures. So it must be led along the path of development as the kindergartener is instructed, with bright colors, with stories and legends, and with inspiring or thrilling pictures. As these are taken in or absorbed so the subconscious is trained to do what you want it to do.

Rhythmic dancing is another important part of training and stimulating the subconscious. Action on your part stirs re-action from the world around you. Primitive or Pagan magicians know it. This is why their people are led in group dancing with appropriate costumes, to stir the imagination and the emotions.

What kind of pictures or images should be presented to your subconsciousness to develop it? The traditional myths of your childhood are best for you and closest to your heart. Teachers of the Ancient Wisdom have always known this and used it and the technique is taken up by modern psychology. For Americans the pioneer tradition stirs the hidden powers of the subconscious, the colonial tradition of the East, the exploring and settling of the Great Plains, the wagon trek to the West, the struggle with the Indians, and above all the cow-boy Tradition. This is the American myth of the struggle between good and evil, the good man against the bad, with good always triumphing in the end. These legends, based on the exploits of real men and women, are great psychological truths which stir the mind and the emotions and release hidden energies to dare, to do, and to conquer, from deep within us.

A new mythos is developing now in this Space Age. A new type of hero is dashing across the skies of the world. He is the Russian cosmonaut and the American astronaut, riding the modern version of the fire breathing dragon in the million-pound-thrust rocket which hurls him into orbit at 17,500 miles an hour. Surely this is action enough to stir the subconscious of any man or woman and stir the imagination today as did the legendary Apollo for the Greek youth 2,500 years ago.

In earlier cultures there were many people who were illiterate or untaught. The priesthood created legends as a means of teaching people hidden truths of their civilization. The modern "priest" of the West is the scientist, and the space scientist especially is showing mankind that we can free ourselves from the confines of the planet.

The goal of each Mystery School in earlier times was to show man how to free himself from the body, or to develop telepathy to such a point that conscious mind could be projected to any known place to gain information instantly.

TELEPATHIC ASTRONAUTS

Now, largely because of the problems of space travel and the effect of prolonged weightlessness on the body, science is going to take up the study of consciousness as it never did before. Out of this will come a restatement of the Mysteries in modern terms. As the hidden reality behind appearances is revealed to the astonished researcher, he will find that he is linking up with a tradition older than the planet Earth itself and extending through space to more advanced cultures on other planets in the Solar System.

For those of you who read these pages, this may sound like wild speculation, but the Western Mystery Tradition is based on fact. A Mystery Tradition is the sum total of mystic experiences of advanced humans in any culture or civilization. Our Western Tradition can be traced back through Europe to Greece and Asia Minor. There we can dimly discern the teachings of Ancient Wisdom in Arabia, Chaldea, and Egypt. Beyond that in the dim mists of time we see our origins in Legendary Atlantis and Lemuria.

Dion Fortune, herself a deep student of the Western Mystery Tradition, says that a period from 2,000 B.C. to 700 A.D. was especially important to the formation of the Western Tradition, as it was eventually brought to America from Europe in Colonial times. It is also important to note that the formation of the literature and tradition of the Christian Church occurred during that time period.

The Nature Gods developed and worshipped by primitive peoples were specialized aspects of the universal creative force, the all-pervading Will, Wisdom, and Love of the Logos. These were local Gods, the invisible forces behind the mountain, volcanoes, a river, a great forest, or some other overwhelming or awe-inspiring function of nature. Peoples, tribes, and nations come and go, but the local Gods do not, for mountains, streams, and forests remain.

THE GOD OF HELVELLYN

From Geoffrey Hodson's "Fairies at Work and at Play" -----June 1922

"There is a mighty Being whose abode is the mountain Helvellyn. He appears to me as a seated figure of human shape and enormous proportions. In endeavouring to study him, I find myself without any canons whereby his stature and his life may be apprehended.

"He appears motionless, and yet suggests great activity. He is quiescent, and yet obviously the unquestioned ruler of the life of the mountain's existence. At the level of consciousness at which I am able to perceive him, the limitations of geographical space have no power, so that while from one point of view his form appears to be within the mountain's mighty mass, yet from another his head appears to reach up to the clouds.

"His immediate auric emanations are like no others I have seen; they consist of a large number of pointed tongues of flame, which radiate from him in all directions, reaching to great distances. Though these distances are beyond my conception of actual measurement, I should guess that they reach to at least 400 or 500 yards in all directions from his form, which is situated somewhere near the centre and summit of the Helvellyn group; beyond these striations his aura extends practically over the whole mountain, whose girth is said to be forty miles. Such an extension can hardly be correctly described as an aura; it is rather the sphere of influence within which he can act instantly.

"He appears as if seated in profound meditation, motionless and expressionless save that the eyes are ablaze with power-- the power of a highly unfolded and awakened consciousness. Even at this distance (of three miles) they produce a decided effect upon my consciousness. They glow like twin lakes of fire. His consciousness is seated in the eternal, and appears as deep-rooted and unshakable as the very mass of the mountain on which he resides. He remains motionless, firm as the mountain itself. From him great spiritual forces are flowing, radiating through his aura and out into space. He is surrounded by lesser devas and nature-spirits, aerial beings, whose movements give one the impression that they are in some cases messengers and in others servants, though I see no sign either of the receipt or despatch of a message or an order from the motionless God round whom this wondrous play of devic life is centred."

Once you are aware of this you can understand the many pagan traditions carried over into the Christian religion. The Roman Saturnalia at the end of the year became Christmas, for instance. The historians can find traces of Egyptian, Chaldean, and Grecian rites and traditions in Christianity. The early church had to adapt itself to this fixed custom and local spiritual traditions; so we find some of the Pagan Gods of the old time given new masks of early saints and martyrs of the Christian Church.

The ground plan of the Western Tradition is the Kabala. This comes to us by way of Chaldea. It gives us the keys to the Ancient Wisdom hidden in the Old Testament; and the discerning student will also find the Mysteries in the Apocalypse and the Apocrypha.

Where did the Greeks study the Ancient Wisdom? In the Theological colleges in Egypt, still great and active institutions 3,000 years ago. They also drew from Chaldean and other Mystery Schools in Asia Minor. Tradition has it that there was a great school of studies in the Ancient Wisdom at Tarsus in what is now Southern Turkey. Paul studied there and so did Apollonius of Tyana.

The Dispersion of the Jews coincided with the spread of early Christianity. They scattered westward along the trade routes of Roman Empire, and with the initiate priesthood went the Western Mystery Tradition of the Kabala. In Damascus, in Antioch in Alexandria, and other Roman cities, they found students of the Mysteries ready to study and master the ground plan of the Western Tradition. In turn these students and initiates flavored the Hebrew Tradition with Greek and Egyptian additions and interpretations. This was the secret tradition which gave a characteristic form to the new Christian church around the Mediterranean.

Alexandria, the great Egyptian city at the north of the Nile, was probably the most influential Christian center in the first century. St. Mark was a pupil of Paul and his famous "chair" was at Alexandria and through the fifth century it was the home of the great Christian Gnosis. The discerning student of occult history sees an even more Ancient Tradition embodied in the secret wisdom put forth at Alexandria. It was a liberal philosophy derived by our Lord from his eastern travel, studies and initiations. Tradition has it that a tablet inscribed with the dates of His visit is in a Tibetan Lamasery in Ladakh, in the Himalayan mountains.

The Tradition-ridden were no more ready to receive His doctrines than were the Jews when he returned to Palestine to start the three years ministry there. He taught the multitudes in parables but the disciples were privileged to receive the ancient Wisdom "in the Upper Room." This could not be revealed in the Gospels. But the Christian Gnosis certainly had much of it for the serious students and the Gnosis enjoyed high repute until church propoganda labeled it heresy and turned it into a term of reproach.

Legendary Atlantis would appear to have been the original home of the Western Mystery Tradition; for the Egyptian priesthoods certainly did not create it from nothing, and Plato is authority for the statement that Egyptian culture derived from fabled Atlantis.

So, the Kabala antedates the Jews, for their Spiritual leaders learned it in Egypt. According to the Bible, Abraham "went down into Egypt," Joseph studied there, and of course Moses was born there, taken into the Palace and "learned of all the wisdom of Egyptians."

In the Gospel, there is a suggestion that Jesus even contacted the Egyptian Mystery Tradition when his father and mother went into Egypt taking him with them. We must also take into account the equally important and valuable Mystery Tradition of the Chaldeans. Abraham was a Chaldean.

DANIEL AN OCCULT SCIENTIST

Then when the Hebrews were in captivity in Babylon, the more advanced souls among them came into contact with the Mystery Tradition as it was secretly preserved and practised among those people. This is where Daniel studied the Ancient Wisdom, took initiation, and became a Master Magician. Nor should we forget Ezekiel whose experiences are, in this Space age, doubly significant because he apparently witnessed the landing of a Flying Saucer, from which descended four visitors from outer space. (Ezekiel 1:4 & 5).

We don't know how much of Cosmic wisdom Ezekiel learned from these celestial visitors, but we do know that Ezekiel contributed much to Hebrew religion during the exile. In turn, it was influenced greatly by the Babylonians of the time.

Alexandria in Egypt held aloft the light of learning in the Mediterranean world as Christianity spread quickly around that sea. From the public lecture halls of its university there developed some of the Mystery Schools of Christianity. Philo of Alexandria was one enlightened occultist whose followers found it easy to embrace the latest version of the Mysteries which came from Galilee. Present in Alexandria also must have been the Graeco-Egyptian Gnosis, the legitimate descendent of Hermes Trismegistus. One group who for philosophical reasons separated themselves into a primitive community from the corruptions of the time was the Ebionites. They couldn't even get along with the orthodox Christians who were following St. Paul!

JESUS AN ESSENE

The main mystery element in Christianity in the early days was derived from the Essene School of which Jesus must have been one of the great leaders. In fact, the Higher criticism of the New Testament which has derived from the Dead Sea Scrolls indicates that Jesus might have been the famed Teacher of Righteousness who headed the Essene School by the Dead Sea from around 100 B.C. down to 67 B.C. when he was stoned to death by the Jewish priesthood.

This Teacher wrote the Manual of Discipline which made the Essenes the highly respected monastic community it was for several generations. However, the non-worldly philosophy of the Essenes was too impractical for the leaders of the early Christian churches around the Mediterranean.

Even the modified New Order they proposed for society, brought them into mortal conflict with the Roman Empire.

Mysticism was of little help to these church leaders who found that they had to be men of action in the political sphere to save their organizations. There is no historical indication whatsoever that these early Christian leaders were aware of the Ancient Wisdom or gave any support to the Mystery School idea. Philosophical learning fell by the wayside to be replaced by dogmatism and religious prejudice. No clearer indication of the sad state of affairs of the time can be given than the burning of the library of Alexandria in 389 A.D. by the order of the fanatical Christian Theophilus. The precious volumes were used as firewood to heat water for the thousands of public baths in the city. If there was a truly Mystic Christianity in those first few hundred years of the Church there is no written record of it and it is likely that Christian occult scientists of those times were forced to study and practise in greatest secrecy.

This forced secrecy continued on through the Dark Ages in Europe when the light of culture and of learning almost went out entirely until the founding of the great monastic communities of the 10th century.

THE KNIGHTS TEMPLARS

Science and learning, and culture were in the hands of the Arabs in the near East. They were the rich heirs of the great Chaldean civilization which flourished before them in that part of the world. The Crusaders contacted this rich culture in the Holy Land. The Knights Templars found true Mystery Schools in Palestine, still carrying on the Tradition established there so powerfully by our Lord when he was a leader among the Essenes on the shores of the Dead Sea 1200 years earlier.

It is quite likely that some of those Templars were reincarnations of earlier Greeks, Romans and Jews, who were attracted to His Light at that time. Though the Templars were unusual in that they were the only military order within the Church; yet great stress was placed on the healing arts within the Order, because they too were followers of Prince of Peace. It is possible that in addition to Arabian Mystery Schools in Palestine, the Templars made contact with the Egyptian School which stressed the healing arts, the Therapeutoi.

It is quite probable that the Hebrew branch of the Western Mystery Tradition was kept alive through the Dark Ages in Europe in the Jewish Ghettos. But this was not generally accessible to gentiles searching for the Mysteries. Only when the Knights Templars brought back the Tradition from Palestine were there organized lodges available throughout Europe.

For almost 200 years the Templars held aloft the Light of the Grail for the earnest seeker after Divine Wisdom. Perhaps the Templars became too powerful for their own good. Certain it is that their power and wealth aroused the greed and envy of Popes and Kings; the Templars were destroyed in the 14th century and the Mysteries went underground for another 200 years, with no physical organization to offer a body of ordered study and initiation to the student. The last head of the Templars, Jacques de Molay, was burned to death at the stake before Notre Dame Cathedral in Paris, March 14, 1314.

THEN CAME THE ALCHEMISTS.

Came the Renaissance to free men's minds from the stifling dogma of the Church, and the reformation to break the political, economic, and philosophical stranglehold of the organized priesthood. But even then the punitive hand of the Jesuits was so all-pervading that the study of the Ancient Wisdom, the search for the Invisible Reality Behind Appearance had to be conducted under the guise of alchemy.

When the Alchemist publicly spoke of transmuting lead into gold, he privately meant the lead of the body turning into the gold of the Spirit. So ruthless was the opposition of the Church to new learning of any kind that occult wisdom had to be heavily veiled under the most obtuse symbolism and cryptography, and the keys to the Mysteries could only be transmitted mouth to ear in the strictest privacy.

Alchemy became chemistry, one of several branches of science which developed as the Western world began to think for itself. For those advanced souls reaching for Mystical experience beyond the laboratory and the test tube, the mysterious manifesto of the Rosicrucians of the 17th century was like a stone thrown into a pond.

THE ROSICRUCIANS

One tradition has it that it was the work of the venerable Father Andrea, the name assumed by Sir Francis Bacon after his "philosopher's death" in London in 1626; after which he was supposed to have quietly sailed across the Channel to Holland to carry on the all-important work of his secret society. But even then the Rosicrucians had an honorable if mysterious tradition going back to the legendary Christian Rose-Croix who was supposed to have taken his initiations in the Western Mystery Tradition at Damcar in Chaldea. It is quite probable that he even followed the caravan trail to India, as had the Master Jesus 1200 years earlier. In any event, the Rosicrucian Manifesto, appearing suddenly in western Europe of the 17th century is a physical focal point for the Mystery Tradition leading into our time.

The Mystery Tradition so briefly written out above belongs to the civilized people in the Western world. It must be remembered, however, that every nation has its own tradition. This must inevitably be a mixture of the Mysteries brought into the area by the people who migrated to the new land and inter-married to make the new race, but there are always the primitive traditions of the people who occupied the land before the new race or type was developed. So the Mysteries are kept alive by the needs of the present overlaid or super-imposed on the Traditions.

PRE-CHRISTIAN EUROPE

Each generation requires that the Mysteries be re-written to suit modern understanding. The eastern nations of Europe rewrote the Slav traditions of Russia; the Latin nations of Europe derived their traditions largely from the Etruscans of ancient Italy before Rome, and of course in Northern Europe it was the Norse Gods, Thor, Odin, Freya and their Val Halla who inspired the Germans, the Swedes, the Danes, some of the British, and the Norman French. In the British Isles, of course, was the Celtic tradition and the legendary but very real Druids and their Pagan, nature worship.

The Englishman, depending on the heritage of his blood line, would lean toward either the Celtic or Norse tradition; but when he migrated to North America he came under the influence of the Western Mystery Tradition as practised in the Medicine Lodges of the North American Indians, with their famous Hiawatha and Al-gon-quin.

This Tradition traces directly back to Atlantis even though much debased, perhaps, at the time of the arrival of the white man in the New England area. When the white man pushed westward and South to the great desert region of America's southwest, he settled on land which was once part of the Mayan empire of Yucatan, 1500 years earlier. Here again, he came under the secret influence of another branch of the Western Mystery Tradition, pure Atlantean in its origin; for the Mayans were one of the last great branchlets of the Atlantean mother race.

MAYAN GOLD

The Mayan influence would be stronger and more adapted to the white man and his ways than would that of the Red Indian, because the Mayan culture was more highly developed and more sophisticated. The white man in south western United States and Mexico has fallen heir to the Mayan Mystery Tradition. The portals to its temples lie open and unguarded. The golden treasures of its rich spiritual heritage are thus available to the earnest seeker who can find the Key.

Most Americans trace their ancestry back to Europe. It might be well to remind them of the Mystic Tradition and connection of their forebears. The French are a mixture of several races, the southern Frenchman or the Latin type would trace his Mystic heritage back to the Etruscans. Those in the north of France would have invisible and real connections with the Norse Gods. The Norman French took this tradition to England with William the Conqueror, in 1066 A.D. There it mixed with the Keltic fairy folk lore of the Anglo-Saxons. The Spaniards have the mixture of Etruscan tradition blended in with certain primitive African tradition brought over by the Moors. Eastern Germany would have a mixture of Slavonic tradition and the Norse tradition which dominates western Germany. Upon this distant past of the early ages, is the Christian tradition of the Holy Grail.

Wolfram Von Essenbach is one of the great Bavarian martyrs of the Grail tradition 600 years ago in Germany. It was from this spiritual fount that Richard Wagner drew his inspiration for the great music dramas which portrayed the principles of the Western Mystery Tradition.

In England, the Grail Tradition was super-imposed upon Keltic fairy-lore by King Arthur and his twelve knights of the Round Table in the Fourth or Fifth century A.D. The Avalon of King Arthur is Glastonbury Abbey of the present day.

Exercise In Concentration

We'll try a different kind of mind training this time. This is very good for you because you duplicate Nature or God's creative process. Some occult teachers complain that one of the most common short-comings of us in the flesh at this time is that we don't think things through to a conclusion. We have scattered thoughts and don't follow them out. So this kind of practice, giving the mind a task of duplicating a natural cycle to its completion is good mental training, and a healthy thing. Without these five-finger exercises of the mind the work we are contemplating will be impossible, because it does take a trained mind. If you don't learn it here you will have to learn it elsewhere!

Here is an orange seed common to this part of the world. I lay it before you. Mentally, or in your imagination, put it in the ground. Visualize yourself watering it. Roots go down into the earth, green shoots spring forth above. It grows through daylight and dark. Sun shines, rain falls. Birds rest on its branches, search for insects, sing with joy. Blossoms come forth. They are visited many times, by countless bees, in reckless sexual abandon. Fruit forms, ripens and falls to earth. The cycle of life and death is complete.

(THREE MINUTES OF SILENCE)

Some times, just for practice, you should reverse this growth process. Start with an adult orange tree in full fruit and see it gradually grow backward to a young seedling, and finally the bare earth.

Exercise In Relaxation

Let's go over the body piece by piece again and really relax it. Here again it is a matter of faith that even the unconscious muscles of the body will respond to the conscious command to relax. Use the same, step-by-step commands given in detail in Chapter I, Section 2, page 14. The results should put you at peace with yourself -- as much as can be done in a few minutes.

Exercise In Rhythmic Breathing

Now to recharge our quieted bodies with new vitality for the prayer or contemplation period ahead. This time we're going to use an exercise which is a little more strenuous perhaps. It has been used in all Mystery Schools, east and west, but it carries the name of the Ujayye School in India.

The important part of this technique is the retention, or holding of the breath in to build up pressure inside the body. The important result of this increased internal pressure is the burning out of poisons! We compare this to the Bessemer process of making good, hard steel from poor iron ore with many impurities in it.

In the Bessemer process you have the molten mass in the kettle. Oxygen, or air, is blown through the mixture until the dross, the impurities, are burned out. The remainder is then formed into beautiful, powerful steel. That is what this Ujayye technique does to your body; it burns out the impurities.

We "blow oxygen" through our blood and cells by compression, using a breathing ratio of 1:4:2. For every count you make breathing in, you hold for four counts, and you let the air out of your lungs for two counts. With this ratio of 1:4:2, if you breathe in for two counts, you hold for eight, and breathe out for four. The next step upward would be to breathe in for three counts, hold for 12 counts and breathe out for six, and so on. The next step would be 4:16:8, 5:20:10, 6:24:12. On good days I can do 8:32:16 a few times.

"We aren't going to go through all those right now, are we?"

"Oh, no, but there are students who can hold their breath for 20 minutes or more. This should be your goal." (Burst of sceptical laughter and disbelief from the class.) "Would you all like to resign now?" (More laughter.)

No, let's make it easy on ourselves to begin with and start with the 2:8:4 count, and work up to the 4:16:8 count, the one we are using now. You can easily achieve that with a little practice.

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. In the privacy of your home, of course, you should loosen belts, girdles and any other restrictive clothing.

Expel all the air from your lungs and breathe quickly and steadily in through the nose, facing straight ahead, of course, One, Two. Now Hold, Two, Three, Four, Five, Six, Seven, Eight; and Out, Two Three, Four.

In-n-n-n, Two; and Hold, Two, Three, Four, Five, Six, Seven, Eight; and Out, Two, Three, Four.

In-n-n-n, Two; and Hold, Two, Three, Four, Five, Six, Seven, Eight; and Out, Two, Three, Four.

Now lets increase it to 3:12:6, breathing in and out through both nostrils and making sure not to cork the air in the lungs by closing the throat. Hold the air in by keeping the chest expanded! All air out now!

In-n-n-n, Two, Three; and Hold, Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten, Eleven, Twelve; and Out, Two, Three, Four, Five, Six.

In-n-n-n, Two, Three; and Hold, Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten, Eleven, Twelve; and Out, Two, Three, Four, Five, Six.

In-n-n-n, Two, Three; and Hold, Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten, Eleven, Twelve; and Out, Two, Three, Four, Five, Six.

Kind of strenuous, isn't it, especially if you haven't been doing any regular deep breathing; but what a wonderful body conditioner this is. I am inclined to think all human diseases could be cured this way if people really wanted to.

"How often should we do this?"

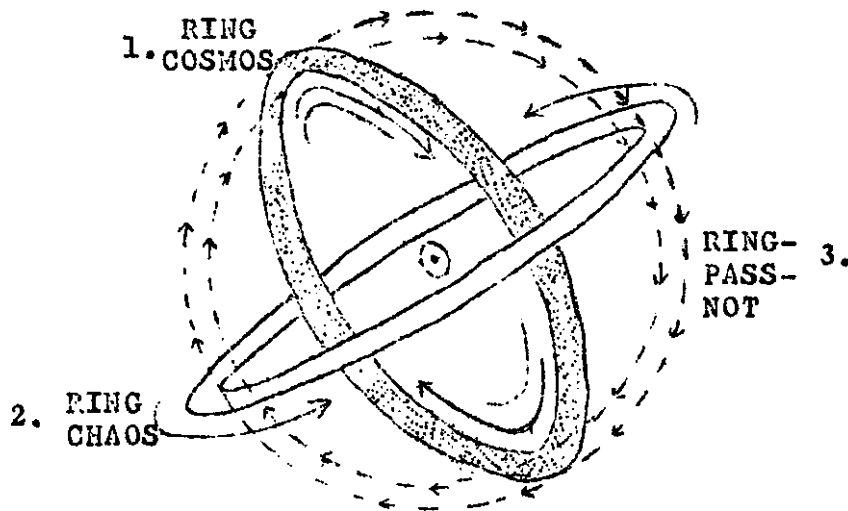
Not more than once a day to start. But it should be drilled on regularly; for conditioning the system and also for establishing a new, natural breathing method which will be used later in the work on the Tree. Remember, if the unusual pressure makes you a little dizzy, quit it until the next time. I gave you only three respirations or cycles in each group, but you can of course do more complete respirations at home.

Visualization

Now we're ready to approach the Hidden Reality Behind Appearances with the necessary calm repose and the necessary extra energy. Our visualization in the Workshop of Chap. I (page 18) was seeing the First Creation in our mind's eye, a spinning ring of Light we called the Ring Cosmos. In the Workshop of Chap. II (page 44) we added a second cosmic movement to the first, a spinning ring outside of number one. We called this the Ring Chaos.

To make our figure a cosmic trinity we must now add a third movement, the Ring-Pass-Not. This turns the whole into a sphere or globe. It sets the bounds of creation.

But before the beginning is the Black Void of deep space; so close your eyes and start with the



Veil of your closed eyelids. Against this backdrop visualize a brilliant point of Light. Allow it to expand outward into a spinning disc, turning clockwise. Forget the center and concentrate on the rim as a turning ring of Light.

With the Ring Cosmos going, in your imagination, start a second ring spinning at right angles to the first, as shown in the illustration above, and moving counter-clockwise. Note that this Ring Chaos is outside the first Ring. With patience and persistence you'll find that you can build

these images and they will take form and move at will.

Now for the Workshop of this lesson you must add the third movement, the Ring-Pass-Not -- which is not really a ring because the Ring Cosmos is pulled upon by the Ring Chaos and a secondary movement, a flopping over, of the Ring Cosmos begins, even as it spins like a disc around its center.

You get something of this third movement with a gyroscope -- which this figure is -- when the frame of the gyroscope begins to turn on its supporting point. You can readily see that if this last movement speeds up to a blur, you have created a sphere or globe.

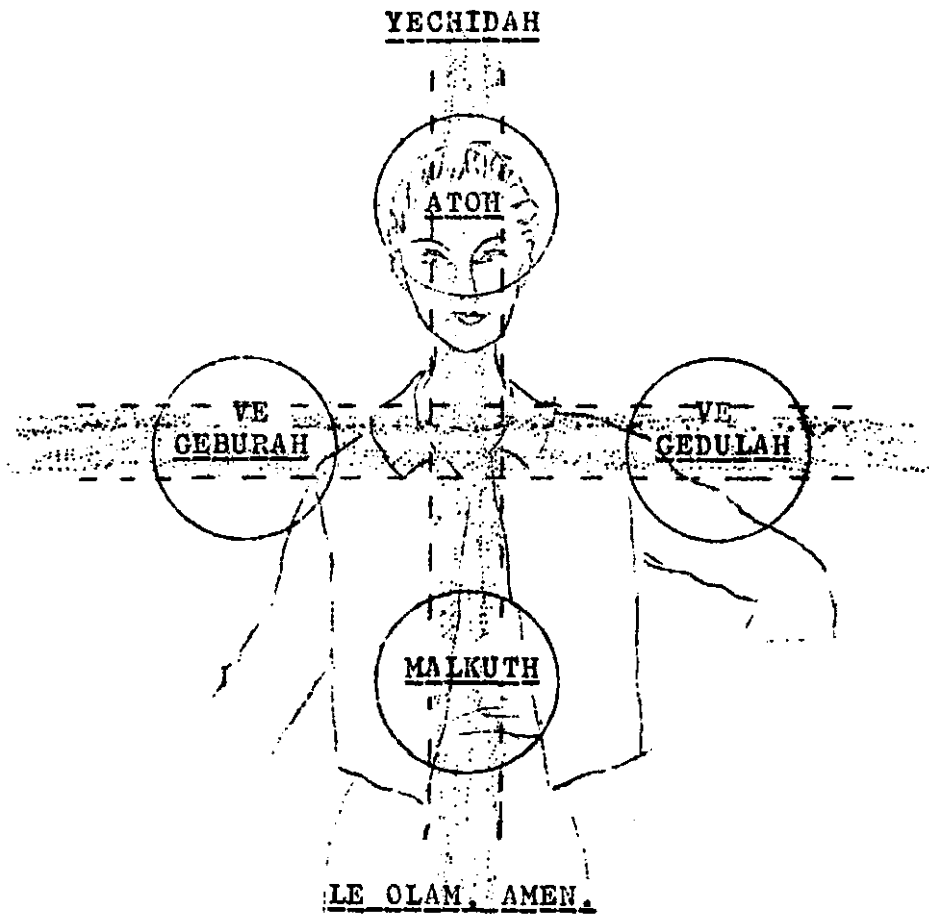
Remember, this exercise of the imagination is to train the mind, not to inform it. But this thinking with Creation will have a powerful and steadying influence on your mind if you will but stay with it until you can produce clear images. Remember also that as a beginner in concentration it will be easier for you if you move steadily along from one part of the exercise to the next, not being too concerned with the accuracy or clarity of the images; otherwise the attempt is likely to be discouraging. It is far better to go through the exercise rather than leave it half done or even quit because you aren't as good as you think you should be.

You choose to tread the Path of the Mysteries. You set your pace. You set the standards by which you judge the comparative worth or excellence of your efforts. If you don't make a beginning, how can you finish?

THE KABALISTIC CROSS

Our Workshop so far has been primarily concerned with developing power, without which nothing can be accomplished. But, like a good automobile, we need the equally important steering wheel and brakes! It's good to start but sometimes it's even more important to stop! There are rituals for both and it is time we began with a simple but important one, the balancing ritual of the Kabalistic Cross.

Referring to the diagram below you see immediately that it is an equal-armed cross. By making the



appropriate gestures and chanting the sacred names you 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. Point directly above your head and chant

YECHIDAH (Yech-Ee-Dah, I Am.)

2. Touch the forehead and say or chant

ATOH (Ah-Toh, Thou Art)

3. Bring the hand down and touch the solar plexus and say or chant

MALKUTH (Mal-Kooth, The Kingdom)

4. Touch the right shoulder and say or chant

VE GEBURAH (Vay Geh-Boo-Rah, The Power)

5. Touch the left shoulder and say or chant

VE GEDULAH (Vay Geh-Doo-Lah, And the Glory)

6. Now clasp the hands over the chest or breast and say or chant

LE OLAM AMEN (Lay O-Lahm, Ah-Men,
Forever and Ever, Amen.)

The gestures are those of the Christian Cross and the words you may have recognized as 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 secrecy of 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 aloud releases power.

The Kabalistic Cross is an equal-armed cross. Its four arms represent 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 re-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. The vertical shaft of the Calvary Cross is twice the length of the cross arm.

Each student will have to experiment for himself but experience seems to indicate that effective results

in chanting, or sounding, or vibrating the sacred words are accomplished by sounding 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 or resonance for that hour and day when every atom and cell of your body tingles in response.

DO YOU WANT PHYSICAL RESULTS?

It is not unusual to have a student shun ritual or ceremonial for fear of making himself ridiculous. You can do the Cross mentally, visualizing yourself going through the gestures and chanting the Names, but the ceremonial is likely to be effective only at the mental level! But 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, any prayer, to show results in the physical world, bring the Divine force down to the physical plane! How do you do this? By making physical gestures and physical sounds. Later we'll make use of other physical gear, incense, candles, and so forth. Physical action completes the circuit of Creative Energy, "earthing" it, as 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. 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; so stand facing the east when you do this little ritual. The Yechidah, the I Am in you, is the spiritual source of your life and light, symbolized physically by the sun. It is good to use it before and after every meditation.

We show the Cross objectively, outside you as you look at the diagram; but you perform it as though it were inside you, subjective, and thus reversed. This is very important as it 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 Tree of Life, where it belongs.

THE IMPORTANCE OF SOUND

"In the beginning was the Word." Thus our Bible states that Creation as we know it began with sound. Too many of us glossed over this early statement in Genesis and have gone on to other important ideas.

Let us remember then, that Voice. It is the First Manifestation of God. Therefore it is also of tremendous importance to us as creative power. I believe you'll agree that the tone of a person's voice and his manner of speaking are keys to his character. To the trained ear, a person's voice should give clear indication of his physical and nervous condition.

Remember the old quotation, "the eyes are windows of the soul"? Well equally, the voice is the sound of the soul. Beyond that it is the note of the Divine Spark, the Cosmic Atom, the Highest Self in man.

For the lower orders of life, animal sounds are the notes of their being; and the rustle of wind in the trees and surf on the shore are sounds which reveal another type of life.

We have been speaking of outer physical sound but it is well now to think, in your study of the Mysteries, of the harmonics which penetrate the inner worlds; for these open up a path to other realms of consciousness. Chanting or intoning certain sounds or phrases, with intention, is common to all magic in every race. This is certainly true of Egypt, Chaldea and Greece from whence our Western Mystery tradition derived. But even more so was it true of Israel. In the Hebrew Alphabet every letter is also a number; therefore every sound has a geometrical value!

Thus the so-called ignorant fishermen who followed the Lord from the Sea of Gallilee knew more about the power of sound than do today's scientists. Mark took these truths with him to Alexandria in Egypt where he held a famous chair of Philosophy for many years.

Now it is time to consider again the vast importance of sounds, and especially the ever-ready tool of our own voices as instruments of power. The Inner Man is contained in the outer voice. Remember this and use it. If someone has an impediment in his speech, then by just so much is he limited in the outer expression of his inner life.

The person who is born dumb or loses the use of his voice cannot sound his own creative note! It may very well be that the dumb person is even more unfortunate than one who is born blind or deaf.

In the joy of harmonious sound the Psalmist wrote:

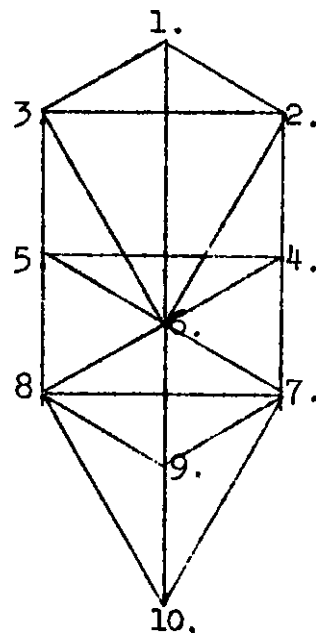
"Make a joyful noise unto God all the earth:
Sing forth the glory of His name:
Make His praise glorious.
Say unto God, How terrible are Thy works!
Through the greatness of Thy power shall thine
enemies submit themselves unto Thee.
All the earth shall worship Thee,
And shall sing unto Thee;
They shall sing to Thy name."

* * *

THE ETHERIC ROAD TO HEALTH

Etheric Exercise or Rite No. Three is on the opposite page. As previously suggested, where you have to count a series of repetitions like this, drill the Holy Names on the Tree of Life into your memory by using them as counters. For this exercise let us use the names of the Arch Angels of the Sephiroth:

- | | |
|--------------------------|------------------|
| 1. METATRON | (Meh-ta-tron) |
| 2. RATZIEL | (Raht-see-yell) |
| 3. TZAPHKIEL | (Tsahf-kee-yell) |
| 4. TZADKIEL | (Tsahd-kee-yell) |
| 5. KHAMAEL | (Kah-mah-yell) |
| 6. RAPHAEL | (Rah-fah-yell) |
| 7. ANAEL | (Ah-na-yell) |
| 8. MICHAEL | (Mee-kah-yell) |
| 9. GABRIEL | (Gah-bree-yell) |
| 10. AURIEL
(or URIEL) | (Aw-ree-yell) |



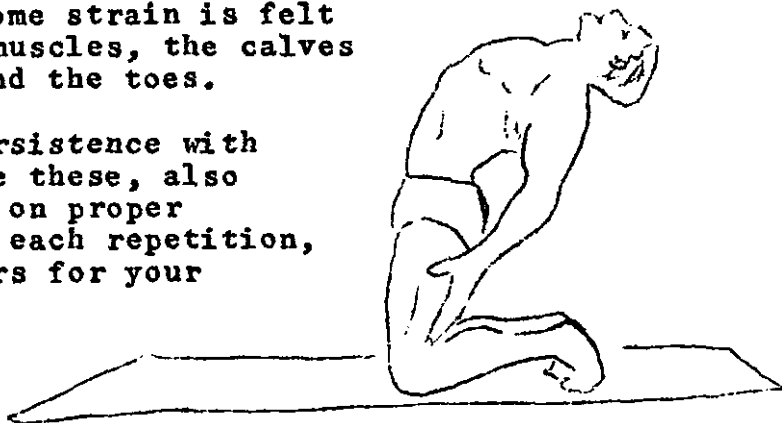
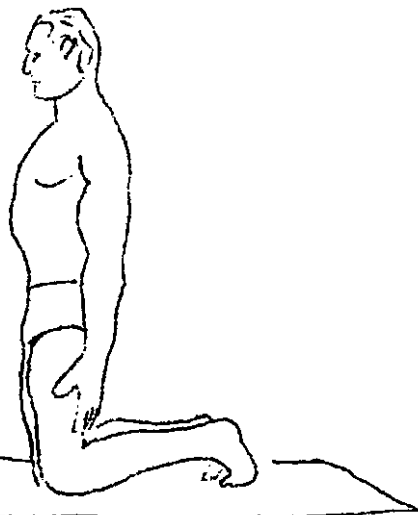
VORTEX RITE NO. 3

The third rite or exercise in the Etheric conditioning of the body is done on the knees, as you see in the illustrations. Knees slightly apart, back straight, head up, chest out, and hands pressed lightly against the backs of the thighs. Breathe in through the nose and arch backward with head thrown back, and lean backward, as shown in illustration number two.

Come up to the erect position again and breathe out through the nose. Physically this Rite flexes back muscles which may not have been contracted or stretched for years. As this Rite is not as strenuous as No. 2, you should be able to do a minimum of three easily, more if possible.

You should lean back far enough that some strain is felt on the thigh muscles, the calves of the legs and the toes.

Daily persistence with exercises like these, also with emphasis on proper breathing for each repetition, will do wonders for your system.



Answers to Student Questions on the
Material, and Discussion.

For those of us who have accepted the idea of other planes of consciousness, and the continuity of life after death, there is always the probability that group study meetings like these have a larger invisible audience than a physical audience!

Would these be earthbound spirits?

Some of them would be. The newly dead find it easier to stay close to the earth, with their old friends and around their own haunts of the life just ended. At the beginning of our second session here a week ago, our spiritualist member here with clairvoyant sight, saw a man come through the open door. He didn't pay any attention to Mrs. Crabb; nor did she stop or question him. He just came on into the room, turned toward the back and sat down. Our clairvoyant recognized him as Eric Murray, whom she saw and heard on the lecture platform at Harmony Grove a year ago.

This is November 22, 1965. It just happens that Eric Murray was killed outright in a head-on collision with a truck on the Los Angeles Freeway near midnight, Oct. 6, 1965.

"I didn't even know he was dead!" said the clairvoyant.

So here we have one example of a newly dead person going through the old routine.

"Do you mean we still have to attend these kinds of meeting when we get on the other side?" asked one disappointed member. (Burst of laughter from the rest of the class.)

I suppose we could say that everyone who is newly dead is earthbound for awhile, perhaps months, even years. The process of adjustment to the Astral world is not immediate. Astral sight and other senses have to open up, adapt themselves to the new environment. It is nice to know they're still interested in us -- as we are in them. The guides and Teachers of those who have passed on will bring them to meetings like this because they can still hear earth sounds better

then they can hear the finer vibrations of the higher realms.

They were students like Eric Murray then?

No, some of our invisible visitors might have been complete disbelievers in life after death while in the body. They are brought to a meeting like this to hear us talking about these principles, about life after death, may be just what they need to convince them that they are dead -- the physical -- but alive, re-born into another world just as real in its own way as this one.

THE THREE PATHS FOR MAN TO FOLLOW

Last week we studied the Pagan, the Hermetic and the Mystic Paths. Here are two good examples out of current publications. The first is from the Los Angeles "Times" newspaper, about the community of Camaldolese monks in the Big Sur area of the California coast near Carmel. This mountain community is 1300 feet above the ocean. It belongs to the Roman Catholic Church. The men live the life of hermits. Each has his own cell. He wears the long robe and sandals of Biblical times. Each has taken the vow of silence, but this doesn't mean they don't use their vocal cords! They chant several Masses a day! Each has his own workbench and cultivates his own garden. This is healthy balance to the spiritual striving in a contemplative order such as this. Here, no doubt, you'll find some of the "moral cripples" we spoke of last week, those who are afraid of the temptations of the flesh in our modern cities.

"Time Magazine" for last week has an interesting example of a modern Pagan, in the biographical sketch of Sheldon Leonard, one of the top TV producers in Hollywood. The article is titled "The Punk Who Made Good". Leonard, like most successful business men, has strong Pagan or Power Ray characteristics. This is why they succeed. They have power and know how to handle it!

"On 3.7 acres of Hollywood real estate he (Leonard) is king. Nine sound stages sound the alert when his footfall is heard. Five companies now shooting television series await his Brooklynese benediction. His controls three of TV's top shows, Gomer Pyle, Andy Griffith, Dick Van Dyke, and I Spy. Sheldon Leonard Bershad, born on the East side." For years in the Hollywood movies he was the "tough guy" with the Brooklyn

"dese, dem and dose" accent. The choice of the word Pagan in describing this successful TV producer comes from his competitors!

Leonard ascribes his success to "native arrogance", but, quoting "Time Magazine": "A rival producer, at Ashley Famous Artists, takes a tougher view. 'Leonard doesn't think. That's why he's successful. He's like those gangsters he used to play. What he likes in his gut; the public likes in their guts, or else! He has the primitive instincts of a clever ape. On television that's worth more than a crystal ball.'"

This is true of the Pagan. He doesn't think. He gets his ideas as hunches, intuitively. This is the power type.

With his emotions?

Yes, for emotions are power. This is why, if your ceremonial is to be done with power, you must arouse your feelings, your emotions, with rhythmic chanting and emphatic or decisive movements.

NEGATIVE OR NATURAL EVIL

There is a proper time and place for everything. Especially is this true of the natural functions of the Nature Gods. It is only when these functions get out of place that we call them evil or bad. A good example is the Arch Demon, Beelzebub. One of his titles is Lord of Flies. From our point of view the necessary scavenging aspect of Creation can be pretty disagreeable, even vicious. There is a hint here that Beelzebub is one of the scavenger gods and flies are an objective manifestation of His work. Flies are carriers of filth in our homes and should not be there; but they have a job to do in Nature, a dirty one; and it is not evil in the orthodox Christian meaning of the term.

DEVELOP YOUR PICTURE-IMAGINATION

We expect the artist type of modern man to have a developed picture-imagination; of course anyone who has it developed to a marked degree should be tops in his field, whatever it is. One retired Artist Associate of ours in Vista told us that he has no trouble at all in creating mental images of anything he is working on, in full color and 3-D! Furthermore, the image won't go away until he dismisses it. Years ago he was the art director for the Chicago "Tribune".

If your picture-imagination gets too powerful it can make you psychotic. You can be headed toward insanity and this was a little problem for this man. He would get so involved in one of his mental pictures he couldn't get out of it. Judy suggested that he reverse himself and retrace his steps, just as we did in that first mental exercise. He had never thought of that before and it helped him.

Civilized man has a developed mind and a powerful picture-imagination is dangerous to him if he is unbalanced by pride and a lack of humility -- an unwillingness to admit that you can be wrong and that you do make mistakes.

Hanly Hall gives a striking example of this type, a successful business man in Los Angeles years ago. He made profitable investments in the stock market in the period before the 1929 crash and fancied himself a shrewd operator. Then came that black day and our hero was forced to look at a shocking new image of himself, a failure. This he refused to do for he thought he was beyond mistakes. So he cracked up mentally and was placed in the sanitarium in Glendale.

One afternoon as he was lying there in a quiet end of the ward his stockbroker showed up and sat down by the bed to talk to him. They talked for a couple of hours about the stock market. The broker assured our hero that his investments had been wise; he was still a smart man; and that it was just his bad luck that fate went against him. After giving the man these assurances of his sterling worth and business acumen the broker got up and left.

A nurse came along and our hero spoke to her the visitor he had had that afternoon, how thoughtful it was of his broker to come up to the sanitarium and visit him.

"You haven't had any visitors!" she replied. "There was no one here to see you."

"But I saw him come in. He sat here and talked to me for two hours. He was real!"

She finally had to get the doctor to come and tell this patient that the visit was all in his imagination. He had created the broker out of his own wishful thinking. When you run up against some unpleasant fact of life, some mistake you will not face, this can lead to a psychotic break. Part of you wants to face the truth; another part will not.

As the split between your conscious and subconscious widens, your subconscious yearnings take on an objective reality all their own, to you, but to no one else.

The addlebrained patient was ^{not} satisfied with the word of the nurse and the explanation of the doctor. He had to call his broker, downtown, to get confirmation of what he knew he had seen and heard that afternoon, and got a very negative rebuff.

"Hell, no, I didn't come up to the sanitarium to see you," the broker told him. "I've got enough nuts to take care of here on the street as it is!"

Maybe that was what was needed to put the man back on the road to sanity again. This is why in the study of the Mysteries you are continually admonished to be honest with yourself. Self-deception can be your greatest enemy. Your visions should and must be double-checked with the common-sense realities of existence in this world, this life. The tragedy is doubly confounded when you deceive not only yourself but others.

DYNAMITE IN THE SUBCONSCIOUS

When you come to take your destiny in your own hands you have to learn to handle power safely and with intelligence. The dynamite of the subconscious becomes really tragic when the unbalance is in a religious fanatic like Adolf Hitler. He almost succeeded in taking the world down with him. Fortunately for the world, few have paranoia as powerfully aspected as that German Catholic.

Nevertheless it is the unresolved conflicts between our conscious and our subconscious that cause most of our trouble. Max Freedom Long gave me an excellent example of this in one of his students in Hollywood years ago. This gal weighed over 300 pounds and she wasn't happy about it. One of our psychic Associates, Fred Kimball, visited the class and gave some readings as a demonstration of psychic power.

Fred tuned in on this heavyweight's subconscious and said to her, "Your subconscious hates you. And it's getting back at you by building this tremendous body as a form of revenge. But it isn't very happy either because you are eating so little now in trying to lose weight that it doesn't have much to work with!"

"We have to learn to cooperate with ourselves," observed a student.

Right! The goal of the Mystery School training

to get the bodies in alignment with each other, physical, emotional, mental and spiritual. It is probably true of most successful people in any line of endeavor, their whole being is cooperating on one goal.

THE SCIENTIST, TODAY'S PRIEST

"You said that science would be forced to study consciousness as it never had before. Could you give an example of that?"

Yes. The primary goal of the space race is to free man from the physical planet. In doing this the space scientists are finding that they are also freeing man from his body! Once they admit this, that self-consciousness can exist apart from the body, they will begin to study and experiment in this area, too, instead of scoffing at it as they have in the past.

"But do they have any proof now?"

Astronaut White told his own story of the Gemini Four flight in Life Magazine. By his own admission he had full conscious projection twice. He called these experiences dreams, of course.

"Twice while I was asleep up there," he wrote, "I dreamed I saw myself doing what I was doing."

Of course he didn't call it conscious projection, but in the weightless conditions and the sensory deprivation of outer space, this is what happens. Eventually these dedicated men won't call these experiences dreams or hallucinations; they will begin to recognize them as another order of reality!

This is dual-consciousness and you should seek it. In fact you are seeking it in your meditations. It is the best kind of proof you can have that you are succeeding, to stand there in your Astral body and look down at your physical body, unconscious in bed or on the couch. This is what Astronaut White was actually doing, watching his body asleep there in the contour couch of the Gemini Four capsule.

Once the more daring and courageous of the space scientists realize this, they will deliberately create the weightless conditions of outer space in their labs, and force a conscious projection for themselves! But this is only what priesthoods the world over have done for thousands of years in their underground initiation chambers. Not weightlessness, for that is unnecessary, but powerful sensory deprivation of the most forceful kind, total darkness and total silence.

A CONVERTED GOD-FORCE

"You mentioned invaders taking over the Nature Gods in an old country. Did you see anything like that in Hawaii while you were there?"

"No, I didn't but one of our fellow Theosophists did, long before I came to the Islands."

Of course the Protestant missionaries who helped subdue the Pagan Hawaiians would have nothing to do with their idols and superstitions, as they called them; and this is generally true of the modern white man; but the Oriental, being somewhat less mental and more intuitive, isn't quite so sceptical. There was a good example of an old Hawaiian healing god-force being converted into an Oriental deity in the early 1930s.

This occurred just outside the town of Wahiawa, inland about 12 miles from Honolulu, on the island of Oahu. Wahiawa is known to thousands of American servicemen because it is close to famous Schofield Barracks. A simple phallic stone, wide, flat and about the height of a man was discovered by Oriental sugarcane field workers and set upright by the road.

The grey-black rock must still have carried a powerful magnetization from the rites performed around it in the days before the idols were overthrown in the 1820s, a hundred years earlier. The Hawaiians in the area probably made dire predictions of what the Akua, the God, would do to those who disturbed him; but the women among the Orientals, Chinese, Japanese, Koreans and Filipinos, began worshipping at this new shrine. They made the usual prayers for health, money, a good husband, easy childbirth, and so on; and many of the prayers were answered, so much so that crowds were coming to this roadside shrine. The authority on Hawaiian magic, Max Freedom Long, drove up there from Honolulu to see the place. In his book, "Secret Science Behind Miracles", he has a picture of himself standing beside the rock, the taller of the two. I recall now there are two. One probably represents masculine energy and the other feminine.

The Protestant churches couldn't have been happy about this revival of interest in the "evil" old Pagan gods; neither were the authorities! A health hazard was created by the hundreds of people flocking there every day, not only kissing the shrine for good luck, but these people had to relieve themselves, their children too, and there were no toilet facilities available. Then of course the religious racketeers

saw a good thing going there and moved in. They set up tables to sell prayer papers, candles, joss sticks, holy water and other abracadabra common to Oriental magic.

The haoles, the Caucasian leaders in the community would like to have shut it all down but this would have been construed as religious prejudice, and a violation of the first section of the Constitution!

The furor had died down somewhat when our friend Bertha Wilcox, a Theosophist and a psychic sensitive, came to Honolulu to live in 1935 or 36; but the healing shrine was still an active center of worship. Her Theosophical friends took her up there to see the place on a Sunday afternoon drive.

Bertha fully expected to see the Astro-Etheric image of one of these hideous old Polynesian Tikis or Hawaiian gods hovering over the physical symbol of his creative force. Imagine her surprise when her psychic sight revealed a gigantic image of Lord Buddha there, seated in His conventional meditation pose,

Now our Teachers say that in the higher worlds of the Kabala, the specialized God-forces are fluid, have no form. It is only at the lower levels, approaching the human, that the fluid force is shaped by the pre-conceived ideas of the humans who evoke them in prayer? And I think this experience of Bertha Wilcox is a perfect example of this. So when a new people come into an area where a Nature force has been evoked many, many times by ritual, they are going to re-shape that force in the image familiar to them. The majority of the people worshipping at this old Hawaiian phallic symbol were Orientals, so it conformed to their idea.

As a student of occult science you must be aware of this, that the forces you evoke may shape themselves to your ideas. If your ideas are cockeyed then you are in great danger of deceiving yourself.

* * *

On this friendly note of warning we conclude these three lessons, only the first book of a series which will be released as we review our notes and tape recordings and convert them into printed word and diagram. The material was hammered out in classes in Carmel, Los Angeles and Escondido, California and in Ft. Lauderdale, Florida. Copies of the tapes can be purchased at \$7.00 per 7 in. reel. There are two, 1½hr classes per tape, recorded at 3 3/4 speed, Monaural, 18 classes in all.

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