

PART 1: THEORY

1. Upward

The purpose of this work is to take the reader *upward*; upward and forward. Instead of simply functioning day to day at the mercy of circumstances to feel calm, controlled and purposeful. This work will show the reader how his or her spirit can *soar*, no matter how debilitating the circumstances.

This is not a flight of fancy, nor escape from grim reality. On the contrary, it is to face reality and soar in *spite of it*.

The purpose of this work is to unshackle the reader from the bonds of limited thought and negativity.

I repeat: this is not escapism. The reader may have many real problems, problems that are threatening. This work is written to stop such threats. Reading this will obviously not make one's problems go away, but it will certainly limit their power to intimidate, and this is the first step to solving them.

You can solve your problems one by one, step by step. It will also seem as if your problems are being *solved for you*.

For this work is about your *unseen partner*, a constant guardian and friend. This work is about unknown power, an unknown presence. I am here to show you how to let *this power take over*. And when it takes over you are *free*, your spirit will be uplifted, your soul unbounded. You are going to go forward – and *keep going forward*.

2. Gullible

A woman remarked to me that she felt ‘gullible’ for believing the kind of things that I write about, that she should know better than to think that such can be true. She implied I was a charlatan, taking advantage of people’s vulnerability. I found her comments odd, for if she was correct, then I, too, have been ‘gullible’, for I became interested in these things long ago by reading such books. There was a time when I couldn’t get enough of self-help and spiritual books and I never for a moment doubted anything the authors said. I never ever thought I was being ‘taken in’. I believed the advertisements for them: I *wanted* to believe in them, for if there was only a fraction of truth in their content, their promise was indeed still wonderful. My desire to believe made these books work for me, and the more I read the more I believed. So if anyone was or is gullible it is me. Now I am writing such material myself and I believe implicitly in everything I say. If my readers are ‘vulnerable’ then I must have been too.

The fact is that this woman was blaming me for her lack of faith. It is always convenient and easy to blame another. Out of the countless such books I have read I have never blamed the author for my failings, and it never even occurred to me that any of them could be charlatans.

So I repeat, if anyone was/is ‘gullible’ it is me.

Such books are written because there is a *need* for them. Is it ‘gullible’ to want to believe in something better than our present life? Is it ‘gullible’ to hope? And when it comes to vulnerability we are never so vulnerable as when we lack hope. When hope is present we are ready to be taken to a higher level and taken we are. Now, if a teacher or writer tells a desperate person something which he himself has absolutely no faith in, and does it merely to extract a fee or sell a book then that is despicable. That said, I have met many writers and teachers of the spiritual and the occult and have yet to meet one who didn’t believe completely.

3. Experience

Fortunately there is no need to take any writer’s word for it, for you can readily *experience* these principles. This confounds the allegation of ‘gullibility’. You are going to experience the Power described in these pages and you are going to *know* it cannot be any kind of confidence trick. Yet for many, confusion and disillusionment reigns, for they study so many

books and ideas and yet feel no further forward. It is hard not to end up sceptical. I understand scepticism, for it is a most natural reaction and is proof indeed that one is not merely 'gullible'.

The basic idea behind all inspirational and spiritual teachings is that there is a great invisible power that can elevate us if we can tap into it. The nature of this Power varies according to the teaching, but in whatever form it is described it remains wondrous and inexhaustible. Many say that this Power is *within* us; but whether 'within' or 'without' it remains mysterious and unknowable. 'Mysterious' and 'unknowable' because we are failing to experience it. We become frustrated with ourselves because whatever we do we fail to experience what was promised. The purpose of this present work is to lift the reader out of the impasse and take him or her up and forward. Those readers who do experience this Power will find their life immeasurably enriched by it. Some readers want more of it and could be said to be 'in love with' the experience. This is a wonderful condition.

Whatever you feel now I can tell you you are going to feel better by the time you have finished reading this volume. You are going to go forward. BELIEVE IT. This is not to be 'gullible' because it *is* something you want to experience.

4. Confusion

What is this spiritual essence, this thing that humans, be they Christian or Pagan, Jew or Muslim, believe in? Why are there so many different versions of it? For at face value it is impossible to reconcile, say, the Jewish or Islamic view of God with the 'horned god' of witchcraft. How does one equate the 'Cosmic Mind' or 'Infinite Mind' principle of metaphysicians and mystics with the multitude of gods of paganism or the God of the Catholic Church?

Is there in fact a 'God' at all, let alone a 'Goddess' and sundry angels, spirits and bogeymen?

Fortunately we don't have to worry ourselves about such questions. Religion is always the product of the culture it springs from: as there are so many different cultures it is inevitable there will be so many different beliefs and concepts of deity.

Obviously a person born and raised in the jungle of the Congo is going to have a different view of divinity to someone raised in San Francisco. But the common denominator is *the need to believe*. People, whoever they

are and wherever they're from, simply need to believe. And believe in *something* they will, even if it is totally irrational.

There are, of course, atheists who 'don't need to believe', so they will tell you. They are the product of their sophisticated urban societies, again a product of culture, a materialistic cynical culture. They, too, need to believe in something, a need expressing itself in some odd ways. The atheists I know regularly read their horoscopes. Surely *that* is irrational, for astrology is knee-deep in the pagan gods which supposedly don't exist.

I have never known an atheist who didn't celebrate Christmas. Surely this is irrational, or at the least inconsistent. Of course many people with no religious or philosophical sentiment whatsoever also celebrate Christmas – but that, too, is irrational.

What atheists and materialists fail to acknowledge is *the human need for the irrational*.

The experience of hunger implies that food exists – otherwise we would never feel hungry. If we thirst, the implication is that water exists to quench it.

So if we feel the need to believe in something greater than ourselves that implies that there is something greater than ourselves.

Yet why is this greater something so elusive? Why doesn't it reveal itself openly and unambiguously? Why are we always seemingly left guessing and wondering?

We may, however, be asking the wrong questions. What if it IS revealing itself, making itself heard – but we are not listening?

Why does its existence – or non-existence – depend so much upon our perception of it? The atheist is in a way correct: he says there is nothing because he is not aware of anything. The believer, on the other hand, looks and finds.

The difference between the two, of course, is in their approach. The atheist says he has looked – but has he? He says he has listened – but was he deaf, so nothing was heard?

5. Amoral

Most assume that this power – whatever description or name we care to give it – is moral and good. Not so. But then neither is humankind moral and good. We are a part of that whole. Humankind does not behave morally and in a good manner, for if it did there would be no need for laws, rules,

regulations, and so on. Neither would there be any need for governments and other authorities. Humankind is not a benevolent species. In Roman times there was thought to be about ten million people on this planet. Today it is seven billion, and for this growth to have been achieved countless forests and animal species have been destroyed. This is abominable. Advanced beings from another world would give us short shrift. No one thing in this universe of ours is moral and good; but neither is it intrinsically evil. We frown at the cruelty and savagery of nature whilst overlooking that of our species. We are not a nice lot.

The power that we seek to be in tune with is neither 'good' nor 'bad': it is simply there. A man who had won on the Grand National three years running told me that he felt a sense of guilt. He put his gambling luck down to asking his subconscious mind to reveal the winners just before he went off to sleep. He did this each year on the night before the event. That night the winner would appear in a dream and he placed his bets accordingly, no matter what the odds were. When he asked his subconscious mind he said it was a kind of prayer, so for him it had a spiritual dimension. But because of his Methodist upbringing he felt that anything that mixed spiritual with money had to be wrong. I explained to him that there could be no contradiction here. I explained that the subconscious – unlike the conscious mind – knows neither 'right' nor 'wrong'. The religious notion that spirituality and materialism are mutually exclusive is a falsehood.

Let me give you a striking example of the amoral nature of this unseen power. Adolf Hitler. As a youth he was a voracious reader of anything occult. He was fascinated by the gods and goddesses of the pre-Christian era and he developed the belief that there was a guiding power in his life. His rise from obscurity to master of continental Europe was spectacular, and he continuously alluded to his 'deep inner conviction'. We know, too, that the Nazi hierarchy engaged in secret occult invocations of the old German gods. This was in stark contrast to their official position as endorsers of the Catholic Church. The Church was for the masses, the pagan gods for the initiated. Even more spectacular was their leader's good fortune in avoiding assassination. Though not known at the time Hitler was continuously the target of assassination attempts. A lot of Germans wanted to see him dead. Time and again he would avoid death by a hair's breadth, bullets and bombs never hitting their target. This deepened his occult confidence yet further, for indeed he must be the 'Chosen One' for unseen powers were miraculously protecting him.

In the end, of course, it would be only Hitler who could kill Hitler.

His Russian misadventure, like others before him, resulted from over-confidence.

Where was 'God' when Hitler was pursuing his 'deep inner' conviction?

Daily I pass the remains of a church destroyed by the Nazis in 1942. The Christian God could not save his own church. And where was the Jewish God when millions of his 'chosen people' were being downtrodden and exterminated?

The universe is not on the side of 'good' and is accessible to both light and dark agencies. The only 'good' universe is the one we seek for ourselves.

6. Universe

The cruelty and injustice in the world is enough to turn anyone into a bitter sceptic and an atheist. The religious construct of morality cannot circumvent the cruel realities of life and human behaviour. Why, even Jesus Christ, the 'most perfect man' was tortured and crucified!

That is why I find Christianity – and indeed organized religion – so unappealing. Organized religion is too bound up in negativity and suffering. It serves a valid social purpose, in binding a community together with shared values. But the hopeful, aspirational individual deserves something better, something that will make his or her spirit soar.

Positivity is our aim, and a life full of the positive is certainly possible.

We can accept that the objective universe is a cruel and merciless place but the subjective universe of our own making can be a wonderful place. This is not a flight of fantasy, but a very real and tangible possibility and a proven fact for those who actually experience it.

First we must look at the word 'universe'. These days writers on the mystic refer to the universe in personal terms, e.g. you 'can change your universe', but, of course, we know that 'the universe' is the sum total of everything there is, our Earth and the totality of all other worlds and space. Compared to all that we are not even a speck, individually seemingly of no relevance whatsoever. And this is utterly true. Yet by the same token each individual is a complete world –or cosmos – in his or her own right, consisting of billions of atoms. This is an impressive thought. Our consciousness and physicality is of such breadth and complexity that if one single atom in us could think and speak it would say, 'This organism is so vast and unfathomable and I am only one out of billions!' Secret mystic

doctrine has taught down through the ages that man is a microcosm of the universe, the human body itself being a replica of the solar system with the sun represented by the heart at its centre and the organs representing – or ‘ruled by’ – the planets. It is extraordinary – almost inconceivable – how each of the body parts are influenced by heavenly constellations, beginning with Aries at the head and Pisces in the feet, Aries being the first sign of the zodiac and Pisces the last. Scientists refuse to believe this is so, for the notion seems preposterous, yet we know it is true from simple observation. Astrology is the absolute proof that we and the heavens are interconnected.

So modern talk of ‘the universe helping you’ is not New Age psychic babble but an absolute truth!

In any event the universe for us is the sum total of our experience, both physical and spiritual. Each person has his own universe. You are the universe.

Yet how can the universe help us if we are *it*? Isn’t this a contradiction? On the contrary – you and the universe are only separate for as long as you perceive it that way. The moment you see that there is no distinction, no separation, then everything changes. At that moment you become a *magus* – a word meaning priest or priestess of the Mysteries – a magus in the profoundest sense of the word.

‘The Father (the universe) and I (the individual person) are one’, the saying attributed to Jesus, is the synthesis of this idea.

This changes everything.

7. Value

If we are ‘of the Father’ we are therefore of the same essence. The mysterious power we spoke of earlier is not only ‘The Father’ but also *us*. It is consciousness of this fact which makes us a magus. But how do we do it? We shall presently see. It is not enough for me to explain it: what is important is to establish if you are ready for it. Just because you are reading this doesn’t necessarily mean that you are ready for it. What you think and the reality may not coincide. In this chapter I am going to concentrate on something that is not fashionable – you won’t find it often in self-help books – yet it is vital to our purpose.

I think if there is one fundamental flaw in most humans it is their *lack of a sense of value*. Most people seem not to value what they have, or put

another way, take so much for granted. And they are not even aware of it, it doesn't even cross their mind. Mention 'value' and they can only think, 'How much do the things I own cost?' as if monetary purchase was the sole barometer of value. You cannot place monetary value on fresh air, warmth, affection, companionship, a pet, a child, and so much else. Usually these things are taken for granted.

The only time any concept of value emerges is when something is lost, or when something or someone is taken. At that moment they are devoured by their own paucity of value.

It is impossible to be truly happy and fulfilled without a highly developed sense of value. Without it the 'magic' you will learn here will be, pardon the pun, valueless.

Trying to explain this to most people is an uphill task, for the concept is completely beyond their ken. You, dear reader, will have to grasp it for a reason that will soon become apparent.

I believe a great deal of society's problems can be sourced to people's lack of value. If they *en masse* truly valued what they have discontent and crime would vanish.

The ubiquity of litter in public places is a most telling instance of no sense of value. It tells you that some people simply do not value their surroundings; to them their environment doesn't count. When I see someone casually discarding something in a public place they are subconsciously saying, 'It doesn't matter; I don't care anyhow.' The discarded litter is not their problem, which is another way of saying, 'It's *your* problem. You deal with it!' I get on a train and find a seat sprawled with the previous occupant's litter. He or she has left a clear message, '*You* clear it up!'

You can read an awful lot into a person's character from such observations. However, what is most definitely evident is their disregard for their surroundings, which have no value to them. And it doesn't stop there, one finds that almost everything else doesn't matter – has no value – to them. They don't value or respect relationships, their health, their work, their home, and so on. Everything is taken for granted, compromised or expendable at a whim. To me they seem almost like zombies – alive but not alive – for everything that should be of value to them is not registering.

Let's remain with trains for a moment. I marvel at the speed, efficiency and punctuality of modern trains. It wasn't always like this. But are passengers any happier? Does such speed and efficiency give them pleasure, things which once could not be taken for granted? I think not, judging by their demeanour. In other words, nothing is going to make

them happy. Since a boy I have always travelled by rail and I have never known a time when people didn't habitually complain about the service. The greatest complainers are always those with the acutest lack of sense of value. Supermarkets are another source of wonder and efficiency. So much product, such variety and choice, and never have prices been so low in comparison to purchasers' income. Pensioners who today complain about supermarket prices should speak to pensioners of a generation ago and realise how lucky they are! But each succeeding generation thinks it is more hard done by than the earlier. In the 21st century we are all so blessed and fortunate in so many ways and yet it is all taken for granted. If only a magic button could be pressed so that people could be immediately transported back to the 1940s. To live just one day would make them crave to be back in the modern era! There are no 'good old days', be it any era; those who believe it are those who do not value the present.

In today's Western world even the poorest have refrigeration, mobiles and laptops. What kind of 'poverty' is that? Today's 'poor' enjoy luxuries and privileges that even kings and queens of old couldn't even imagine. Yet only a fool cannot possibly fail to realize that few people seem happier as a result.

To value what you have is to make your life more meaningful. Not to value what you have is to considerably increase the chances of you losing it. All good things are to be treasured and cherished. Taking things for granted is a cardinal sin against the soul. The worst is to take others for granted. It poisons relationships. And you cannot fail to notice – unless you are a fool – that others are also taking *you* for granted. And there is not much you can do about that.

When you have a profound sense of value you open yourself to a positive flow of good from the universe. You are liberating yourself. He who takes all for granted and is devoid of a sense of value is in bondage.

8. Gratitude

To some this may seem boring, to go on about 'value' and now 'gratitude'. Some readers might think I am slipping into platitude. However, value and its next-of-kin gratitude are vital components in becoming a *magus*.

Gratitude for living in the present era with so many conveniences and opportunities. Gratitude for the wealth of one's society, a society whose poorest live in a manner envied by the genuinely poor – without light or

running water, uncertain of the next meal, etc. – of the Third World.

Gratitude for one's surroundings even if they are not ideal, for you know full well they could be worse. Everything could be worse but it isn't. Be grateful for your health, even if it isn't that good, for you surely know it could be so much worse.

If you think it is 'easy for you to say that' then think again. For as long as you cling to ingratitude you are shutting the door to progress in your life and worse. Ingratitude is a poison, slowly destroying the soul, eventually ruining one's health. It is an extraordinarily expensive state of mind.

The ungrateful know full well in advance that if asked to write on a sheet of paper two columns, one for the good things they have and the other for the bad the first column would be longer.

I shall not labour this point, but you shall presently see why it is so important.

9. Huna

A 41-year-old Hawaiian was dying from tuberculosis. All medical treatment had failed. His mother called a Kahuna – a pagan magus native to the islands – to see if he could help. For an hour the Kahuna, hands placed on the man's throat and chest, prayed and chanted. Immediately afterward the man got up and declared himself totally healed. The following day he was back at work. The experience transformed his personality, filling him with a gratitude that has never left him. Over six decades later, at the age of 104, he is still working and is imbued with a zest for life that is the wonder of those around him.

He said that when the Kahuna told him that he would be healed he *believed him completely*.

Kahunas are practitioners of huna magic, a discipline which astonished American psychic researcher Max Freedom Long who wrote a book about it, *The Secret Science Behind Miracles*, in the 1940s. What amazed him was the similarity of Kahuna beliefs with the Berbers of North Africa, many thousands of miles away. Moreover, when Christian missionaries came to Hawaii in the 19th century they were flabbergasted to find that the Kahunas already knew the stories in the Old Testament! They couldn't get the Kahunas to abandon their religion because the Kahunas felt Christianity had nothing to offer that they didn't already have. Moreover,

they possessed a system of spiritual psychology that had similarities with modern Western psychology. Max Freedom Long was particularly impressed with their concepts of different levels of consciousness before Freud discovered them!

The prefix 'Ka' means 'keeper' and 'huna' means 'secret'. So a Kahuna is effectively 'a keeper of the secret'. They believed that each human possessed not one self but three: a Low, a Middle and a High. The Low they said was in the solar plexus and corresponded to the subconscious mind. They called it Low because it has no intellectuality and can be influenced by the Middle, located in the brain, which is the conscious self – the self that we are conscious of, what we call 'me'. And finally, in the right side of the head, the intuitive part of the brain, there rises an ethereal silver cord which reaches five feet up to the High Self. Called 'The Great Parent' by the Kahunas it corresponds to the 'Father' taught by Jesus. It is also the Guardian Angel. It is the High Self, say the Kahunas, that creates what we call 'miracles'. The Low Self is the animal being within us, the Middle the human, and the High the divine. At death the silver cord is severed from the brain, the two lesser selves dissolve whilst the High remains, being indestructible. At this point it is 'God', or whatever name or description one wants to use for the Supreme Universal Intelligence.

It is clearly the High Self which intervenes in times of emergency. In his *The Help I Received When I Most Needed It* (Finbarr, 2009), Jack Hempstead cites several examples. Mountaineer Frank Smythe, vanquished by the thin air of the Everest peak, suddenly came face to face with a stranger who reassured him that he would survive and not perish. Joshua Slocum, sailing around the world in his sloop was guided by an 'invisible helper' through the most ferocious waters. Most remarkable of all and I will quote from the book: 'Ron Di Francesco was one of only four persons on the floors above the 81st of the south tower of the World Trade Centre to survive the infamy of "9/11". The emergency stairway was blocked with debris, he and others crouching for protection. Then an authoritative voice called out, "Ron! Get up!" Without thinking he got up, spellbound by the voice: he described 'a definitive physical presence' which was certainly not that of any of the terrified people around him. It told him to keep going down, he struggling and fighting his way through the dust and debris, doing exactly as told, not questioning anything. There was no question of "logical thinking": to think logically would be to think the inevitable and become another one of the 3000 who perished on that terrible day. Then he came to a raging inferno: he could descend no further.

The voice said, “Go through it.” Forearms covering his head, he dashed down the stairs. When he got to the 76th floor he was “safe” – if that’s the right word, for the whole building was to collapse within 30 minutes – there was no more voice, no guiding presence.’

I am reminded of a sleepwalker I once knew. Often she would arise in the dead of night – still fully asleep – have a snack and then drive in her car to some distant location. When daylight came she would awake, frightened and bewildered to find herself sitting on a river bank in her pyjamas. It happened time and again. How on earth did she drive her car at all, let alone safely, whilst unconscious? Clearly another consciousness was in control.

The mystic concept of ‘the universe’ can also be equated to the theory of the universal Collective Consciousness postulated by Carl Jung: a great sea of consciousness in which all thoughts, all knowledge, and all ‘archetypes’ are stored. Yet the ‘primitive’ Kahunas had such theories of consciousness long before Jung, and Freud came along. Whilst Western civilisation was trying to find its spiritual compass long ago the ‘primitive’ Polynesian priesthood already knew! And when the Christian missionaries tried to convert them to the teachings of Christ their response was, ‘So what else is new? Is that all you have to offer us?’

10. Subconscious

For many there is confusion about the ‘subconscious’ and ‘unconscious’ minds. Are they one and the same or different entities? Some of the confusion can be ascribed to the lack of information on the subject, for little, if anything, more is known today than in Jung’s time. Ostensibly they are different ‘entities’. In essence they are *theoretical* concepts. Thought to exist but hard to prove. In particular the unconscious, for ‘unconscious’ means just that, *not conscious*. How do you demonstrate something that is not there? Freud specifically used the term to describe a repository of memories of which the conscious mind is unaware, hence a person is ‘unconscious’ of them. These are memories from the individual’s distant past, especially childhood, memories which have faded into the background or as is frequently the case, deliberately shut from consciousness at an early stage because they contain something painful, forbidden or taboo. Now this is quite different from the *subconscious*. As the prefix suggests, this is a state which lies just below the surface. It is a

consciousness just one step, or one layer, removed from the conscious mind. It is a consciousness that is not suppressed, it is hidden yet accessible. It is a pool of knowledge, containing memories or information which the conscious mind has forgotten. More intriguingly, is the subconscious mind's store of knowledge *not yet registered*. In other words it has access to information as yet unavailable, knowing what is yet to happen. The man who won on the Grand National in successive years had proof positive of this aspect of the subconscious. In this respect its activity is a function of the Divine Mind. The subconscious is also the power operating and controlling the myriad workings of the body.

To confuse matters further the subconscious is sometimes referred to as the *superconscious* which in turn can be equated to Higher or Divine Consciousness.

It is hard indeed to draw clear lines of distinction. The only thing certain is that 'subconscious' or 'unconscious' either is definitely not the conscious mind. We can only be sure of this, for the conscious mind is the only consciousness we are actually aware of. The rest is conjecture.

11. Magic

The *Oxford Dictionary* defines magic as 'the practical art of influencing the course of events by compelling the agency of spiritual beings, or by bringing into operation some occult controlling principle'. There is 'low' magic when a practitioner in his or her own privacy lights a candle, recites a spell or chant, naming some spirit or god, for the purpose of something extraordinary, either spiritual or material. There are enough books on the subject, few, if any, offering any explanation as to why such-and-such spirits should be invoked. And just who are these spirits, what are their histories and origins; why are no stories or myths attached to them so that they convey some meaning? They invariably carry lofty and bizarre titles. We may be blandly told that so-and-so is the 'prime minister' of a certain realm, but why does such a place – and what *is* this place – need such a figure? Do these spirits meet to discuss matters concerning this realm? No explanation is ever provided as to how and why they have the powers attributed to them. In addition to 'prime ministers' there are 'dukes', 'princes' and the like. The practitioners are expected to trust entities which appear entirely fictitious and have done so, it seems, for centuries. But so far I have not yet encountered any attempt to explain it all. I have no

difficulty, however, with gods and goddesses, for they have biographies and the antiquity of cult tradition.

Yet it cannot be dismissed as 'rubbish'. I have practised ceremonial magic and got results. When I told one woman, greatly interested in all spiritual matters, that I had invoked pagan gods such as Wotan, Hermes and Dionysus she was horrified. Such gods, unlike the seemingly meaningless names of spirit-demons who are otherwise totally obscure, possess fully developed personalities and mystic lives, so in invoking them I know I am drawing on a considerable psychic reservoir which already existed. But my friend was appalled, suggesting my soul could be in peril. Well, I felt no such thing, on the contrary I felt enlarged by the experience.

The pagan gods were supplicated and invoked for thousands of years before any of today's major religions took hold. These gods represented divine consciousness in its myriad forms, though not always 'divine' – the diabolical was always close at hand. The divine, the secret, the unknowable cannot be contained in one single concept, 'the universe', 'the Infinite', 'the Cosmic Mind', or simply 'God' – or whatever name we give it. The One cannot be bound by the singular. Each god represents a different facet just as every human has various facets of character and personality. Different people see you in a different way, you revealing yourself according to the relationship and the situation. Yet for all these varieties you are still a single person; there are 'many' different versions of you, yet there is only one you.

Carl Jung saw gods as archetypes of the Collective Unconsciousness, each representing a potent psychic force. When we seek unity with the One that does not exclude the myriad different expressions of that One. The One is also the Many. Every god, every goddess, is but a different facet, a different expression of the Eternal.

'Magic' is not 'rubbish', but we could say it is irrational. Our souls will not be placed in peril by practising magic, but if we ignore the irrational not only in ourselves but also the universe then we could eventually be in peril.

Some folk are repelled by some of the bizarre religious practices of the ancient Egyptians, in particular the veneration of particular animals. All cats were thought of as incarnations of the Great Goddess in her feline aspect. Statues represented her as a seated cat or a standing woman with not a human head but a cat's. In this form she was called Bastet amongst other names. When invoked as 'Hathor' the Great Goddess appeared as a cow, her priestesses wearing bovine masks. And how about Sobek who appeared as a crocodile or Taurt the hippopotamus.

Are these conceptions of deity simply crazy or are they a simple acknowledgement of the Divine Presence in creation and its creatures?

In ancient Egypt the diabolical co-existed with the divine and again modern 'rational' readers may be disturbed at the Egyptians' veneration of the truly diabolical ass-headed Set – usurper, murderer, oppressor, destroyer. He was the template for the Devil of modern religion but whilst Jews and Christians loathe him ancient Egyptians paid him homage, erecting many great temples in his honour.

Set is the mythical dweller of barren inhospitable places, perhaps a metaphor for us of unacceptable and destructive thoughts banished from our conscious mind. Set embodies another aspect of existence, for life cannot only be of the acceptable and not the unacceptable.

'Magic' is about exploiting consciousness in whatever form it takes, according to the need and aspiration of the magus.

I understand that most readers will not want Set or any demon-god in their life, but these forces remain whether we like it or not.

PART 2: PRACTICE

12. Night

I must confess a feeling of some reluctance before writing this as I regard it as most personal. Here is what I actually do, and because it actually works I know I must impart it. Yet at the same time there is nothing particularly new, so far as I know, here. I am following a well-worn path and some of you at least will walk the same one. What I can assure you is that I know it works. I am not writing hypothetically or metaphorically: **THIS WORKS FOR REAL**. Yet I must say that what I know and what I have experienced is not definitive and final: it remains unfolding and continuous. I am telling you what I know as of *now*.

I repeat: **THIS WORKS**. It works for me and countless others. **IT WILL WORK IF YOU WANT IT TO WORK**; which I know most of you do. Follow carefully what I say and do not fret if you do not at first understand, for you should read it again and again. Also the practice of it will enable you to understand what is going on.

Here is the starting point, and so easy and pleasant is it it may also remain your 'finishing' point. It all revolves around relaxing in bed at night, prior to sleep. This is the twilight time between consciousness and unconsciousness; so it is potent and magical. You should be lying on your back, arms at side or over your torso if you wish. Take two or three gentle deep breaths. This, and the following, is certainly what I do each and every night. I think for a moment of the day, homing in on anything I should be grateful for and I allow myself there and then to be truly grateful for it. *There is not a single day that I cannot find something in it for which I am thankful.* Even if it was 'one of those days' I give thanks that I remained patient and did not lose my cool. If it was an *atrocious* day I am simply grateful that it is over!

If it was a day when things could easily have gone against me, but everything turned out my way, I allow my gratitude full sway, *letting myself be swept away by it.* Because I fully realize the consequences if things had gone badly. Sometimes the gratitude swells to such an extent that I feel a *disintegration of consciousness* and a glorious liberation of spirit. I know at this very moment the Universe is with me and what I am about to ask for will be granted. Once you have experienced this for yourself you will realize just why I place such emphasis on the value of gratitude. Remember, the gratitude must be genuine and heartfelt, it cannot be manufactured or 'faked'. To feign gratitude would be to shut yourself off from the Universal Power.

After this reverie I place myself in *a state of absolute belief* as I pronounce, 'Oh Lord, teach me to be always grateful every hour of every day. Let gratitude constantly inform my thoughts. Let me live in gratitude.'

The phrase 'Lord' suits me fine, but you may choose something else. This is not the 'Lord Jesus' of the Church. That holds no resonance for me and may not for you. I know that to whomever I am speaking it is a Being greater than I. It is worthy to be addressed as 'Lord'. It could also be 'Lady'. Indeed, when this Power communicates with me it is invariably as a lady. What the orthodox-minded cannot grasp is that there cannot be a 'God' without a 'Goddess', nor One without the Many.

I am explaining what it is I do, but as you apply my instructions you may intuitively vary them, which is perfectly fine.

I always begin my 'conversation' – or prayer – with gratitude. To repeat: gratitude opens inner gateways of power. It becomes a channel through which future blessings will follow. 'Unto him who has it will be added; to him who has not it will be taken.' It heals and liberates. It opens the body's psychic centres, it puts ego in context, allowing freedom and

space, and through this 'freedom' and 'space' the Mystic Universe reveals itself.

After expressing gratitude I ask for 'the faith I need' that my desire will be accomplished. I affirm that 'I and the Father are One'. This is very important. This phrase is attributed to Jesus but you can be sure that the idea behind it is very ancient. Similarly – although I do not suggest you speak it – the phrase, 'Without the Father I can do nothing', an acknowledgement of the incompleteness of our conscious mind and its limitations. We feel helpless to change things – but with the help of the 'Father' we can change everything. The Father is the High Self, the Guiding Light or Power, Holy Guardian Angel, or whatever name or representation strikes a chord with you. It is not make-believe or wishful thinking, there is a Supreme Power: it is both universal and unique to you. The purpose of this work is to enable you to harmonize with it.

We have spoken of conscious, subconscious and unconscious minds, but miracles happen in DIVINE CONSCIOUSNESS. This is when limitation is transcended and the 'impossible' happens. Great masters live in divine consciousness. I aspire to it and so should you. You need only a glimpse of divine conscious to become elevated and renewed.

In a practical context 'I and the Father are One' means that if you do the best you can to get what you want the Father will do the rest, in other words, supply it.

You *will* know that 'the Father' is working for you, providing you continuously affirm it, not only at night but daytime too. More of that presently.

So I lie there asking to be given faith and that I may trust unconditionally and without reservation.

It could be said that one is entering a state of worship of the Great Self: the little self, my ego, is inconsequential and there is a definite awareness that 'of myself I can do nothing'. I realize that the Great Self is everything.

So I go on asking for faith, trust, and the power to believe.

Then I ask for the thing I want. It can be just one thing one asks for; but if asking for several *they should all in some way be connected*. This is not so unlikely as it seems. When we have several problems simultaneously, if we study them carefully, we will find that they all tend to revolve round a central issue. So if that one core concern didn't exist the others probably wouldn't either.

If your objectives or problems are unrelated to one another then you should focus on just one, obviously the most important or pressing. Simply ask that 'I receive so-and-so'. Affirm 'it is mine now'. This is not the little

self affirming but a Higher Power which at that moment is informing you. At that moment your wish is sealed and delivered in the ether, ready to manifest physically materially at the appropriate time. Say these words at some other time, out of context with your communion with this Higher Power, and you would be completely foolish. 'Of myself I can do nothing'.

After speaking my wish I give thanks and picture for a moment that I am already in possession of what I seek or that the problem is solved. Then I turn over and go to sleep.

However, at no time do I ever kid myself that anything is going to just fall into my lap or that any problem is simply going to vanish. I know I am going to have to do something about it: I still live in 'the real world'. The difference is that I *know* I am going to be successful, for I know I have 'a silent partner'.

13. Daytime

I have explained what I do at night. It takes only about ten minutes, sometimes less if I am particularly tired, or longer if I am more alert and my need more pressing. Occasionally I may go to bed exhausted in which case I don't do anything at all as my concentration is worth nothing.

During the day one lives with one's problems, problems which at times seem overwhelming. So at the occasional moment close eyes and say, 'Help me; sustain me now.' Say – or think – with belief. That's all you do.

Particularly effective is to look upward to the ceiling or the sky if outdoors and unobserved and declare, 'I know what I want', or some other positive statement. It takes only a moment and gives you an instant lift. This is not mere auto-suggestion – you *are* heard and the Universe is acting for you.

If you can take one or two deep breaths first it helps (but is not essential). When riding a bus or train, close eyes and say mentally, 'Be with me, Father, be with me now.'

Here's something else that is good, but you will need privacy. Seated or standing, adopt the arms crossed pose of the ancient Egyptian gods. Place your right hand on your left shoulder and your left hand on the right shoulder. Close eyes, take a deep breath, look upward saying, 'Father grant my desire. Be with me, guide me.' It takes only a moment and immediately connects you with the Divine. You are always heard. This is not mere auto-suggestion.

I find these little daytime gestures help enormously, sometimes *bringing immediate* help at times of crisis.

Once you are in the habit of following these formulae, once they become a part of your daily life, you will know exactly the meaning of everything I have thus far said. You will not need anyone to explain the 'Divine' to you for you will be experiencing it.

You can only go forward and upward. And so it is.

14. Materialism

I am criticized by the 'spiritually minded' for suggesting that mystic forces can be employed for material gains, gambling wins, seduction of another person, and other 'unworthy' aims. Such minded see me as 'cheapening' or 'prostituting' the spiritual.

This is nonsense of course. I don't know what world such 'spiritually minded' folk live in: it cannot be the same one that I live in with all its pressures, demands and materialism. Besides, there is no contradiction between the spiritual and the material. What is touched and felt is good; what is pleasurable to the eye is gratifying. Pleasure of the senses is good for the soul. Life is to be enjoyed. The point of life is surely to *live*! I will have no truck with self-denial and abstinence; deprivation, monasticism, etc., is based on a twisted vision of the Divine. The Universe is so abundant, so sensual – how can it possibly be right to deny its very nature? A new car, a new stereo system, a new suite of furniture, a luxury cruise, super duper technological devices – all bring pleasure and satisfaction, so long as we *value* them. If we take them for granted we not only diminish the pleasure but diminish and devalue ourselves. Whatever material thing you desire can be within your grasp, if you are prepared to get it with the aid of the Father.

The Divine Light within wants you to flourish, to prosper. Lacking for things is not 'spiritual', it indicates not only material impoverishment but also impoverishment of the soul. Impoverishment is not the way of nature: all life teems with abundance. You can partake in this abundance and when you do you should relish it and give thanks.

Recently a man from Marseilles told me that he made a fortune which he attributed to his absolute trust in the Inner Mind. He told me that every night he affirmed for about ten minutes the following, 'Wealth is mine, wealth is mine now.' He would repeat this over and over before drifting off

to sleep. Impregnating his subconscious in such a way, he believed, gave him the ‘Midas touch’: everything he turned his hand to made money. On one occasion he won 1,200,000 euros in a lottery. He sincerely believed in the power of the subconscious mind to guide, direct, heal and inspire him, and it responded according to his belief. What we expect is what we get.

This Power always provides. The Universe never fails. Trust completely and do your best to achieve your goal and it will deliver.

Your pursuit of the material through the Divine in point of fact *increases* your spiritual awareness, not diminishes it! For you will always remain conscious of the wondrous Power behind your accomplishments! You will be continually aware of the presence of your ‘silent partner’. You will never feel alone again, knowing that you are surrounded and protected by a Power that seeks only your good.

Can anything be more wonderful to know?

15. Everything!

Everything can be provided by this great Power! Whatever you need – it can be met. If your health is poor it can be immeasurably improved. You can be healed, renewed, regenerated, and live much longer than you ever thought! This Power is constant and inexhaustible, always renewing, forever vitalizing. Open yourself to it and let it in! Just ask for it to enter and let it in! You can lead a truly wonderful life. No matter what the obstacle you will have the power to cope; you will continually overcome and realize what it is to be triumphant! All that holds you back are your *own concepts of limitations*.

A young man’s right arm was badly ulcerated. It was not responding to medication and amputation was increasingly looking like the only option left. He prayed for a miracle but nothing happened. Instead his arm got worse. Positive thinking didn’t help. Eventually his spirit sank to an all time low as he dreaded what may lay ahead.

I knew there had to be a deeper reason for this situation. I asked a pertinent question, ‘Is there anything you have done in the past with your right arm that causes you regret now?’

‘Yes, I feel very bad and very guilty about punching a fellow a few years ago. I over-reacted in a silly row over a girl’.

‘Is that something you would do again, that is, throw a punch in an argument?’ I enquired.

‘Oh no!’ he fired back. ‘I would never do a thing like that again.’ ‘So why go on feeling this guilt?’ I asked. ‘Because it was wrong. Besides, the girl wasn’t worth it.’

I then gave him my analysis of the situation. ‘You did something bad years ago when you were not the same person you are today. You would not today react violently to provocation. Also every single atom in your body has changed many times in the intervening years. So physically as well as mentally you are a different person to the one who threw that punch. The old you is dead, so why not accept and embrace the “new you” instead of clinging to the past?’ I added that he had been acting as judge and jury against an innocent man – himself.

‘Gosh, I had never thought of it that way’, he said. ‘Well, start thinking in a different way’, I replied, ‘and start forgiving yourself. Tonight in bed ask the Universe for forgiveness – which in truth is not actually necessary, for you are already forgiven – so that you can then forgive yourself. Believe completely. Do this every night.’

After seven days he reported a dramatic improvement in his arm. Fourteen days, he was completely healed. Doctors were flabbergasted, and so they would be. (Such stories are absolutely true. They are not here for entertainment.) This is the power of the mind. This is the power of insight.

16. Psychology

We can see psychology at work in the case of the man with the ulcerated arm. Psychology is always bound up with the magical. It is also the key to understanding when we don’t get results. Everything this young man tried didn’t work. Only when he realized that guilt was the cause of his condition and the realization that it was founded on a false premise was he able to be cured.

Those who ‘cannot succeed’, everything they touch turns to rust, are those who deep down believe they are *not worthy of success*. A young lady confided in me her despair at how badly she was doing at college. She feared the disapproval of her parents when she failed – as she expected to – her exams. Her concentration was poor and she found it exceedingly difficult to remember and retain what was taught. I asked her a few questions about her background and it came to light that as far back as she could recall she would hear her father remark to her mother that she would ‘never amount to anything’. ‘That’s the source of your problem’, I said. ‘How do you

mean?’ she asked, perplexed. ‘The Inner Mind, the subconscious mind, or even “God”, whatever one chooses to call that something other worldly in our consciousness, is not a moral agent. It is amoral, it makes no distinction between right and wrong. All existence is like that, if you look around and observe. There is no such thing as “justice”. Wrongdoers go unpunished, evil people flourish, the innocent are at the mercy of the guilty. Nature is cruel and ruthless.’

‘But we are different’, I continued. ‘Although most people choose to be amoral themselves the fact is that we have the power to be otherwise. *You can dictate to your Inner Mind, you can dictate to the Universe*, what you want.’

‘But if it’s amoral, why must I fail rather than succeed; why can’t it be the other way round?’ she asked. ‘Because your Inner Mind did not decide for you; it was decided by someone else’, I replied. ‘And who was that?’ she asked.

‘It was your father who decided for you. He decided you were no good and your subconscious mind automatically accepted it as fact, having no power of judgement, not knowing what’s right and what’s wrong. That’s why no matter how hard you try with your studies there will be conflict. You want to succeed, but your subconscious is working to the agenda set by your father.’

‘So what do I do?’

‘You must see your father’s remarks for what they are: the utterings of a small-minded man. There is absolutely no reason you should not succeed in your studies if that is what you want. Your father’s vision, like that of so many, is obviously extremely limited. Perhaps at an early stage he noticed that you were not a quick learner so immediately assumed you would never amount to much. The man’s a fool and ignorant, for some of the world’s brightest and most successful people are not the quickest learners: and then there are those who catch on very quickly and seem very smart and yet amount to little in life.’

‘You must now dictate your own agenda. Reject your father’s opinion which is ill-conceived and worthless. Beginning tonight before going to sleep ask the Higher Power for what you seek. Indeed *affirm* that you will be a better student, that you will absorb and remember what you learn, and that you will pass your exams. Say “I reject what Dad says, I reject it completely. I am the master of my own mind and the master of my destiny. I shall be successful and accomplished, no matter what anyone says!”’

This young lady passed her exams and subsequently went on to better things, much more confident and self-motivated than when she first saw me.

Illness is more a product of psychology than of bad diet or lack of exercise. Illness is usually a form of *self-punishment*. Take the case of another young woman. She couldn't get rid of a sore throat which together with a fever was getting her down. Antibiotics didn't help and her doctor was puzzled. Coming to me about this, I asked her, 'Apart from this wretched throat condition, what else in life is getting you down?' 'Well, as a matter of fact', she replied, 'it is my mother. Don't get me wrong – I love my mother – but she is continually trying to organize and control my life. Now she wants me to go out with a man who she thinks is right for me. I just hate her constant interfering.'

The two things getting her down, the bad throat and the difficult mother, had to be connected. She loved her mother but was beginning to hate her and this inner tension was creating guilt, made worse by the fact that the young man her mother wanted her to go out with was of an extremely amiable disposition, but she knew she could never love him. None of this was helped by the fact that she was – at age 28 – still living with her mother. I suggested she find her own accommodation and that she must make her feelings absolutely clear to her mother. I also suggested she say the following every night as the Great Protecting and Healing Power will definitely come to her aid. 'Dear Lord, show me the way forward. I realize that I can love my mother and still have my own independence of mind. Please show this to her. Please help me. Let me be freed, let me be released.'

She repeated this several times, usually in her head, for her throat was so tender.

She spoke to mother calmly and without rancour, mother not taking the offence that might have been expected. There was a remarkable change in her attitude, she admitting that she had been overbearing and that she didn't want her to leave. The question of the young man never arose again and she was determined she would choose her own boyfriend.

Seven days later her throat was completely healed.

A religious woman confided in me that no matter how much and how often she prayed her prayers were never answered. Her life was being made a misery by ulcers, and medication was of little help. She tried different doctors but nothing changed. She was not a happy woman. Upon enquiring I learnt that she was at loggerheads with her in-laws and was full of resentment. This was making her feel guilty for well she realized that she was falling short of Jesus' injunction to 'love thy enemies'. I explained to her that trying to suppress her rage would make her ulcers worse and that if she wanted to get rid of them there had to be changes in her mental

attitude. The reason she got no answer from God, I continued, was that she was praying to some far-off being in the sky and not to someone as close to her as her own skin. Moreover, 'Your ulcers will not let go of you until you let go of your rage, be it with your in-laws or anyone else.'

'But they are such awful people!' she retorted. 'That's neither here nor there', I replied, 'you've got the ulcers, not them.'

I then gave her the following to affirm every night. 'Please, Lord, let peace prevail. Let harmony prevail. Free me from the chains of negativity. Replace everything negative with the positive. I radiate good to all, for my own good. Oh Lord, teach me gratitude, teach me love.

'Let the Life Force flow freely and joyously through my body. Make me whole and in perfect health.'

I met her again about a month later. Never had I seen such a transformation in a person. Instead of a frown she wore a beaming smile, her walk was light and energetic, her demeanour buoyant. Needless to say, her ulcers had disappeared, and even her in-laws were suddenly being nice to her!

The High Self is the Healing Self; the Universe is both the source of your ills and your cure. You have the power to choose which you really want.

Sickness cannot dwell in a joyous, positive soul: the two are entirely incompatible.

Ask the High Self to fill you with joy, power and gratitude. Open yourself to its limitless abundance. Ask it to cast out all doubt and negativity from your thoughts. *Do so with all your heart.*

This Power will not fail you, CANNOT fail you. You are limited only by your belief. Believe with heart and soul and everything is possible.

Failure is the price you pay for yielding to negativity and self-doubt. Sickness is the price for suppressing anger, for guilt, and other malignant conditions. Ask to be freed of all these unhealthy states – doing so with all your heart – and believe you will be answered, as you surely will.

17. Sin

Most people's – especially the religious-minded – idea of sin is illusional. The word itself is derived from the ancient Greek meaning 'wide of the mark'. So to sin is to be 'wide of the mark', or to 'miss the mark'. Put another way it is a failure to grasp what is right for us.

The dogmatic religious view that money, materialism, physical love are 'sinful' is rubbish. It is a falsehood and is contrary to the Spirit of Universal

Abundance. Nature teems with life, riches, the materialistic, all of which are there for our enjoyment and participation. What gives us pleasure cannot possibly be ‘wide of the mark’, so long as it is *valued*. Life is to be enjoyed, relished, and the more of it the better.

Jesus Christ never ‘died for our sins’; nobody can die for our sins. The ‘sins’ we commit are *transgressions against ourselves*.

Ideas of guilt and regret about self-enjoyment are based on a false premise. If you live and are guided by the Cosmic Power there can be no guilt, for you will bear no grudge towards another; you will have no need to envy others and no wish to harm them. Negativity disappears from your outlook.

Get right – hit the mark – with your own best higher intuition and all else falls into place. Daily affirm the following:

I am One with the Father. I am One with the High Self of the Universe. All positive energy flows through me. I focus on my own good, and what is good for me is good for all.

Affirm when you need it, repeat as many times and as often as you wish. Impregnating the layers of your consciousness, it is quite impossible for negativity to remain: it literally dissolves before the Light contained in these words.

Wanting the best for yourself is not negative selfishness. Speaking for myself, I want the best for everyone. I enjoy seeing others happy and successful. I feel no envy or covetousness, for I realize that these are utterly pointless and self-defeating emotions. By wanting the best for everyone I am open to the best for myself.

Whilst I wish the best for others I also recognize that so many are negative, petty and childish. I may wish the best for them, but the truth is they can never have it! That is not my concern: my concern is that all spiritual doors shall be open to me. And they are.

And so they shall also be for you.

18. Healing

The wonderful Power within us knows no boundaries. The High Self is not alone and isolated, but connected to the Universal High Self (‘God’) which connects all consciousness. *There are no barriers to divine consciousness.*

The subconscious, too, whether or not we think it is the same thing is also not limited by boundaries. *The subconscious minds of two different people can work in unison as one functioning entity.*

Hence the ‘miracle’ of spiritual healing.

A very good friend of mine, a young man who shares the same interest in all matters spiritual and mystic was saddened when his mother, almost overnight, became crippled. She was taken to hospital where she was told she would spend the rest of her life in a wheelchair. He then recalled something he had often heard her say when he was a boy, ‘I guess that one of these days I’ll end up arthritic and crippled like my mother and grandmother.’ Being a child he took no notice at the time, but now he was struck by the recollection. What she said would happen has now happened but he couldn’t grasp why it should be so inevitable despite his forebears’ condition. The bogeyman of ‘hereditary illness’ is a certain self-fulfilling prophecy. He asked her to take part in an experiment. She, appreciating his interest in all things spiritual, agreed to take part whilst acknowledging the sense of his remark, ‘You kept telling yourself you would end up a cripple and it happened. What else did you expect?’

This is yet another example of the impartiality and amoral nature of the inner mind. It doesn’t judge or challenge – it merely accepts. Keep saying ‘I am going to be ill’ and sooner or later ill you will be. Keep telling yourself that all will be fine ensures a positive outcome. *The subconscious mind blindly accepts.* It acts upon whatever it is told; it doesn’t come back and say to you, ‘Wait a minute, that can’t be right. Do you really want this?’

WHATEVER THOUGHTS WE HABITUALLY KEEP ARE ACCEPTED UNCONDITIONALLY AND WITHOUT RESERVATION BY THE SUBCONSCIOUS MIND. This same mind which lives and functions through every cell of your body, called by the Kahunas the ‘Low Self’.

The crippled lady was asked to say every night and at intervals during the day the following:

The Life Force runs through me. I am a vessel for free flowing joyous energy. I accept only life, vibrancy, enthusiasm, vitality. I reject all notions of disability and negativity. I affirm life and movement. I will think only positive thoughts. I allow the Universal Healing Presence to permeate my whole being, continuously and exuberantly. I refuse to entertain negative and unhealthy thoughts. I affirm only the good and the positive. The Light is in me and I am in the Light.

Likewise her son made similar affirmations for her each night and day. Although she returned home in a wheelchair they were determined to continue the experiment.

About a month later she no longer needed the wheelchair, nor any aid. She was a new person, fit and vital. She declared she hadn't felt this energetic since she was a teenager.

My young friend's faith would be tested by another crisis, one of far greater magnitude. His child was with a high fever from an extremely rare condition. Whatever the doctors did it didn't help. They told the child's father to prepare for the worst. Refusing to accept this he appealed to the Higher Power that he may remain calm and focused on a cure. He was imbued with a sense of peace and received a wonderful sense of certainty that everything would be all right. When one needs faith and reassurance simply ask for it and believe it will come and surely it does. He then repeated the following continuously: 'Oh Great Life of the Universe, you are the life of my child. The Great River of Life courses through her. The wonderful life-giving permeates every atom of her being right now. She is the receptacle for free-flowing life and energy.' He believed with his whole heart that at the same time he prayed to the Universal Mind these very same words were being absorbed by his child's subconscious mind.

The child made a rapid recovery and all symptoms of the illness disappeared. 'This is the work of God', said the baffled doctors.

The child's father had surrendered ego to the Healing Power so that his anxious limiting conscious mind would not get in the way. With all mental obstacles removed the child's recovery was inevitable.

A doctor friend of mine – a rare physician who also believed in the healing power of inner consciousness – told me of the time he was called to the home of parents of a sick girl whose religious beliefs did not acknowledge illness or recognize doctors. Her high fever no doubt challenged these beliefs. Upon examination he could not find anything particularly wrong with her and reassured the parents that there was no danger of death. She, however, asked if he would pray with her for a full recovery, which he did. She would not take any medicine as it was against the family's religious beliefs. He reassured her that he thought she would be perfectly all right and that he imagined her as glowingly healthy.

This story now takes a surprising turn. It transpires that this girl's older brother – who had broken with the family's religious sect and had become, of all things, a medical doctor – got in touch with my doctor friend about a month later asking what therapy he had given her. 'Why do you ask?' enquired my friend. 'Well, for years she's been suffering severe epileptic

seizures two or three times every week and has now become free of all symptoms and attacks.’ He added that for years he had tried unsuccessfully to get her to take anti-epilepsy drugs. My friend explained that he had given her no particular therapy but prayed with her followed by his remarks that she would make a complete recovery and that he saw her as perfectly healthy. He was amazed at the revelation of her epilepsy, for had he known, he would never have reassured her of a recovery for the condition is ‘incurable’.

BUT SHE – OR MORE SPECIFICALLY HER SUBCONSCIOUS MIND – HAD ACCEPTED UNCRITICALLY AND UNCONDITIONALLY THAT SHE WOULD ENJOY PERFECT HEALTH, for previously no-one had ever suggested a cure was possible because of the taboo on epilepsy.

BECAUSE PEOPLE BELIEVE A CONDITION IS UNTREATABLE OR INCURABLE SO IT IS.

We are limited only by our thoughts.

Whenever circumstances take a turn for the worse and improvement seems impossible we convince ourselves with the belief, ‘Well, that’s it. I’d better make the most of it’ then that becomes BECAUSE WE THINK IT SO. Circumstances do not improve and we make do the best we can.

To return to the epileptic young lady. A year passed and she had no symptoms whatsoever. The ‘miracle’ of her healing enabled her to lead a normal young woman’s life. Now she can drive and became engaged to be married.

Healing operates through the aegis of faith and belief. ‘Ask the Father’ to give you faith and belief. Faith and belief dissolve obstacles and open doors. The subconscious believing what it is fed *has no choice but to deliver*.

Believe that you can heal yourself, both soul and body. *Ask for healing from your inner mind*. Ask for faith and belief which when received you give back to yourself! You both *receive* and *give* to yourself! Now your conscious mind becomes a force for healing in conjunction with your subconscious. ‘I and the Father are One’.

When the Life Force flows illness cannot resist; it dissolves and is washed away. Guilt is expunged: power and not weakness prevails. You become a new person, full of potential, living in a spirit of expectancy and joy. Allow yourself to be open to the Spirit of Abundance – that limitless flowing expanse of goodness, life, vitality and energy. *Ask that you may be open*. And open you will be.

Do not think that to be open to this Power is to leave you vulnerable: this cannot be. On the contrary you will be *protected*. When aware of and

in the Light you cannot be vulnerable to attack or exploitation by anything greater. Instead you are irresistibly propelled forward to accomplishment and fulfilment: anytime you feel depleted, simply *ask to be renewed*. Ask and believe that there will be a response. There always is.

The Universal Supply is available to all at the turn of a tap. It is always available. We don't have to struggle to make it work, we only have to *believe* that it works. Belief deepens with experience and eventually becomes second nature. All doubt and self-criticism evaporate completely as the Light-Giving Spirit permeates your entire being. This is not arrogance or false self-confidence but is what the ancients called 'gnosis', the *certain knowledge* that the Power is within.

We can all be healed. Healed of conflict, melancholy, doubt, worry, and all other negative conditions. Our bodies can be renewed, vitality restored. We can all live abundantly. *Simply learn to let it happen*.

19. Inequity

All about is inequity; life is nothing if not unfair. I have just heard of a man who had a staggering lottery win, a man who has apparently several prison sentences for breaking and entering and grievous bodily harm; a man with a history of violence against women and the father of numerous unwanted children. Yet he has been handsomely rewarded by the universe for his efforts. He will certainly squander every last penny of his spectacular win, for his life has no purpose and he has no concept of value. Money, which should always be an instrument for the good and the positive, will in his hands ultimately cause grief, as the rest of his life has. A young lady came to me bitterly complaining about her circumstances. For years she had struggled to get her Ph.D and yet has wound up less well off than her sister. Her sister is in an occupation she would rather not discuss – an occupation needing no qualification! Angrily she declared that 'the system' is corrupt and that society's priorities are 'twisted'. I explained to her that trying to change society is the stuff of politics and politics itself is corrupt. When politicians seek to regulate society to make it fairer the end result is always yet more inequity. All politics is made of make-belief. Inequity cannot be eradicated from life: *life is inequity*.

The Universal Power is not a dispenser of 'fairness'. It is impartial, uncritical and without judgement. When the Jehovah 'God' of the Old Testament declared that the righteous shall be 'rewarded' and the unjust

‘punished’ this is pure make-believe, the wishful thinking of small-minded bearded old men. Their God neither rewards or punishes. Ideas of morality and guilt are things we inflict on ourselves. Note earlier my comments on Hitler: he was completely amoral and without conscience, yet he got what he wanted because he believed passionately in a Power that guided him. If his German contemporaries had held a similar deep conviction and occult purpose Hitler could never have succeeded. But that’s life.

The sun shines equally on the bad as well as the good. Everyone breathes the same air. To this young lady I said, ‘Your priority is wrong. You are looking in the wrong place. Don’t waste precious energy dwelling on your sister’s high income or the other injustices of “the system” as you call it. “The system” is the product of all: for those who create and propagate it cannot do so without the cooperation of the masses.’ (Hitler could not have succeeded without the aid of the German electorate. Nobody forced him on them.) The masses are not – and never have been – interested in political and economic change as long as creature comforts are undisturbed. Instead of bemoaning the universe that you see *create the universe you want*.

‘The only “universe” that matters’, I continued, ‘is the one within yourself. All else is irrelevant. It is you that has to live with your feelings and experiences. Not another single living soul can do that. Only you can live your life, and the quality of life you live will depend on the nature of the thoughts you perpetually hold. You are daily creating your own “system” which is of far greater relevance to you than any external economic or political system. All wealth and well-being will ultimately come from your inner world: not any employer, banker or politician. They are not responsible for your life and your happiness: the responsibility lies squarely with you.

‘By channelling your mental energy into your own desires and aspirations you can beat the standards of limitations of the “mass mind” of the species, which perpetuates unfairness and inequity. You can beat the law of averages. You do not have to be at the mercy of the *status quo*. All you have to do is each night before you sleep is repeat with conviction, “Success is mine. I am worthy of success; it is my birthright. I am a channel for Abundance. The Spirit of Inexhaustible Abundance dwells in me; the River of Abundance flows through me. Wealth is mine; wealth is mine now.” You can repeat this in the daytime, too, when the opportunity presents itself. Each time you think of your sister or think of anyone who seems unfairly better off than you then repeat what I have just given you. These positive words will impregnate your subconscious mind which transmits them to other subconscious minds. Beyond the limitations of

our own individual conscious mind is a vast pool of consciousness connecting all minds. When speaking such positive phrases also imagine yourself as being well off and having plenty of spare money. Don't concern yourself with how this can come about, just do it. Imagine yourself enjoying the luxuries and extravagances of life. Give *emotion* to your imaginings, feeling all the joy and pleasure you can muster from a richer lifestyle, all of which will make a great impression on your subconscious mind.'

She followed my advice. About a month later she was offered a position that paid almost double her existing salary. An extremely gifted young woman and an expert in her field, she was later offered a publishing contract to write a series of serious texts for distribution to libraries and universities around the world. At the time of writing, many more exciting opportunities have opened up to her. I joked with her, 'At this rate, there will be those envying you, complaining how "unfair" life is. What you once complained about is now working for you. Be grateful for it!'

The subconscious mind is like a goldmine and can be mined without limit. A very successful businessman told me recently how he built his fortune on repeating every night, 'I am rich now. Wealth is mine now' before falling asleep. His subconscious thus impregnated he had convinced himself that he would *only* be rich; there was no room in his thoughts for any other condition. So as a consequence he made the right decisions, met the right people, and the right opportunities presented themselves. The ultimate difference between the successful and unsuccessful person is always one of belief. Belief – burning conviction – opens doors and makes things happen. It's uncanny but absolutely true.

Behind the anxiety over the inequities of life lurks a darker feeling: envy. Envy, if not understood and checked, can be poisonous, not only darkening the soul but rotting the body. Yet it can also work for one, if channelled constructively. For example a person may marvel at the success of someone, a success he wishes he could emulate if only he could get 'the breaks'. Such 'constructive envy' can motivate that individual to equal the other's success, and by asking and telling the Universal Mind what is wanted 'the breaks' will appear.

20. Dreams

Thus far we have been concerned with supplicating and invoking this Power to help us; the communication being one way, from us to it. But it

also communicates with us. The most common line of communication is through dreams. The trouble with dreams, however, is trying to understand them. So much of the time they simply make no sense. We can get around this. First, you must keep a notebook by your bedside so that you write your dream down immediately upon awakening. This came in extremely useful for one man at the time of my writing this. A few months ago he was suddenly awakened by a voice calling out a series of numbers. As fast as he could he wrote them down, for a few seconds later they would have vanished from his thoughts. He decided to use these numbers in a lottery. Previously he had never won a bean and now for five weeks out of six he has had winnings. 'I am sure the numbers were given to you for a purpose', I said. 'These modest wins are a herald for something much bigger. Stay with these numbers, for they are directly from 'Cosmic Mind'. Who knows what he may have won by the time this is published.

Without a handy pen and paper at your side we may forget our dreams quickly. Writing them down can also help us to interpret them or clarify their meaning. That said, most dreams in fact have no meaning, being jumbled and confused. A dream that is particularly vivid or holds a particular resonance or logic should certainly be written down. The Inner Mind may be trying to tell you something particularly important.

Ideally we need our dreams to be less symbolic and more literal so that they can be easier to understand and interpret. Before falling asleep say something along the lines of the following. 'Please let my dreams make sense. Please let me dream in literate terms rather than symbolic so that I may understand the meaning when I awake.'

As you have dreamt all your life in crazy imagery it may take some time before your dreams become more logically formed, so you will need to keep asking every night. Once your dreams do take on a more logical and understandable shape they could be of inestimable benefit to you.

Remember – *the Inner Mind already knows everything you need to know about anything*. It is a limitless storehouse of knowledge; only the true magus can access it regularly, confidently and with benefit. You can become such a magus. You can have access to this inexhaustible fount of knowledge and power. To the average person it will always remain out of reach, but not so to the magus.

You will get better results by being specific. Whilst the deeper consciousness knows everything it cannot tell you everything, not because it is 'limited' but because your conscious mind is. It can only cope with one or two revelations at a time which is in point of fact quite adequate at any

given time. Here is how you proceed. Before sleep say, 'Oh Lord, O Holy One, reveal to me in no uncertain and definite terms what I should do about (state the nature of the situation). Let my dreaming be clear, lucid and literal. Let it be easy for me to understand.' Repeat once or twice with conviction.

This works if you have patience. Remember, the unconscious functions through symbology: asking it to be less symbolic and more literal may not happen automatically. Even so, your dreams should start to make sense after a short time.

We will now look at some practical examples of this process at work. First it should be understood that dreams are more decisive in matters of advice and choice than they are in more general matters. A 'more general' matter is the typical, 'How can I acquire more money? How, where and in what can I get rich?'; also 'How can I find true love? Where is the right person for me?' and so on. Dreams *do* help in such matters, but may still remain hard to understand. The subconscious is more helpful with practical advice and decisions because these are more immediate in one's life. Let's suppose you have to change accommodation. You have seen a room, flat or house that you particularly like – but should you take it? As you lie in bed think about the place and then ask, 'Should I take it?' Repeat this question a few times – for the power of repetition is very important when dealing with the subconscious mind – and then say: 'Please show me one way or another. Please give me a clear-cut answer either in a dream or in a feeling about this place.'

Hopefully your dream will be helpful, more literal than symbolic, in which case it will be easier to understand and you will get the straightforward answer you seek; but more likely, in your early days of trying these ideas, it will be quasi-symbolic or entirely symbolic yet the symbolic imagery will invariably explain itself!

Perhaps you might dream of a rich cornfield. It is early morning, the sun is rising and there is a glorious birds' chorus. Such a dream hardly needs much interpretation. A new start is at hand. You are going to be very happy in this new place. On the other hand you might dream of standing at a bus stop, but no bus stops or every bus is full. Either way you are stuck in the same spot. The dream is telling you this accommodation is already taken; or simply that you should give it a miss. It is clearly not for you.

On the other hand you may have a dream that leaves you completely confused, in which case you will need to ask again the following night. However, such a vague initial dream is not promising. My experience of dreams which are vague concerning important matters is that the Inner

Mind is advising a reappraisal of the situation; in other words my present course is not the right one.

Let's suppose that a lady has met a man. She finds him attractive and agreeable and can easily imagine a flowering relationship with him. However, she is sensible enough to realise that 'all that glitters is not gold', so she turns to the Inner Mind for guidance. She need only ask, 'Is he right for me? Please let me know one way or the other'. She should picture his face and imagine his voice in her head, and ask again, 'Is he right for me – yes or no?' She dreams of three beautifully made cups or goblets on a nicely laid out table. They appear to contain some sweet or otherwise very pleasing drink. This is clearly a heart-warming scenario and if she were to ask me about such a dream I would have no hesitation in telling her to proceed with this man. The important thing is that the Inner Mind is not *warning* her against anything. At worst, this budding relationship is not going to turn out a fiasco; in fact the Inner Mind is suggesting the very opposite. Now let's suppose that instead she dreamt of climbing stairs and she's out of breath. It seems she'll never get to the top. I would interpret this as a relationship that could be hard work. Is this what she wants? Or she might dream of two animals fighting or of some other discordant scene. This, man, for all his charm, should be given a miss. How many people cultivate a veneer of charm when they are trying to woo another? Once the bait is taken the mask is dropped. If she dreams nothing at all night after night that suggests to me a 'nothing relationship': she won't find it satisfying and it will not go anywhere.

Some people declare that they 'do not dream at all'. This cannot be so. Consciousness does not cease. Whilst awake, our conscious mind thinks in pictures, a process continued in sleep by the subconscious; so daytime thought-imagery becomes dream-imagery. What 'non-dreamers' actually mean is that they have *no recollection* of dreaming; the unconscious imagery has vanished, so as far as they are concerned they have not dreamt. Why their dreams should remain so hidden from sight I don't know, but it is a matter of ongoing investigation by me. I myself dream vividly and dramatically, and receive a constant flow of – invaluable – information from Inner Mind. Yet there are occasions when I am surprised to awake realizing I hadn't dreamt at all. I think hard and then it comes to me that I *did* dream, but the images were so fleeting and obscure that they seem to be from a deeper level of the psyche. What these 'shadows' from the deeper reaches of consciousness represent remain a mystery to me for the present.

If you cannot recall your dreams then ask that you do. Say: 'Please let me dream vividly and clearly. Please let me remember my dreams

when I wake up'. Do this night after night until you are satisfied with the results.

Dreams are a peculiar phenomenon and you should be wary of attaching any significance to most of them. Most are nonsense, just as many of our daytime thoughts are nonsense, for we keep thinking of things of no real value to us. We continuously waste precious mental energy on imagined things that never happen (and the things that do happen we never thought of!). We dream not only of the living but also the dead. In the dream world the living are side by side with the deceased and there is no awareness that anyone is 'dead'. Dreaming of the departed is not a sign that they are trying to contact you, unless the dream is unusually vivid and striking – then you should take note. More usually, dreaming of the departed is a balancing mechanism of the psyche. The deceased does not exist in your daily world, creating a vacuum, a vacuum which is filled in the dream state. This is in point of fact therapeutic for the psyche.

I dream of people I didn't like when they were alive so I know they cannot have any good or significant meaning for me in the present. I am also puzzled by recurring dreams of certain prime ministers. To dream of a prime minister or some other powerful figure usually suggests a need for authority in one's self, yet my unconscious chooses figures which have no authoritative significance to me whatsoever. They may be prime ministers but I see these particular individuals as cheap and self-serving and without scruple. I do not trust politicians in general and I am puzzled as to why my subconscious should want to inflict on me images and stories of people whom I care little about, persons who I in fact dislike. But I expect to eventually understand the meaning of all this.

Dreams are not, however, always 'dreams'. Occultists speak of the 'astral world' which is a kind of invisible double of the physical, so everything, say occultists, that exists physically also exists astrally. Occasionally our astral body can be separated from the physical and this can be experienced as what one may call a 'dream' – but it isn't: it is a genuine experience of elevated consciousness, a deliberate and decisive step by the soul to temporarily transcend the norm. If it happens you will definitely know you have experienced no ordinary 'dream'. On numerous occasions I have visited 'places' that seemed like Paradise, places where everyone and everything seemed as 'real' as the physical. When I awake I realize that it was not in fact a physical experience, feeling bewildered, confused, disorientated. I certainly do not feel like this after usual dreaming. This disorientation springs from the dislocation of two bodies. Even though the two bodies are realigned in an instant I still find it hard

to adjust consciously, for I much prefer the 'other place' where I've been; a place far more wonderful than this. I realize I have been not only in locations that I know is the physical world, but locations somewhere else, too, where I do not know. 'Paradise' is an apt word. Sometimes I am in the company of persons known to me who are trying to persuade me on a particular course of action. This, too, is an 'astral experience', for what in effect is happening is that I am in conversation with the astral forms of these people. These persons are invariably occultists or black magicians whom I know in 'real life'. What has probably happened is that earlier the magician would have placed a spell or projected a certain thought to me. Either way I am the recipient of a projected psychic energy from them.

Whilst this would alarm most, I am not disturbed. In my line of endeavour I make the acquaintance of people of all kinds of mystic and magical persuasion. I think it is inevitable that the 'black ones' may now and then try to influence me magically to take part in some project they have. I do not feel threatened by any of this, and whilst Theosophists and 'white witches' might abhor those who do such things I regard it as just part and parcel of occult life.

We all have our own 'guardian angel' to protect us, and that is the High Self, that eternal essence of our being, imperishable, just and pure.

Should you fear 'psychic attack' or the astral machinations of others you only have to re-affirm the protective care of 'the Father' – the High Self. Before sleep simply repeat a few times: 'Oh Father, protect me this night and protect me tomorrow. Place your shield about me. No evil can befall me, for I am safe in your Infinite Presence.'

This indeed is a potent formula for anyone living in dangerous or threatening circumstances, real or perceived. Repeat it during the day. Believe it implicitly.

Finally, I will close this chapter on dreams with a strange but absolutely true story of a young married woman with an unshakeable belief and faith in this Great Power. Each night she asked it to lead her to the ideal home she wanted. For seven consecutive nights she dreamt of this home, walking through each room, up and down the stairs, into the attic and into the garage. She awoke each morning startled by the experience, for it was so intensely real and vivid. Then one day soon afterward while driving with her husband in a nearby neighbourhood she saw a house that looked just like the one she dreamt of. Outside was a sign, 'For private sale by owner. Please view'. But when she knocked on the door and the owner opened he shuddered. The dog growled, its hair standing on end. When the owner's

wife appeared she trembled. They regained their composure and apologized, the owner saying, 'We have seen a woman just like you roaming through our house in the early hours. The dog howled and barked terribly and we saw then this ghost.'

Taken aback by this, the young woman felt she had to explain herself, that her intense spiritual belief and conviction had given her vivid dreams of this house which she saw in her dreams. This story is a lengthy one but I have given you the meat of it. The sale of the house proceeded harmoniously and without difficulty, unlike most property transactions. Infinite Mind was with this young woman all the way.

21. Signs

Signs and portents are another means by which the Universal Consciousness communicates with us. Now it so happens that many of those of a mystic and spiritual persuasion dismiss signs and portents, or more specifically the belief in them, as belonging to the realms of 'superstition' and 'witchcraft'. These are invariably the same people who dismiss polytheism, the belief in many different gods and goddesses. This is abject nonsense, for they contradict their own belief in the interconnection of all things. In point of fact the Universal Consciousness bombards us continuously with signs, portents, omens: these are not threats but proof positive that our individual existence is connected with everything else going on around us.

Amongst the spiritual and mystic inclined you find as much disagreement and argument as in politics. It is squalid and hardly 'spiritual'. Universal Consciousness cannot be confined to anyone's particular concept or experience. Whatever path you follow *binds you to it*. Because you follow it does not mean there are no other paths. There are as many different 'paths' as there are humans. Limitation and bigotry are inappropriate. If you want to get ahead let go of the shackles of limited, prejudicial, thought.

The old saying that 'one man's meat is another man's poison' can also be read as 'one man's god can be another man's devil'.

If you live by the principle 'Live and let live' you will live more abundantly.

The following account occurred years ago but I remember it vividly.

My niece was very excited by the prospect of her first date with a young

man that she was very keen on. As she drove out of the driveway on her way to meet him another car at speed almost hit her. I regarded this as a certain sign that her date was fated. I kept this thought to myself, for I would be laughed at for it. In any event it was a successful date: she had a wonderful time. So much for my superstitious mind. However, I did not forget this ill omen, for it *had* to mean something. The Universe may not be fair, but it is not stupid. Everything has its reason. She went on to see this fellow many times until one night, worse for drink, he hit her and hit her hard. Bleeding profusely she had to be rushed to hospital. He begged her forgiveness, promising 'it would never happen again' (how many times have we heard that one?). Fortunately my niece's good self-esteem and (un)common sense enabled her to recognize that she did not have to accept this type of behaviour from anyone, and if he did it once he would surely do it again. She knew that there was no such thing as a man who's violent once and never again, so she lost no time in terminating the relationship.

If you are on your way to an important appointment and a gorgeous Golden Retriever runs to you with wagging tail you can be certain that this appointment is going to be very satisfactory. However, if a dog barks at you prepare for a disappointment; or if the appointment is successful you may yet need to exercise caution. Likewise a rude person bumping into you is an ill omen. If in a busy thoroughfare I see a person walk between a couple I must surely be the only one with the observation, 'This couple will soon fall out or argue with one another.' Even when I have found it unavoidable but to pass between two people I realize that I am a symbol of coming discord between them. I am obviously not the *cause* of discord, but this is the way Universe is choosing to express the inevitable. If someone passes between me and another I choose to THWART the otherwise inevitable. I make up my mind there and then to *create a different reality*: I know that I must not allow myself to be provoked by anything the person says and equally important I must watch my own words and actions lest I unwittingly cause offence.

If that had been me driving to meet someone and a car almost collides with me I would have then and there made up my mind to cancel the meeting – creating any excuse I could to say I couldn't make it – or, if it was already too late or impractical to cancel I would proceed knowing full well nothing good was going to come of it. No matter how pleasant the meeting or whatever its purpose I would not agree to anything or follow it up in anyway.

Creating the reality you want as opposed to the reality you are stuck with

it is what being a Magus Maximus is all about. You *choose your own destiny and your own fate*.

Over 99% of people let destiny decide for them. They take what's coming. The Magus Maximus does not take what's coming: he or she decides the outcome required. Over 99% of people are the victim of their own stupidity. The Magus Maximus is not a victim.

Most people accept what life deals out. No matter what your age, for it is never 'too late', you can create your own desired reality. It becomes a certainty when you become 'One with the Father'.

LET ME MAKE IT ABSOLUTELY CLEAR: THIS IS FACT. I HAVE EXPERIENCED THIS FACT. OTHERS HAVE TOO. SO WHY NOT YOU ALSO?

This works; I repeat, *it works*.

I am not writing this merely to make you feel better. You can truly experience this wondrous Power and all the benefits it confers for yourself.

By knowing exactly what you want, by staying focussed on it, by constantly affirming through Universal Mind, you are creating your own route to success which cuts through all obstacles, distractions and hindrances. Signs and portents act as guide posts along the way: they are not the superstitious imaginings of a primitive mind but the certain knowledge that Universal Consciousness is in touch with you just as surely as you are in touch with it.

Signs, like dreams, however, can be unfathomable, even misleading. They can also make you paranoid. I could write a book alone on this subject, for the wisdom of the Universe sits side by side with its mischievousness. But for as long as you ask for guidance you will not be misled. Your trust will never be betrayed. This is not wishful thinking but fact.

22. Negativity

Earlier I commented on the negativity of people, to which I now return for I know it is of great concern to many of the spiritually-minded. The 'spiritually-minded' we will define for our present purpose as any person who is aware of, and who wants to be in harmony with, the dimensions beyond the physical senses. This will include most of my present readers. Such people are, alas, always in the minority; yet even they, as we have seen, can be negative when they sit in judgment on one another.

Yes, the vast majority of the world's population is amoral, petty-minded, and so on. Daily, by the minute, they are pouring trillions of negative thoughts into what some occultists call the 'Mass Mind' or 'Race Mind'. This adds up to one horrible entity which not only feeds off negative thoughts but gives back negative energy in equal measure. And each one of us can easily get caught up in it, without even realizing it is happening. I remember as a lad hearing that 'the world was going to the dogs' and that 'you can't trust anyone', notions which I could not have appreciated at the time were readily accepted by my subconscious mind. Later, when I realized that the world had not gone to the dogs and that it is not true that *nobody* can be trusted I felt I had been mentally poisoned. Since that time my life has been a long process of mental detoxification.

We all need, 'mental detoxification'. We are continuously bombarded by negative comments, negative images, negative behaviour. In simple everyday conversation it is hard not to be infected by it. Someone says, 'So-and-so has just gone up in price. There's no end to these price increases.' It is tempting to agree, but I will shoot back, 'I can remember when inflation was 27%. If anyone had told me then that there would be a time when inflation would be a mere 3% (as it is in 2013) I would have thought they were having me on! No matter what the increases we have so much to be thankful for today!' Sometimes I will give like for like. Someone remarks, 'Young people are so rude.' I retort: 'But not half as rude as some of the pensioners I encounter!' (Which is sadly true.)

When we speak of a 'Higher Power' or 'Universal Mind' or 'Infinite Intelligence', or any number of similar phrases for this inexhaustible source of love and energy, we are referring to *the Power we seek*. It is both subjective and yet as real as the ground we stand on. You are its doorway. No matter how many billions of people have walked this earth you are yet the encapsulation of all Cosmic Energy. You may feel like a drop in the ocean, but no ocean can exist without that drop. So you are the ocean too. The thing is to manifest this ocean of Cosmic Energy in your life, which you have already begun to do merely by reading this. By allowing yourself to be inspired in this way you are planting seeds of success for the future.

The Mass Mind is no less real – but you must choose to reject it. You will only soar ahead by *accepting your own vision of the Universe*.

Such vision is not 'make believe'. Once you accept it, it becomes true (it was always true anyway, but you didn't know it).

The news in whatever medium it takes, newspapers, radio, TV, internet, is a menace, for you are made to accept negative events about which you

cannot do a thing. You are told of the government's incompetence. But there's nothing you can do about it, in fact it makes you feel worse, for it still takes your taxes anyway. You hear of corruption, deceit, cover-ups. Nothing you can do about any of that. You read of a terrorist who escapes charge on a 'human rights' technicality. Nothing you can do about it. It is revealed that a convicted rapist had in fact raped countless others. Nothing you can do about it. The government sends troops to some distant hell-hole that you didn't even know existed, fighting a war you don't understand, a war which has absolutely nothing to do with the defence of your own country, but still you have to pay for it in your taxes. Nothing you can do about it. And so much for democracy: I could go on and on.

What do you need all this for? I do not read newspapers and I don't watch or listen to TV or radio news. I don't wish to be burdened by things I can do absolutely nothing about. The media gives you only the depression, but not the cure. This is not to say that one should remain ignorant of what is going on in the world. I take note of certain political and economic developments, for ultimately they may affect me at a personal level and it is possible I may be able to do something about it. I am careful, too, to get my information from certain sources, for I realised long ago that the general media only gives you the news it considers important and relevant, which doesn't actually mean it is.

I am careful to distance myself from horrible and sordid news. I don't need to be daily reminded of the terrible deeds committed by the evil against the innocent, and even worse, the fact that there are people who will move heaven and earth to protect and defend the 'rights' of those so evil.

Surely we need to protect ourself from such vileness.

When the need takes you or at various times of the day take a deep breath, place right hand on left shoulder, left hand on right shoulder, close eyes and affirm with conviction, 'I create my own Universe of Love, Power and Abundance. I reject negativity and I affirm the best in my life. My life is my own and I will only allow good into it.'

Speaking and believing this does not make you selfish and insular; but unless you are careful you will find yourself submerged in emotions that are of absolutely no value to you and with the power to drag you down, compromising your power to achieve your goals. Only you are responsible for your own well-being. You cannot change the world – nobody can – you mould your own.

23. Summary

The story has not ended. In fact it never ends, just as life never ends. Sure enough you die, but consciousness doesn't. For as long as consciousness continues the story continues. What you have read here is a glimpse of this Power. Follow my words and *you will benefit immediately from it*. Continuously asking of and affirming in this Power gives one a sense of reassurance. This feeling is not 'all in your mind', but it is a prompting from the High Self, the Holy Guardian Angel, or whatever name we attach to the Eternal Presence, that you will be okay. *Ask* to be reassured, ask to have faith; ask that you may trust each day and you will feel answered. That feeling will grow stronger and you will have an inner glow.

The temptation is always there not to believe any of it. I have been tempted likewise. Not anymore. I live with this Power as a daily reality. It is not in my imagination. Just because it is so simple and child-like the shallow-minded cannot accept it can be true.

I will very briefly summarise what has gone before, although you should really read everything again and again. Simple or not, repetition pays off.

I have described this Power in various ways. I have outlined distinctions: subconscious, unconscious, etc., yet these distinctions often blur and evaporate. The fact of the matter is that no matter what any psychologist or occultist says there really is no clear understanding or definition of this Power. *We can only experience it*, and that surely is all that matters.

To access this Power *just ask*. Night time is best. Just ask. Pray or plead, whatever moves you. *Believe* an answer is possible. If you find it hard to believe then ask that you can. Belief will be given to you.

What on earth have you got to lose by trying any of this?

If it didn't work I would have dropped it long ago. Who needs self-delusion?

The only 'universe' that matters is the one you create for yourself. You must follow your own path and find your own goal. If you don't know what your path is ask to be shown. Following others always leads to a dead end. Ask that you are shown what is right, to be shown what will work for you. This is not 'make believe' but profoundly real.

You are always heard.

There is nothing more real than what you feel and what you think. This is your world, your universe. By inviting a Higher Power into it you can change everything, and it begins immediately. You will have no cause to look back

Magus is the magician. Magic. Maximus is the best you can get. The magic occurs in your consciousness, by allowing the High Self to prevail.

If only you could possibly imagine what is in you, what a world of potential, healing and abundance. Once you realize this you will be on the path of the Magus Maximus.