

Step 1

How to Sense and Use The Omnipotent Energy of Miracle Spiritology

Picture yourself suddenly dumped into pitch darkness in an unfamiliar room! Imagine the disorientation and feeling of helplessness until your groping hand finds a light switch, then the sense of security and relief as the lights come on. Our entry into earth life is quite like being dumped into the dark room. But at long last your groping has brought you to a light switch — *this book*. As you turn on your light of understanding and power, all the wonderful things of life that you have hoped for are right before you, eager to give their utmost for your happiness and fulfillment. YOU CANNOT FAIL. All the power of the universe is ready to serve you as you grasp the principles we are about to give you. Dare to USE them and bring your most exciting fantasies into happy reality.

Your Unique Place of Power in the Universe — How to Find It Through Miracle Spiritology

Every day modern science is proving more of the ancient occult traditions to be true. Using a simple psycho-galvanometer (the skin resistance part of a lie detector), scientists have discovered that your houseplant will register anxiety and empathetic pain when you put iodine into that small cut on your finger. The plant will even panic if a tiny creature is killed in the next room! The modern miracle of Kirlian Aura Photography shows that changes in your

mood or state of health can be recorded on a photographic plate as changes in an external electrical field — to the point that disease will show up in the picture days and even weeks before there are any physical symptoms. But momentous as these developments are, they have barely scratched the surface of the profoundly practical truths that we will call MIRACLE SPIRITOLOGY.

By contemplating what science knows already, we can easily accept the fact that, by a process as yet unknown (to science), at the cellular level all cells are somehow capable of being aware of the existence and state of well-being of ALL OTHER CELLS ON THE PLANET. It makes the previously inscrutable Biblical statement, “The very hairs on your head are counted,” sound like a study in understatement! To take this out of the realm of idle speculation and put it in your hands as a completely unbeatable tool for mastering all of your life’s conditions and situations is the purpose of this book. As you grasp and even faintly understand the deeper reality of your position as a member of the most intelligent species on this planet, you will be able to quickly assume the previously-hidden powers that come with it — and apply them as absolute dominance over the conditions of your life. Indeed, that is a unique place of power. Let’s dive right in and start to find our first handle on it!

How to Understand and Use the Miracle Spiritology Energy

How could the cellular level of all life be aware of the existence of all other life? The answer is: *by the constant flow of the Miracle Spiritology Energy* (we will call it MSE for brevity throughout the rest of this book). To the untrained eye the MSE is generally invisible. We will shortly teach you to actually see some parts of the energy, but meanwhile the idea shouldn’t bother you. We “see” through only a tiny window in the broad electromagnetic spectrum, just one octave called light. But we live in a sea of energy — radio and television waves are flowing around us all the time, as one small example. With the right electronic equipment (called a radio or television set) we can select one channel or frequency and enjoy the program. Still, all the other programs within range are there in potential, along with many other types of waves, including the 60-cycle radiation from any household electrical lines. As we go along you will see why I believe that the MSE is outside the electromagnetic spectrum, but its presence is necessary to any electromag-

netic phenomena. Right now, however, we are interested in practical ways that YOU can sense the energy.

In the mid-19th century, Baron Karl Reichenbach stated that about 30 percent of the population is especially sensitive to a part of the MSE which he called *od* or the *odic force*. His method of determining sensitivity was to sit with the person in an optically dark room (like a photographic darkroom). Somewhere within one-half hour to four hours, a “sensitive” will begin to see a glow around gemstones, people, and all the other objects in the room. Next Von Reichenbach determined that some forms of this visible radiation were health-giving to the human body, while others in concentration will make one quite sick. You may want to find a good darkroom and spend the time to find out how sensitive you are to the odic force’s subtly visible emanations — it would be a good way to get to know more about yourself (and see if you are in that “gifted” 30 percent). But all that is not necessary to learning the practical sensing and use of the MSE power.

We can borrow our basic tool from the thoughtform work presented in my *Helping Yourself with White Witchcraft* (Parker Publishing Co., Inc., 1972) and developed in my *The Miracle of Universal Psychic Power* (Parker Publishing Co., Inc., 1974). This is of special interest because we will also see that the substance of thoughtforms is the MSE energy. Begin the first sensing of the energy just as if you were planning to build a thoughtform. Hold your hands comfortably in front of you, with the fingers relaxed and slightly rounded, palms facing each other, with the tips of the fingers of the two hands about an inch apart. Breathe slowly and deeply without paying special attention to it, and *will* the energy to flow in the natural manner between your hands. Somewhere within three seconds to about five minutes you will be able to *feel* a subtle energy flow between your hands. Observe it carefully to see which way it is flowing — you should be able to tell clearly that it flows from one hand to the other. In our vast experience with people at E.S.P. Laboratory, I have found that about 60 percent of the people feel the flow from the right to the left hand, 35 percent feel the flow from left to right, and 5 percent cannot be sure because it seems to flow either way and/or reverse itself frequently. The purpose of this simple experiment is to determine which hand you can call your “receiving hand.” Ninety-five percent of you should quite easily sense which of your hands receives the subtle

energies; the other 5 percent can play, too — just do your sensing with both hands. When you have satisfied yourself about the direction of the energy flow, you are ready to put it to immediate, practical use.

*An Exercise to Improve Your Well-Being by
Sensing the Energies Around You*

To prepare for this very useful exercise, let's mentally review the last few days or weeks. Can you remember any times when you felt especially good for no apparent reason? Where were you? When did you last experience a slight headache or nausea for no apparent reason? Where were you? The first step is to backtrack and stand or sit in exactly the same place at the same time of day (as nearly as possible), and carefully observe yourself to see if the same feelings tend to return.

If you are able to duplicate a good or bad feeling — or if you notice either coming on spontaneously — put out your receiving hand and try to find the source of the energy. With very little practice, you will find that you are able to sense and move away from the sources of the negative energy and move closer to the sources of the uplifting type.

Here the serious student inevitably poses the question, "How do I tell the difference between the two types of energy?" We must differ from Baron Von Reichenbach and comment that we are not dealing with two different energies, but with a whole spectrum of different frequencies of the same energy. And you are a unique individual! What makes you feel good may make someone else miserable, and vice versa. *But you can tell by the way it feels to you!* The energies that are good for you will feel soothing and mildly invigorating to your hand, while the energies that are bad for your well-being will feel biting and debilitating. It takes just a little practice to get very proficient at detecting and qualifying the energy. Now let's examine the many sources of the MSE energy so you will know better where to look.

Sources of the MSE Energy

Every physical substance or object emits or gives off some vibratory energy — or as we would say in occult terms, every object has an aura. But let's start at the beginning. Except for the minute amounts of energy reaching us from the distant stars, all

energy in our solar system stems from the sun. The reflected solar energy from our moon and the other planets in our solar system gives solid confirmation of much power in properly-understood astrology, and we will get into more of that later. Meanwhile, we are directly concerned with the concentration of the energy in physical substances on earth. In general, metals conduct the energy, while all other substances store it — in various frequencies. Scientific support for this statement can be found in a patent (U.S. #2,482,733 — Sept. 27, 1949) issued to T. G. Hieronymous for a device to measure the atomic weight of any substance by refracting its MSE emissions and so matching the frequency to a previously calibrated chart.

On the practical level you should be concerned with these sources of comfortable MSE energy: sunlight, air (breathing), stones (particularly gemstones), music, incantation, rhythm, geometric shapes, herbs, herbal and perfume essences, the process of oxidation or combustion, water (particularly flowing water on large bodies such as a lake or the ocean), magnets, electric currents, and large masses of earth (such as a mountain). This shows us that the tradition of a vacation in the mountains or at the seashore is therapeutic because of the greater amounts of comfortable MSE energy, as well as the rest and change of pace.

The brief description of MSE that we have given thus far was enough to bring significant help to Charlie G. Charlie had been suffering from a bad skin rash for several months which his dermatologist had been unable to reduce. The rash, combined with a general run-down feeling, had Charlie's morale at a low ebb. While thinking about when he had last felt "good," Charlie remembered an evening when he spent an hour sitting on the bench of his massive stone fireplace with a bunch of papers spread all over the floor. He began to examine the fireplace with the sensitivity of his "receiving hand" and found a soothing emanation extending almost two feet all around the fireplace. That stone bench was too hard for comfort, so Charlie moved his favorite chair as close as possible to what seemed to be the center of the strength of the MSE emissions. After sitting there reading for an hour, he noticed that he actually did feel better than he had in a long time. It took a good selling job to convince his wife to rearrange the room, but she went along. So Charlie began to spend three to four hours a night reading or watching television close to the soothing MSE of the fireplace. Within three days his rash was noticeably better and his skin returned to a

healthy and normal condition within four weeks, but Charlie is even happier with the increase in his overall vitality and zest for life.

Martha N.'s mother gave her a lovely piece of statuary for her fifteenth wedding anniversary. Later Martha remembered that it was on that day that her happy home became a kind of "madhouse." In reflecting on the problem of upset and bad temper that had affected every member of the family, she heard herself making the idle remark, "It seems like every time somebody sits by that statue, he gets up mad." Marcha had listened to several of my MSE lectures, but hadn't tried any of the principles. She called me and asked how to find her sensitive hand and what to look for. Then with about five minutes practice, she was "ready for the biggie." Martha held her receiving hand close to the statue and felt "an annoying pricking sensation." When a "whole bunch of minor resentments" began to well up, trying to make her mad, Marcha knew she had found the culprit. She carried the statue outside and stored it carefully behind the garage. In her words, "In less than three days we had all settled back to the loving, happy relationships we had previously enjoyed for years."

*Now You are Ready to Improve Your
MSE Awareness — How to Do It*

The palm of your receiving hand is especially sensitive to the subtle MSE energies, so we naturally use it to introduce you to the energy personally. You will find that you always use that hand for major MSE problem-solving techniques, but a really comfortable life needs something akin to an "early warning device." It is not good enough to locate the source of a disturbance AFTER it has already made a mess for you; we need the awareness that impels us to move out of the negative influence BEFORE it does any damage, and similarly to recognize a flow of uplifting energy and linger in it.

For an experimental energy source, we can use something that is always with you — the palm of your "sending hand." Take a few deep breaths while willing the energy to flow from your hand. Then bring it close to various areas of your bare skin. Don't say, "I just feel the natural warmth of my hand," — recognize the *energy* that is flowing. With a little practice, you will be able to notice the energy flow with your hand held four to six inches away from any part of your body. Note that it is much more subtle where it has to

pass through clothing, but you CAN feel it, even so. The idea is to become *aware* of the sensory quality of your entire physical organism. Of course we are being very elementary in this early part of our work, but let me encourage you to practice and lay the groundwork very well — it will bring you the power to work real “miracles” as we build up an effective, working system for you.

A somewhat fiery young gentleman, S.E., reported on this part of the work: “I was at a party with many people who were new to me. While chatting near one corner of the room, I noticed an annoying, biting energy working on the side of my body nearest the wall. I quickly made an excuse about heading for the bar and got as far away from that part of the room as possible. About 15 minutes later a loud argument and fist fight broke out right in that part of the room I had left. In the old days, I would have been right in the middle of it — to my great detriment. This stuff really helps!”

A “Quickie” Exercise and Personal Incantation to Bring Positive MSE Results

So far our introductory work may have seemed too oriented toward the defensive. Let’s reach for some happy balance with a quickie introductory exercise using the power of rhythm, sound, and shape to generate positive currents of MSE that will bring you a series of “lucky breaks” and manifestations of “unexpected good” to demonstrate the potential of this truly omnipotent energy we are just beginning to study.

Let me suggest that you “stake out” a quiet place with perhaps a comfortable chair and a tiny table to use as your personal miracle-making place. I call my own little nook my “altar,” but the name is not important; the requirement is for a feeling of security and comfort where you can chant or sing (quietly, if necessary), and later burn candles and incense without feeling uneasy about the possibility of being discovered and ridiculed by family members or others who would not understand. Find a piece of normal-sized (8-1/2” x 11”), white typing paper. With a pencil, draw a neat square, six inches on a side. Then rotate your paper 45 degrees and draw another square, thus producing a form of eight pointed star made from what we could call the interlaced squares. Lightly tape your star to your altar table with any two opposite points facing magnetic north and south. (A usable compass can still be obtained from

a novelty or department store for about 25¢.) Now, if you have a snapshot of yourself, put it in the center of your interlaced squares with your head pointing to magnetic north (picture face-up). If you do not have a snapshot, sign your full name along an imaginary line running from magnetic north to south.

For the good luck bringing exercise itself, hold your hands, palms down, over your picture, and chant or sing aloud:

Growth, prosperity, (your first name)

Health, prosperity, (your first name).

Power, prosperity, (your first name)

Love, prosperity, (your first name).

Use the chant nine times over the picture and interlaced squares to start and end each day. We will use this as a basic exercise to get you started toward some very happy manifestations of “good luck,” and add extra techniques for more and more power as we unfold the principles of Miracle Spiritology in the chapters to come.

Before we look at a few examples of the results you might expect from this first bit of chanting, we will pause to help you adjust the basic chant to your own name. There is greater power in it if you can fit it to a tune that you particularly like. My own full first name is Alcie, but I generally use the shorter, more “presentable” version, Al. To fit the tune I picked, I had to use both versions of my name to adjust the meter to the best of the tune. So my personal chant goes:

Growth, Prosperity, Alcie

Health, prosperity, Al.

Power, prosperity, Alcie

Love, prosperity, Al.

Play with a nickname, your middle or last name — whatever it takes to make the chant comfortable and enjoyable to use. There is a lot of energy generated by the rhythm and meter along with the sound, but we also want the chant to filter into your subconscious and regularly sing itself “inside your head” to keep the mood of positive power growing throughout the day.

How the Personal Incantation Exercise Helped Elmer D.

Elmer D. was particularly concerned about a health problem, so he reversed the words health and growth for extra emphasis. He used a catchy tune that fit to the use of Elmer and “El” just as I use

Alcie and Al. He nicknamed the exercise his “Health, protection, and restoration ritual,” and we’ll take the results in his own words:

“I worked the health, protection, and restoration ritual for seven days and nights. Then all I can say is it is a miracle! I mentioned to you that I had a stroke and it left me with a speech impediment. Today I am 95 percent recovered. I can’t believe it, but it is so. I am happily returning to work after seven months.”

Angela C. used the exercise more generally — just as we previously presented it. Her report happily told us: “After just two weeks of the exercise, everything is going just great. I had a cash settlement on an injury I received in an accident four years ago. It was much larger than I ever dreamed. My husband only worked five months last year. His work is seasonal, so we had little hope of his going to work before April, but he starts working tomorrow, February 4! All I can say is WOW!”

Sally F. reported: “Since I started using the exercise, prosperity is rolling in on us. My husband got a bigger contract for houses to frame plus almost twice the pay as before. It is set for several years ahead now of continuous work, so we really love the fruits of the exercise.”

These are not isolated cases of “coincidence.” I get letters like this at a rate of a dozen or more each week from students and fellow researchers of E.S.P. Lab. The way to get your share is to dive in. Use the exercise as we gave it to you in this chapter for a full week, at least, then go on to the more advanced work of the later chapters.

Chapter Points to Remember

1) By learning the simple truths of Miracle Spiritology, YOU can step naturally into your rightful place as master of all the conditions in your life.

2) Parts of the Miracle Spiritology energy have been understood by advanced scientists and occultists down through the ages. It works according to easily understood natural laws — and it will work for you.

3) You can quickly learn to sense the MSE energy. Find your receiving hand and use the exercise to find places where the natural MSE energy is especially healthful for you and to recognize and avoid the other places with less healthy forms of the energy.

4) Natural sources of the MSE energy are: sunlight, air, stones, music, rhythm, incantation, geometric shape, herbs, essences, chemical action, water, magnets, large masses of earth.

5) Use the MSE energy sensitivity exercise to make all of your skin and the surrounding area your natural MSE energy sensors. This fresh awareness will maximize your pleasant experiences and help you avoid the unpleasant.

6) The quickie exercise and personal incantation will better introduce you to the power of the MSE energy by bringing you a streak of "good luck." Try it and get your share.

Step 2

**How to Use
Miracle Spiritology to**

Quickly Improve Your Health

Since we could also call the MSE energy the life force itself, it is clear that a vital, healthy body is important to all the positive work we plan together. Not only is freedom from the distraction of pain useful, but the extra enthusiasm and zest of health will add much pure power to all of your undertakings. Let's turn right to a basic program of using Miracle Spiritology to bring extra zest and health to you.

*How to Insure That Your Body Attracts and
Generates Only Healthful MSE Energy*

Your body was designed with truly magnificent systems for regeneration and defense. Its normal state is one of healthy vitality that keeps you alert and full of enthusiasm. Even when you are exposed to negative energies, simply getting back into a healthy environment should be enough to let the body snap back to perfection. Why, then, do we suffer from illness or disease at all? Our metaphysical friends will tell us that we do it to ourselves — and they are right. But I'm not going to ask you to take it on "faith"; let's explore the true mechanism.

The activating portion of your total organism is your system of emotions. You never perform ANY deliberate act without the spur of some amount of emotional energy. We eat because we FEEL that

the physical body needs or will enjoy food, we go to work because we *feel* it is the best way to meet our obligations to family and society, or we lose our temper because we *feel* we are suffering some form of injustice. In all cases, the activity runs on energy partially generated by the physical body and partially drawn from the surrounding environment — and there is always a by-product of MSE energy which itself exerts an influence towards similar activity. Just as sitting close to the negative energy-emitting statue in the example from our first chapter tends to make you irritable, so the energy that YOU emit during a fit of anger tends to perpetuate the upset both for you and all those around you. And not only does it linger for hours and even days as a negative influence, but it causes the body's glandular system to secrete toxic or poisonous matter into your system, thus weakening the normal defense against disease.

Fortunately, the positive emotions similarly stimulate the body in the direction of health and vitality, and bring the MSE emanations that tend to make everyone around feel good, too. Thus we see a solid base of practical truth to the basic ideas of Metaphysics or positive thinking. But now we are sure that it is not our thoughts themselves, but the way we FEEL about them that produces the happy or negative influence on our bodies and all of life's conditions. Thus we might paraphrase the immortal words of Paul to say: Whatsoever things are true, lovely, beautiful, and of good report, FEEL GOOD WITH THEM, and avoid all of the less positive feelings.

A Closer Look at the Energy Field That Includes Your Physical Body

If we are to be truly happy and effective in this earth life, we must start by breaking our bonds of intellectual smugness. In my own case, the major stumbling block on the way to the good life for years was the Phi Beta Kappa key I earned at U.C.L.A. and the resultant tendency to worship at the altar of intellect. We are deluded on all sides by the strong implication that intellect and logic control the world, but nothing could be farther from the truth! THE REAL WORLD RUNS ON *FEELING AND EMOTION* — that's where all the power is! By choosing thoughts carefully, the mind or intellect can *court* the positive feelings and reactions which bring health and good fortune into the life expression, but

courting is far different from *control*. When the mind sets its puny nothingness up as dictator and stifles the normal emotions, ulcers, migraine headaches, heart attacks, cancer, blindness, and similar physical maladies are the very natural result. And in just the same way, healthy cooperation by the mind to find positive forms of emotional fulfillment and expression will allow the body to throw off its maladjustments and diseases and return to the vibrant health it was designed to manifest.

How can we tame this emotional “monster” within our being and make it bring health, vitality, and the good things of life to us? The first step must be to eliminate the ideas of “tame” and “monster” from our thoughts of it. The more nearly real *you* is a body of concentrated MSE energy, larger than your physical body and interpenetrating it. This field of concentrated energy has been recognized at least in part by the “occultists” of all ages and called by such terms as *the emotional body*, *the desire body*, or *the astral body*. (The term “astral” fits here because when seen by the psychically-aware person, the emotional body glistens as if it partakes of starlight.)

The part of your astral body that sticks out all around your physical body has most often been called your *aura*. A more scientifically-acceptable term for aura today is bioplasma, or bioplasmic energy. And, of course, bioplasma is a subject of much enthusiastic research, particularly in the “Iron Curtain Countries,” today. Investigations of diagnosis of disease by Kirlian Photography, as well as acupuncture research, fall into this modern scientific category. (After all, acupuncture simply uses a needle as an antenna to focus more MSE energy on the chosen acupuncture point to produce the desired healing effect.) However, our major interest is not in scientific background, but in the practical concepts that YOU can use as tools to make NOW and tomorrow better for you.

The reason for this much emphasis on the emotional or astral body is that all the diseases and maladjustment of the physical body originate in the astral form — if your body is attacked by germs or microbes, the astral form is attacked first by the astral bodies of the same germs and microbes, and it is only when the damage is already done to your astral body that the first disease symptoms or pains show up in the physical body. This gives us a fresh insight into immunity from disease. When your astral body is full of purely positive energy, no negative or disease energies can penetrate it, so you re-

main in vibrant health. Clearly then, positive thinking and feeling form the cornerstone of your body's defense, but we have many new techniques and methods to add as our growing understanding leads us along the path to perfect health for ourselves and indeed for our loved ones, too.

The MSE Energy Flow View of Disease and How You Can Heal Yourself and Others with It

You have learned the secret of all manner of "miraculous" healings as soon as you accept the simple truth that **ALL DISEASE PROCEEDS FROM THE ASTRAL TO THE PHYSICAL BODY**. We have called the astral body a field or concentration of MSE energy, but we must take care not to visualize this as something like a bucket full of water that just sits (or stands) there and fends off astral microbes when it feels good. A more realistic analogy would be to think of it as a great flowing river. In its normal state, the river provides water for irrigating the crops, as well as the washing and drinking water for the cities along its way. When the headwaters get no rain, the river shrinks to a trickle and all the land it feeds is parched and miserable. With too much rain, the river swells up, overflows its banks, and inflicts great damage on the countryside. But our country would be sorely hurt by giving up its lovely rivers — we recognize that their value to us far exceeds the dangers of the extremes.

And so it is with the great river of emotional or MSE energy, your astral body. When you bring it to flood stage in anger, it brings damage to your physical body and much of the surrounding area. When you allow it to be polluted by the poisonous wastes of other people's negativity and emotional garbage (or your own), your physical body will take on the same look as a "dead" lake or stream. But when you protect and channel it, it is a source of healing and power for you, with plenty left to share with other beings in need.

The great river of MSE energy that is your astral body energizes and cleans your physical body through seven major links called the Chakras by our Vedantic friends, or simply *psychic energy centers* as I have called them in much of my previous writings. For a detailed explanation of these energy centers, I refer you to Chapter 2 of my *The Miracle of Universal Psychic Power*. But we will pause here to give you a working idea that will suffice for our present study.

*The Seven Major Centers of MSE Power
and What They Bring You*

1) The *root center* is located at the base of the spine. Its energy is a clear, bright red color which brings you sheer physical vitality. Yes, this can be called the procreative energy, but it is also the energy that rebuilds and replenishes all of the physical parts of the body.

2) The *spleen center* is a slight misnomer since its location is along the spine about half-way between the root center and the area of your navel. (I use this name only because it is traditional.) The color of this energy is bright orange, and when it is flowing freely it washes away the bits of anger, resentment, and confusion that would otherwise stand between you and clear thinking.

3) The *solar plexus center* is located along the spine roughly behind the navel. The color of this energy is yellow, and when it is clear and flowing freely it is your source of aspiration and the higher intuition that brings good ideas.

4) The *heart center* is located along the spine just behind your physical heart. The color of this energy is green, and as it flows freely it brings the growth, love, and material prosperity so necessary to the overall comfort of the organism.

5) The *throat center* is often associated with the thyroid gland. Its location is along the spinal column just below the voice box. The color of its energy is a sparkling electric blue which has a Shiva-like duality of function — destruction of wornout thoughts and conditions, and pure creativity.

6) The *brow center* is behind the lower middle of your forehead. This energy is indigo (almost midnight blue) in color and is the link between our waking consciousness and the purely psychic world.

7) The *crown center* is inside the top of the head (right where you had your “soft spot” as a baby). This energy is violet in color and relates to the spiritual world and the mystic experience of enlightenment, thus symbolically the rose or thousand-petaled lotus.

We must keep in mind that all the centers are bringing us essentially the same energy, but in a specialized or refracted form.

For a good mental picture, visualize a powerful ray of sunshine focused on a prism to produce the rainbow which is displayed up your spine from the root center red, culminating with the violet at the top of your head. When there is a balanced, free flow of all seven forms of the energy through your organism, your physical body, mind, and affairs will exhibit vibrant health. But a weakness in one or more of the centers will show up in the physical as disease, poverty, impotence, or simply that “run down” feeling. Let’s turn quickly to the simple ways of detecting and correcting your MSE energy flow imbalances for a big boost to your general well-being.

*How to Check Your MSE Energy Flow and
Eliminate Simple Problems of Imbalance*

In my previous books we have worked on our MSE energy centers purely with a process of visualization, but our present work has already given you a more tangible tool, your “receiving hand.” If you have done the work of our first chapter well, your receiving hand will readily sense the energy flow from your MSE energy centers. Fortunately, from the standpoint of ease of detection, the flow can be considered to enter your centers from the back side of your body and flow powerfully out the front, with the exception of the crown center whose energy flows right out the top of your head.

As a beginner, you can most easily perform this exercise in the nude without the layers of clothing that would otherwise impede your feeling of the energy. Within a few seconds you should feel a good flow of the MSE energy. The lower center energies will feel somewhat warmer than the higher energies, but all should feel *good* to your hand. If one or more centers do not seem to flow well, or if the energy is uncomfortable to your hand, spend several minutes *willing* a clear flow of MSE energy through that center and keep checking it with your receiving hand until it feels comfortable and flows as well as the other centers.

As we go deeper into the work, we will give you many different ways to stimulate and cleanse the flow of MSE energy through your centers, but nothing is quite as important as this basic sensing and mental control. Practice regularly until you can get a good flow of comfortable power through EACH center, with the emphasis on BALANCE. The secret of ever-growing power is never to diminish the flow of a center, but to stimulate the weaker ones to increase their flow and bring the balance of perfect health into your organism.

*How the MSE Energy Balancing Exercise
Cured a Case of Impotency*

John S. had been suffering from what he called a “serious impotency problem” for about six months. When he checked his energy centers, he felt a “very diminished” energy flow from both his root and spleen centers. Here is his report: “It wasn’t easy. I spent about 15 minutes twice a day working to get a stronger energy flow from the root and spleen centers. But in a couple of weeks they were giving a strong flow, and my impotency problem faded away. Now I am as good or better than I was at the age of 20. Not bad for a man of 63, I’d say!”

Marie M. was an arthritis sufferer. When she checked her MSE energy centers, she found that she could get no flow at all from her spleen center and very little from her solar plexus. This was a problem of much longer standing, and it took almost a full month of working on the spleen center to bring it fully into healthy activity. But over the period, Marie experienced a gradual diminution of the arthritic pains. Now she is fully pain-free and ACTIVE again after many months of suffering and reduced enjoyment of the little things of life.

Most physical problems stem from blockages in the lower centers, while the higher centers effect more of the psychological and social areas of life. By now, many of our students are asking, “What if I can’t get enough power through a center just by willing it? Isn’t there something else to help?” Yes, we will give you many ways to stimulate and cleanse your centers as our work unfolds. One quick source of help is to be found by the use of gemstones.

*How to Use the Power of Gemstones to Stimulate
the Flow of MSE Energy in Your Centers*

Because they are compact and portable as well as strong channels of the MSE energy, the gemstones are an excellent source of help. Keep in mind as we enter this exciting part of the work that you are a distinct individual with variations in the frequencies of your own MSE centers. Thus we can advise and suggest for you, but you will have to experiment cautiously on yourself to determine the exact stone or combination of stones that will work best for you. And a stone that I list for one MSE center may work as

well or better on an adjoining center for you. With this introduction we will present my suggestions of stones to stimulate the various centers:

Root Center — Red Jasper, Coral, Iron Pyrite, Garnet, Ruby

Spleen Center — Carnelian, Topaz, Agate, Tiger Eye

Solar Plexus — Onyx, Marble, Gypsum, Pearl, Opal

Heart Center — Emerald, Jade, Chrysocolla, Green Adventurine, Goldstone, Beryl

Throat Center — Lapis Lazuli, Sapphire, Blue Adventurine, Azurite, Aquamarine

Brow Center — Bloodstone, Moonstone, Quartz, Zircon, Jet

Crown Center — Amethyst, Rodocrosite, Amber, Turquoise

In addition to the stones listed for the centers, *tourmaline* often acts as a stimulant and *rose quartz* as a depressant for any physical organ or gland. Thus, for instance, a hyperthyroid condition may be reduced with rose quartz over the thyroid gland, or an underactive thyroid may be stimulated with tourmaline. But these emanations are extremely powerful and should be used with great caution.

Our experimental work with the gemstones at E.S.P. Laboratory began by physically taping the selected stones (using hypoallergenic surgical tape) to the skin just where the flow from the chosen center feels strongest. If you can use this method comfortably, it is the most powerful. An alternative uses the sympathetic magic of your picture, with the stone placed on the part of the picture containing the likeness of the MSE center. In all of this work, I strongly suggest that you experiment with one stone on one MSE center at a time, and carefully observe the results including any seeming side effects. Too much energy too soon can cause small blood vessels to burst — as happened to one of my experimenters in the very early work. He put on a headband of seven stones and within ten minutes had a strong nosebleed. Others of us had worn the same headband for an hour or more with no discomfort, but we learned from this that some individuals are much more susceptible to the energy of the stones than others.

How a Gemstone Combination Healed a Long-Standing Migraine Problem

Sam H. had been a migraine headache sufferer for “as long as I could remember.” Over the years he had tried literally hundreds

of preparations suggested by the many doctors he consulted, but nothing worked very well or very long. Sam was sure that it would take more than mentally cleansing his MSE centers, but he started by checking them with his receiving hand. He reasoned that he felt the weakness in his spleen center, but experienced the pain in his head, so he would work on both the spleen and the brow. By checking a selection of stones with his receiving hand, he picked a good-sized bloodstone for his brow and a smaller piece of carnelian for his spleen center. He reported: "I wore both stones all the time (except when taking a shower) for a full month in spite of the ribbing I took from my friends about having rocks on (or did they say in?) my head. During that month there were almost a dozen times that I felt the old headache trying to come on, but being driven away by the bloodstone. I still wear my carnelian all the time because it doesn't show, but I am able to go out in public without the bloodstone. I wear the bloodstone every night and carry it with me to put on at the slightest hint of trouble. I'm happy to report that except for once when I forgot my bloodstone, I have been completely headache free for three full months. When you consider that I averaged one or more a week for 40 years, I'd call this a real miracle."

We will have much more to say about health and healing of stubborn and "incurable" diseases at a later point in this book. But the purpose of this chapter is to get a quick boost to your overall health picture so you will have more energy to put into the work as it unfolds. With this in mind let us turn to a quickie exercise to use what you have learned to increase your body's energy and health level.

A Quickie Exercise to Boost Your Levels of Energy and Bodily Health

To prepare for this exercise, first check your MSE centers with your receiving hand to determine which center seems to be the weakest. Then consult the list of stones suitable to that center and acquire one or two of them. It is good to select your stones from a group spread out on the lapidary's counter by passing your receiving hand over them all and picking ones which feel the strongest to you. (If you have trouble locating your stones, write me, Al Manning, c/o E.S.P. Laboratory, 7559 Santa Monica Blvd., Los Angeles, Ca. 90046, and I will suggest one or more suppliers.)



To begin the exercise take your stone or stones to the place we prepared in the last chapter — with your picture set up inside the interlaced squares. If you are using two stones, tape one to the selected MSE center and place the other carefully on your picture over the place where the MSE center would be. (With one stone, tape it to you during the exercise, then place it on your picture for the rest of the time.)

Now hold your hands, palms down, a few inches above the picture and use this modified version of the chant:

Clean of aura is (your name).
Healthy aura has (your name).
Whole of body is (your name).
Healthy body has (your name).

Chant or sing it aloud nine times, using the exercise twice a day as before. If you have trouble obtaining the stones, use the rest of the ritual without them this week, but come back and try it again with the stones later.

Sally N. gave us a typical report from using this exercise: “After a week of using the energy level exercise, I feel really great. It’s nice to see that a few minor aches and pains have disappeared, but it’s my bubbly feeling of energy and zest for life that’s the nicest. All my friends are asking me what wonderful thing happened to make me feel so good. I answer with one of your favorite lines, ‘*I am good.*’”

Chapter Points to Remember

1) Your every thought, feeling, and action generates MSE energy. Positive feelings and thoughts generate positive energy and positive future actions, while negative thoughts and emotions generate their own kind. Keep your body healthy by exposing it only to the thoughts and feelings that generate the positive energies.

2) The real world runs on feeling and emotion. You can court positive emotions with your thoughts, but the mind alone cannot control emotion. Stifling normal emotion invariably leads to disease. Cooperate with your emotional being to find positive outlets.

3) The emotional or astral body is the real energizer of

the physical. Disease always proceeds from the astral to the physical, as does the healing process.

4) The astral body is a great river of energy which splits or refracts into the rainbow of color that links it to your physical body throughout the seven major MSE energy centers.

5) A balanced flow of health-giving MSE energy through each of your centers is the key to vitality and a return to perfect health.

6) Learn to check the balance of your MSE energy centers by testing the energy with your receiving hand. Health always comes from strengthening the weaker centers — never try to diminish the flow; always build up to the balance.

7) A weak MSE energy center can be helped with the proper gemstone applied directly to the center, or by sympathetic magic to the same spot on your picture.

8) Use the quickie exercise, and feel your own increase in vitality, energy, and health.

Step 3

**How to Use
Miracle Spiritology to**

Improve Your Financial Situation

Next to bodily health, financial well-being is most important to the normal human being's personal comfort. The fresh physical vitality that you are building for yourself from the work of Step 2 can be used as a powerful tool to attract riches and good fortune to yourself and your family. With just a little more understanding, YOU can begin to improve your finances right away. Let's reach for the principles of financial power and start to win easily.

The MSE Energy Flow View of Money

We must first recognize that money itself is only a symbol. We experience it as a few pieces of paper in our pockets and some numbers entered into a computer at our bank, or the lack of money as unfulfilled longings and pressure from creditors. The economics textbooks tell us that money is simply a claim for future goods and services, but the recent experience of world-wide inflation is enough to show anybody that money is a dynamic rather than static commodity. In short, money is an *energy*. True financial security lies not nearly so much in amassing vast amounts of money as in insuring a constantly-increasing flow in excess of your needs.

But this type of energy flow should already sound familiar to you, since the work we just finished on health set the pattern for bringing you a comfortable excess of physical energy. Indeed, the

same river of energy that we tapped for your health can be harnessed in a way that will assure you a dependable flow of more money that you can find ways to use — if you will but learn its rules and apply them.

Again the rules of positive thinking must be our foundation. Do you envy your neighbor's good fortune? Do you feel that big business and the "vested interests" have the cards stacked against you? Or that your age or lack of education are handicaps? These are solid blocks to any financial progress. The action is quite like a build-up of scale in a water pipe — over a period of time the scale can virtually fill a pipe and cut off all but a tiny trickle of flow through it. Make no mistake about it! Any habitually-negative thoughts and feelings about money, your job, career, or wealthy people work slowly but efficiently to shut off the supply of MSE energy that supplies your personal wealth.

As a practical matter, the great stream of emotion that is your astral body contains all the energy, including money, that you will ever need. But its flow into your material life must be through the seven major MSE centers which act as valves as well as conduits. When the centers are full of the scale of negative emotions, your supply *must* be reduced. Thus we can see that the teachings of metaphysics or positive thinking work as a descaling process for the MSE centers. Never underestimate or neglect the power of the positive thinking process to open the channels of good into your life. In the balance of our work, I may appear to gloss over the positive base as we reach for greater power, but I do this only because I assume that YOU have a good grounding in the positive on which to build our superstructure of greater power.

How to Set the Mood to Work for Major Financial Windfalls and Prosperity

A great deal of poverty is brought into the world by people's sloppy attempts to use magic or metaphysics to generate wealth. Overlooking the power of mood, these people work to attract money while they are thinking and feeling lack — and the treatment or ritual quite faithfully manifests according to the *mood* of the would-be magician who complains bitterly when he experiences greater poverty because his mood of lack was magnified.

We will have much to say later about timing your work in rela-

tion to the astrological influences, but remember that your mood is much closer to you than the planets and therefore of overriding power. The good gamblers among you will immediately know what I mean by the mood of the winner. Without it, you are subject to the law of averages like everybody else, but when you touch the winning mood, or “sense the hot streak,” you win! And you keep right on winning until tension, fatigue, fear, or doubts about your worthiness bring the mood of power to a temporary end. Just as the good gambler will only “take the plunge” when he has the mood, so the effective user of Miracle Spirotology will do whatever is necessary to get his right mood before doing any serious work.

Now, just how shall I go about setting the mood? Let’s consider the mechanism first. Mood quality is determined by the amount and quality of the MSE energy flowing from the astral river into your physical experience through the seven MSE centers — or we may simply say that mood is an emotional situation. We have learned that the mind or intellect cannot control the emotions, therefore it cannot control the mood, either. But the mind can easily court or woo the positive power, and so bring the good MSE energy without danger of negative side effects from mental mistakes. The combination of energy center balancing for vibrant health from our previous chapter and the center descending process of financial positive thinking should have you in a good mood virtually all the time. So all we need is a bit of a “zinger” to lift you to a peak of literal invincibility.

I can suggest a few typical zingers, but you will have to put in a bit of honest self-study to select the right ones for you. What makes *you* feel totally prosperous? For some it may be a physical touch like brandy and a cigar after a tasty dinner, or a glass of sparkling wine with a happy song. Others may be turned on by a beautiful hymn, reading inspirational poetry, or a lovely bit of prose, like the 91st Psalm. Almost anyone can get the psychological “high” from a rewarding session of passionate love making, and often from the sweet contemplation of an especially wonderful experience of any sort. It will pay you well to study yourself and find several good zingers to be able to bring your mood to a peak of happy power as nearly as possible, “on call.” The mood we seek is a combination of power and contentment for the moment, without a care or need in the world — a totally *good* feeling. Practice on yourself and learn to invite the mood with consistent success. Then we are ready to apply it to make you a financial winner!

How to Interest the Elemental Spirits and Powerful Old Deities in Your Financial and General Well-Being

Let's return in thought to your special place of constructive work set aside to hold the drawing of the interlaced squares and your picture. We want to add a preliminary ritual which will bring much extra power to the routines we have suggested already, and which is quite essential to building enough power to assure the success of your seeking of new riches and wealth. This will require a few simple material items whose purpose is to focus the essence of the alchemical elements at the appropriate points on your altar or work place. We will approach this by discussing the four points of your interlaced squares which face east, north, west, and south.

The EAST is the point of contact with Ra, the ancient sun god, and the fire elementals whose leader is Djinn. You will need a candle (either votive or tapered) in a suitable holder, placed just beyond the eastern point of the interlaced squares for this contact.

The NORTH is the point of contact with the ancient moon goddess, Isis, and the water elementals whose leader is Neckna. A small glass of fresh water placed just beyond the north point will do for this contact. Also have handy a small amount of the herb, prince's pine.

The WEST is the point of contact with Thoth, the ancient god of wisdom, and the air elementals whose leader is Paralda. A convenient incense burner and a good prosperity incense outside the west point is just right for this contact. The best prosperity incense is on a frankincense base — a good recipe for incense can be found in my *Helping Yourself with White Witchcraft*, but any good-smelling frankincense incense will do.

The SOUTH is the point of contact with the ancient Osiris and the earth elementals whose leader is Gob. A jigger or small jar of earth (dirt from out of your garden) placed just outside the southern point is needed here, plus a small amount of frankincense oil and an eyedropper.

The key to this work is friendly, loving association with these tremendous sources of power. They will respond to your mood of a winner with the natural manifestation of ever-growing wealth and abundance in your life and affairs. If you would like to fill in your

background of knowledge on the elemental spirits, chapters 3 and 4 of my *Helping Yourself with White Witchcraft* should be consulted but at this point in our work we are ready to put your knowledge and equipment to work.

*A Quickie Ritual to Bring You
Windfalls and Extra Money*

Opening the ritual:

Step 1. Carefully set your mood of a winner and take it joyfully to your altar or work place that has been prepared as we have suggested. Clothing is optional — I prefer to work in the “clothes” I was wearing when I entered this world, but the idea of comfort and maintaining your winning mood is most important. So wear what you *like*.

Step 2. Light your candle at the east point, face the east, and say aloud: “Mighty Ra, Djin, and your wonderful salamanders, I salute you in friendship and invite your loving participation in my life and work.”

Step 3. Drop a pinch of the prince’s pine herb into the glass of water on the north point, face the north, and say aloud: “Lovely Isis, Neckna, and your beautiful undines, I salute you in friendship, and invite your loving participation in my life and work.”

Step 4. Light a cube of incense, place it in the incense burner on the west point, face the west, and say aloud: “Wise Thoth, Paralda, and your happy zephirs, I salute you in friendship and invite your loving participation in my life and work.”

Step 5. Put a drop or two of frankincense oil into the jar of earth on the south point, face the south, and say aloud: “Powerful Osiris, Gob, and your Gnomes and Trolls, I salute you in friendship and invite your loving participation in my life and work.”

The middle of the ritual:

Step 6. Sit down, facing the east. Hold your hands, palms down, an inch or two above your picture, and chant or sing aloud at least nine times:

Wealth, prosperity, (your name),
Growth, prosperity, (your name).
Riches, prosperity, (your name),
Power, prosperity, (your name).

Step 7. Say aloud: "Now wonderful spirit beings, I sit in silence in happy contemplation of your power and goodness to see if you have a special bit of instruction or inspiration for me." Then sit comfortably for from three to ten minutes, alert to any psychic inputs or friendly spirit manifestation that may appear. Acknowledge any knocks or raps on the walls and any gentle, electric-like spirit touches during the period, with a friendly, "Thank you." And make good mental notes of any new ideas or urges that may reach you. At first you may be too excited or tense to notice anything — don't be discouraged or disappointed — this, too, is normal. Enjoy and appreciate even the pure silence, and in any event terminate the session within ten minutes.

Closing the ritual:

Step 8. Say aloud: "To all the wonderful spirit beings who are with me, I thank you for the joy of our association and for your loving help, now and for the rest of my earthly life. So mote it be." If you want to save the candle for future work, use a candle snuffer — never blow out a candle; that would be a direct insult to the salamanders.

How often should this ritual be used? Use it once every night for at least a week, and as often after that as you feel the urge to do so. This is the first touch of a special relationship to many spirit beings of great power — *enjoy it*, and the very enjoyment will insure many tangible results!

*How Willa O. Helped Her Husband
with the Ritual*

Willa O. used the ritual and reported: "I decided that my prosperity is totally bound up with my husband's, so I used both our names in the quickie prosperity ritual. It really works! In the past three months, my husband has been promoted on his job and is now making \$150 more a month than before, and he is up next month for still another promotion. You can bet that I'll be keeping up this ritual work."

Perhaps more exciting is this happy report from Tanya S.: "Last summer when I wrote I was very disturbed because of my continuing financial difficulties. With regular use of the ritual, I am happy to say that 1973 ended with wonderful progress in my commodity futures trading. In January '73 I had only \$2,700 in my

trading account. By the end of '73 I had \$30,000. Since January '74 up until today, February 18, I had \$90,000 in profits. What a glorious feeling of joy and relaxation!"

Another example of quick results comes from Harriet K.: "I did the basic ritual and on the fourth day my husband received an increase in wages which helped a lot."

How to Use Gemstones to Enhance Your Money Magnetism

To bring greater power into the basic ritual it is well to continually check the flow of energy through your MSE centers. The root center and heart center are of primary importance in generating money, and the spleen center is needed to maintain the mental clarity to use it wisely. If one or more of these centers feels weak, do use an appropriate gemstone applied to the center(s) for your ritual work. If there is any doubt, don't hesitate to use the gemstones at least for the length of time you are engaged in the ritual.

It is important to understand that all of life (and its conditions) actually runs on the very subtle energies that we feel flowing through our MSE centers and emanating from the gemstones, herbs, magnets, candles, and other ritual materials. It is by the manipulation and use of these energies that all magic and ritual works. Never underestimate the power of this energy. It works constantly at the very root of material existence. Contemplate its power often — with greater understanding comes greater personal power, prosperity, and effectiveness. There is another use of the MSE energy that we are ready to harness now; it involves the actual creation of a living entity, built and powered by your controlled MSE energy — with only one purpose for its life: the mission that YOU gave it at the time of its creation.

How to Build an MSE Programmed Living Entity to Assist in Attracting Money, Promotion, or a New Job

Throughout the lore of metaphysics and the occult, we find the basic idea that *thoughts are things*. When you have trained yourself to see aura, you will get living proof of that statement by often seeing a thought form in a person's aura, then be completed and float away. Our theosophical friends would refer to the auric entity you see as a "floating thoughtform." The meaning here is

that any thought that you charge with a degree of emotion becomes a living thing that strives to manifest in your material world. On the side of avoiding trouble, we see another reason for carefully practicing positive thinking and feeling lest we unconsciously build the mental demons that rob us of our prosperity and well-being. But even more important is the realization that you can deliberately build a living field of MSE energy with the single purpose of manifesting your personal goal or desire.

We will illustrate the process by helping you build your first MSE programmed living entity with a special purpose for you. The first requirement is to clearly define your goal, then write it briefly and positively on a small piece of paper. There are an infinite number of possibilities and variations, but we will give you a few typical examples:

1) "Let (your name) quickly manifest a comfortable and rewarding new job at a salary at least 25 percent more than my present (or last) job."

2) "Let there be a series of raises and promotions for (your name), leading to a position of responsibility and fulfillment in top management."

3) "Let there be a series of lucky breaks and financial blessings coming to (your name) in ever-increasing amounts."

4) "Let the consciousness of a winner permeate the beingness of (your name) and bring fantastic success to all my investments and gambling ventures."

Note the use of invocative form, "Let there be . . ." It is a form of power all by itself. Modify one of the aforementioned suggestions, or compose one of your own on a small piece of paper. Then prepare as for the quickie ritual to bring you windfalls and extra money, and take the piece of paper with you.

Be sure to set your winning mood as you begin the opening ritual, and enjoy the feeling of response from the powerful spirit beings who are attracted to you. Then sit down and begin the middle ritual by placing the written thoughtform plan on top of your picture in the center of the interlaced squares. Lay the edges of your hands at the edges of the paper, with your palms facing each other. Take a deep breath and WILL the MSE energy to flow from your hands, and each of your MSE centers to form a ball of living MSE energy

between your hands, right there on top of the written sheet. Continue to visualize the energy flow as you lovingly read the seed request aloud for at least nine times.

Somewhere during the reading and MSE energy channeling, you should *feel* the birth of a living, vibrant MSE energy creature. When you are sure it is alive, pet it and fondle it with your hands, noting that it has shape and reality all its own. Then tell it aloud, "You are my beautiful MSE energy programmed entity whose purpose is to gather everything necessary to your total and complete manifestation in the physical world. Stay safely within the interlaced squares and gather all the energy you need to succeed. Then when you are ready, go and manifest."

Then continue the ritual as before, but holding your hands slightly above the young entity as you feed it with the energy of the "Wealth, prosperity, (your name)" chant.

Check on the welfare of your MSE entity several times a day as you would for a household pet, and feed it daily by repeating the ritual. Enjoy the growth in power of your entity from day to day. Then when one morning you find it missing from your altar, rejoice and KNOW that it will manifest probably within three days to three weeks.

*How Mary Y. Used a MSE Programmed Entity
to Get a New Job for Her Son*

Mary Y. was concerned about the welfare of her son who had only been in the work force for about a year. The tension was coming home with him, causing restlessness, loss of sleep, and a growing disenchantment with life. She decided that his needs were greater than her own, so she put his picture within her interlaced squares and built a MSE programmed entity around the seed invocation: "Let there be a much better paying and more comfortable job for my son right away." Here is her happy report: "After just ten days of the ritual, the new situation manifested. My son started a new job on March 25 at a salary of nearly twice what he was making. When he left his former job they paid him his two weeks vacation plus a personal day, which is unheard of. He is much happier on his new job and his sleeping habits have changed for the better, he is no longer under tension, and feels like a new man. As a side benefit, I, too, have received a raise and been given the opportunity to apply for a new position. We are very grateful."

Caroline B. reported these happy results: “After only 48 hours of using the ritual with the phrase, ‘Let there be many unexpected financial blessings pouring into my life,’ things started to happen — and believe me, this is a change, because nothing good has happened financially in one and one-half years. Now my husband has a good job (he had been ill and hadn’t worked for the one and one-half years), our commodity account which had done nothing for over a year has almost doubled and is going strong — and as some of the daily ‘unexpected blessings’ — an unexpected dividend check for \$75 and unanticipated return of \$60 (they called it an overpayment) — and lots more. I sure like that ritual.”

Let’s close this section with the challenge to you to generate a few quick victories of your own and use them to build the unbeatable magnetism and consciousness of a real financial winner.

Chapter Points to Remember

1) Money is an energy that can be caused to flow to you by streams of powerful MSE energy.

2) Negative thoughts and feelings about money act as scale to plug up the channels of your MSE money energy flow. Practice descaling your MSE energy centers with ever more positive attitudes and feelings toward money matters.

3) Mood is the secret of all good MSE ritual work. Recognize and build your mood of a winner as a prelude to all your positive efforts.

4) The elemental spirits and ancient deities will delight in helping your financial progress if you invite them as friends.

5) Make friends with the elementals as part of your quickie ritual to bring windfalls and extra money pouring into your experience.

6) The gemstones can be used to add extra power to your MSE energy centers for your money-attracting work. Magic works by harnessing the subtle energies that are the primordial substance of the universe. Use the MSE energy to become a real winner.

7) You can build a living MSE programmed entity whose sole purpose is to manifest your desire. Try it and let the flush of victory help you build the consciousness of a powerful financial winner.

Step 4

**How to Use
Miracle Spiritology to**

Brighten Your Social and Love Life

The consciousness of a winner that we challenged you to build in Step 3 is the key to developing all the right kinds of social relationships because it automatically attracts other winners. And it is only other winners who can stimulate and spur you to greater growth and success. We might say that a supporting subpurpose of this Step is to bring out the winner consciousness in your present friends and lover(s), while attracting many new ones.

*How to Set Your Personal Magnetism to Attract
People You Will Like and Love*

You will remember from our introductory work that we spoke of the now proven fact that a houseplant exhibits awareness of the happenings around it, including the thoughts of human beings who care for it even when they are miles away. We discussed the medium or cause of the transference of information as the continuous flow of the MSE energy between all substances and living things. When you contemplate this idea, you soon realize that every cell of your body is constantly broadcasting your dominant thoughts and moods to the whole world. Thus we see again that to show your best side to the world you must strive to harbor only the most wholesome and positive thoughts and feelings. Yes, we all slip once in a while, but if you're not *trying* to be positive, you are deliberately advertising

your misery and inviting more. Let's consider an easy way to reverse the process and strongly attract happiness.

The MSE energy field concept of your beingness gives us great power — by learning to control what your body cells broadcast and make them work fully on your selected projects, you can win anything! The first step in taking this special control is to organize the individual cell-emanations of MSE energy to increase your “animal magnetism” or simply your auric attractiveness. How shall we assert this control? Let's answer with another question: How well do you know the cells or groups of cells that make up your body? The honest answer for all of us must be, “not well enough,” but we can understand that they will respond positively to friendly, personal attention — just as you, in your complete form, warm up to the right kind of loving attention. Pause for a moment to feast on the idea: **WITH A BIT OF LOVING ATTENTION, I CAN BRING ALL MY BODY'S CELLS TO A HARMONIOUS PEAK OF COOPERATION THAT WILL CAUSE THEM TO BROADCAST GOOD FEELINGS ABOUT ME TO THE WHOLE WORLD, CLEARLY AND POWERFULLY.**

Now let's discuss an exercise to make it so:

*An Exercise to Strengthen and Control the MSE
Broadcast of Your Body's Cells*

Set aside a full half hour for the first use of this exercise. Practice will let you achieve the power quickly, but we must build our familiarity first. It is best to be lying down on the couch or a bed, wearing as little clothing as you can and still be comfortable.

Begin by picturing yourself in the center of a searchlight-size beam of loving white Light. Think of the Light as the MSE life force itself, and mentally focus it on the big toe of your right foot. Feel the toe glowing with Light energy and emitting waves of love from every cell. Leave the toe “turned on” and turn your attention to the big toe of your left foot, making it glow with emissions of love, too. Continue to turn on each small fraction of your body in turn: the four lesser toes of the right, then the left foot; the right foot itself, then the left; the right ankle, then the left; the lower right leg, then the left; the right knee, then the left; the upper right leg, then the left; the hips, the front of the lower abdomen, the lower internal organs, the front of the waist, the small of the back,

the stomach, the heart, the chest muscles, the fingers of the right hand, then the left; the right hand itself, then the left; the right wrist, then the left; the right forearm, then the left; the right elbow, then the left; the right upper arm, then the left; the right shoulder, then the left; the neck, the face, the back of the head, the brain, and the top of the head. Finally feel every cell of your body glowing with the MSE Light energy and sending out powerful vibrations of love. When you are finished, leave the whole system turned on and glowing as you go on about your business.

This is a wonderful exercise to use on the way to sleep, but even better at the start of a day. Do spend the full half hour the first time. Later with practice, you will be able to generate the loving glow in about five minutes. Try it before leaving the house to go to work or even shopping, and notice the difference your glow makes in people's attitude toward you.

A young man, Myron C., had this to report on the exercise: "The results were extraordinary. In the past I was too shy and reserved to talk to girls. But since I started using the exercise, many volunteered to come and talk with me and a feeling of comfort and confidence exists within me. Ever since I became a member of E.S.P. Laboratory, the change in me is so fantastic and unbelievable. It is sometimes almost embarrassing when co-workers and others in the office react differently now than they used to. Probably even they wonder as to what in me now enchants them."

It helps in business, too, as Della A. reported: "I am an Avon Representative. When I started using the exercise, out of nowhere (?) came seven orders from people who aren't even in my territory. Then! There is one girl who bought about a \$3 order eight months ago. I've been leaving her special brochures and lipstick samples, etc., but she kept saying there was nothing she needed. Two weeks after I started using the exercise, this hard nut to crack called me with an order running \$26! I told a sister representative that I give credit for this sale to the exercise."

How to Make Your New Magnetism Stronger with the Personal Attractiveness Breathing Exercise

As we have already suggested, the breath is a powerful source of easy-to-direct MSE energy. But it is quite safe to say that 95

percent of the American public has virtually no concept of how to breathe effectively. Animals naturally use a much greater part of their lung capacity than do most humans. So we might begin by suggesting that you study the breathing habits of your pet dog or cat. Particularly when it is asleep, watch how deeply your pet takes the air into its lungs — well beyond the center of the body.

This gives us a solid clue that we can express as a natural law: **THE DEEPER YOUR BREATHING BRINGS THE AIR INTO YOUR BODY, THE MORE MSE ENERGY YOU BRING INTO YOUR SYSTEM.** If you are exceptionally good at deep diaphragmatic breathing, skip this paragraph and get on to the exercise itself, but if you're not sure, do try to get the feel of it now. Even good voice teachers seldom teach the deepest of diaphragmatic breathing. They get the student to bring the air well down below the waist, but generally only in the front. For maximum power we must learn to bring the muscles of the lower back straight out, thus using the deepest parts of the rear lung cavity.

First let's learn to tell the difference between the deep diaphragmatic breathing and "normal" shallow breathing. When you breathe using only the upper part of the lungs, you *feel* the air entering low in the nose, right by the upper lip. But when you use the diaphragm, you *feel* the air flow high inside and way back in the nose. If you're not sure what I mean, try this experiment: Pretend to snore, making the snoring noise with your nose, then half-way through the phony snore, shut your mouth, but keep breathing as you did to make the snoring noise. Notice the difference in the air flow, and practice until you can do it easily. Then add to the process by striving to move the lower back muscles straight out to help you inhale the new way — try to drive the air all the way to the base of your spine. Practice — it is one of the best "tricks" you will ever learn. One happy side effect is a strong tendency to clear up all of your respiratory problems. I have seen total healing of advanced cases of emphysema by the simple process of learning to breathe in the lower half of the lungs. But our purpose of the moment is not healing — we must set about to harness greater amounts of MSE energy you are learning to bring into your system. So let's turn to the exercise itself.

Take a good deep breath, hold it, and begin our exercise to strengthen and control the MSE broadcast of your body's cells,

but this time also to direct the MSE energy of your breath to each small part of your body. When you need to renew the breath, let it out in a normal manner, take a new breath, and continue. When you are proficient at energizing the body's sections, it should take only five to ten breaths to complete the whole process. This will so charge your body's natural MSE emissions with power and love that the examples we gave after the basic exercise will quickly seem like child's play to you. Age, shape, or even language "barriers" will not stand in your way. The MSE broadcast of love will bring YOU fresh, loving attention.

This report from Martha S. is typical: "I'm in a quandry. I added the diaphragmatic breathing to my exercise to control the MSE broadcast while thinking that I need to meet my perfect mate. I asked for a good man and got three! Who would think that after all these years and at my age (54), I'd find three perfect mates? It's too much! But I LIKE it."

Adding to Your Power with the Energy of Scent

The language of odor is closely akin to the MSE energy in the subtle power of its operation. A look at the animal world suggests that a great deal of communication takes place by the emission and sensing of odors. The Venus Flytrap plant attracts its victims by the odor it sends them — for dogs, sniffing is a vital part of the get acquainted process; we learn to let an unfamiliar dog sniff our hand in the same way we would offer to shake hands with a new human being — and the perfume and shaving lotion ads of the present attest to the idea of "magic" in odor. In *Helping Yourself with White Witchcraft* I made extensive use of the essential perfume oils for the ritual work and you are invited to consult it for a broader background, but we will adopt a straightforward approach to the usefulness right here.

Smells affect the largely unconscious animal parts of your nature. Worldly "sophistication" and the veneer of civilization try to give us the illusion of being above the animal nature, but it is right there *alive* and expressing itself 24 hours of every day. Think about it — YOU are strongly influenced by odor. Who can get a strong whiff of the odor of freshly-baked bread and not feel a "mouth watering" sensation? Good cooking odors invariably stimulate your appetite, other odors (carefully chosen) can stimu-

late you sexually, make you feel rich, powerful, and happy — or the “wrong” odors can make you nauseous or even afraid!

Aside from their appeal to the elemental and spirit world as discussed in my book on White Witchcraft, the right odors emanating from your body heat spreading the perfume oils has a powerful subliminal effect on every person who comes close to you. How should you choose the right scent for the right occasion? Fortunately, this is a simple process. Since you want to be most attractive to people whose interests and drives blend well with your own, a combination of scents that best “turns YOU on” is best for attracting other people who will be most compatible with you.

Very good perfume oils are available at your local “occult shop” at quite reasonable prices. Rather than buying a blend suited to somebody else, it is a good idea to experiment with the various oils to hit a personal blend that will help communicate to the world the mystery and uniqueness of YOU. I will make suggestions in a moment of the odors that excite the basic reactions in most people — take them as suggestions for experimentation, and enjoy playing at finding the special odor or odors of the real YOU. If you have any trouble in locating a good source of the oils, do drop me a note (Al Manning, c/o E.S.P. Laboratory, 7559 Santa Monica Blvd., Los Angeles, Ca. 90046) and I will be happy to put you in touch with one or more good sources. Now let’s consider the qualities you naturally want to attract and the scents that most often do it:

TO ATTRACT RICHNESS AND PROSPEROUS PEOPLE — Frankincense really turns me on here, but other very good odors are Myrrh, Musk, and Rose.

TO BRING OUT SENSUALITY — spicy, tangy scents are best. I vibrate especially to Citron, but Lime, Lavendar, or Wintergreen are excellent, too.

TO ATTRACT THE HIGHER IDEAS OF BEAUTY AND LOVE — the subtler floral scents are best. My favorite is Carnation, but don’t overlook the power of Gardenia, Jasmine, and Sandalwood.

I would go to the shop and smell lots of scents — then pick out one or more from each category and play with the proportions to mix one scent that seems to express the REAL YOU. With your well-chosen odor reinforcing the work of the deep diaphragmatic breathing in conjunction with the MSE cell broadcast control exercise, you will find a freshness to all your social and business contact and ever-growing confidence and popularity.

Cary D. had this to say about her experiment: "I decided, Al, that you seem to be expressing most of the things I like so I tried a combination of your favorite scents, frankincense, citron, and carnation. Let me say that in the past I have been the "plain Jane"-type that nobody seemed to notice at all. But since I added the special perfume oil to the breathing and MSE emanation control exercise, my life has been unbelievably exciting. Perfect strangers smile and speak to me on the street and go out of their way to hold doors for me or put me ahead of them at busy store counters. I have been inundated by invitations to lunch and requests for dates. It's all a bit bewildering, but it's WONDERFUL!"

*How to Build an MSE Programmed Living Entity
to Find You a Wonderful New Lover*

What happens if you get your social and business life all full of freshness and joy, but you are still lacking the depth and intimacy of true personal love? It clearly becomes time to build a special MSE Programmed Living Entity whose sole purpose for existence is to find and introduce you to a just-right personal lover (or spouse if you seek marriage). The best way to build your MSE Programmed entity is a part of a ritual, just as we did for your finances in Step 3. Again we will need to write a good invocation nucleus around which we will build your living entity. Your own heartfelt words are best, but let me suggest a few good possibilities:

1) Let (your name) meet a perfectly compatible and eligible mate, that we may enjoy the thrill of courtship and the fulfillment of a happy marriage.

2) Let (your name) meet a fellow free spirit with whom I will enjoy the intimacy and fulfillment of true love.

3) Let (your name) meet several wonderfully compatible and eligible people from whom I will choose a really perfect mate.

Prepare as for the "quickie ritual to bring you windfalls and extra money" that we gave in Step 3. Take your written MSE Programmed Entity nucleus with you to your altar and use the breathing, perfume oil, and MSE Cell Broadcast Control exercise to set the mood. Then use the five step opening ritual as before. To begin the middle ritual, hold the paper with your MSE Programmed Entity nucleus between your hands and speak the words aloud,

again and again, as you visualize the happiness and fulfillment you expect. When you feel your entity take life, put the paper in the center of your interlaced squares and complete the ritual using the chant:

Love, prosperity, (your name),
Fulfillment, prosperity, (your name).
Joy, prosperity, (your name),
Happiness, prosperity, (your name).

My files are full of reports of happy marriages and wonderful new relationships — KNOW that this ritual really works!

How to Pump New Life into an Old Relationship

The honeymoon is over, my husband has lost interest in me — My wife is all wrapped up in the children and has no time for me at all — Our sex life has dwindled to nearly nothing — I guess it's time for a change, there's nothing left to this marriage. If feelings like this describe you, it's time to bring your growing new MSE powers to bear and pump lots of new life into the situation.

"Miracles" are the result of intelligent planning and preparation here as in any other field of human experience. To the wife or husband who says, "I think my husband (or wife) has a lover. How can I keep him (or her) at home?" there must come first the common sense advice: You have the most going for you already — make home the most peaceful, loving, romantic, and erotic place in his experience and he (or she) will be most happy to stay there! It has been said in many ways that marriage ruins more beautiful romances than any other single cause! But it doesn't have to. All too often, the marriage ceremony is taken as a signal that no more effort is required in the relationship — the partners take each other for granted and settle into an existence of sloppy mediocrity.

If you feel that your marriage was a dreadful mistake, we have given you the tools to find your spouse's replacement in the work that went before. But before you make such an irrevocable decision, you owe it to yourself to use everything you know to try to reignite the old spark and make this relationship everything you dreamed it would be when you said yes to the marriage (or arrangement). I like to suggest a 60 day period where you deliberately give it all you have to make it go — then if you decide that it is not worth the effort, you can leave with a clear conscience. Remember

the rules of peace, love, romance, and erotic appeal, and do your best in that area. Reinforce this normal effort with an MSE Programmed entity to help you. Again let me suggest a few good possibilities for the written nucleus:

- 1) Let me become the exciting being my spouse needs to experience to become the happy lover I desire.
- 2) Let there be a rekindling of the old love and romance and a return to the marital bliss we dreamed of before our wedding.
- 3) Let my spouse see me once more as the passionate love object of his (or her) dreams.

Prepare, as we suggested in the section, to find a new lover. Take your written MSE Programmed entity nucleus to your altar and create the living entity. Feed it with the "Love, Prosperity, (your name)" chant as before. Put your most positive feelings into the work once a day for at least a full week. And during the rest of the day and night, strive to assist by creating the atmosphere of peace, love, and romance.

Reports of success in using this MSE Programmed Entity are numerous and full of happiness. Robert Y. reported: "My wife and I had been separated for several months, but I still felt we had a chance to make a normal and happy home for our children. I began the ritual to create the MSE Programmed Entity. On the fourth day of the ritual I accidentally bumped into my wife at a party I had planned not to attend. Over a few drinks we talked over our problems and she agreed to come home with me THAT NIGHT! It has been three months, now, and we are far happier than we were during the days of our courtship. It's wonderful!"

Merlene B. gave us this happy bit of feedback: "You will remember that when I talked with you I told you that my husband had not touched me in over three months. As you suggested, I began my ritual to build a super erotic MSE Programmed Entity. By the fifth day of the work, my MSE entity seemed strong enough, so I carried it close to the front door and told it to pounce on my husband when he came home. Boy did it work! Dinner was about two hours late, but nobody minded. We are planning the honeymoon trip we never had for next month, but the real honeymoon started the night my MSE entity got him! Life is beautiful again."

Never forget the basics of programming your own MSE cell energy broadcasts, the breathing, scents and the normal "tricks"

of romance. Then when you need that final boost, the MSE Programmed entity will do it for you. Use what you know and enjoy life.

Chapter Points to Remember

1) The individual cells of your body constantly broadcast your thoughts and feelings to the rest of the world by the flow of MSE energy between all substance.

2) By using the Exercise to Strengthen and Control the MSE Broadcast of Your Body's Cells, you can take charge of the MSE output of your body and broadcast to the world only thoughts and feelings of love about yourself. This will have the effect of making the attitude of the world toward you purely friendly and loving.

3) The exercise works by changing and strengthening your personal magnetism. This magnetism and personal power can be made even stronger by combining the exercise with deep diaphragmatic breathing.

4) There are many extra health and comfort benefits from the deep breathing, as well.

5) Learn the technique and practice the Personal Attractiveness Breathing Exercise. It will bring enough quick benefits to keep you practicing.

6) The language of smell speaks to people below their level of conscious awareness. Experiment to find the odor that expresses the real YOU and use it to add the extra dimension to your personal power and attractiveness.

7) You can use the special rituals to build an MSE Programmed Living Entity to find you a new lover or pump new life into a cooling relationship. USE what you know and enjoy life.

Step 5

**How to Use
Miracle Spiritology to**

Free Yourself from Subtle Control by Others

How many of your thoughts and choices of action are really your own? We might begin by asking, how many products do you buy because of the suggestions of their advertising? But more important, how far will you go to earn a bit of approval or avoid someone's displeasure? How many things that you would rather not do, do you do anyway because you know "it is expected of you"? The purpose of this chapter is to learn to recognize the subtle attempts of others to control your actions, and develop enough self-confidence to say, "NO" when it's appropriate.

*How to Recognize Deliberate and/or Unconscious
Attempts by Others to Control You
(the eight danger signals that you are about to be had)*

If your 20-year-old daughter staggers into the livingroom with a hangover about 2:00 P.M. on a Sunday afternoon and says, "Mother, if you love me you'll fix me some breakfast," there can be only one answer, "(Expletive deleted) no, fix it yourself!" Most of us would laugh at the mother who "suckered" and tried to buy her daughter's love that way, but there are subtler ways of pulling the same thing — and many people get away with it, or some other equally ridiculous ploy.

Let's begin by listing a few of the classic control gambits. Keep in mind that the "experts" in this field may disguise and dress up the appeal, but the essence boils down to something like:

- 1) If you love me, you'll.
- 2) If you don't want me to leave you, you'll.
- 3) I'll be good to (or for) you if you'll.
- 4) It's your duty to.
- 5) I really need your help, lend me.
- 6) You owe it to me to.
- 7) God (or a Spirit) told me that you should.
- 8) What will people think if you.

And there's a special one just for the psychics, "You shouldn't charge for a spiritual gift, so . . ." All these are the tools of the self-righteous *freeloader*. The best response to any of these controlling gambits is a very firm NO. To give in would make you as childish and immature as the freeloader. Even if the request is something you want to do anyway, you owe it to the world to do a bit of teaching before you acquiesce. Say something like, "I have a firm policy of refusing all attempts to control or manipulate me, so I suggest that you carefully rephrase your request."

A young executive had found it necessary to fire his secretary for incompetence. The next morning he received a phone call from her saying, "If you don't come right here and go to bed with me, I'll call your president and tell him you fired me because we were having an affair." Fortunately he knew enough to refuse to be controlled, so he replied, "I never submit to blackmail. Call him if it will make you happy." And he hung up. Ten minutes later, the girl called back to apologize and they later entered a happy adult relationship. But think of the disaster if he had allowed the ring to be slipped through his nose!

Clearly, it is a wonderful thing to be your own being, no longer controlled by the pressures of other people. We have looked at the crass part of control by way of introduction, but there is more power and therefore more danger of being controlled by the psychic emanations of other people. To fully understand the process we will have to expand our comprehension of the MSE energy field we have called your aura.

*A Deeper Look at the MSE Engery Field
That is Your Aura*

At least 85 percent of the normal population can learn to see some part of their own aura. Try it in your mirror. Preferrably have a solid white background behind you so that the self-luminous MSE energy field will stand out easily. The trick is to use the peripheral vision. Pick a spot in the air about six inches above your head and a foot behind you. Focus your normal vision on the spot and hold it there firmly, while “out of the corner of your eye” you watch the area around your head and shoulders. In from one to 30 minutes, you will begin to notice a fairly bright band of energy close to your head and body, and a filmy band extending out for some distance, getting more and more filmy as it gets farther away from the physical body. Practice should bring you a good, working aura vision ability, but you don’t have to stop your study until you develop this ability; it is the principle that aura extends in ever more filmy or “thinner” consistency away from the physical body that is important.

In our research work at E.S.P. Laboratory I have demonstrated that we can noticeably change a subject’s brain wave patterns being displayed on an oscilloscope by causing a purely auric disturbance as much as 20 feet away (we stopped at 20 feet because the room was not any longer). Many years ago the clairvoyant, Leadbeater, wrote that he sat in an executive’s office and watched a salesman’s auric emanations begin to work to influence the executive a full 15 minutes before the salesman even arrived at the office. And the salesman was NOT an occultist, just enthusiastic about his product!

This gives us a better understanding of psychic and psychological influence. Because there is really not a place where your aura ends, you are literally in some degree of hook-up or contact with every other human, creature, and indeed even rock on the planet earth. This is the basis of telepathy on the one hand, and the beautiful oneness of mystic union with all creation on the other. But right now our concern is focused on the practical. So we will consider the telepathic application of psychic and psychological pressure.

*How Psychic and Psychological Pressure
Affects Your Aura*

Consider again the example of Leadbeater — imagine tongues of psychic fire, working quietly but very effectively on your aura, applying the psychological pressure before your “opponent” even

enters the same room with you! Now recognize that it is not imagination at all; IT IS A REALITY. Remember the old bromide: "When your ears burn, it means that somebody is talking about you"? With a little thought about the interaction of auras, you realize that it is all together possible, as is MUCH more.

We have all known couples who have demonstrated a super rapport — each knowing what the other is thinking most of the time, without a word spoken. This may seem a mildly interesting exception, but more important, it is the demonstration of the natural process of thought transference that occurs to some degree between all living beings. Because our auras are in open contact, even distance does not shut off the transfer of information. If someone is thinking or speaking well of you, you may experience a few moments of "unaccountable" exhilaration — or simply a sense of well-being. And if he thinks, and feels strongly about something he wants you to do, you may feel a "subconscious" urge to do it, not realizing that it is the other person's desire rather than your own. Thus we see that a clear thought command from another person may be much more dangerous to your free will than the crass verbal appeal to duty or the like because the thought tends to present itself as YOUR OWN desire.

In Step 6 we will discuss stronger methods of psychic control and how to defend yourself against them, but it would be folly to be perfectly defended against a cannon only to be felled by a .22 pistol! And it is the "non-professional," normal human being who most frequently tries to control you, anyway. When we complete this section, you will be ready to study yourself and learn much more about how YOU are being controlled every day — you may wind up doing all the same things in the same ways, but at least you will know WHY you do them and have a greater voice in the choices.

Let's look at one more method of controlling you before we give you the exercise to discover who and what is really running your life. In the opening paragraph of this chapter we asked, how far will *you* go to earn a bit of approval or avoid someone's displeasure? We must recognize that even the seemingly positive action of praise is used as a tool to control you at times. Good psychological textbooks teach us to control our children (they may use the less colorful term, "guide," but it boils down to the same thing) by praising them for their actions that we like and ignoring them when they do things we don't like. By substituting the word *attention* for *praise* we see the broader impact and possibility of the technique. Just a little reflection will help you to realize how well it

works on YOU. So part of the work of this section will be to help you enjoy attention and praise without being controlled by it.

*An Exercise to Give You Better Control of Your Aura
(strength to keep from being had)*

I want to suggest a very powerful exercise here, but begin by cautioning you that it should not be undertaken without the inner strength you should now have built by using the exercises of our four beginning steps — devoting a full week for each. We want to give you a different look at yourself and your world by deliberately taking an excursion into the “never-never land” next door to paranoia. Plan this as a short trip, definitely no more than a week. We want to get some rich, new insights, but avoid developing any bad habits in the process.

It will be necessary to mask your activity in this exercise so as not to antagonize or alienate your friends and associates, but the thought process can be carried on quite consistently. For this exercise, you adopt the premise that every human being you know is deliberately trying to use you as his or her personal puppet or stooge. From this premise, you mentally challenge EVERY suggestion, idea, and even every act of affection or praise. Already you can imagine the potential for disaster in such a program, so we must set up a few ground rules:

- 1) You must enter into the spirit of the exercise as a teaching *game* only.

- 2) You must promise yourself not to become emotionally involved in the insights — in other words, not to get mad at what you are beginning to see.

- 3) Try to play the game as you always have. Don't spook anybody by letting the new understanding change your normal reactions during the week of study. There will be plenty of time to make positive changes after you have digested the lessons of the week's study.

- 4) You must play the game fairly by challenging your own suggestions and actions as attempts to use other people as your puppets or stooges, also.

- 5) At the end of the week, you must adopt a deliberate policy of counteracting any paranoid tendencies you notice in yourself by striving for the balance of giving people the benefit of the doubt in marginal situations.

Do understand that the object of this one week “game” is to recognize the childish ways that you habitually allow yourself to be controlled or pushed around by other people. We will devote our next section to developing extra strength to outgrow the immature reaction patterns. But first let’s look at a few classic examples that are regularly turned up in this exercise.

Tom N. reported: “During the three years of my marriage I had come to believe that my wife, Mary, simply had a much weaker sex drive than my own, and I had tried to acclimate to it. Then came my ‘paranoid week’ and I discovered a clear pattern of control. Whenever she got her own way in matters of the house, planned social events, purchase of furniture or the like, I was rewarded with a very pleasant experience; but if I dared to cross her, it was deliberately withheld from me. After the week of aura-strengthening I waited for a quiet evening and discussed the situation with her. Sure enough, pleasure was withheld that night, too, but it helped to demonstrate my point. And now, although things are not exactly perfect, we are definitely improving and entering into a much more adult relationship.”

Betty S. reported: “I knew I was unhappy and unreasonably insecure on my job, and felt quite exploited at times. Then came the aura control exercise week, and the causal pattern almost leaped up and slapped me in the face. My boss had a habit of giving me a merciless chewing out for no really good reason. Then a few minutes later he would stop by my desk and ask me to take on an extra task of some sort or a special project in addition to my normal work. In my insecurity from the chewing out, I had always said, “yes,” but had done the extra with great resentment. After the exercise, I was ready for the next time. He pulled his usual trick and when he asked for the extra work, I said, ‘All right, Frank, I’ll do it for you this time, but only on one condition — that when you have an extra job for me next time you promise to skip the chewing out to make me insecure. Instead, just ask me nicely and let me do it for you because I want to help and not because I’m scared and resentful.’ I honestly feel that Frank didn’t realize the effect of that nasty habit until I hit him with it. The result is he is nicer to the whole staff, we are clearly more effective, and it’s a happy place to work. That was a magnificent exercise.”

Arthur Y. was a brilliant young executive who had risen fast in his company. His was a somewhat off-beat problem: he had not learned to cope with praise. Here is his report on the exercise: “One of my subordinates had his Master’s Degree in Psychology and I

guess I should have seen through him earlier. He had a habit of flustering me with excessive amounts of praise, particularly when we were in groups of fellow-employees. He seemed so sincere that I had been just letting him get away with making me uncomfortable until the aura control week exercise. Suddenly I saw that this was a sadistic streak in the man — he was hitting me with these sincere sounding words of praise just to watch me squirm and suffer, rather like pulling the wings off a fly. After the aura strengthening exercise I was ready for him. Next time he pulled it, instead of squirming with discomfort, I smiled and said, 'Thanks, I guess you're right.' And fantastic as it may sound, he never paid me a complement again! But clearly our working relationship is more adult, and secretly I thank him for torturing me enough to help me grow up."

*An MSE Exercise That Will Make You the
Controller Rather Than the Controlled*

While you are learning the many ways by which you have been controlled, we should be working to build up the personal power and confidence to easily and tactfully break the controlling patterns and take full charge of your life.

We will build this special power by using the basic ritual as we gave it in Step 3, but a bit of extra understanding will be necessary before we begin. In our last step we worked to build MSE programmed entities for specific purposes. Thus we gave them discrete boundaries as part of bringing them into living existence. But in the present case, we need a truly permanent entity that will be a living source of power to help you for the rest of your life on this earth. For permanent sources of power it is necessary to modify the shape of the MSE entity to a self-renewing form. The logical shape is demonstrated in nature in the powerful phenomenon of the twister, cyclone, hurricane, or typhoon. Experimentation with these can be a bit dangerous if you are not careful of the one convention — POSITIVE MSE energy fields should be made to rotate in a clockwise direction. Now we are ready to build your personal MSE entity for the power to break all the bonds of others' control.

We will use the basic ritual as we gave it in Step 3, but I would suggest one extra preparation to add maximum power to your work. In Step 2, I gave a list of gemstones and their suggested relation to your MSE energy centers. If you have gathered a set of stones this

is an ideal time to use their extra power in the work. Affix your chosen stones, one to each MSE center (Scotch tape or sheet surgical tape will do nicely). When you are ready, set the mood and begin the opening ritual.

To begin the middle of the ritual, hold your hands out and begin to build the MSE energy field as before, but this time deliberately impart a clockwise rotation to it. As it takes on life, name your MSE entity your *cone of power thoughtform* and feed it with extra energy as you chant:

There is power, power, wonder working power
In my thoughtform, in my thoughtform
There is power, power, wonder working power
In my cone of power thoughtform.

When your cone of power feels ready, lift it gently and position it on top of your head with the base of the vortex near your crown center and the huge whirling top extending above you in ever-increasing swirls of power. Feel it settling powerfully into place and direct it: "Now, my cone of power thoughtform, I direct you to constantly bring into me the energy of self-confidence and power. Whenever there is a threat of intimidation or subtle attempt to control me, you will automatically bring in all the extra power I need to overcome the threat. Work well and faithfully."

Then reach up and feel it with your hands. Move them powerfully as if to help your cone of power whirl faster, and repeat the cone of power chant several times again. Make a note to check and renew your cone of power every morning by this short chant and hand whirling process. Then complete the basic ritual as usual, using the "Growth, Prosperity, (your name)" chant over your picture.

As well as clearing away the attempts to control you, the results of a well-built cone of power are invariably tangible and full of good for you. L.B. reported: "I have been using my cone of power for six months. Before that there were times when I did not know whether I would survive through each day. Now I check and renew my cone of power every morning, and here are some of the things I truly believe resulted: 1) I received a contract for employment with back pay (I had been terminated three months before). 2) I was in great financial distress. My finances have now been cleared through patience and understanding of other people. 3) I was able to go home this summer to visit my parents for a month (before this would have been impossi-

ble). 4) I have returned to work with a completely new outlook on life. I can hardly believe what has happened. Again I say thank you. I could not have done it alone."

When Is It Ethical to Control Another Person?

Obviously some of the principles we have considered in this chapter should be twisted around to use in controlling another individual. I hope you sense the folly and danger of using someone else as a puppet or stooge already. Let's amplify it by reminding you that history shows us a quite common result of Hitler-type activities. You may "get away with it" for a while, but when the day of reckoning comes, you always conclude that it was not worth it. On the other hand there is no reason to become a doormat or simply a tool of other people. As we strive to bring a working balance into our lives, we often run into a gray area where there is a strong temptation to run another person's life for our own convenience. I would like to suggest that there is always a better way, but if control you must, at least use only the technique of attention and praise.

It is good policy to avoid the kind of people who try to push you, but when that is impossible, let's agree that there is a degree of control that is quite proper at any time. That is, you are entitled to be treated civilly and with reasonable courtesy at all times, and your physical and material well-being are entitled to be protected. Now I will give you one suggestion, but I hope you will remember to use it sparingly. With a little practice, you can learn to put a charge of super energy into your cone of power. Take a breath deep into your lower diaphragm, hold it, and focus your attention on your cone of power. *Will* it to bring in extra energy and expand. Practice until you can feel it reach a real peak of power in just one breath. Then when you really need it, turn it on and give it a simple command (aloud or silently as the situation dictates), "Sic 'em!"

Mable R. found this use of the cone of power to be a very special help on one occasion. She reported: "I found myself alone on a side-street near my home. It was broad daylight and I walked along with no fear. Suddenly a man jumped out from behind a hedge, pointed a gun at me, and demanded my money. Taking a deep breath was totally natural, but as it came in I also reached up to activate my cone of power and say, 'Sic 'em!' I'm honestly not sure what happened because it all happened so fast. But someone or something scared my robber. He got an expression of utter anguish on his face, turned, and ran off up

the street. When I got home I went to my altar and thanked everybody. Then I did a special ritual of thanks to my cone of power. I'm enthusiastic about keeping it at full power always — as you can well imagine."

When you need it, your cone of power can do fantastic things for you. Build it well and practice the surge of power for when you need to say, "Sic 'em!"

Chapter Points to Remember

1) Learn to recognize the variations of the eight danger signals that you are about to be had, and summon the self-confidence to say, "NO."

2) Your understanding of the MSE energy will be enhanced by learning to see the MSE energy field that we call your aura. Practice the exercise until you are good at it.

3) Telepathy and influence are a natural result of the auric energy exchange that occurs regularly between you and the environment. Especially good examples of psychic rapport are proof that thought and feeling transference is all around us.

4) People may attempt to control you by verbal or psychic suggestion, and even by using attention and praise.

5) Use the thought/suggestion challenging technique for a week to learn how much of YOUR life is being controlled by others.

6) Build your cone of power to help you become a free being, no longer controlled by others.

7) Practice producing the energy surge in your cone of power to handle emergency situations, but control others only when there is no choice in the protection of your physical and material well-being.

Step 6

**How to Use
Miracle Spiritology to**

Recognize and Destroy Secret Psychic Attack

Had a run of bad luck lately? Or does it seem that the world is closing in on you? If you are honestly doing your best, but everything still seems to be going wrong, it may well be an outside force working on you through secret psychic attack. You may have previously associated “black magic” with far-away places like darkest Africa, Haiti, or Brazil, but the simple truth of the matter is that there is as much or more practice of the “black arts” in the United States today as in all three mentioned areas combined. Again we must take care to avoid paranoia, but it’s equally necessary to face the world as it is. And when you understand the problem, Miracle Spiritology can become your impregnable defense.

Understanding the Reality of Secret Psychic Attack

In the work of our last Step you began to understand the oneness of all beings and the strong MSE or psychic communication which takes place through our auras. Clearly you are subjected to many suggestions and attempts to control you by both conscious and unconscious direction of ideas and emotions toward your aura, but you now have the tools of defense to make you your “own” being. And this would be enough for all situations were it not for the “die-hards” who take it upon themselves to punish you for not submitting

to their control, or the Hitler-types who see you as an annoying insect to be stepped on or exterminated by psychic means.

The movies depict elaborate ceremonies of what we might term "Attack Magic" taking place in eerie firelight in a secluded jungle clearing, guarded by nearly naked natives carrying spears and shields and chanting strange syllables that sound like "muggy gumbo." But real attack magic has been much more sophisticated than that for literally thousands of years. Through the history and lore of ancient Egyptian Magic, the *Druidic* Craft, Voodoo, Huna, Taoist Magic, the Vedantic Black Arts, and the nature religions of all "primitive" peoples, we find a striking similarity of method and effectiveness. We are no doubt indebted to attack magic for the discovery of the beautiful principles of sympathetic magic that are so useful in absent healing and other positive forms of the work.

Instinctively, a passionate but lonely lover knows that if she (or he) kisses the lover's picture and speaks words of great feeling to it, some part of the feeling will be carried to the lover's person. Similarly, the practitioner of psychic attack focuses tremendous forces of hate upon the picture or effigy of his intended victim and inflicts wounds or gross indignities upon it. And this negatively-programmed energy follows the astral strings from the picture to attack the intended victim with great vigor. We have all heard of the effectiveness of the ceremony of "the pointing of the bone" or the Huna Death Spell to actually kill the victim, or the powerful path-blocking ceremony of the voodoo intended to make the victim wish for death as a release from the misery of abject failure brought upon him by the spell. These and lesser attack spells are practiced by amateurs and professionals alike right here in 20th Century United States of America.

And even more frequent is the unconscious psychic attack brought on by the simple act of someone resenting or hating you. The old cliché, "looking daggers at him," shows that the world recognizes the serious discomfort of psychic attack caused by another's anger. Recognizing the occult knowledge and power of the Master Jesus in this thought framework gives us a deeper understanding of the too often misunderstood injunction to "turn the other cheek." It makes a lot of sense as a way to avoid psychic attack.

Since just being close to a person who is in a fit of rage subjects you to some degree of psychic attack, we can see that we all

share in the problem and need to have a good set of defenses working at all times.

How to Recognize Secret Psychic Attack

The feeling of discomfort in the presence of a person who is violently angry is not wholly psychological. Part of the discomfort is caused by the bombardment of your aura with the spikes of anger being emitted by the aura of the upset person. It is good to study this feeling because you will recognize that the same symptoms or feelings are present when someone is performing negative sympathetic magic upon your picture or effigy. The sooner you recognize the attack and bolster your defenses, the less negative effects will be produced in your life.

Let's follow the symptoms of psychic attack from the beginning to some of the natural consequences to the undefended. It begins with the mild feeling of general uneasiness or discomfort. Next the victim may experience tightness in the chest along with fleeting sharp pain in the head or whatever part of the body is being sympathetically attacked. Then little things begin to go wrong — the victim will break dishes, cut his finger, get traffic tickets, and make silly mistakes in the normally routine tasks of job and living. Slowly the feeling that he is "jinxed" grows as household appliances break down, there are numerous small accidents, he may lose his job or wind up in the hospital in serious condition. The end result can be financial disaster, suicide or a strange death.

It is important not to be frightened at this point. Let's hasten to remind you that the extremes we mentioned as the logical end are relatively rare because they can be produced only by real experts — who have strong tendencies to "do each other in," rather like the gun-fighters of our old West. But there are all manner of amateur and "Semi-pro" conscious or unconscious practitioners who need to be taken into account in your work. We must read with balance to clear away any old negativity around us without attracting or generating more.

We will look quickly at one more way of spotting psychic attack before we turn to the positive methods of defense. We all have our individual bodily weaknesses, and this is the part of you that is most likely to show symptoms of attack. Be particularly alert to the tightness in the chest and a general flu-like feeling or a gen-

eral weakness accompanied by a dull headache. These are the most frequent manifestations of attack, but any aggravation of a chronic physical problem may be the same thing. The best advice I can give you is: **WHEN IN DOUBT, TAKE STRONG DEFENSIVE MEASURES.**

A Powerful MSE Ritual to Build Your Permanent Psychic Defense

The temptation to counterattack is often strong, but the negative fallout from such a battle is exceedingly dangerous. I gave a much better approach to psychic defense in the Lemon and Candle-based uncrossing ritual in Chapter 9 of my *Helping Yourself with White Witchcraft*, and you may find it useful to review it for other forms of help. There we worked to simply neutralize or break up the attack, and it works. But I want to suggest a more advanced approach here, based on the MSE energy concepts. We should by now be able to agree that all energy is of itself neither positive or negative. What man calls positive or negative is the *use* or programming of energy to accomplish a purpose that we consider good or bad. If we recognize an attacking thoughtform as simply a bunch of negatively programmed energy, we see that it is reasonable to change the programming and cause the energy to work for our good rather than our detriment. The idea of the ritual we will now present is to do just that — to reprogram all thoughtforms and energies directed at you and make them work for your good. Then when your enemy realizes that his every attack turns out to be a gift of good to you, he will naturally leave you alone. Thus, you not only avoid the negative fallout of a major psychic battle, but reap happy benefits of “unexpected” good in the process.

With this happy prospect as our spur to action, let's turn to the ritual itself: Open your ritual as we have in all of our work beginning with Step 3. Begin the middle ritual by re-energizing the cone of power you built in our last chapter. When you feel that powerful cone rotating clockwise in good form above your head, you are ready for the new work. Again salute Mighty Ra, Lovely Isis, Wise Thoth, and Powerful Osiris in that order and begin to make a large cone of energy rotating in the counterclockwise direction with the vortex at your feet and the cone extending ever

outward and upward. Help it by guiding it with your hands as you chant:

All spells and energies sent to me by fire of Ra now purified be,
By love of Isis toward me be filled, Wisdom of Thoth bends you
to my will.

With the power of Osiris you work for me, my success and health
ever greater must be.

All spells and energies now must help me, and as my will, so mote
it be.

Keep chanting and whirling the energy until you feel the solid cone of power and know that it has all the energy it needs to accomplish its happy mission. Then complete your ritual as usual.

W.S. had this to report on the work: "I had been in the hands of a strong evil force. Everything that I attempted I was turned away from by some strange negative force. Then, thank God, I made that second cone of power to break the spell. I will never be able to explain what really happened, but things began to fall into place. I was able to think for myself. Pleasant suggestions and ideas came to me. I stopped having those terrible nervous attacks. I began to sleep well and feel normal again, and my financial well-being is greater now than at any time in my life. Any time I feel myself getting depressed, I mentally reach out to strengthen my protective cone of power, and I calm down at once. Thank you for this wonderful help."

A mother was concerned about her young son, and at my suggestion worked the ritual with him. Here is her report: "I wanted to let you know about the ritual you suggested I use with R. He snapped right out of his terror AND IT HAS NOT RETURNED. I can't tell you how pleased I am — since R. has had night terrors ever since he was born. To know they are gone is indescribable. He had a *great* time at camp, although some of the other children got too upset and had to leave. I don't want to get maudlin, but I know this was a real turning point for him, the start of an independent life."

How to Harness the MSE Protective Energy with Seals, Sigils, Amulets, and Talismans

With an efficient protective power cone striving to turn all attacks to good luck for you, there could be a tendency to get smug and let your guard down at times. The classic pattern of cyclical rise and fall, or what we may call the ups and downs of

life, is not so much a matter of fate or astrological influences as it is our own complacency. When your back is up against the wall you turn desperately to all of the magic and occult power you can muster. So it works and now you are sailing smoothly along through life — but you more or less forget what caused it and slip back into the old habits of thought and action that got you into trouble in the first place. Then your world seems to crumble around you and the cycle starts all over again. Thus we see that for most of us, the ultimate in protection would be a device to guard us against our own sloppiness and complacency — keeping us on the happy path of constant growth, power, and success.

We have discussed the MSE energy generating ability of both two-and three-dimensional shape, and I trust that you realize the special power of the drawing of the interlaced squares with your picture inside which is by now a powerful fixture on your altar. This could itself be considered a strong sigil or seal for your protection. But you certainly need something more to wear or carry with you at all times. In my *Helping Yourself with White Witchcraft* I discussed the use of the ankh, astrological stones, and jewelry, and the construction of some of the Solomon Pentacles for protection. Any or all of these are useful — I personally wear them all plus the special protective amulet I want to bring you here. In the research work for the classes in Scientific Magic we held at E.S.P. Lab we evolved the idea of blending the power of shape with the power of sound in a regularly recharged amulet. There is a dual purpose to the recharging process, too. First is the practical aspect of bringing your protection to a peak of effectiveness to start each day, but equally important is the *reason* for developing the recharging habit that helps you *remember* what it is that is causing your good fortune, and so avoid the classic ups and downs.

A lovely version of the amulet is made in filigree as a piece of jewelry at E.S.P. Lab, but you can fulfill the principle for yourself with nothing more than parchment paper, compass, and straight-edge. The amulet can be made as a coin shape or the pendant for a necklace. It should be just slightly larger than a silver dollar. The basis of the figure is a circle enclosing the interlaced squares which in turn enclose a triangle symbolic of the pyramid. On one side (see Figure 1) the triangle contains the all-seeing eye for protection. On the other side (see Figure 2) the rainbow representing the clearly working energy centers, runs up the center of the triangle — tiny



YOUR SCIENTIFIC MAGIC AMULET

(Side 1)
Figure 1



(Side 2)
Figure 2

VIOLET
INDIGO
BLUE
GREEN
YELLOW
ORANGE
RED

bits of colored glass, stone, or sequins can be glued in place to make your rainbow.

When it is finished, your scientific magic amulet is both a protector and a spur to regular action. Let it become your reminder to regularly use the PROTECTION/SUCCESS RITUAL that we will give you now.

Your Five Minute Protection Success Ritual to Start Each Day

Open your morning ritual by saluting Ra, Isis, Thoth, and Osiris, lighting the candles and incense, and using the perfume oil as we have done since Step 3. Begin your middle ritual by recharging your inner cone of power, feeling it swirl with your hands as you chant:

There is power, power, wonder working power
In my thoughtform, in my thoughtform.
There is power, power, wonder working power
In my cone of power thoughtform.

Next, hold your scientific magic amulet between your hands and charge it with power as you chant at least three times:

Growth, protection (your name).
Health, prosperity (your name).
Love, prosperity (your name).
Power, protection (your name).

Then renew the outer spell reversing cone of power with its chant:

All spells and energies sent to me by fire of Ra now purified be,
By love of Isis toward me be filled, Wisdom of Thoth bends you
to my will.

With the power of Osiris you work for me, my success and
health ever greater must be.

All spells and energies now must help me, and as my will so
mote it be.

Complete the closing and dismissal of elementals as usual, and wear or carry your amulet with you throughout the day. The extra power has its special ways of turning apparent defeat into happy victory.

Feedback on the use of the amulet with its daily recharging ritual reads rather like the "Look, Dad, no cavities!" commercials. Here is a typical report from Rodney G.: "Boy, was I ready for your idea of the amulet with daily recharging of protective power! We had suffered a long siege of minor automobile accidents, busted water heater, and sick children, as well as bad moods and unaccountable bodily aches and pains. I was beginning to realize that each small tragedy occurred when it had been a few days since I had worked on our psychic protection. As you know, I then got an amulet for myself and for my wife. I see to it that the protection is well-set because the wife and I do the morning protection/success ritual together. With our family of five kids, three dogs and a bird this ritual has become a must, and a true Godsend. Would you believe that it has been six whole months since we have had anything remotely resembling a tragedy in our family??? I know now that a smoothly running life is attainable through the magical work and you can bet I will NEVER skip a morning ritual — I just won't take that kind of a foolish chance again."

On the more spectacular side was this report from Sarah D.: "When I realized that my boyfriend was a black magician, I decided to break off with him. The night I told him I didn't want to go out with him anymore he cursed and said, 'I will see to it that you not only never marry but that you never have more than two

dates with the same man, and NEVER any sexual relations for the rest of your life.' It was working, too. What a lonely, miserable life I led for well over a year. During the whole time, he was right — I never had a third date with any man. Then I started to work with you, and the outer cone of protective power did seem to help in the rest of my life, but the love life remained a barren desert until I got the scientific magic amulet and began the daily protection/success rituals. By the third morning, I thought I felt better and somehow more attractive. It was that very day that I met Bill. There followed a whirlwind courtship and we were married within six weeks. Life is really beautiful again, and you can be sure that I will maintain my daily recharging ritual for the amulet forever!"

*How to Fill Your Aura with So Much Power That
No One Dares to Attack You*

It is rare indeed to see a classic 98 pound weakling take a swing at a 250 pound prize fighter or fullback. On the international level we see the same thing expressed as the capability for massive retaliation being a successful deterrent to total war. Teddy Roosevelt put it very well in his admonition to "walk softly and carry a big stick." And YOU will find your own immunity from psychic attack by following both ends of the admonition.

FIRST walk softly through life, striving to be a source of inspiration and peace. Arrogance, pushiness, and selfishness are but shields to hide personal insecurity. You are building your security as part of the new magic in your life, so you no longer need to bluster or threaten — strength can afford to be gentle and considerate. The Light Touch fits here; appoint yourself a personal AMBASSADOR OF THE LIVING LIGHT and strive to be a natural source of peace and inspiration wherever you go. There is something about the serenity of walking softly, but *CONFIDENTLY*, that highlights the power of your big stick.

YOUR AURA OF BALANCED POWER is your big stick. In Step 2 we spoke of checking the energy flow of your psychic centers with your receiving hand. This should become as firm a habit as brushing your teeth in the morning. Strive to feel not just a trickle of energy, but a flowing stream of real power from each MSE energy center. In a very short time, you will see which of your MSE centers tends to be more sluggish than the rest. Of course, you will want to give it special attention, but in preparation to meet the world, it is

especially useful to have an appropriate gemstone handy to add to the power of a sluggish center and thus put the aura of balanced power before the world — whether you have it inside or not.

Self-knowledge gained from studying YOU is the greatest asset in maintaining your projected auric strength. In my own case, I would never dream of going into a tense situation without powerful stones protecting and amplifying the energy of my Solar Plexus and Spleen centers, but then I am very apt to wear gemstones on all seven MSE centers because I like the feel of the extra power. The gemstone power in your aura is a bit addictive in the same sense that horsepower in a car is addictive: there's an extra feeling of comfort and confidence when you KNOW that the power for any emergency is there awaiting only your command to action. And the extra confidence itself reenforces the power of your aura, ever diminishing the likelihood of deliberate attack. The rewards of living the magical life clearly include both success and protection. Strive on and get YOUR share.

M.C. had this to report on the power of a balanced aura: "As you know, I have often referred to my boss in the past as a cruel man, and he was! He seemed to take fiendish delight in regularly humiliating me right out in the middle of the office where he had a large audience. I decided to take him on as a 'balanced power aura project,' to make me an Ambassador of the Living Light to him. First I checked my MSE energy centers while thinking of him, and found that the spleen and solar plexus centers dried up to essentially no flow at all. Over a weekend I found a nice flat carnelian and a small piece of flat marble. I put them on my spleen and solar plexus centers respectively, and spent extra time in chanting and strengthening my two cones of power. I concluded each of the many sessions with a firm statement: 'As an Ambassador of the Living Light, I am entitled to respect and acceptance as I fill my presence with peace and good humor. So mote it be.' It worked! I have a wonderful new relationship with my boss. Where he used to bawl me out in public at least three times a week, it has been eight weeks now and it has not happened once. Several times I thought he was about to start, but each time I gave him a big smile and a quick mental shot of Light and peace — and each time he settled for a quick attempt at humor. I have changed my image of him from an ogre to a nice man who needs help controlling his temper. Now that he is treating me nicely, I'm beginning to like him. What a wonderful change in my working conditions!"

J.R. reports: "I'll be eternally grateful for your idea of living the magical life as an Ambassador of Light. My husband and even the children used to tease and call me a ding bat, and I knew they were not really kidding. It made my handling the children more of an ordeal than a joy of motherhood. But since I learned to balance the power of my aura and be a carrier of Light — and, of course, set my cones of power — the atmosphere at home has become loving. Would you believe my nickname has been changed from dingbat to bright eyes! The children are so well-behaved it's unbelievable, and my husband is as attentive as if we were newly-weds! I'll keep my title of Ambassador of Light forever — it's the greatest."

Chapter Points to Remember

- 1) Psychic attack is not just a story of the past — it exists in force in all of the "civilized" world today.
- 2) Weakness, dizziness, flu symptoms, fleeting sharp pains, or the flare-up of any chronic physical problem may be signs of psychic attack.
- 3) Anything resembling a run of bad luck should also be considered symptomatic of psychic attack.
- 4) When in doubt, take strong psychic defensive measures.
- 5) Build your second cone of power, programmed to turn all attacking energy into good luck for you. It works.
- 6) Make your scientific magic amulet and use it in the five minutes protection/success ritual to start *each* day.
- 7) Walk softly through life and keep your aura so full of power that no one dares to attack you. Use the gemstones to increase the flow of sluggish MSE centers or for a general boost of power. The magic touch it brings adds much protection and success. Get your share.

Step 7

How to Use
Miracle Spiritology to

Get Tangible Help from Unseen Spirit Beings

Now that you have a good understanding of elementary Miracle Spiritology, we are ready to add a whole new dimension of power. Your growing awareness of the MSE energy can open the door to a wonderful world of intelligent beings who at present have no physical bodies, but whose help is tangible and unbelievably effective. There is no space here for an attempt to sell you on the principles of Spiritualism or Spiritism as it is often called — nor is it necessary. Let's take the pragmatic approach — try the exercises I will give you and let the beneficial results speak much more eloquently than I could, anyway.

*A Powerful, Informal Approach —
Did You Know That You Have a Spirit Lover?*

I invite you to adopt the method of the practical. If you experiment with the premise I suggest, use the exercises with reasonable diligence, and GET RESULTS, you will know that this is truth FOR YOU regardless of the opinions of others. And true or not, if it fails to work for you, you will not believe it. With this for our background, I will state simply that you have lived many lives on this earth and will probably live many more. Between these bodily existences, you dwell in the “unseen” realms that we will call simply the spirit world — in a body made of very fine MSE Energy. Re-

corded manifestations of contact between the two worlds are found in the literature of all religions, including the Old and New Testaments of the Bible, and have continued in an unbroken stream right up to NOW and will continue tomorrow.

Those who seek to pierce the veil and contact the “departed” generally find some degree of success, but most commit a serious error that *we* will seek to avoid with our informal approach. We can take our cue from the modern idea of ending racial and ethnic discrimination by focusing on the similarities rather than the differences. We will root out the last of our prejudices only when we learn not to discriminate against a fellow being just because he (or she) has no physical body at the moment. All too often, the discrimination against spirit beings takes the form of imputing some sort of omnipotence to them instead of realizing that they are just like us — complete with hopes and fears, loves, prejudices, AND THE ABILITY TO MAKE MISTAKES. To be useful, our spirit contacts must be based on the idea of good fellowship among equals, not upon awe or subservience, nor, for that matter, as slaves. We need a happy reason to seek the contact. Our vast experience at E.S.P. Lab has shown that the most useful beginning is to introduce you not to a teacher, but to a genuine spirit lover.

Close to YOU in spirit *now* is some person who has been a devoted spouse or lover in a past life or earlier in this one. This is a being just like you in all respects except for the physical body. Put yourself in his (or her) place in thought. You feel a deep and lasting love and desire to help the growth and general well-being of the person in the physical body, but you are quite unable to get notice or attention. How happy would you be to see your loved one finally decide to reach out to you? And wouldn't you be inspired to go all out to make it a meaningful and useful relationship for your lover in the body?

To me the real value is to be found in the joy of the relationship itself, and you should be thinking that way as you seek it. But I can guarantee you lots of happy side effects, too. You will be amazed at the many nice things a spirit lover can do for you — after all, lovers *enjoy* doing nice things for each other. You will find your way paved through even heavy traffic, and convenient parking places seemingly waiting for you. Somehow your financial picture gets better, your human relations improve, and you take on the aura of a “charmed life.” And this is only a tiny beginning! As the relationship deepens, the possibilities for your good are quite

literally infinite. We will give representative examples, but first let's go about the happy business of introducing YOU to your spirit lover.

*How to Enrich Your Life by Contacting Your Own Spirit Lover
(A Get-Acquainted Exercise)*

In time you will learn to talk with your spirit lover as casually and naturally as you would if the presence were also physical, but the beginning is best made with a bit of ritual to sharpen your extrasensory awareness. I would begin by bathing, combing, and perfuming my physical body as if getting ready for an important date, which indeed is true. Then go to your altar area, set the mood of Light, and open your ritual in our traditional manner, saluting Ra, Isis, Thoth, and Osiris. Begin the middle ritual by speaking aloud (in your own words or these):

My personal lover in spirit, I know now that it is time to renew and deepen our relationship. I want to love you and feel your love in return. Please stand close in front of me and let me caress you with my love.

Then really send a powerful energy of love from your heart. Mentally reach out from your heart with great arms of love, give your spirit a big hug, and draw him (or her) closer to you (in imagination, if necessary). If you are relaxed and at peace, there is no doubt about it, YOU WILL FEEL A LOVING RESPONSE! Our language is quite inadequate in this area, but I will do my best to explain what you should expect to feel — the loving touch of a spirit is electric-like and tingling. You may feel a very faint and subtle tingling on your neck, cheek, or down your spine, or there may be so much power that you momentarily shiver all over and just feel loved from head to toe. You may feel a hand placed on your shoulder that feels so solid you would almost swear it was physical. You may hear your spirit lover's voice speaking softly in your ear or see beautiful pictures on the small TV screen inside your head. Or you may be only vaguely aware of an "imaginary" presence. Even if you are "sure" that the whole thing is a creation of your imagination, keep up the exercise on a daily basis for at least a week, and watch for positive side effects of nice things happening to your life expression — how many "lucky breaks" will YOU have to have before you are ready to discount the intellect's cry of "coincidence"?

How His Spirit Lover Helped John S.

John S. was a junior executive in what he described as a pressure-packed job. He felt it was all he could do to hang onto it, so there was almost no hope of getting ahead. Then he tried the exercise to contact his spirit lover, and here is his report: "During my first use of the exercise, I was faintly aware of a presence, but I really wasn't sure. Since it was close to bedtime, I ended the middle ritual by asking my spirit lover to let me meet her in a dream state that night. And I did dream of a lovely girl who calls herself Gertrude. Driving to work the next morning I again seemed to sense a presence and a faint massaging like energy on the back of my neck. Somehow, the day seemed to go better than usual, and in the car driving home the business on my neck was stronger and very relaxing. I thanked Gertrude for her help and remarked on how much better I felt at the end of a work day than usual. That night my exercise to contact Gertrude brought a much stronger awareness of her presence and a wonderful flow of soothing energy through my body. The next day went even better, with people who used to push me going out of their way to be helpful. To make a long story short, I got such a good handle on my job that in less than three months I was given a promotion and a nice raise. And our company president told me that he expects me to have a really great future here. I am relaxed and confident now where I was uptight and insecure before. My spirit lover is the nicest thing that ever happened to me."

Miriam D. was a widow with three married children and the youngest daughter in college. The spirit lover idea appealed to her as a way to help diminish her loneliness. Her first ritual produced "nothing that I could be sure was not my imagination playing tricks," but she decided to keep trying. Over a period of several weeks, the reality of the contact grew, along with the mutual respect and companionship. Let's continue in her own words: "Harry (my spirit lover) and I have been getting along famously, and he does so many nice things for me. I have always been slightly absent-minded about where I leave things, but now that's all right. When I can't find something, I just pause and say, 'Harry, can you tell me where I left my car keys (or whatever)?' and either my eyes go right to them or I just *know* where to look. I'd be lost without the gentle spirit caresses, but one day I realized that I was still lonely. While 'talking' with Harry (I talk out loud and he answers with clear thoughts, pictures or feelings), I remarked that it was wonderful to

enjoy his company, but I'd sure like to have an understanding man in a physical body to love, too. Harry said, 'Good,' and I more or less forgot about it. The next evening I made a quickie trip to the grocery store for a few fill in items. Suddenly there was an unbelievable tangle of my shopping cart with another and Harry's voice in my ear saying, 'This is he!' It was a sort of whirlwind courtship, but before I said yes to the marriage I told John about Harry and the way we met. John asked for help in meeting his spirit lover, too, and the four of us had a magnificently happy honeymoon. We're back now, and life is much more wonderful than I had dared hope. The joys of sharing our spirit contact make a foundation for love that will last forever."

*How to Live the Abundant, Effective Life
as a Member of Your Spirit Team*

Through the informal, loving relationship you are building with your spirit lover, you can easily get a working acquaintance with other spirit beings who are interested in spurring your growth, achievement, and well-being. The perspective of an extra-dimensional view of life gives YOU a much greater degree of personal power and security. It may be difficult to realize that *you are never alone*, but getting used to the simple truth gives you direct access to all of the advantages (while the seeming disadvantage of lack of privacy was always there, anyway). I like the analogy of a football team for understanding. You are the primary ball carrier because you have the physical body, but the blocking, play calling, and coaching are all provided by the right members of your spirit team. I'd love to give you several chapters of philosophical and spiritual explanation of this concept, but this is not the place for it. For a book like this which strives to be intensely practical for you, my best approach is to say again, TRY IT, IT WORKS!

After a week or so of using the ritual as in our last section, you should be chatting with your spirit lover regularly throughout the day, and be quite aware of the presence whenever you mentally seek it. Then you are ready to make contact with other members of your team. Invite your spirit lover to your alter and begin the ritual as usual. This time as you reach the middle ritual, say aloud:

Now, wonderful spirit lover, I am ready to take my place as a cooperating member of our spirit team. Please begin the introductions to the other spirit beings I should know.

The comfortable give and take with your spirit lover has already set your mood. Let the introductions proceed at the discretion of your spirit lover, and enjoy noticing the subtle differences in interest and personality. Very early in the introductions will come one who is your teacher or spiritual advisor. Depending upon your needs and the purpose of this specific incarnation, you may also meet other “mentors” such as a doctor, a business advisor, a muse or literary guide, a trance control spirit, a messenger, a joy guide, or an occult expert. It is normal to find anywhere from three to a dozen or more quite permanent members of the spirit team. You will generally meet only one or two at a sitting, and your spirit lover may allow time to get well-acquainted with the first one before introducing more. Take the whole process slowly and enjoyably — it’s one of the best few days or weeks you will ever spend on your growth and well-being. You may get some very special insights as part of the introductory process, but there is generally a special bit of TANGIBLE help, as well.

Results of “Joining” Your Spirit Team

Mildred W. had this to say about her first spirit team introduction: “I had suffered from a chronic bladder infection for over five years. Various doctors had tried all sorts of different medications, but nothing had brought a cure. Then came the happy night when I invited my spirit lover to introduce me to the rest of the team. The first spirit being I met was a man called Dr. Gus. He ‘said’ I had suffered long enough, and as his get acquainted present to me he would get rid of the bladder infection. I went to bed that night with high hopes, and I sensed all kinds of MSE energies at work in that area as I drifted off to sleep. Sure enough, I woke up in the morning feeling fine. I felt so good that I forgot to take my bladder medication. By evening, I was convinced that I was indeed healed. I waited two weeks, then went to my doctor for an examination. He congratulated me on being rid of the chronic problem. I’m happy to say that six months have now passed and I am still enjoying *perfect* health!”

Martin G. had this to report on the exercise: “I’d like very much to tell you of my expanding progress. Just four weeks ago, I began the ritual to meet my spirit team. The first member that my spirit lover introduced was a business advisor, and I have really accomplished lots with him. Three weeks ago I accepted a gracious offer to go into partnership, being a territorial salesman for a very

progressive company. Today after a large company meeting, my partner was offered his chance for a transfer, and due to the perfect circumstances I was given his territory for myself. I drink a toast to my spirit business advisor, to you, your Lab, your personal concern for your members, and to celebrate the start of my successful career."

*How to Attract Spirit Experts for Help with
Highly Specialized Business or Personal Problems*

You may find your intellect kicking up a fuss to talk you out of your beautiful spirit contacts — after all, the new reality does tend to remove the logical mind from its throne of supremacy, and a struggle to regain its place is very normal. To help you through this period of questioning and doubt, let me share a personal experience with you. After one of our classes at E.S.P. Lab where we had just finished a very good session of psychometry and spirit contact, a gentleman visitor leaned back in his chair and announced, "I am a psychiatrist, and I want you to know that you are all hallucinating."

My response to him was the same as your response should be to your doubting intellect, "O.K., let's call it hallucination. But as long as our hallucinations bring us useful information and tangible help, there is no reason for you to try to take them away from us."

There is often a true paradox in our spirit contact work. The contacts themselves may be extremely subtle, but the help is wonderfully tangible. As you strive to be an ever more effective member of your spirit team, the details of your life tend to fall naturally into place and you enter a period of accomplishment and effectiveness. Most of your immediate problems will be relatively easily solved with the help of the members of your own spirit team. But we all have those times or special situations that seem to be out of the reach of our normal methods. After a few weeks of working with your spirit team, you will find the same natural give and take with them throughout the normal day that you already have with your spirit lover — and that's good. But there should be one complete team meeting per week to talk over the tough problems and work on long-range planning. I have set aside a quiet hour on Sunday afternoon for my own team meetings, but that is strictly a matter of personal habit and preference. The important part is to make it what we might call a "standing appointment."

The team meeting should always begin with our normal ritual.

When you reach the middle ritual part, greet each member of your team by name if you know it, and extend a special welcome to all who are in attendance whom you have not “met” as yet. Then talk over your problems, hopes, plans, and dreams as you might with a special group of trusted friends — and be alert for thoughts of guidance as well as alternative suggestions to your plans. If you feel that you need the special wisdom of an Albert Einstein, Andrew Mellon, Thomas Edison, or some other well-known expert of the past, tell your team about it and ask them to invite him to your next meeting. You can be sure that there will be the best possible response — a real expert will attend your meeting and advise you.

The trick to making your sessions really meaningful and productive is to be completely relaxed and receptive, and to take care to separate the solid guidance from your own wishful thinking. NOTHING is impossible to you with your spirit team in full agreement, but it is always important to take one step at a time and not frivolously jump from one problem to a tougher one. In matters like this there is no substitute for experience — work on the “smaller” things first to get a good feel for the work before you tackle the “big” problems.

John D. had spent close to \$3,000 to patent a novel invention, but had seemed to run into a stone wall when he tried to market it. He was unsuccessful in raising money to produce the item on his own or in interesting a manufacturer in producing it on a royalty basis. The problem had continued for almost five years when John decided to take it to a spirit team meeting. The first week seemed to “draw a blank,” so John asked his team to invite an expert to the next meeting. This time he “saw” a picture of a novel presentation and “heard” the name of a company. He took the guidance and acted as quickly as possible — with the result that he has the satisfaction of seeing his invention in the marketplace plus a semi-annual royalty check that he calls “serious money.”

Carla Y. was in what she had defined as an “impossible triangle.” She was “madly” in love with her husband’s best friend. The frequent get-togethers of the two families brought a special kind of tension and heart-tugging that was not relieved by the all too infrequent moments they were able to “get away together.” Finally Carla asked for a “lovelorn advisor” at her regular spirit team meeting. The advice she received seemed all too much like wishful thinking, it said simply, “Just relax and leave the solution to us.”

Within the week there was another get together of the two families. After dinner Carla's husband asked for serious attention . . . He said that he and J's wife had become aware of the problem and wanted to offer a tentative solution. He suggested a trial six-month swap of mates (which was reasonable since all the children of both families were grown and had left the homes), after which all could agree on a final solution. They stayed good friends, and in three months arranged a legal set of divorce and remarriages. Now there are four happy people where there might have been only misery.

A Special Extra Bonus for You
— *Your Gift of The Power to Achieve*

I want to bring you a very special something right now — a power that you can use by way of introduction even if you have tried none of the exercises or rituals that we have given you in these first seven chapters of our work. By way of background, let me introduce you to a very special member of my personal spirit team. He uses a name of power that may or may not be directly related to the Babylonian and Assyrian deities of old, but that is not important because the results speak for themselves.

To show how this evolved, let me explain that in January 1971 we began experimenting with the broadcasting of special MSE Energies through an idea that we termed an "all member thoughtform" in our E.S.P. Laboratory Newsletter. We met with some degree of success, but not as much as I would have liked. Then in December of 1972 I presented the problem to my spirit team with the question, "How can we bring a truly effective energy right to each Lab Member's fingertips?" The answer came from the spirit I previously introduced. He uses the name of ISHTAR (and reminds you purists that in the ancient hierarchy there were both male and female deities who carried that name). Ishtar's suggestion was, "use your all member thoughtform to produce a tie directly to me through which I will direct a very special energy that you may call THE POWER TO ACHIEVE. Have your members use the newsletter page as a point of contact and I will immediately charge their auras with this power each time they touch the page." The results were tremendously beautiful and I will give you a few sample reports in a moment, but right now let's carry on with bringing YOU this power. As I was planning this part of the book (I always have a

series of spirit team meetings to plan a book), Ishtar asked for the “privilege” of serving all my readers in this very special way. So right here in this printed page we have worked to bring YOU the special tie to Ishtar’s MSE Energy that is set to the frequency he calls THE POWER TO ACHIEVE. Every time you touch this page with the fingers of your receiving hand (if you haven’t determined that as yet, use both hands to be sure), your aura will receive a full charge of the energy. I challenge you to touch this page often, and *use* the special energy to find extra effectiveness and accomplishment.

Now let’s look at reports from those who have tried exactly the same process through our E.S.P. Laboratory Newsletter:

A.C. wrote: “I cut out a rectangular piece of paper from the front of my E.S.P. Lab Newsletter and wrote on it *ISHTAR*. I took it with me to Bingo and I won three times and my fiance won once. It was amazing as only 15 Bingo’s could be won all night. Thank you.”

L.H. wrote: “On Friday I found a lump on my body and I got frightened. So I clipped a piece of Ishtar’s energy spot from the Newsletter and pinned it to my undergarment where the lump was. Today, four days later, the lump is gone. I didn’t have money for my Lab dues for this month, so I placed another piece of Ishtar’s spot in my wallet. Next day I received money.”

L.L. had this to report: “With a sort of mystified daze and a tremendous heart, I am immediately letting you know that the Green Light of prosperity really cast a bright beam on me. Last night my wife and I read over your letter again and touched the Ishtar spot of the Newsletter as suggested. Upon awakening this morning I found out that the three digit number which I have held onto for such a long period was finally hit upon.”

We will take just one more sample from the hundreds in my files: From E.G.: “I touched the Ishtar energy and asked for help to sell my store. It is sold and I am most grateful.”

Chapter Points to Remember

- 1) We live many lives on this earth. Between them we exist in bodies of fine MSE energy in what we call the spirit world.
- 2) Contact with spirits of the departed has been a fact of life from prehistoric times right up to the present.
- 3) We will avoid the mistake of stuffiness by introducing

you to your spirit lover first. Use the exercise and enjoy your new relationship.

4) Your spirit lover will do many nice things for you as acts of love.

5) Your spirit lover can introduce you to the other members of your spirit team. Use the exercise and take your place as a cooperating team member. The results will bring many happy miracles into your life.

6) Your spirit team can bring in high-powered experts to help solve highly specialized problems. Ask when you need, preferably at your weekly spirit team meeting.

7) Accept the challenge to touch and apply the special **POWER TO ACHIEVE ENERGY** through the page devoted to Ishtar. This can be done independently of all the other work in this book — and it **WILL ALWAYS HELP YOU**.

Step 8

**How to Use
Miracle Spiritology to**

Banish Obsessing Thoughtforms, Entities, and Demons from Your Experience Forever

“What happens if somebody on my spirit team tries to become a dictator and make me do things I don’t want to?” That should be an extremely rare occurrence, but we must be prepared to handle it and many other forms of spirit intervention of an undesirable nature. Most often, the uncomfortable manifestations begin when you are in a mood of grief or deep despair, and the “misery vibrations” in your aura attract an entity who has passed over in a similar emotional condition — so to fulfill the old adage that misery loves company, it works diligently to keep YOU miserable. Or consider this possibility: some person whom you have offended passes over to the spirit side of life with a terrible hatred of you — whether justified or not is beside the point, the hatred is in the mind of the spirit. This spirit may attach itself to your aura and function as a negative influence in quite the same way that your spirit team operates as a positive influence. The very nature of a negative entity makes it closer to the three-dimensional realms than your positive spirit helpers, with the uncomfortable result that it can interfere with, or virtually cut off your working association with your spirit team.

How to Recognize Entity Obsession or Possession Problems

If you are having trouble contacting your spirit team, or if you have used the techniques of Step 6 and still feel that your “jinx” is not broken, chances are high that you have an entity problem. But it is easier to notice many of the symptoms in someone else. Some obsessions are so total that when the entity is in control, the facial features as well as the mannerisms and entire approach to life of the controlled person are completely changed. And there may be essentially no memory of the actions one’s body performed under control when the person is momentarily “normal” again. Brand new physical symptoms may be entity caused, as well. For example, a vibrantly healthy, middle-aged woman, Cheryl, married a nice gentleman whose wife had passed over with a heart condition about a year before. On her wedding night Cheryl began to notice pains in the heart area which became progressively worse. Within three months she was in nearly as bad condition with the exact same heart condition that had claimed the husband’s first wife. Through spirit contact we learned that it was the former wife, motivated by jealousy at her husband’s remarriage, who had attached herself to Cheryl and was deliberately causing the condition. With some discussion and mild exorcism, the spirit was convinced that she had better things to do in her new life and left. Very shortly Cheryl returned to the same robust health she had manifested before.

The major hit movie, *The Exorcist*, somewhat overdramatized the problem and its cure, but it was based on truth. Many major human problems and conditions of suffering can indeed be cured by helping, or in extreme cases banishing, the negative spirit influence that is the cause. There is so much good to be gained through positive spirit contact that it is something of a shame to see the field marred by fears stemming from the negative experiences of the relatively few. On the other hand, much suffering is caused in the lesser cases of spirit or entity obsession that could be eliminated by enlightened exorcism work.

Perhaps we should pause to clearly define the process of exorcism. The word exorcise means to *bind*. In good magic and ritual work we use it positively to cleanse and bind our altar and working tools to us. Similarly, when we encounter the presence of a “negative” entity the process of exorcism successfully performed leaves the entity in a condition where it is bound to leave the former victim

alone. We will give you an effective exorcism process before we end this chapter, but first we will consider some preventive habits which should be a natural part of your everyday living.

How to Avoid or Prevent Obsession and Possession Problems

It is a truism that a healthy, bright, outgoing person is much less susceptible to entity obsession problems than one whose aura is diminished in MSE energy because of grief, anger, resentment, hatred, or other negative emotions. A bright, happy aura by its nature repels the beings who live in relative darkness. So as always we see that the basic ideas of positive thinking and feeling are our first line of defense. If you could stay constantly at a peak of emotional and mental comfort and happiness, I could almost guarantee you complete freedom from all entity problems. But we all have our bad days, don't we? Thus we see that the second line of defense is the regular checking of your MSE Energy centers to discover any weaknesses in your aura and temporarily shore them up with MSE exercises and appropriate gemstones. The work of Step 2 in using an appropriate stone to enhance the output of a weak MSE Center takes on added significance with this new knowledge. Next we will consider harnessing the energy of shape, and develop a personal protective sigil or amulet to ward off those who would otherwise tend to pounce on you when you allow yourself a few hours of self indulgence in negative emotion.

Many shapes have been used by those skilled in the occult lore down through the ages. Your picture on your altar within the interlaced squares should itself be considered an excellent protective sigil. One other shape has the weight of centuries of effectiveness behind it and we will add it to your protective system now. It is the pentagram, or five-pointed star. Many different schools of Wicca and the Occult use differing versions of the pentagram and all manner of banishing rituals with it — the very diversity of its historical use gives added weight to the power of the shape itself in this form of protection. The human body assumes the shape of the pentagram when you stand with feet spread apart and your arms extended straight (horizontally) from the sides of the body (the five points being the head, the two hands, and the two feet). Way before the days of the founding of the Christian religion the human star symbol was used both in the morning greeting to the sun and for psychic protection as was a pentagram sign made with the right

hand in a manner very similar to the present day sign of the cross. Let's borrow from the ancient lore and develop a powerful MSE talisman with a simple ritual for protection from and banishing of obsessing entities.

The MSE Pentagram Ritual for Protection from and Banishing of Unwanted Entities

For severe cases of obvious possession, this ritual should be performed within the protective nine foot and seven foot circles, ritually drawn and sprinkled inside with salt water and protective chanting (as given in the Exorcism chapter of my *Helping Yourself with White Witchcraft*). In the severe method the pentagram would be inscribed on the floor with the key point toward the East, and the lines would be walked from point to point along with the ritual chanting and burning of an entity banishing incense. But this should be undertaken only after you have gained a thorough working familiarity with the process in its normal form by preparing (or acquiring) and consecrating a protective pentagram talisman. We will discuss the theory and power of the MSE Pentagram itself next, then go into the proper performance of the ritual.

The ancient Egyptian Magical lore contains the remnants of the greater power of the lost Atlantean civilization where the MSE Energy was brought to its greatest effectiveness in the daily lives of its users. We will use the Egyptian names of the deity power sources because they are fresher in the species, collective memory banks, but there will be variations in this work from the classic Egyptian rituals because our source material is the earlier civilization. Figure 3 depicts the MSE Protective Pentagram. Note that each section bears a connection to an MSE power source through a gemstone dedicated to an ancient deity:

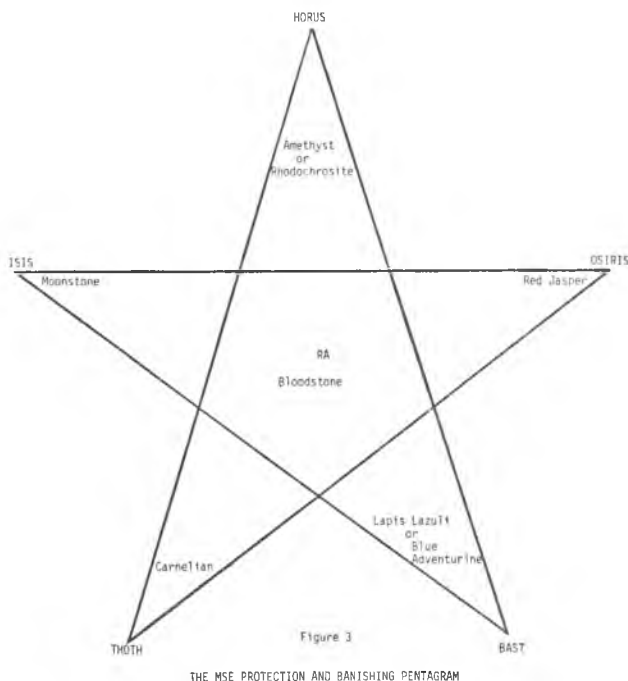
The center section (a pentagon) connects to Ra through a bloodstone.

The top point connects to Horus through an amethyst or Rodochrosite.

The lower left point (if it were turned around to be worn) connects to Bast through a Lapis Lazuli or Blue agate.

The upper right point connects to Isis through a moonstone.

The upper left point connects to Osiris through a Red Jasper.



The lower right point connects to Thoth through a Carnelian.

Your star can be of any size that appeals to you, but small enough to be worn on a chain around your neck or carried in a small pouch or sachet bag. The star material should be silver or copper for greatest effectiveness. You can use the ritual without the physical talismans (using the body star as we will, anyway), but to enjoy the full protection, the amulet is important.

How to Use the Ritual to Set Your Perfect Protection

If you are using your pentagram talisman, anoint it with exorcism oil and hold it in front of you in your left hand on a level with your heart, with the top point up just as it would be if worn on a chain around your neck. (Of course, you are at your altar standing facing the East.)

RITUAL STEP 1: Bring the thumb and fingers of your right hand together and raise it to the center of your forehead with the fingers pointing at your brow center and speak: Eye of Horus, watch over me. Protect me now and keep me free.

- RITUAL STEP 2: Bring the right hand down across your body to the point of your left hip, fingers pointing in as throughout the ritual, and speak: Bast, alert and ever bright, do see that all must treat me right.
- RITUAL STEP 3: Bring the right hand to the point of your right shoulder and speak: Isis, Mother, loving true, my aura clean ordained by you.
- RITUAL STEP 4: Bring your right hand to the point of your left shoulder and speak: Osiris, take each spirit who would harm me now away with you.
- RITUAL STEP 5: Bring your right hand to the point of your right hip, and speak: Thoth, whose wisdom knows no bound, clear my thoughts and make them sound.
- RITUAL STEP 6: Bring your right hand back to the center of your forehead, and speak: Mighty Ra, whose fire is bright, complete my aura with your Light. In full protection now I live, with all your loving good to give. Protected now most perfectly, and as my will, so mote it be.

Note that at the completion of the sixth step your right hand has drawn a perfect pentagram circumscribing the small talisman you held in the left hand. This is a short ritual that is of especial use to you when added at the end of your Five Minute Protection/Success Ritual to Start Each Day as we gave it in Step 6. The degree of your need and participation in occult or magical work should blend with your personal taste in choosing to actually wear the Scientific Magic Amulet, the MSE Pentagram, or both. Naturally I wear both myself because I am heavily involved in many phases of the occult and ceremonial magic work — but whether you wear one, both, or neither, the morning ritual should be performed as if both were physically present.

How the MSE Pentagram Ritual Cured a Case of Alcoholism

Victor S. developed a severe drinking problem when he was in his middle forties. When his wife, Mary, wrote to me about it, I made what has become a standard suggestion that the best

psychic treatment for alcoholism is to handle it as a form of entity obsession. So Mary ordered an MSE Pentagram and gave it to her husband for his 46th birthday, asking him to use it to free himself from the excessive drinking as a birthday present to them both. Here is Mary's report: "Thank you for the wonderful suggestion of the MSE Pentagram ritual to help Victor. There was a tense moment when I gave it to him, but he finally promised to use it to help him set a limit of three drinks a day for himself. I taught him to use the full Five Minute Protection/Success Ritual to Start Each Day and use the quickie MSE Pentagram ritual whenever the desire for drink became too strong. He agreed that this was a reasonable compromise, much better than my demanding that he stop drinking completely as I had tried in the past. I'm happy to report that it worked! He has taken a fourth drink on only two days in the last six months and has never had more! He feels better, and the greater effectiveness also brought him a promotion at work. He calls the Pentagram his good luck charm, and as you know he bought me one for my birthday last month. It's wonderful!"

Sandra N. Is a highly emotional young woman, but therefore more than normally open to entity obsession. Rather suddenly she developed what she thought must be an ulcer, but her doctor could find no trace of a physical problem or any reasonable cause for the many attacks of acute nausea which assailed her. We suggested that Sandra use the MSE Pentagram ritual at the first sign of feeling nauseous. Here is her report: "As you know, I had neither the time nor the money to acquire a silver pentagram, so I drew one on a piece of plain paper and wrote in the names of the ancient deities in plain old ballpoint pen. But I carry it with me always and at the first hint of nausea, I stop everything and go through the short ritual. I repeat the ritual until I feel normal — it seldom takes more than three times. The attacks are becoming much less frequent, and I shake them in just a few moments. In another couple of weeks I expect to be in absolutely perfect health. Bless you and the Pentagram."

Exorcism — You Can and Should Be an Exorcist

Clearly one of the first principles of healthy, effective living is to avoid places and people where lowly evolved and negative entities tend to congregate. The "skid row" bars, for instance, are full of miserable entities as is any place where people are habitually full of misery. But what if a close relative or your job

proves to be a “home for negative entities”? Self-preservation requires that you become an exorcist!

Exorcism begins in the same way as protection — with the brightest possible aura. With your aura bright and your MSE Pentagram in place, your very presence should have the effect of exorcism. Just as human beings in physical bodies who live outside the law tend to stay away from places frequented by policemen, so the entities who would do harm shy away from an aura of bright power. Never forget the bright aura and the use of the MSE Pentagram ritual mentally or aloud at the slightest hint of a problem. If a relative or friend is having obsession problems, the first and best approach is to introduce him (or her) to the work and get him to help himself by using his own MSE Pentagram ritual either alone or with you doing it together. The power of two people working together is always greater than the sum of what each can do alone.

But what if the person is too well controlled by the entity to cooperate, or it is a job situation where you dare not even bring up the subject? This is the time to fall back on the principles of sympathetic magic. Get or take a picture of the person or place and bring it to your altar or working area. This is a good time to set the protective nine foot and seven foot circles as we mentioned earlier, to be sure you work in safety. Make a pentagram of typing paper, big enough to hold the picture within the center pentagon. Put the paper pentagram on your altar with the top point toward the east and the picture in the center, face up, with the heads toward the east. Begin your ritual by saluting Ra, Isis, Thoth, and Osiris in the traditional opening of all our ritual work. Set your extra entity protection by using the MSE Pentagram ritual for yourself, then do it again over the paper pentagram.

If an entity form should appear inside your circle, talk with it as you have learned to do with members of your own spirit team. Explain that there are better things for it to do than obsess people who are still in bodies and invite it to seek the Light. You may find many opportunities to help the lower entities in this manner, but if you get too much static, state firmly that Osiris will now have to take them to the underworld until they are ready to seek the Light and immediately do the MSE Pentagram ritual again. When you have completed nine MSE Pentagram rituals over the picture and any entities who appeared have left in peace or been taken by the force of Osiris, complete your ritual in the normal manner, being sure to thank and dismiss the elementals.

Larry D.'s uncle, Harry, had been a permanent resident of a mental institution for many months. Larry was fond of his uncle and decided to try to help Harry and the family if he could. He had heard me say on several occasions that well over half of the residents of mental institutions could be living normal lives if they could just have an effective exorcism. So he took a snapshot of Harry from shortly before he entered the institution, prepared his paper pentagram and tried the exorcism ritual. This is his report: "I had a pretty scary time in the ritual. Three entity forms appeared, wanting to know why I had disturbed them. We had a pretty lively discussion, but they finally agreed to seek the Light and be bound not to bother my uncle any more. I was sweating when I closed my ritual, but it felt good. Believe it or not, my uncle was pronounced well and released just three days later — and he is doing fine. I can't tell my family what happened, but we are all grateful. I hope I never need to do a ritual like that again, but I also know that I can if necessary."

Lilly Y. had quite a different problem. As she said, "At 62 it's hard to look for a new job, but I'd swear that these people at work are all more than half-crazy!" After more discussion it became apparent that there was an entity obsession problem bothering several people in her department. So Lilly took her camera to work and innocently said she had an urge to take a group picture. She took three to be sure that she got one good one, and hurried the film to the developer. As soon as possible she began her ritual, and this is her report: "It is unbelievably wonderful! My ritual went well, with just a couple of scary moments. I finished with a clean feeling about my job, but when I went to work the next morning it was far better than I had dared to hope. People who had been screaming the day before were smiling and singing, everyone was especially nice and friendly to me. And the best part is it has lasted. It is now six weeks since my ritual, and they have been literally glorious. At long last it is a nice place to work. Perhaps the best part to me is I KNOW that if it starts to get out of hand again, I can do something about it."

*How to Be Assured of Freedom from Negative
Entity Obsessions Forever*

The old patriotic slogan, "Eternal vigilance is the price of freedom," certainly applies to this part of your work. The best

time to build your proficiency as an exorcist is when there are no problems. Do practice and get the feeling of protective power from your talisman and the MSE Pentagram Ritual. Add it to your Five Minute Protection/Success Ritual to start each day, and live in the happy knowledge that the last piece of your complete protection is now in place. Keep your Aura bright, your MSE Centers clean, and strive on to make this the wonderful, happy, successful, and FUN life that you instinctively know it should be.

Chapter Points to Remember

1) If you have difficulty contracting your spirit team, or if the psychic defense work of Step 6 still leaves you feeling "jinxed," pay careful attention to the possibility of entity obsession.

2) Extreme cases of obsession or possession can be recognized by complete change of character and even facial expression, generally with lack of memory of the offensive actions while under the negative influence.

3) The lesser forms of obsession may seem just like simple psychic attack. When in doubt, uncross and exorcise.

4) To exorcise means to bind, in this sense to bind the negative to leave its victim alone.

5) Entity obsession problems are avoided by keeping your aura bright and your emotions positive. Where possible, also avoid people and places who or which are habitually negative.

6) Make or acquire your MSE Pentagram talisman and add the protective ritual to your Five Minute Protection/Success Ritual To Start Each Day.

7) Many cases of alcoholism respond well to treatment as an entity obsession problem.

8) You can and should be an exorcist. Practice and become proficient in the exorcism ritual. Use it whenever necessary to keep your life the happy successful, fun experience that it should be.

Step 9

**How to Use
Miracle Spiritology to**

Greatly Improve Your Memory and Overall Mental Capacity

When was the last time you outsmarted yourself? Or just plain forgot an important birthday or anniversary? Do you get those good problem-solving flashes as often as you would like? In the early part of our work it was necessary to “put down” the mind or intellect as “just a tool,” but now we are ready to re-examine this very useful device and work to bring it to new heights of effectiveness.

*How to Clear Your Mind of the Confusion
That Destroys Its Effectiveness*

Science tells us that on the average we use only about 10 percent of our potential mental capacity, so we are on solid ground when we say that our task is not to grow you a stronger mind but simply to help you use more of what you have already. Strange as it may sound, we can turn right back to your spleen center for our first big boost. For most of us the years of psychological pressures and petty resentments have built up more scale and obstruction in the spleen center than in any of the others — you might say that we have outsmarted ourselves again by living life too “hard,” with the natural result of a weakened spleen center and thus the extra intensity that clouds our thought processes with confusion. We have

spoken of balancing the power of the MSE centers regularly, but now it is important to pay extra attention to your spleen center to be sure that it is delivering its fair share of bright, clear MSE energy. Remember that *orange* is the color of the spleen center, and therefore the color of good mental work. Wear orange in your clothing on the days when you need to be especially sharp, and also put a strong gemstone on your spleen center — particularly to help you through examinations, interviews, and all situations that require a special extra something in mental ability.

I have given plenty of examples of success with this part of the work in this and my previous books, so let's press right on to new and very fertile ground.

*Magnetism as a Boost to Thinking —
How to Make a "Thinking Cap" That Really Works*

You will remember that we mentioned magnetism as a potential source of the MSE Energy. The "thinking cap" that I want to explain here grew out of our research into relief or cure of the old bugaboo, the migraine headache, and it is good for that, too — but the value in clearing up one's thinking is even more wonderful. The prototype for this "magnetic thinking cap" was an old "sailor's hat" and three strips of plastic magnetic material. Let me stress that when you make one of these for yourself, it is important to use the relatively weak plastic strip magnetic material because a powerful magnet could literally scramble your brain. We punched a series of holes in the sweatband of the sailor hat and put in the three magnetic strips — experience proves that the magnetic north-seeking poles of each of the three strips should be close together, but not touching, in the area of your brow center. Two strips go around the sweatband (on the inside) and the third goes across the top (inside) of the hat so that the south-seeking poles come very near each other at the back of the head. The first time you try this, wearing time should be limited to ten minutes, and all the while take note of the sensations and polarization of your thought processes. Some people will experience discomfort if the hat is worn very long, others will enjoy wearing it for several days at a time, even sleeping in it to enjoy the beneficial effects.

Here are two different but typical reports from use of the magnetic thinking cap in our E.S.P. Lab classwork. R.W. brought

us this exciting account: "Al, as you know I wore your magnetic hat for only about 20 minutes at the meeting. For well over a week, I needed only three to five hours sleep instead of my normal eight, I was full of vigor and energy, and my mind worked better than ever before. So I made my own hat and still only wear it about a half hour a week, but that is enough to maintain me at a peak of energy and mental effectiveness. I read faster and remember more of what I read, I seem to get many more useful hunches and ideas of how to do things better on my job — and I understand that this new effectiveness has caused me to be up for a promotion."

J.Y. was in the same class and reported; "... made my magnetic thinking cap and wear it from the time I get home from work until bedtime, every night. It helps me to unwind and relax, I sleep better and don't tire as easily as before. I could probably get by with less sleep, but I don't try because I am remembering so much more of my astral or dream experiences and they seem to get better every night. It is amazing. Some of it is extremely practical, too. Last week I dreamed that I had a flat tire, and it woke me early enough to check it and change the tire without being late to work. The best one so far was a planned trip to the races. The night before, I dreamed of six winners and they all came in the next day! The extra money was nice, but so is the satisfaction of feeling more in tune with my spirit helpers."

Mood and Inspiration Control with a Gemstone Headband

Much has been written of late about mind or mood changing drugs. A lot of it remains in the speculation stage, but there are suggestions that the pill of the future can make you smarter or more altruistic, or create just about any mood or mental state you desire at the time. But while these future mind benders are being tested for side effects and other dangers, you can make a series of completely safe but wonderfully powerful tools that will do those things for you right now. The first tool of this nature is the magnetic thinking cap from our last section. It is excellent in a general way, but you may often feel the need for better control of the type of energy, or we might say for a more finely-tuned device. In our earlier work you learned to use the gemstones on your MSE Energy Centers to enhance your aura and so project effectiveness and

power to convince the *world* that you are a person to be reckoned with. So now, to bring *you* the shift of mood from feelings of inadequacy or confusion to power and confidence, we need only place a few well-chosen gemstones into contact with the skin of your forehead.

The mechanics or “how to” of getting the gemstones to stay on your forehead is an exercise in personal creativity and taste. Some of our practitioners simply use Scotch or surgical tape as I suggested in Step 2, while others designed highly artistic decorations. Some simply glued their chosen gemstones to a piece of colored ribbon and used this as a headband (note that the stones would be worn on the inside, touching the flesh), while others used leather thongs in combination with light sheet copper or aluminum to make very distinctive and artistic head pieces. Holes are cut in the copper or aluminum and the stones are glued in place with the new super glues — on the outside of the metal, touching the skin through the holes — giving a boost to morale by the beauty of the piece, also. With these suggestions of how to make the physical apparatus, let us turn now to the choice of specific stones for specific purposes.

How to Use a Gemstone Headband to Set the Mood That Brings More Love into Your Life

The mood of love involves the heart center with a dash of root center energy for spice. A very pretty as well as effective headband (or set of taped on stones) puts a piece of tumbled jade at the center of the forehead close to the brow. Add a small goldstone on either side of the jade and a piece of red jasper above the jade, right at the hairline. Always check and clear your spleen center before using a headband for the loving mood — there must be no lurking resentment if the stones are to do their job with greatest effect.

Mary D. had felt her marriage slowly crumbling away. What had started out as petty bickering had grown into a series of “donny-brooks,” and she knew that her husband, Walter, was very near the point of moving out forever. Mary realized that the situation was at least partly her fault and decided to try the mood of love headband technique, “as a last resort.” Let’s look at her report: “I decided that there was no time to be fancy. I got a big carnelian for my plugged up spleen center and two goldstones, a jade and a red

jasper for the rest. My Walter gets home from work about 5:30, so I began my preparations about 3:00 P.M. I started with a nice shower, then took my stones and tape to my altar. I used the love ritual and chant after cleansing my centers, then I put the big carnelian on my spleen center and the other stones on my forehead as suggested. After chanting for a while more, I completed my ritual, put on my sexiest dress, got soft music on the record player and began to lovingly prepare a special dinner. And it worked! Walter came in with the chip on his shoulder as usual, looked at my forehead and sneered, 'What's that?' I smiled and replied, 'Those are love stones. Come closer and try it.' Just like magic, he did, and kissed me with a passion that had been missing for months. Dinner was very late, but we loved it. We are lovingly facing our problems together now and I KNOW that our marriage is solid again. We are a couple of happy love birds."

How to Use a Gemstone Headband to Set the Mood for Creative Thinking

Poets and creative writers have spoken of courting the muse since before the days of the ancient Greek civilization. The same creative mood will help the memory past those times when "I have it on the tip of my tongue, but it just won't come out." Clear memory and creativity are the natural product of a strong spleen center working with a strong brow center. Assuming that you already have a strong spleen center stone, an excellent headband or taped stone configuration consists of a bloodstone at the center of the brow, with moonstones on either side and a tiger eye above the bloodstone at the hairline.

A television actress reported on this one: "It seemed that I always had trouble memorizing my lines. Many nights I got less than one hour's sleep before a rehearsal because I had to stay up going over and over the material to pound it into my thick skull. Since I started using the mood-creating stones on my forehead, my average time to learn a part is less than half of what it was before. The whole process is more comfortable, and I do better in my delivery because I am more relaxed and better rested."

And since I started using the stones myself, my average time to produce the finished copy for a book chapter or an article is about half what it used to be. Any time you need to express yourself

or search your memory, use the gemstones to create your mood. It will add much fresh power and effectiveness to your life.

*How to Use a Gemstone Headband to Set the Mood
for Spiritual Seeking or Meditation*

We all need a way to recharge our mental and emotional “batteries” from time to time, and there is a basic restlessness of the inner nature that is only stilled by ardent regular spiritual seeking. This section is intended to give a big boost to your favorite meditational or “seeking” techniques, and suggest a technique for those who are still looking for their favorite.

The mystical or aspirational side of our nature partakes of a blending of the solar plexus and crown center energies. This leads us to choose a piece of tumbled marble for the center of the brow, with two pieces of rodocrosite on the sides and an amethyst above the marble at the hairline for our headband or taped on stones. Wear them to enjoy your favorite meditation, or try this one:

Open your ritual by saluting Ra, Isis, Thoth, and Osiris in our traditional manner. To begin the middle ritual, sit quietly with your eyes closed and begin to visualize or imagine a scene: You are laying in the soft grass of a meadow which slopes gently down to a lovely blue lake. Colorful wild flowers dot the scene and the meadow is surrounded by stately pine trees. Smell the pine fragrance as you gaze across the lake at more trees leading up to a snow-capped mountain in the distance. Feel the gentle warmth of the sunshine beaming down on you and think of it as the love of God for YOU, and all creation. Join in the love by projecting love to the grass, flowers, trees, the lake, the mountain, and ALL creation. And slowly feel the love being *returned*. Feel yourself becoming ever more perfectly in love and in tune with the creative and spiritual forces of the universe, and begin to quietly (or mentally) chant: “I am one with all of creation and I give thanks for the joy and love we share now.” Repeat it again and again as you feast on the beauty and love, floating ever higher above the distractions and cares of your everyday existence. Soon you will have a personal experience, perhaps of mystic ecstasy, or equally likely of practical problem-solving insight or revelation. When you are finished, close your ritual in the normal manner.

Many of the resulting experiences are too beautiful and per-

sonal to be put into words, but we can share the feeling in this report from Richard S.: "I know I don't meditate well sitting up, so I made a slight alteration in your suggestion. I opened my ritual at my altar, wearing the selected stones, of course. But when I reached the middle, I invited the spirit beings to come with me, put out the candles, and lay down on the bed to build the scene. As I started to mentally use the chant, I seemed to drift or float right into it. I really was stretched out on the grass in that meadow. Then right beside me appeared my lovely spirit I have come to know as my spirit lover. That part of the experience defies all attempts to describe its loveliness in words, and I would have been infinitely satisfied with "just" that. But I also brought back an idea for a new production technique that saved my company well over \$50,000 in the first year we used it."

*A Special Headband to Add Power to All
of Your Magic and Ritual Work*

Because my personal position requires a great deal of magic and ritual work, this headband was developed specifically for me. It is made from a leather thong and sheet aluminum with a good-sized tumbled bloodstone at the brow, two moonstones, one on either side, and an amethyst at a point above the bloodstone at the hair-line. It proved to bring a big boost to my magical power, so I immediately set about to share the idea with the membership of E.S.P. Laboratory all around the world. The general trend of results indicated a 30 to 50 percent increase in the effectiveness of people's ritual work with a few exciting exceptions like this report from F.Y.: "I had been out of a job for over six months. During that time, I tried prayer, magic, standing on my head, mailing my resume to over 1,000 potential employers, all manner of employment agencies, and job locators, all to no avail. Somehow I knew that there was power in the complete prosperity ritual as you gave it in your *Helping Yourself with White Witchcraft*, but I had not been able to budge my situation with it. Then I read about the headband to add power to my magic and ritual work. I decided to rush things by getting just the stones and taping them to my head for the ritual. This time there was no question of results. For six months, I had not had one valid job offer. Within three days after my ritual with the headband gemstones I had received not just one but THREE good

offers. Of course I accepted the best-looking one, and am happily back among the ranks of the productively employed. My career potential appears really excellent. It's wonderful!"

*Introduction to the TV Screen Inside Your Head —
How to Use It to Find Lost Articles*

Almost everyone is aware of the little mental TV screen inside his head. For most of us there are times when it brings in clear sharp pictures, but far too many other times when it is fuzzy and full of snow or static. Anytime you close your eyes you should be able to bring in meaningful pictures in answer to your reasonable questions. The creative thinking gemstone set that we mentioned earlier in this chapter (bloodstone, moonstones, and a tiger eye) can prove very helpful in this part of the work.

A good way to practice is to use the gemstones to sharpen your mental TV pictures by looking for lost articles. Put on your stones, close your eyes, and picture the missing article on a dark background. Then ask for the background to fill in with enough detail to show you the location of the missing item. The exercise is good practice whether the article is important to you or not. The greater your control of the mental TV screen, the more possibilities of using it constructively for other things, as well.

Practice is the secret along with the mood setting. Don't be discouraged if it doesn't work the first time — it's unusual for anyone to hit a home run the first time he gets a bat in his hands. But after a week or so of trying for five minutes a day, you should be able to generate results like this report from Brenda H.: "My husband, Harry, had misplaced his watch. He was looking and grousing for several days, so I decided to try to help him. I put on my stones and sat still to picture the watch on a dark background. I managed to get a soft gold blurr and decided to call it the watch. So I asked for the background to fill in and show me the location. Again it was blurry, but I thought I saw some dishes standing on their edges. I said, 'Let's look in the hutch.' And sure enough, there behind some dishes was the missing watch; it must have slipped down when he laid it on the top. That was my first 'win,' but there have been several since that incident. I'm getting to where I almost enjoy losing things so I can use my mental TV set to find them."

How to Use Your Mental TV Set Like a Computer Terminal for Fast Memory Recall

When you have your mental TV screen responding reasonably well, you are ready to use it for more “advanced” purposes. Memory can be enhanced quite easily by considering the lost thought as if it were a lost *object*. Picture a clear dark screen and ask for the idea you need to appear in picture or printed word form. When you get used to this technique, the potential is unlimited. Regular use of the screen idea will let you clear it instantly without preparation, so you can get memory recall or even messages from your spirit helpers flashed across your screen like the news messages in lights in Time Square. Let’s challenge you to get me some exciting “feedback” by getting your own results with this idea as we turn to one more concept that is of special importance to good mental work.

The Zen of Mental Power — You Are as Smart as You Are “Dumb” Enough to Expect to Be

I have a favorite hour “lecture” that I manage to work into my class work about once a year. I call it “THE POWER OF POSITIVE STUPIDITY.” We begin by asking the difference between the virtue called perserverance and the negative quality called stubbornness. I have studied this for years and still maintain that the answer is in one little word: SUCCESS!

The point we want to draw from this is a special power — that of being too “dumb” to be intimidated. There is always part of your mind waiting to talk you out of your most beautiful experiences by shrugging them off as “imagination,” or keep you from trying by giving you a hundred reasons why you can’t succeed at anything you plan to do. It will tell you that you are incompetent and not as good as the others who are succeeding in whatever field you consider. If you listen to it, it will hold you in the bondage of mediocrity for the rest of your life. Don’t let it happen to you. Learn to be dumb enough to try. Some of the suggestions in this chapter may seem to make you look silly. So what? — as long as you can make it work. Be stubborn enough to change the name of that quality to perseverance as it applies to you — by smashing through to SUCCESS.

Ronny B. reported: “Now I’m sure I understand your power of positive stupidity. Somehow it all ties together now. As you know,

I've been taking odd jobs to stay afloat while waiting to break into my career. Along with the career seeking, I have worked on my mental TV screen, but I regularly let my conscious mind dismiss the fuzzy pictures as worthless imagination. Well, a few weeks ago I got an offer of a well-paying job overseas on an 18 month contract. In spite of the fact that it would mean giving up my career, I had pretty well decided to do it. Then I was in their office looking over the contract. I was about to sign it when I felt literally pushed to look at my mental TV screen, and on it was a flashing light like the pedestrian control of a traffic signal, flashing 'WAIT.' So I asked if I could take along a copy of the contract to study overnight. For three days I kept getting that 'Wait' sign, but time was running out and my intellect kept screaming 'worthless imagination.' On the night of the third day I announced aloud to my bedroom, 'If this doesn't make sense by noon tomorrow, I'm signing that contract and heading overseas.' But of course I didn't. My phone rang the next morning with the firm offer of a perfect career-launching part. I have a lot more confidence in the non-intellectual parts of me now — I use them in my career in balance with my mind and I know that I am already a smashing success."

Chapter Points to Remember

1) Confusion, anxiety, and resentment are the common blocks to clear thinking. Use the color and Light of Orange to cleanse your spleen center, and the result will be greater natural mental effectiveness.

2) Most adults have a relative weakness in their spleen center caused by years of psychological pressures and suppressed anger and resentment. A strong gemstone supporting the spleen center energy flow is usually necessary to clear away the spleen center blocks and return it to healthy power.

3) The magnetic "thinking cap" is easy to make and a good tool to clear and orient your mental processes. Use it cautiously until you learn how it blends with your aura.

4) Mind bending drugs are not necessary for mood control — well-chosen gemstone headbands can change or cause any mood you desire.

5) Headbands for love require gemstones of the heart with a dash of root center power.

6) Headbands for creativity need stones from the brow and spleen center energy group, while meditation or spiritual seeking is enhanced by stones from the crown and solar plexus group.

7) Try the special meditation with your meditation headband for a spectacular experience.

8) Gemstones can help you to tune and focus the TV screen inside your head. Practice using it to find lost articles, then let it show you its unlimited potential for your good.

9) Keep your balance with a highly-sharpened and powerful intellect which remains just slightly in awe of the power of positive stupidity. Then you're a natural winner.

Step 10

**How to Use
Miracle Spiritology to**

Control Your Weight and Produce or Regain a Lovely Appearing Body

Remember the spring in your step and your aura's special glow the last time you walked out of the house feeling that you looked your best? The purpose of this step is to help you look and feel much better than that. We have spoken of the energy of geometric shape, and used it effectively in your basic ritual work, so by this point it should not shock you when I say that there is a special energy to your own body's shape as well. And it is a truism that the more nearly your body approximates *your* honest ideal of perfect shape, the more positive power it puts into your aura. Some of us feel overweight, others underweight, and many more say, "My weight is fine if only it were distributed in a more aesthetic manner!" Let's focus our growing MSE power on each of these problems in turn.

*Overweight — Your Body's Force Field Has Been
Stretched by Stress and Dissatisfaction*

Overweight people are generally highly emotional, sensitive, and compassionate. Under personal or empathetic stress they turn to food for the sense of security and well-being they need to cope with the real world.

I feel that I can speak with personal authority on both sides of the weight question because I entered my adult life as a 130 pound weakling who had been consistently underweight as a teenager, then overcompensated and reached 195 before I realized that I looked about eight months pregnant and took the steps we will discuss to return to a just right for my body structure, 155. Both underweight and overweight conditions arise from the improper use of MSE energy and YOUR ACCEPTANCE OF THE LESS THAN IDEAL CONDITION. It is largely your acceptance of a condition that causes your body's force field to effect your appetities and build or shrink the body's size. Thus an intelligent refusal to accept an out of balance weight condition is the first corrective step.

In reducing the body's size the second step is a firm recognition of the simple truth that EVERYTHING THAT ADDS TO THE SIZE OF YOUR BODY ENTERS IT THROUGH YOUR MOUTH. If you are to get rid of the excess weight and KEEP IT OFF, you must recognize and break a number of bad eating habits, many of which you were taught by your parents as a very small child.

How to Recognize and Break Your Bad Eating Habits (Four Rules for Healthy, Slim Eating)

Many of us can remember a time when we were ready to stop eating as a child but were admonished by an adult that, "Thousands of children in China (or Africa or Europe) are starving, so you must eat every last bite to keep it from going to waste." Most of us never quite understood the logic, but we recognized the virtue of thrift and accepted the idea that waste of itself is a bad thing. Without depreciating the value of thrift we must recognize that eating something "to keep it from going to waste" is a major contributor to our weight problem. Let's call this healthy slim eating RULE 1: NEVER EAT ONE BITE TO "KEEP IT FROM GOING TO WASTE." Your garbage disposal can stand the calories; you can't. If it bothers you to throw it away, save it for a casserole, or buy a dog to eat the leftovers.

The next bad habit is even more deep-rooted, that of reacting to stress and insecurity by consuming reward foods, or any food for that matter. The whole idea of between-meal snacks must finally be eliminated as a way of life to maintain a comfortable body

size, but it begins by accepting as healthy slim eating RULE 2: NEVER SNACK OR HAVE AN EXTRA MEAL DURING A PERIOD OF STRESS. Use your Miracle Spiritology to find new security and eat only at meal time.

Next is a quickie that involves being a slave to the clock. How many people do YOU know who have to look at their watch to decide that they are hungry? We must decide that it is not a sin to skip a meal, particularly lunch, if we are not hungry. We can state healthy slim eating RULE 3: NEVER EAT BECAUSE IT IS TIME —EAT ONLY WHEN YOU ARE REALLY HUNGRY. Let your watch or clock gain the extra weight; you be your own being.

Finally, we must learn to intelligently reduce the size of our mealtime portions, and scrupulously avoid “seconds.” We enjoy our food most when we are really hungry, but the hungry feeling regularly extends past the point of our need. You will understand this when you realize that getting up from the table slightly hungry is good for you, and very soon the lingering hunger fades away. So our last healthy slim eating rule is: RULE 4: EAT MODERATELY, AND LEAVE THE TABLE STILL FEELING SLIGHTLY HUNGRY.

Enthusiastic following of these four rules will put you nicely on the path to a slim and beautiful body. Keep them well in mind as we add some very special MSE power to the program.

How to Harness the MSE Body Reducing Power to Bring You a Perfect Figure

We will turn now to the special energy of three-dimensional shape to bring the extra powers of Miracle Spiritology into your reducing program. For this purpose it will be necessary to build or acquire a small cardboard pyramid such as we described in my *The Miracle of Universal Psychic Power*. To make your pyramid cut out four isosceles triangles, each with a base of 9-3/8 inches and sides of 8-7/8 inches. When you put them together with Scotch tape or masking tape, you have produced a model of the Cheops pyramid that is six inches tall. Paint it blue (a bright electric blue is best) with poster paint, and your powerful MSE tool is ready for action.

An optional extra tool of about the same MSE energy strength is a 1 foot square piece of marble tile (real marble, of course). Slip it under the interlaced squares holding your picture on your altar.

Now we will pause for a bit of theory to explain the rest of the preparation. The pyramid shape attracts (or generates, if you prefer) a broad spectrum of MSE energy. The regenerative energy is found in the lower third of the pyramid, and the energy that breaks up conditions is found in the upper third. Since our interest is to break up or reduce the weight condition, we are primarily concerned with the energy of the upper third. For this purpose a small snapshot of you should be taped inside the upper third of the pyramid, with your head toward the north, face toward the top of the pyramid and the picture itself parallel to the base. Place the prepared pyramid containing your snapshot on the marble tile on your altar and open your ritual in our traditional manner. For the middle ritual, hold your hands over the top of your pyramid and chant:

Slim of body is (your name)
perfect figure for me.
Lovely body has (your name)
rich with beauty, you see.

Use the chant as long as it feels good, then complete your ritual as usual. Let the chant stay in your head and chant yourself to sleep with it in the evening. Use the technique of love (I love my slimming figure more than that extra helping of pie, etc.) in place of the “willpower” that really means “won’t power.” This, together with the pyramid and chanting, should see you shed two to five pounds a week. The average of the hundreds of reports in my files would seem to be about three pounds a week.

Let’s pause to discuss maintenance of your new weight before we look at stronger measures to help peel off the pounds. How do you stay at the target weight once you reach it? In my own experience there is only one way. I get on my bathroom scale every morning and let it tell me if I can stretch a point and have a few extra goodies. If I am a pound or more below target, I eat anything I want (still taking care not to too greatly overdo), but if I am at or a hair above the target, then it’s back to “I love my slim body more than those extra calories.” We might paraphrase an old slogan to say: Eternal vigilance is the price of a slim body.

How to Use Gemstones to Focus Extra MSE Power on Weight Loss

Now let’s be good eclectics and borrow a principle from the science of acupuncture to give an extra boost to the weight loss

process. During early 1974 there was a good deal of publicity about an acupuncture technique for reducing by wearing needles more or less permanently inserted in special points on the ears. Twenty to 30 pounds a month was the reputed average loss, but it was not the happy panacea we might have hoped — it was successful only for those who stayed rigidly on a 1,000 calorie a day (or less) diet. However, there is a suggestion of great usefulness in the idea that for those on whom the technique “worked,” the process caused a natural reduction of the appetite itself, thus making it “easy” to stay on the 1,000 calorie diet. We will not suggest that you begin a do-it-yourself project of sticking needles into your ears, but there is a simple way to bring the MSE energy to bear on the acupuncture points in your ears and find the appetite reducing help.

We mentioned the gemstone, tourmaline, as a strong MSE emitter back in Step 2, and now we can give a specific use for it. Using sheer surgical tape, put a small piece of tourmaline in the hollow part of each ear (in my dictionary this hollow area is listed as the concha). Take care not to impair your hearing by using too much tape or getting the stone too close to the ear canal opening — unlike the needle procedure, the stones position itself is not all that critical since your tourmaline emits its energy in a spherical propagation. If you know that you have a sluggish thyroid, another piece of tourmaline taped in the hollow of the throat will add power also. Reasonably small stones can be used so they will be almost inconspicuous and can be worn substantially all the time. Consider this process primarily an aid to cutting down on the food intake, but accept any extra help the MSE energy brings as a bonus.

F.E. happily reported on this one: “I have tried all manner of doctors, diets, and even acupuncture, but nothing worked for me at all. Then I tried the pyramid ritual with my picture and added the tourmaline to my ears and throat. Now in just two weeks I have lost seven pounds. That may not sound like much to you, and, yes, I have a long way to go, but for the first time I can see real progress. I know that I’m going to win now.”

Underweight — How to Reverse the Reducing Process and Get Pleasingly Plump

If your body is too lean, you can reverse most of the reducing process and fill out rather easily. This time I would suggest a red pyramid and the marble slab added to your ritual with your picture

on the base in the lower part of the pyramid (still head to the north). We need to change only one word in the programming chant:

Full of body is (your name)
perfect figure for me.
Lovely body has (your name)
rich with beauty, you see.

To bring in the power of the gemstones, use rose quartz in the ears, and with great caution also on the throat. Eunice B. reported going from 88 to 110 pounds in four months using this technique, and you would fully agree with her that, "The extra weight came in all the right places — it's wonderful!"

*How to Use Miracle Spiritology to Redistribute
Body Weight or Build up Selected Areas*

For most of us the basic battle is pretty well won; we have learned (or using the techniques of this step will soon learn) to stay within a pound or two of our selected target weight. At first this may seem enough, but soon there may come the urge to do a bit of reshaping. And again the magic of the MSE energy can prove to be very effective. For this process, color the north and south sides of your pyramid red, and the east and west sides blue. Use a full-length snapshot of yourself and draw on it — draw the projected outline of the parts you want to increase in red, and the outline of the parts you want to decrease in blue. Set the picture on a platform half-way up in your pyramid, and put small pieces of rose quartz on the red outlined parts and pieces of tourmaline on the blue outlined parts. As you reach the middle ritual, use the chant:

Build up the red, reduce the blue,
Perfect health and a good shape, too.
I love the power shaping me,
And as my will, so mote it be.

Then every time you are alone by a mirror, speak aloud to the parts of your body, telling them how they are adding to the overall beauty by changing their shape. Praise the idea of your budding new beauty often and use your ritual every night. If you feel a gentle impulse to special exercise, do note it and cooperate — the results are always gratifying.

Jim S. had a problem of very heavy legs. He regularly avoided the beach or other places where he would have to wear shorts be-

cause he felt, "My legs looked like they belonged on an elephant." Jim made his red and blue pyramid and bought a piece of marble tile for extra power. He got a friend to take a full length snapshot and outlined his legs nicely slim with a blue felt pen. Then as an afterthought he decided to do his chest in red because "it could stand to be a bit bigger." He set the picture on a 3 inch high platform in his pyramid and put rose quartz on the chest and tourmaline on the legs of the picture. Here is Jim's report: "I do my ritual every night and go to sleep with the chant still going in my head. For the first week I got no measurable results, but by the end of the second week the tape measure around my leg was 1/4 inch less. This is not a fast process, but it is continuing to take off 1/4 inch every week to ten days, and I'm shaping up. After 12 weeks my leg measurement is 2-1/2 inches less than when I started and I know I can keep on to bring them to my target and keep them there. And there is an added bonus of an extra 1-1/2 inch chest measurement. This is the best thing that ever happened for my body's shape!"

How the MSE Ritual Worked for Bust Development

E.K. was a lovely lady who had just turned 40. She had a pretty face, very nice legs, and lovely hair, but she was not satisfied with her figure. For a starting reference point she took her measurements as: bust 32 (A cup), waist 24, hips 36-1/2. She made her red and blue pyramid with its platform to hold the snapshot, and found a recent picture of herself in a bathing suit. She outlined the bust area much bigger in red and slimmed down the outline of her hips in blue. In the setup she put rose quartz on the bust area and tourmaline on the hips of the picture. In addition to the ritual, we had set up a program of praising her breasts every day, telling them how lovely they are and how beautifully they are growing. Her husband joined happily into this part of the work, giving them much extra attention and love. Again it was a slow but highly effective process. Here is her report after 18 months: "No one can fully understand how happy I am with what the ritual has done for my body. You have the opening measurements in your files for comparison. Now have a look at today's measurements: bust 34 (C cup and I'm about to graduate to a D), waist 23-1/2, hips 34-1/2! As you can imagine, my husband is as happy about the whole thing as I am. It's wonderful."

How to Harness the MSE Energy of Praise

Our last example hinted at another strong source of MSE power that deserves your special consideration and employment. You can understand the principle from your experience, for instance, at a party with strangers. If you are treated warmly and made to feel welcome and enjoyed, you will naturally relax and feel a happy glow as you join in the fun. But if you are ignored and treated with stiff formality, you remain reserved and cool, and the deep personal side of you never shows. Or simply notice the difference in the way you feel when someone is severely criticizing you as opposed to when you are being lovingly praised. Let's state it as a natural MSE law:

THAT TO WHICH YOU GIVE YOUR ATTENTION
AND PRAISE IS INCREASED, WHILE THAT WHICH YOU
POINTEDLY IGNORE IS DECREASED.

This principle will work on parts of your body, on your plants, and even on your friends and acquaintances. We have already looked at the way it worked on E.K.'s body, so let me share here a classic example of how praise can be used to help the blossoming of a shy personality. Ron B. was a very shy young engineer. He dressed in a colorless manner and all of his actions seemed designed to let him blend into the background. People around the office had tried to draw him out, but nothing worked. Finally we cooked up a situation. A group of the office girls got together and gave Ron a "passion pink" shirt for Christmas. Then everybody just waited for the day he would wear it. It took almost three months before the girls' teasing and Ron's nerve got together and he wore the shirt to work. That day ALL the girls made a big fuss over Ron, they kept bathing him in admiring glances and stopping by his desk to tell him how good he looked. Ron will tell you that it was a real turning point in his life. He realized that he liked the admiring glances and the praise, and that he could get more simply by giving a bit of himself. He literally blossomed into an outgoing, friendly man and has been much happier and more successful than he had dared hope.

It works to influence the size and shape of plants, too. Let's let Mary G. tell us her story: "I had a poor, scrawny-looking little bush that was supposed to fill the space between the house and the end of the wall. It had been planted way off center and was doing so poorly I was afraid I'd have to dig it up and replace it. But I

decided to try using the MSE energy of praise as sort of a last resort. Every morning when the children left for school, I took my watering can and lightly sprinkled the leaves of the plant. Then I told it how pretty it looked with its leaves sparkling with the moisture and encouraged it to grow. I talked to it like I do to my three-year-old about growing up to be big and strong. Within just the first week I noticed several tiny new shoots, and of course I praised them and the plant even more. Now only six weeks later you wouldn't believe it is the same plant. It's bright and obviously growing beautifully. And now that there is more to praise, it is responding more vigorously. It has been quite a lesson to me, which I expect to apply to many other parts of my life."

We can summarize the use of MSE Praise Power by saying: Multiply your good by being generous in your praise of the things and actions that you like, and as much as possible ignore the things and actions that you don't like. The improvement in your life will be amazing and happy.

How to Reach for the Miracle Spiritual High of Instant Healing — The Three Day Feast Technique

Self-knowledge is a big key to effectiveness in this special form of spiritual seeking. Begin by considering all the things that make you feel especially opulent, then those that make you feel physically and psychologically comfortable, then those that give you a real spiritual lift. For your first exercise you would ideally plan a three-day spiritual feast — we will discuss the ideal, but it is possible to achieve anything under less-than-perfect conditions, so don't despair. Plan simply to do your best and take longer at it, if necessary.

The idea is to completely shut yourself off from all sources of negative or separative thinking and emotion. Then feast on all the physical, psychological, and spiritual things that tend to "turn you on." Feast on the idea of the Universe itself as a huge energy field, with the earth and its inhabitants as smaller energy fields. See the aura of your body as the life energy itself, being constantly fed from the Miracle Spiritology Energy that is the Cosmic Source. Then see your body (or your patient's body) completely pliable in that great flow of MSE energy and direct it to dissolve and wash away everything that doesn't belong there and replace it with healthy material of just the right kind. Hold the feeling while

you see the physical completely reshaped or healed. When you feel the process completed, give your thanks to the Infinite Source and continue your feast until you feel ready to resume your normal life. If you built a high enough consciousness, the healing should be instantaneous, but even if you were close there should be a material improvement within three days. With this for encouragement you can do it again and win.

Chapter Points to Remember

1) The power of shape applies to your body, too. When your body is close to your ideal of its perfect shape, it puts maximum amounts of positive energy into your aura.

2) Both overweight and underweight conditions come from misuse of the MSE energy and your acceptance of the less than ideal condition. Refusal to accept a condition is the beginning of its "cure."

3) Everything that adds to the size of your body enters it through your mouth.

4) Follow the four rules of healthy, slim eating as a giant step in weight control.

5) The MSE pyramid with the reducing or building up ritual, together with the supporting gemstones, can bring your body to your exact target weight.

6) Redistribution of body weight, or beauty enhancing changes of shape, can be brought about by the MSE body redistribution pyramid ritual. It is excellent for bust enhancement.

7) The MSE energy of praise stands ready to assist in body-shaping problems as well as to reshape your plants and bring out the best in all your human relations. USE IT.

8) The three day feasting technique will help you repair and refresh your body. Through this form of self-knowledge you can give yourself a spiritual and physical lift.

Step 11

**How to Use
Miracle Spiritology to**

Amass Great Riches and Wealth

While waiting my turn to be interviewed on a Los Angeles radio show, I got a big kick out of a comment made by the host to his first guest. It went something like this: “Nothing gives a man a sense of security like a few hundred thousand dollars in the bank.” There is a lot of homely truth in that idea and in the corollary that obviously goes with it: **YOU CAN EARN A LIVING BY THE SWEAT AND TOIL OF YOUR BODY, BUT TO ENJOY THE COMFORT OF RICHES YOU MUST COMBINE A KEEN WIT WITH THE MAGIC OF MIRACLE SPIRITOLGY ENERGY.**

The Zen of Acquiring Great Wealth

With your now solid MSE background, we can quickly agree that the way of greed, even if it brings the desired riches, can only lead to restriction and misery. Greed is just another manifestation of insecurity — it is fear that you cannot successfully use the natural laws to bring the things you need now or in the future. To amass your riches comfortably, you must first convince your spirit helpers that you are sufficiently evolved so *you will own the wealth* rather than it owning you. There is a real touch of Zen to success — a person can be a slave to poverty or a slave to riches. Neither is healthy, but if you first build an MSE consciousness of riches, you can both amass and *enjoy* your wealth.

The Zen paradox of riches stands between you and success. When you resolve the paradox, you are ready for the few simple steps of applying your MSE energy to win. Let us take a close look at the paradox — in simple language it is: YOU MUST DESIRE RICHES WITH ALL YOUR HEART, BUT EQUALLY, YOU MUST *NOT CARE* WHETHER THEY MANIFEST TO YOU. The first half is easy enough to understand, but by itself it would degenerate into the path of greed. The “not caring” is the ultimate of what our metaphysical friends would call “faith.” If you already have the feel of ownership papers of your brand new Cadillac, you no longer have the “care” about getting it. In this sense we can see that to “care” is a subtle form of doubt. And doubt of this nature is always a symptom of feelings of unworthiness — insecurity. We must stand fast to the principle that YOU came into this body to learn to become a Master in your own right. And just as a master electrician knows that he can wire a circuit without caring whether it will work (because he knows the laws), so you must direct the MSE energies without caring whether they work — because you know the law and know that it *must* work for you. Again we are led to the building of a special attunement with the Source of MSE power.

How to Use the Three Day Feast Technique to Start the Flow of Riches into Your Life

When you encountered it in our last chapter, you may have felt that the three day feast technique is a cute idea to file somewhere until you need a big healing. But it is also an exceptionally potent tool for starting great currents of wealth flowing in your direction. Again let me emphasize the necessity for balance — your work is to feel rich, vibrantly healthy, and just bursting with positive spiritual growth. This is an excellent time to add to the power of your aura by affixing a full set of seven selected gemstones to your MSE energy centers. It will not only help you reach your feeling of complete attunement, it will also add a great deal of power to the ritual work we will give you as a method of turning the attunement into spendable (or better yet, investable) cash.

Let me suggest a program for your three day feast with the understanding that you will modify it to blend with your personal tastes. First I would fill my house with flowers, or if you have a lovely flower garden, spend lots of time in it. At odd times, as the

spirit moves you, burn incenses such as frankincense and myrrh, and anoint parts of your body with frankincense and myrrh oils. Have a good supply of your favorite foods and wines available, and keep rich music playing in the background. Read poems and psalms of opulence, and contemplate the richness and bounty of nature. Try to think of the times and places when you have felt the most opulence and well being, and mentally and emotionally relive the wonder and beauty of it. Throughout the whole process, be keenly alert for any tiny twinges of guilt or feelings of unworthiness. Don't just sweep them under a mental rug, do a strong positive selling job on yourself and **KNOW THAT YOU ARE WORTH IT — BY THE VERY FACT OF YOUR DIVINE NATURE AND UNDERSTANDING OF NATURAL LAW YOU ARE ENTITLED TO THE MOST WONDERFUL RICHES AND ABUNDANCE OF YOUR FONDEST DREAMS.** Whether it takes minutes, hours, or days, keep up your feast until you feel your complete worthiness and oneness with the Infinite Source of the Miracle Spiritology Energy. Then take this "spiritual high" to your altar and harness it to manifest the great goodness you have imagined.

*Ritual to Harness the Three Day Feast
Power to Manifest Your Riches*

Since the beginning of his time on this planet, man has looked to the earth and its various fruits for his sustenance and wealth. Thus it is proper that the keeper of the South point of our interlaced squares, Osiris, was also the fertility god of the ancient Egyptians. Picture Osiris on a huge throne with the crescent head-dress and a crescent scepter in each hand, right there at the south point of the squares, surrounded by loving gnomes and trolls. Prepare a green pyramid six inches tall using the directions we gave for the blue one in our last chapter, and take it with you to your altar to complete the harnessing of the primordial MSE power.

Begin with the normal opening ritual we have used since Step 3, but make it something extra special, pausing to chat in friendship with the rulers of each point of your squares. Think of them as your good friends and reach out to them just that way. You may encounter the test of fear when you make your first solid contact with Osiris. He is an awesome fellow in appearance and power, but if you have built your consciousness of attunement and personal

worth, a smile and friendly greeting will turn him into a “pussycat.” When you feel at ease with your friends, invite your spirit lover and helpers to join you in building your super prosperity thoughtform. Leave the picture and your Step 3 written thoughtform nucleus inside the interlaced squares. Hold your hands, palms toward the budding thoughtform, and chant:

Osiris, Jupiter, Pan, and Gob, the flow of wealth is your good job.
Strong currents now direct to me, that full and happy life will be.
Let riches fair to me flow free, gold and jewels and currency.
Our friendship grows, we are not snobs, let wealth and good come
in great gobs.

The magic as in days of yore, still works and brings me ever more.
And now ‘tis done, my thanks to thee, for as my will so mote it be.

Feel all the power of that three day feast of oneness and opulence going into the growing thoughtform. When you know it is finished, cover it with the green pyramid, hold your hands above the North face, and use the chant some more. Feast on the feeling of completion and the knowledge that your thoughtform **MUST** manifest. Then complete your ritual in our normal manner, and follow any urges you may get to help the manifestation of your wealth.

A Financial Bonanza from the Three Day Feast and Ritual

Abner S. retired at 65. The children were long since away about the business of raising their own families, and his wife had passed on about nine months before. It was in the period of late 1974 when mortgage money was almost impossible to obtain and interest rates were at record highs. Let’s let Abner finish his story: “I wanted to travel while I was still young enough to enjoy it, but I was tied down by both the responsibility and expense drain of this huge house. I had it up for sale for six months and nothing had happened, so I decided to try your three day feast technique to get things rolling. Nothing was really pressing, so I indulged in a full seven days of feasting on opulence and mystic oneness. Then I went to my altar and poured all that positive energy into a thoughtform of a successful sale of the house. I covered it with my green pyramid and went to bed with a feeling of elation that it was completed. In less than a week a buyer appeared and paid my price, \$85,000, in *CASH* for the house! Money may be tight, but the Infinite Source of MSE Power is not bound by limitations — it has plenty of money. Now the cash drain is stopped. I invested most of the money in high yield bonds,

but kept out \$10,000 for a nice trip around the world. I know I am worth it.”

In July of 1974, M.S. was completing his ritual after the three day feast when a spirit voice spoke clearly: “Sell all your stocks and put the money into 60-day certificates of deposit.” Let’s enjoy the result as M.S. explained it: “Somehow the advice felt totally sound so I cashed out with a paper loss of just a couple of hundred dollars and put the money in CD’s. At the time, the Dow Jones Industrial average was just over 800. By late September when my CD’s matured it had fallen to the 580 range. I estimate that one piece of advice saved me a little more than \$100,000. I often tease myself that those were the most profitable three days of my life — \$100,000 for enjoying a three day feast isn’t bad!”

C.Y. was nearing the stage of panic. His unemployment had only three weeks to run before it would be gone and “I’d have NOTHING!” But at least there was time for the three day feast, so he embarked on the program. Here is his report: “As I was completing my ritual after the three day feast, I had a crazy feeling that I knew the winning numbers in the next day’s daily double. When I got to the track, I had exactly \$10 left plus bus fare home. So I bought five \$2 daily double tickets. And sure enough my horses came in — the daily double paid \$138, so I got \$690 for my \$10 investment. I didn’t stay for the next race, but bought a suit on the way home — and again my feeling was right, I needed the suit for a job interview that materialized early the following week. Now I am happily employed, making more money than I ever did before, and I am assured that my chances for promotion are excellent. I’ll never forget the power of the three day feast.”

How to Maintain the Power of the Three Day Feast and Insure Bountiful Flow of Riches for the Rest of Your Life

Yes, it is useful and important to reap quick major benefits from your three day feast and its ritual, but the greater good is brought to you as you maintain a high level of MSE attunement and the feeling of WORTHINESS over the remaining months and years of your life. Worthiness is the key to your long-run success — and you know you cannot fool your inner self. Obviously, the attunement and worthiness can be maintained only by honestly striving for personal growth as well as to be an asset to your community and the world. A good part of the new life will come

naturally. Your extra sense of oneness will give you a greater concern for other creatures, both human and animal, and you will walk with special harmlessness through your environment.

But passive altruism is not enough; you must be always alert for methods of positive action to uplift and encourage your fellow beings, and to follow the lead of your spirit guides and helpers in little acts of kindness and/or vast projects for the benefit of many people. Regular donation or dedication of part of the fruits of your MSE powers to further research and “spread the good word” is an excellent help in maintaining your feeling of worthiness and so your MSE attunement. Many successful projects of our own E.S.P. Laboratory were funded in that manner, more are always on the “drawing boards,” and there are many worthwhile organizations needing both your labor and financial support — interestingly, their level of effectiveness is not of critical importance to your need. As long as you honestly believe in the worth of the cause and your efforts for it, the good attracted to you is real and is exactly what you need to keep your MSE prosperity momentum.

The size of your income and speed of its growth are determined by the combination of your growing effectiveness and the attunement of worthiness. As we build toward handling special big money situations, let's look at this report of quick help. D.N. writes: “I felt a bit in the doldrums financially. Nothing was pressing me, but I missed the feeling of progress and enthusiasm. So I planned a trip to the races. The night before, I had a big conversation with the Lab Spirit, Ishtar, who has been a constant help to me since your work put me in touch with his ‘Power to Achieve.’ I had the racing form with me, and asked to be shown the winners of each race. In six of them, I did ‘see’ one horse's name stand out as if in bold print. I marked the six and took the sheet with me. It was a fun day — all six he gave me were winners. Now to complete my promise to Ishtar when I asked for his help, I enclose a check to the Lab for \$85, representing 10 percent of my net profit for the day.”

How to Get Good Spirit Guidance in the Stock and Commodity Markets

As your MSE prosperity program clears away the debts and builds a comfortable surplus of funds for you, there comes a prudent desire to intelligently invest your funds to enhance your income and bring major gains of principal in the future. Let's be-

gin by stressing the fact that your own knowledge is important. Your spirit guides can help but are limited to the framework of what YOU know about the technical side of the market you choose to use. This is not a time for me to give you a capsule course in the various markets, but do recognize that doing the necessary study and homework is a key factor in your potential success. Think of your spirit helpers as being able to *extend* your knowledge and advise you on both opportunities and pitfalls.

The investment conference at your altar is the soundest approach. Because they have helped you accumulate what you have and are concerned with making it better, your spirit guides are like a personal board of directors who have the extra perspective and view of the future that can insure continued success. As part of this technique, it is good to establish a simple yes and no convention with your spirit guides. The idea is to assign the answer “yes” to your sending hand and “no” to your receiving hand. Thus you ask a yes- or no-type question (like, would this be a good stock for us to buy now?), then hold out your hands as if you were a balance-type scale — if you are in tune, you will feel the spirit hold one hand level and drop the other one for you. The hand that falls is the answer. My approach on investments is that I must get a very clear “yes” if I am to invest. A “no” or a feeling that I can’t tell the spirit’s answer is enough to make me steer clear of the proposal.

The prudent MSE student would play the market of his choice as a game for a while before committing real money. Keep score and prove out both your system of getting the spirit advice and your own spirit guide’s ability before your plunge, and even then remember to use only your “investment money,” not funds you need for the obligations of daily living. But when your system is working well, you should quickly have lots of money to use for more investments.

M.I. had been interested in the commodity market for years and had done a little trading. But let’s let her tell the story: “I have always been fascinated by the fast pace and potential of commodity futures, and I knew that with spirit help I could do well at it. I followed the advice of playing on paper first as I developed my feel of the yes and no signals through my hands — but I generally call them buy and sell. After three weeks of working and charting, I got the feel for my best approach as a very short trading term. I go to my broker’s office for four hours, three days a week now, and make an average of better than \$400 a trip. After the first couple of months, I quit my regular job. It’s wonderful to have enough money, and time

for my family, as well. My spirit guides never steer me wrong, although sometimes I goof on getting the message. But with my simple goal of \$400 a trip we do fine."

G.L. has a totally different approach. He is interested in long-term capital gains. The period in which he worked for our report contained both good and bad times in the stock market, but it didn't make that much difference. Here is what he told us: "Over the three year period since I began my twice monthly investment conferences with my spirit guides I have been well-advised even in times of major market drops like the one in 1974. By checking my portfolio and selling when the stock got the response from my No hand, and only buying when I got a solid Yes, I have had capital growth in each of the three years for an average annual increase of almost 30 percent. Just wait until the next big upturn — we'll make a major fortune!"

How to Win Big Prizes in Sweepstakes and Contests

We must begin this section with a realistic assessment of *your* chances of being a big winner in a sweepstakes or contest. This type of event draws witches, occultists, and magicians like flies to flypaper. The magic of Miracle Spiritology will certainly help you, but this must be understood as a contest with others who are also proficient in using the energies. **SOMEBODY** has to win, and *you* certainly have a chance. With the power of a strong MSE thoughtform supported by your attunement and worthiness, you will have a *much* better than average chance. Let's quickly recognize that your *need* has nothing to do with winning, but your ability to work with the energies does. Thus there is a reason other than the prize itself to try — that is the growth and new proficiency that come as you **USE** your ability. So even an apparent failure may bring just enough new power to win the next one.

The best place to build and nurture your winning thoughtform is within the interlaced squares of your regular or a special extra altar. Use your ticket stub for the thoughtform nucleus, write your name and "WINNER" on it, or on each one if there are several. For Bingo, or other types of games of chance in which there is not a ticket obtained in advance, use plain paper and write the name of the activity (for instance, Bingo), the date you will participate, your name, and "WINNER."

Set your mood by a brief feast period, recalling the power of the

attunement and bringing it back to a peak of effectiveness. Then use the ritual as we did to harness the power of the three day feast, but vary the chant to:

Osiris, Jupiter, Gob, and Pan, do help me win, I know you can.
Winning currents send to me, that sweep me straight to victory.
Let winnings fair pile up for me, gold and jewels and currency.
Our friendship grows, we are not snobs, let winnings come and in
great gobs.

The magic as in days gone by, still works and piles my winnings
high.

And now 'tis done, my thanks to thee, for as my will, so mote it be.

Feel the great power building in your MSE thoughtform as you chant. When you know it is finished, cover it with your green pyramid and chant once more, then complete your ritual as usual. Return to the pyramid and chant over it morning and evening until you know the outcome. You can sense the progress of your thoughtform by the way the pyramid responds to your twice daily chanting. If you notice the slightest weakness in the thoughtform, use a protective ritual over it — protect it as if it were yourself or a loved one, using the pentagram ritual as in Step 8. Perseverance can snatch victory from the jaws of defeat.

J.S. reported: "My conscious mind often taunts me with that word, 'coincidence,' as it tries to 'pooh-pooh' my magical activities. But even that, my severest critic, had to accept the power of the ritual for winning contests. I took your advice and started with relatively small prize contests to get the feel of winning. As you suggested, I keep adding the tickets I collect and doing a fresh ritual over the whole batch with each addition. During the three months I have been working in that manner my winning tickets have brought me a \$50 prize, then \$150, then \$50, then \$75, and last week \$750! Since my lifetime record before this was one \$10 prize, you can see how easy it was to rule out coincidence. I'll start moving up to bigger contests, but the fun of winning will keep me in the smaller ones right along, too. At least for me, this is the most practical and useful activity I have ever bumped into."

C.Y. reported: "We were planning a weekend in Las Vegas, so the week before I set up the 'winner' ritual with a thoughtform for winning at keno and blackjack. It's almost beyond belief! I won three \$150 keno's and \$600 at blackjack. Not a bad return for a fun weekend! To show you how well it was working, at one point the dealer dealt me three blackjacks in a row! And aren't you proud of

me for keeping your advice — I kept the whole thing on a light, playful basis — you are so right, as long as you stay relaxed and full of fun, the inputs from the psychic level are there — I could tell when the dealer was going to go bust so I knew when to hit 14 or stand on 12. It was a delightful experience and I learned a lot about myself and the way the MSE energies work. Blessed be.”

Chapter Points to Remember

1) You’ll never get rich by the sweat and toil of your body, but a sharp wit and the MSE energy can combine to make you as wealthy as you want.

2) Work to understand and practice the second half of the Zen paradox of wealth — to *care* is to doubt your ability to use the power. Relax and expect victory — it is yours.

3) Use the three day feast technique to establish your permanent tie to the MSE energy of riches — note the requirement of building the feeling of *worthiness* to insure a solid contact.

4) The ritual to harness the three day feast energy will work real miracles for you if you practice it as a love affair with your spirit guides and the ancient MSE power sources.

5) Maintain the power and benefits of your three day feast by leading a life that brings you feelings of personal growth and the joy of assisting your fellow beings along their path.

6) Your spirit guides will enjoy helping you in the stock and commodity markets. Develop your yes/no, buy/sell signals with your spirit people and prove your system by practice before you use it with real money.

7) For contests and gambling, use the WINNER ritual and start with reasonably small projects so you can build the confidence of a winner and continually move up to bigger things without losing the relaxation it takes to win.

Step 12

**How to Use
Miracle Spiritology to**

Happily Resolve All Conflicts With Others

One quick way to resolve any conflict is to give your adversary everything he asks for — but that is what I call the doormat approach to life. It is perhaps even farther out of balance than the traditional stubborn cuss who will insist that black is white until hell freezes over because he *has* to win everything. Happily, Miracle Spiritology has much more to offer you than just the middle ground; it will provide both the insight and powerful thoughtform tools to handle your conflicts plus a few magic words that will give you an edge — and, indeed, the upper hand.

*Simple Conflicts —
A Challenge to Your Salesmanship*

The magic words we will consider later are designed to be spoken to your adversary, but first we have a set of key words for you to use in resolving simple conflicts before they grow up into big ones. The first key word is EMPATHY. If you have used the attunement feast we suggested in our last two chapters, your natural empathy is already greatly enhanced. You will find yourself regularly thinking as the other person in many of your life situations, and so avoiding conflicts through your greater understanding. For your still unresolved conflicts, the first step is to deliberately strive to think and feel as the other person feels, to understand WHY he (or she) feels differently about the situation than you do.

The second key word is **BALANCE**. Now that you understand *both* sides of the conflict, sit quietly and meditate on the idea of a good solution that will fairly balance the interests of each of you. If nothing comes, do some extra cleansing work on your MSE energy centers, particularly the root, spleen, and brow centers, and let the happy compromise form itself easily in your mind.

The remaining key word is **SALESMANSHIP**. You must *sell* your solution to the other people involved. This takes us right back to empathy again. Feeling as the other person, try out a few approaches and see how you (as him) react. Without buying the wishful thinking that gets an ideal reaction in your mind, but a negative reaction in practice, really work on a set of suggestions designed to soften the prejudices and negative feelings that have brought about the disagreement. Then keep your aura especially clean and bright and wait for a time that feels right to make your move. Begin something like: "I've been thinking about your side of our situation, trying to understand it better. I can see that _____ might bug me in your place, too, so . . ." Then keep your empathy and your cool, and enter the *friendly* give and take that returns your relationship to *beautiful*.

Some conflicts are resolved without discussion by simply acting with your new empathy. For instance, there was S.J. who knew that she had a bit of a frigidity problem, but until her special attempt at empathy hadn't understood her husband's reaction in an apparently unrelated area. Let's look at her report: "It is amazing what a bit of empathy will do! You had known of my sexual reticence problem and I felt that it was slowly being overcome. But until I did the meditation for empathy, I had no inkling that this was the seat of a chronic conflict over the garage door. I have a passion for beauty in the exterior of the house, so it is a morning habit to shut the garage door when Bob leaves for work. As I understand it now, he would come home to a closed garage door and associate it subliminally with our sexual problems. So he then felt all the more shut out and often burst into the house ranting and raving at me with quite uncontrolled rage. With the insight gained from my empathy meditation, I decided on quick action before the rift got worse. I knew that I could never remember to open the door every night, so I made a special gift thing out of solving the problem. I took the money I had set aside for major emergencies and bought an automatic garage door opener that opens the door while you are still in the car. I put pressure on the dealer by telling him I wanted the device only if it could be installed that day. When Bob came

home, I was watching from the window and made the door go up as he came into the driveway. At dinner I gave him the auto control with a note that said: 'I really don't want you to feel shut out. This is a symbol to let you know I'm trying. Please help me.' Believe it or not, that night was the beginning of the end of my frigidity, too. Bob was so loving and attentive that without trying he got me sexually aroused. When I invited him to bed, a lot more of our conflict was dissolved in the beauty of the union. We still have a few problems, but we are working together on them and we *both* know our marriage is saved."

The technique is useful for both sexes, as Randy L. will attest. It had been a classic one week "whirlwind courtship," and they were married without knowing each other at all. We will let Randy continue: "We had been married for only a week when Mary started to have periods of giving me the deep freeze. She would suddenly enter an icy silence and stay that way for several days at a time. After a month of misery I was about to decide that the marriage was a stupid mistake, but I decided to try your empathy, balance, salesmanship technique — certainly I had very little to lose. During her icy period, I used the feast of oneness ideas to silently touch her aura and try to experience her feelings. As it started to work, I got quite a shock! As Mary, I felt that I was living with an OGRE, and the ogre was ME! I had never before realized that my sarcastic and sometimes slashing wit was not funny to Mary, but instead reduced her to a psychological bloody pulp. I walked on eggs for a few days until she seemed relaxed enough that we could talk. I explained that I had finally tried to understand what our problem was and felt I had traced it to my attempts at humor. We arranged a simple hand signal for Mary to use whenever she felt threatened or cut by my conversation, and agreed that I would work to soften my humor and she would work to understand that I meant no harm by it. She did quite a bit of hand waving the next few weeks, but we were learning and trying. And now, just three months later, we agree that we have licked the problem by both growing up a bit. And it is becoming a good marriage. Without that empathy we would have been divorced two or three months ago."

Understanding the Mechanics of Chronic Conflict

How many people do you know who seem to be in a "pitched battle" over something literally all the time? And have you noticed

that when YOU get angry about something, it seems to trigger upsets in two or three other unrelated parts of your life experience? This is not coincidence but a natural working of Miracle Spiritology laws. We have discussed the intentional building of an MSE programmed entity or thoughtform to accomplish our positive goals, and I trust that you have already proved to yourself how well it works. Now we must carefully recognize that *whenever* thought and strong feelings combine, a living entity is created. And unfortunately, the average person's strongest emotions involve great anger and resentment. Thus the strongest spontaneously built thoughtform entities are programmed with the negative purpose of *anger!*

Next we must recognize that a thoughtform entity needs food for nourishment. We are eager to feed our positive thoughtforms with loving energy to help them grow up and manifest, but the anger entities must fend for themselves. They do it by working on you at the subliminal level, trying to make you angry again so they can feed on the energy. And they are quite creative in the way of luring you into situations that will stir you up or make you lose your temper. Clearly anger seeks to breed more anger. And take care to understand that this means more than just losing your temper — **REPRESSED** anger may indeed be worse for you and the environment than is an explosion that is finished.

It doesn't take an overly-active imagination to realize now that there are old anger thoughtform entities lurking around YOU hoping for a feast from fresh anger they may trick you into experiencing. This is the reason I have what is almost a personal trademark in what I call my **PSYCHIC ECOLOGY PROGRAM**. A true ecologist will strive not just to avoid polluting his environment, but also to reduce the pollution level that already exists. We do this by harnessing anything at hand that can help. With that in mind, let us borrow a useful concept that became a household phrase during the unfortunate period of our country's history known as the Viet Nam War. This is the action that popularized the idea of the "Search and Destroy Mission." We can see from the discussion of anger entities that simply deciding to live a life of peace from now on is not enough, we must also destroy or reprogram the anger entities that we and those around us have already brought to life. If you think this is a task for a whole army, you are quite right, so let's approach the problem in exactly that manner.

*How to Build an MSE Programmed Entity Army to Seek
and Destroy Old Anger and Conflict Entities*

We must be careful of our concept of an army for this noble purpose. Stern faces with fixed bayonets would only add to the aura of conflict around you. Instead, pause to consider what force is best to reduce anger and its great tensions. When you are angry, what brings your attention back to positive things? We can borrow a cliché from the *Reader's Digest* and say, "Laughter Is the Best Medicine." Experience will quickly show you that the laughter of sincere good humor literally shrinks and finally completely destroys the entities of anger and ill will. So our special search and destroy army will be most effective when made up of good-natured, laughing MSE programmed entities. There is lots of room for personal taste and imagination in this part of the work. I generally use cute little white fuzzies with twinkling eyes so full of good humor that they smile all over. You may prefer Bambi-like baby deer, laughing frogs, or cupie dolls. Choose your favorite happy image and picture it well for ready duplication into the army that will free you from all the negativity of the past. Don't fall into the ancient trap that says all your past karma must be worked out through bitter experience. It must, but only if you fail to destroy it! So even if this section seems a little hokey to you, do give it a good chance to smooth out the path of your life and make it wonderfully comfortable.

Let your MSE entity building time be as much fun as possible. I suggest two or three sessions a day at first, building one entity per session. When your army is large enough that you see the positive results making your life happy and trouble free, it is reasonable to cut back to one new entity per day, or even per week. Set the mood of happiness and sincere fun-loving, good humor and take it to your altar. Enjoy the opening ritual as usual, joking with the MSE power source guardians of the points of the interlaced squares as you proceed. Begin the middle ritual with the actual building of the MSE programmed entity. Hold your hand out with the palms facing each other, and feel the energy flow as you direct it to form into a ball of power. Fill it with love from your heart center as you project the picture of a laughing fuzzie (or your chosen model) and watch it being loved and laughed into a life of its own as you chant:

Laughing soldier, live for me, and fill my life with harmony.

From your fun presence anger shrinks; it cannot stand your smiles and winks.

My happy army 'round me stay; hold all the negatives at bay.
All conflict in your presence fades, as sun burns mist from forest glades.

Good humor is your weapon strong; it fills my presence all day long.

This happy charge I give to thee, and as my will, so mote it be.

Complete your ritual as usual, and enjoy the uplifting feeling of the ever-growing army of good humor around you. Renew your personal resolve to approach each day and each new situation with a smile on your face, a twinkle in your eye and a song in your heart. Then do some happy mental scorekeeping — how many times during each succeeding day has your good humor army prevented you or an associate from reacting angrily, and so brought a well-reasoned solution to a problem rather than fresh conflict. Recognize this part of the work as a deliberate program to change your personality, to make you happier, more relaxed, and therefore healthier and more effective in everything you undertake to do.

What to Expect from Your MSE Programmed Good Humor Army

P.C. had this to say about the MSE entity army: "I was near the breaking point when I encountered your MSE Programmed Entity Army. I've always been on the tense side, but about a month before this I was transferred to the complaint desk of the large retail store where I work. Dealing with upset people all day for a month was a real trauma for me, but there was no end in sight. On the way home after a particularly trying Saturday, I remembered your suggestion of the entity army, and sort of gloated over the idea. That night, I had a couple of drinks to relax, then laughing at how the activity would look to people at work, I built my first laughing fuzzie. The ritual *was* fun, so I built five more soldiers at odd moments on Sunday, my day off. I built another one Monday morning before going to work, and called to my small army to come to work with me. It seemed that the day did go better, and I wasn't so tired or tense on the way home. That night, I built two more happy soldiers, and another one the next morning. I'll drop the blow-by-blow account here and give you the outcome. In less than a month the change was so obvious and my effectiveness on the complaint desk

so good that I got a compliment and a small raise. By the end of the second month, I got a bigger raise and the title of manager of the department. But best of all I love my work — helping all those nice people solve their problems in fairness to them and my employer. They tell me now that I don't need to wear one of those 'have a nice day' buttons, because my face *is one*! Your MSE happy entity army is the best single idea I have ever tried."

D.R. reported: "In retrospect, I would describe my old self as the classic fiesty bantam rooster. I had a running conflict with my boss, most of my coworkers, my wife, and even my children. Because I'm very short, I guess I had a complex about it and tried to compensate with often viscious agressiveness. I had decided that this is no way to live when I fortunately began to study your MSE Programmed Entity Army idea. With a 'what-have-I-got-to-lose' attitude, I began the work of building my army of chuckling frog-like soldiers. It seemed just ludicrous enough to be fun, so I embarked on the program with real relish. As an engineer, I'm interested in efficiency, so timed myself for the fun of it. And after a short learning curve, I found I could turn out a fully alive MSE entity who was really chuckling away in just under five minutes. So I worked to build up to six a day for a full two week period — I figured I needed a good-sized platoon because my life was such a complete mess. By the end of that second week the change was already obvious. Every time I started to react with my customary nastiness, I could hear a chorus of loud chuckles. It was contagious, so that instead of being a sore-tailed bear, I couldn't help but bust out laughing myself. The timing couldn't have been better. In three months, my new happy personality was so well established that the boss who had been virtually a bitter enemy now recommended me to replace him when he was promoted. I have friends now in all the places I thought I had enemies before. My family life is relaxed and rewarding, and at long last I'm honestly enjoying my life. Viva my laughing frog army!"

How Your MSE Entity Army Can Remove Troublemakers from Your Experience

Not everybody responds in the same way to your entity army. M.Y. reported this different kind of result: "I have generally enjoyed friendly relations with people all my life, but this one party who worked next to me was totally impossible! I tried even letting him walk all over me, but that seemed to make him more vindictive

than before. So I set out to build my MSE Programmed Entity Army. I didn't want my soldiers to look like weaklings, so I built a bunch of large, laughing bears. The first result was I couldn't help but laugh when my would be antagonist tried his habitual attacks on me. This, of course, made him more and more angry. Within a week he was gone — my boss came chuckling up to me that morning to tell me my old antagonist had quit, saying, 'I can't stand to work next to a laughing hyena.' I was complimented for my self-control, and the whole department is a happy place to work once more. I feed my laughing bears every day. I want them well and strong in case I need them again."

*How to Handle Conflicts with Big Organizations —
The Magic Words of Victory*

Please understand that nothing in this chapter is intended to suggest that you should not stand up firmly for your rights. M.Y.'s experience that letting the antagonist walk all over one only makes matters worse is classically true. And the good-humored approach alone may at times leave a problem unsolved. But that is where a bit of homework and the right set of magic words will carry the day for you. The name of the game is one-upmanship, with a creative flair.

Let's illustrate this point with a true story. This time we will withhold any reference to names for obvious reasons. A young couple bought their first house. It was a tract deal that included the first three-year fire insurance policy as part of the purchase price. During the second year there was an unfortunate incident of a young child and a cigarette lighter that caused a small fire in the bedroom. One phone call to his regular insurance agent settled the claim for the damaged household furnishings, but the tract-furnished company kept delaying and apparently trying to get out of its legal obligation. The husband knew that a legal battle would be too expensive, so he went to his altar and asked his laughing MSE army for creative suggestion. He then got a "brilliant" idea. He called a state agency and got the name of a member of the state insurance commission, and the city of his residence. Next he called the offending insurance company agent and in a voice that was all co-operation said: "Look I've been talking with my friend, _____, on the insurance commission. He said he'd be happy to help me, but we really wouldn't want to bother him, would we?" The claim was settled fairly *the next day!*

Note that the magic words were: *we really wouldn't want to bother him, would we?* Let's suggest with this that it is safer to stick to the truth, and there are plenty of magic words that work with truth, too. Let's look at some of the essential ones:

1. In dealing with any sizable organization by phone the opening gambit should be, "Just to avoid any future misunderstanding, may I have your name and the name of your immediate supervisor?" (Write this down, just in case and also make careful notes of the complete conversation.) Followed by:

A. "I do hope we can settle this little problem at your level . . ." or

B. "I'd like to help you correct a mistake your poor, overworked computer has made in my account . . ." or

C. "Your computer's threatening letters are starting to get to me. Can you help me threaten it back?" or — you be creative now and add a dozen good ones.

2. When things are bad and you have reached what seems to be the highest level you should have to deal with, try:

A. "Look, if we consider what it would cost us both in legal fees and times to fight this in the courts, as reasonable beings we should be able to find a compromise . . ." or

B. With a utility or the phone company, "Gee, I hate to think of carrying this all the way to the Public Utility Commission. Can't you and I work it out?"

Again, the name of this game is not to threaten or try to motivate by fear, but simply to get their attention focused on the idea that you are knowledgeable, well-prepared, and capable of taking whatever action is necessary to protect your rights. Ingenuity and good humor will combine to win battles that all the frustration and blustering in the world will not settle. As in advertising, the novelty of your good-natured approach can get the attention and cooperation that nothing else will muster — and this kind of conflict is always a communication problem. If you can get your message to the right place, a fair solution is a virtual certainty.

Let your happy MSE army keep you in touch with the creative part of your beingness that can deliver you ideas like this one: The customer relations department received a package of IBM cards addressed: "To the Computer c/o Customer Relations." When the deck was printed out it said: "Dear Computer: I have been talking with people in your company who seem completely unable to com-

prehend our problem and correct the mistake that has been fed into your memory banks. Please contact your boss and ask him to put me in touch with someone who CAN help . . ." There followed a concise description of the problem, which was settled in a couple of days after previously dragging on for eight months. Nothing is quite so effective in problem-solving as the magic of communication. Let your chuckling army of happiness inspire you to hang in there and win *without ever losing the smile* from your face.

Chapter Points to Remember

1) Miracle Spiritology has more to offer in resolving your conflicts than merely the balance between unreasonable stubbornness and the doormat approach.

2) Use the key word approach to resolving simple problems: EMPATHY, BALANCE, AND SALESMANSHIP will keep your simple conflicts from growing into big ones.

3) Seeing the problem through your potential opponent's eyes will point your way to the fair and easy solution. Use the feast-attunement idea in your meditations.

4) Strong emotions of conflict spontaneously build living conflict thoughtforms who seek to grow by inducing fresh conflicts for you so that they may feed on the negative emotional energy.

5) Laughter IS the best medicine. Build your army of laughing MSE entity soldiers, and order them to search and destroy all your old conflict thoughtforms.

6) Study the *feeling* of the magic words of victory. Then use your creative ingenuity to invent the perfect magic words for any situation you encounter.

7) Communication is the key to all problem-solving. Let your laughing MSE army inspire you to creative, good-humored communication of the magic words — and WIN.

Step 13

How to Use
Miracle Spiritology to

Gain Great Power, Prestige, and Popularity

The long, embarrassing hassel between Nelson Rockefeller and the Senate Committee over his nomination to the Vice-Presidency is enough to show us that massive wealth by itself is not the answer to all our desires and problems. Money and riches can bring creature comforts and a degree of clout in the marketplace, but alone they cannot buy power, prestige, or popularity. I assume that by using our earlier work, you are well on your way to material riches, so we will devote this Step to accumulating psychological riches.

Certainly the ideas of power, prestige, popularity, and personal importance are relative. As part of this understanding, we might define real *growth* as *the natural expansion of our aspirations on a foundation of solid accomplishment*. And growth in this context is the sure secret of success. We must begin by marshaling all the tools at hand, including looks, clothes, education, past accomplishments, and the like, into a happily charismatic, fresh image of a SUPER YOU. But do not be discouraged by apparent

or even glaring weaknesses in your material or educational assets — *you will win or lose on the strength of the aura that you project.*

How to Project an Aura of Importance and Power to Make People Assume That You Are Important

We must begin with a view of the total organism that is YOU as an MSE broadcasting station. Your *every* thought and feeling is instantly broadcast to your surroundings, but the strongest signals come from your dominate mood and YOUR REAL OPINION OF YOURSELF. In our actions, the extremes of arrogance or excessive humility are sure indications of the same weakness — a less than powerful level of self-esteem. The first principle of an aura of importance is your growing ability to smile at your face in any mirror, say, “Gee, you’re a nice person. You’re entitled to all manner of love, respect, success, and prosperity,” and *feel* the total agreement of your inner self. You should be constantly working to improve yourself in any areas of objection that you get from your mirror, but there are short-run measures that will help your projected aura in the meantime. Your daily ritual with deep breathing, the cellular glowing exercise, and the growth-prosperity chant over your picture was designed to put the power of success into your aura. After this beginning, use your mirror, tell it that you are indeed totally worthy, and listen carefully for any objections. Agree that you will work on any suggested weakness, but in the meantime, use an extra power source to make your aura stronger in the indicated area.

Let’s pause to consider the theory and method of adding an extra power source (or two) to cover or hide what would otherwise project as a weakness in your aura. In programming a physical computer, the student soon learns what he calls a set of “tricks” to get the computer to do what he wants — sometimes you tell the computer it has a specific condition which, in reality, may not be true, but is necessary to the proper completion of the task at hand. In this case the computer we must “trick” is the receptive portion of the aura of everyone who comes near you. If their own MSE receptors pick you up and signal “important, powerful person,” they will immediately treat you that way without stopping to think why. Then all you have to do is keep growing to live up to your advance billing, and you can have the world by its proverbial tail, *permanently.*

*How to Add an "Important Person" Signal to Hide
Temporary Weaknesses in Your Aura*

In our earlier work we learned to check your MSE energy centers and beef up the output of a relatively weak one by attaching an appropriate gemstone — and that simple process should be used here, as well. But we want to take it a giant step farther this time. The good student of Miracle Spiritology will become an ardent collector of small objects which are exceptionally strong MSE energy emitters — you should find that you already have some things that you kept because they are “pretty” to you. When I reached this point in my personal studies, I realized that I had a collection of small magnets and rocks that I had gathered over a number of years. Some almost always came with me in my pockets, while others “lived” in boxes or drawers with other keepsakes and souvenirs. I bring in this personal touch because I firmly believe that YOU, too, have been instinctively gathering sources of MSE power that can be harnessed for this purpose if you but take a few minutes to recognize them. My personal favorites are five stones, a large piece of tumbled red jasper, a big hunk of lapis lazuli, and three good-sized Brazilian agates. They were identified as I suggest that you identify your own — I gathered all my collection of magnets, stones, statues, beads, among others, and displayed them for myself on the bed next to my altar. It was at night, so I turned out all the lights and this time did not light candles for my meditation period. I spent nearly an hour cleaning out my MSE energy centers and building constructive MSE programmed entities for health, wealth, and personal growth. Then, just before concluding my evening’s work, I turned to the display on the bed and picked out the five objects with the brightest aura (after an hour in a nearly dark room, I can guarantee that you, too, will see the glow of magnets, gemstones, and many other objects).

Once you have identified a few especially strong power sources, you are ready to try out the “trick the computer” idea. If your mirror suggested that your mental faculties are not up to par for instance, your biggest power source taped to your spleen center can give the world the impression that you are indeed a mental giant. If you feel short of compassion, attach a strong MSE emitter to your heart center. If you need to appear especially creative, attach a big one to your throat center. If people are apt to try a bit of psychological one-up-manship to make you lose your poise, attach a strong emitter

to your solar plexus center. Or to get a big boost of power for the total aura, put your strongest MSE power sources on all four centers. Note that this can be done without altering your physical appearance at all by choosing clothing that will conceal the stones or magnets, so you can enter a special situation at fully-amplified power without in any way tipping your hand. The extra power in your aura will strongly signal "important person" to all the auras around you, and you will find also an extra degree of personal effectiveness that may lead you to join the growing number of people who wear power emitters on their MSE centers almost 24 hours of every day.

How the Power Enhanced Aura Won an Office Battle

E.W. found the aura of importance a real boon, as she reported: "For six months I felt like the token minority person in our six girl office. The other girls made it as tough on me, as you can imagine. I was excluded from all their activities, and whenever anything went wrong or a mistake was suspected, all five of them pointed right at me. I was a nervous wreck and wanted to quit, but I'm the sole support of my four children, and jobs are not that easy to come by. I had tried the worthiness exercise in the mirror, but it regularly answered, 'they don't care about that, they have you branded as an outsider to be picked on.' As you suggested, I did look through my keepsakes for locket, stones, magnets — and I was amazed at the number of articles I did have. It was Sunday night when I did my MSE entity building in the dark with my keepsakes all spread out on the bed, close by. In about three-quarters of an hour I was finished with my ritual work, so I turned to the bed. It was like an exciting fireworks display! The brightest glow came from a goldstone that had long ago fallen out of a broach, an ivory cameo, a piece of turquoise that I have carried on my purse for years, and a big bloodstone that had caught my eye in a rock shop I visited with a friend. The cameo went right to my throat center when I shortened its chain, and the other three fit my heart (the goldstone), solar plexus (the turquoise), and spleen (the bloodstone) centers beautifully. I wore them for about an hour before bedtime to get the feel of the power — and it was wonderful. I slept with the happy feeling that things would indeed be all right tomorrow — and my power enhanced aura made it so. I walked into the office wearing a big smile, and instead of being ignored as usual,

each of my coworkers made a point of greeting me. It was a really fun day, and somehow the work went better for all of us. It turned into a good week, then I decided to test it by not wearing my power sources the next Monday. I only left them off that one day! It got almost as bad as in the past. So now I wear my power and do a better job. In just six weeks I was rewarded with a commendation and a 15 percent raise (5 percent more than anyone in the history of the office!). I'm still working to grow into my bright aura, but meanwhile life is really beautiful."

*How to Add MSE Power to Your Voice and Assure
It of Everyone's Positive Attention*

We have spoken often of the MSE power of sound, so it is easy to understand the special suggestion of your personal importance that can be transmitted by your spoken word. The super power of your aura with the MSE emitters on the key centers will add a fresh note of confidence and power to your voice, but it requires extra attention if you are to be a truly commanding presence. The caricature of frustration is often a simple picture of a giant with a wee, squeaky voice being dominated by a small man's voice of power. It's time for you to take a good look at your voice with a view toward adding power as a habit of speech.

Your altar is an excellent place to practice. Sit comfortably and speak aloud: "My voice is an ever-improving vehicle of resonance, conviction, and personal power. I enjoy the even more beautiful and powerful sound of my voice, and I feel it growing into a tool of great personal power for me." Repeat the statement again and again, listening to your voice and working to get more resonance and power into it. Keep varying the tone and inflection until you can tell that there is a power peak from one style of delivery (you will invariably notice that you use both your diaphragm and the head's sinus cavities for maximum power, and that voice volume is moderate, not aloud, for the greater impact. Spend a full half hour the first day, then five minutes a day for as long as it takes to KNOW that you have a new voice of power.

It is well to treat the repetitive use of the affirmation as a mildly auto-hypnotic operation that lends itself to a quick resurgence of power from a key phrase. I like the simple key phrase, "Voice of power." Tell yourself that your unspoken thought, "Voice of power," will trigger the power of all the work at your altar and

PUT THE SPECIAL POWER INTO YOUR VOICE. Think it and use the extra power every time you speak.

R.Y. is a young salesman for a large company. Here is how it worked for him: "For months I have had a series of good ideas for improvement of my company's overall sales effort, but nobody would pay any attention to me. Then there was a big sales meeting scheduled for a Monday morning, and I spent the whole weekend getting ready. I stopped by a rock shop and picked up half a dozen pretty stones to go with my older collection, and took them all to my altar for an in the dark meditation period on Saturday night. I built a big success MSE programmed entity, then turned to my assembly of stones. The auras were bright on most of them, but I managed to choose four real beauties for my spleen, solar plexus, heart, and throat centers. I put them on and worked next on the voice of power. It didn't take long to realize that my voice had been a big weakness, so I spent nearly two hours practicing the power levels of tone and confidence. I very nearly repeated the process all day Sunday and threw in a bit of worthiness feast for good measure. I carefully rehearsed the tone and power of my planned statements of the ideas themselves, and I knew that I was really ready for the meeting. It went even better than I dared hope. It took longer than I wanted just to get permission to speak, but then the voice of power took charge of the meeting and sold my whole program. I was immediately appointed assistant sales manager and given the assignment of implementing my ideas. The financial part is wonderful, it more than doubled my immediate income and gives me a potential bonus of 50 to 100 percent more!"

*How to Make Yourself Appear Taller (or Shorter),
or Mask any Physical Defect*

We are all familiar with the stereotypes of the small man who struts or the extra tall man who stoops — both to hide what each fancies as a personal defect. But the defect is real only in the mind of the one seeking to hide it. Let's state a very clear rule of human behavior: **ANYTHING THAT YOU ACCEPT AS NATURAL ABOUT YOURSELF WILL BE ACCEPTED EQUALLY BY OTHERS.** This is not to preclude a lot of good-natured kidding, but you can gain acceptance of literally *anything* and by *anyone*.

It is important to you to pause to do a bit of personality searching to find the things that trouble you about your physical body, education, or situation, and **ROOT THE NEGATIVE FEELING ABOUT THEM OUT OF YOUR AURA.**

First go to your altar and build an MSE programmed entity that is full of bright pictures of you in a condition *opposite* to the one you want accepted. If you're too short, see yourself tall, if you're too heavy, see yourself skinny, and so on. If you're short on education, picture that Ph.D. after your name. Instruct your MSE entity to go with you everywhere, projecting the image of you that you have given it. Then sharpen your sense of humor and have a good time with every challenge to your old feelings of being "different."

As part of the research for this part of the book, several of my "students" joined me in wearing large gemstones taped to all of our centers, including the brow and crown centers. Picture an otherwise normal human being walking through his daily life in the business world with a large carnelian in the center of his forehead, and above it at the hairline, a large piece of amethyst! It was a dual experiment, first to test the added power in the aura, and second to test the ability to handle looking obviously different.

Here is a quick report from a young salesman: "I found the visible gemstones a good gimmick for breaking the ice with new prospects. I would chat normally until I got the inevitable question, 'What's that on your head?' Depending on the way I'd sized up the person, I might answer that I was a walking experiment in ESP, or pull a wisecrack, 'You've heard of Ash Wednesday, well this is rock Tuesday.' During the month that I wore the stones on my forehead, my sales increased to a full third more than my previous month."

W.F. had this interesting report on a more general problem: "In meditation at my altar, I finally realized that it was not my size (I'm a giant of a man, 5'2" tall) but my arrogant attitude (which had been my attempt at compensation) that has held back my career. I immediately built an MSE programmed entity of TALL, and worked on the power aura as well, with emphasis on a large agate on my spleen center. At work, I suddenly felt relaxed and accepted, and acted that way with my coworkers. I obviously became more effective, and it took a very short time to bear rich fruit. I was promoted from junior buyer to group leader, with a promise of a clear shot at the title of chief purchasing agent next year when C. retires."

How to Use Your MSE to Become an Irresistible Lover

Let's borrow from a popular toothpaste commercial and ask: "How's your love life?" Would you like to improve it? It matters not whether you are single, living with someone, or married, there is always room to improve the erotic enjoyment of this earthly sojourn — and it is good for you to do so. One whole school of modern psychiatry is based upon the orgasm as the primary method of relaxing and balancing the psycho/physiological organism, with success that speaks well for the premise. And there is no doubt that some of the strongest ceremonial magic is produced by rituals involving copulation (for a review of this exciting subject, I refer you to Chapter 13 of my *Helping Yourself with White Witchcraft*).

Mystique and imagination play as great a part in sexual fulfillment as do good mechanical techniques. Any relationship will tend to deteriorate unless it is kept fresh and full of erotic imagination. The opposite was expressed all too well by a lovely lady who was going through the agony of divorce after a 25 year marriage. In trying to discuss ways to lessen her loneliness, she came out with the plaintive exclamation, "Al, it's been so long, I've forgotten how to flirt!" Or consider the lady who came to me for "psychic help" and said, "I think my husband had a mistress." So I asked the obvious, "Tell me, how is your sex life?" She responded, "What do you expect after 27 years?" And I countered with the obvious, "On that basis, the odds are high that he does have a mistress."

A necessary part of healthy living is to enjoy playing the role of a sensuous, exciting lover. Let this, too, begin at your altar. Whenever you need aromantic lift, begin our basic ritual as usual. For the middle ritual, hold your hands above your picture and chant:

Exciting lover is (your name), Tempting lover, that's me.
Sexy aura has (your name), exciting always I'll be.

As you chant, imagine a big party scene, with all eyes admiring you and picturing you as an especially erotic and inviting person. Feel yourself admired by all members of your own sex and desired by all the opposite sex. *Enjoy* the feeling and keep up the chant until you feel your aura literally sparkling with excitement. After you complete your ritual, let the chant keep running happily through your mind and deliberately repeat it under your breath whenever you are approaching a room with people in it. Yes, this will also generate many opportunities to say, "No thank you," but take care

not to be offended by even a sloppy approach. Smile inside and know that “It is working!” Let it add a new dimension of happy excitement to your life — this can bring a brightening of every aspect, filling your every moment with new richness of experience and zest for life.

M.B. reported on this one: “My marriage had been going downhill for years, and for the last six months my husband exhibited no sexual interest in me at all. I decided to try your ‘Exciting lover’ ritual. I planned it so that there would be just time afterwards to clean up and start dinner before J. came home. All through dinner, I kept singing the chant under my breath and enjoyed dancing around the house while cleaning off the table. When I danced out of the kitchen, my husband was on the couch instead of in his favorite chair. He looked up and said, ‘Honey, let’s go dancing.’ Of course I said, “Yes,” but we didn’t stay out long. He rushed us home and into a wonderful bedroom scene that has repeated itself with remarkable frequency and interest ever since. All thoughts of breaking up our marriage are gone from both our minds — it’s wonderful! And I *am* an exciting lover.”

How to Make Hordes of Desirable People Seek Your Companionship

When you use all the tools we have suggested in this Step, you will find that your social life naturally takes a big turn for the better, but it is a good idea to add a bit of balance to your work to assure that you will be popular and desirable over the broadest range of people and interests. While you are in the building stage, it is well to alternate one night with the “exciting lover” ritual and one with the popularity ritual we will discuss now.

The popularity ritual begins with the normal opening. For the middle ritual, hold your hands above your picture as you chant:

Desirable person is (your name), attractive person, that’s me.
Friendly aura has (your name), uplifting, exciting, that’s me.
Important of image is (your name) loyal my friends to me be.
Popular always is (your name), happy are *all* to see me.

Let the power build in your aura as well as your picture, and when you feel it finished complete your ritual as usual. Always use this chant or the exciting lover chant before entering a room full of people, then enjoy your ever-growing popularity — but never hesi-

tate to give a gracious “no thank you” when things get too busy and you need a quiet evening at home.

S.J. reports on this one: “Joe and I moved here about six months ago when his company transferred him to manage this office. This is best described as a cliquish little town, even though its population is close to half a million. I tried everything I could think of to develop a social life, but after six months I called it a complete flop. Then one night I started to tease Joe about this cliquish place and asked him to join me in the popularity ritual. He ‘humored’ me and we made sort of a game out of the chant, doing it in the round like the three blind mice thing. We were still laughing when we wrapped up the ritual — and Joe said it was the most fun we’d had since we got here. The change in the town was quite unbelievable. The next day I was invited to two very exclusive ladies groups’ luncheons, two of the best-known people in town extended dinner party invitations to us through Joe, and another group approached Joe to join the country club (one of those “invitation-only” groups)! We went from outsiders (or was it outcasts?) to “insiders” overnight!

Chapter Points to Remember

1) The beginning of being powerful, popular, and important is to get the image in your mirror to agree on your worthiness.

2) Where you have areas of personality or character that need improvement, you can temporarily cover the weakness and/or strengthen the output of a weak MSE energy center by using a strong MSE emitter applied directly over the area of weakness.

3) Strong MSE emitters are generally available in your box of keepsakes, or you may acquire small magnets or pretty gemstones (jasper, all the agates, bloodstone, goldstone, amethyst, or your own favorite stone are strong sources).

4) Identify your strongest MSE sources by spreading them out on the bed or the floor and looking at them in near total darkness — a half hour or longer ritual in the same darkness will get your eyes ready to *see* the glow of MSE energy around your objects.

5) Simply wearing a strong MSE source over your two or three weaker centers will broadcast “this is an important person” to the world around you.

6) Use the voice of power ritual to put special authority and attention-commanding energy into your every utterance.

7) Anything you accept as natural about yourself will be accepted equally by others. Turn all your apparent shortcomings into ice breaking assets.

8) Let the exciting lover ritual bring much fresh spice and zest to your life. A happy sex life is essential to good health, and it is easy to build (or rebuild).

9) The popularity ritual can change you from outsider to insider over night. Use it and enjoy ever more wonderful popularity.

Step 14

**How to Use
Miracle Spiritology to**

Control the Weather and Other Aspects of Your Immediate Environment

The super-powered aura we built in the last chapter can be adapted to give you an excellent degree of control over your immediate environment, including the weather. Would you like to say, “Quiet, now” to a howling neighbor dog or “Don’t rain on my parade,” with a full expectation of being obeyed? You can do this and a great deal more as you learn to court the elementals and nature spirits. The extent of your ability to assert control will be limited only by your imagination and sense of responsibility to your fellow beings.

How to Quiet a Neighbor’s Howling Dog

The popularity ritual, particularly with the “desirable person . . .” chant, will naturally attract a lot of entities besides those in human physical bodies. You should find that stray or visiting dogs and cats notice you and treat you with a greater degree of interest and affection than before — it’s a good idea to pay attention to the attitudes that animals adopt toward you as a very special kind of “aura report card.” The animals are our link to that powerful and extremely important group of beings known as elementals and nature spirits. And it is through these fascinating “people” or “little people” that we find our magical ability to control our en-

vironment. When you are a true friend to the elementals and nature spirits, they will take care to see that their actions add to your comfort and never inconvenience you.

Let's lay our groundwork by changing the potentially annoying habits of your neighbor's pets. M.G. gave us a beautiful bit of feedback which illustrates the principle very well: "It was about 3:00 A.M. when I was awakened by the howling of a neighbor's new dog. No one likes to have her sleep disturbed and I felt a strong tendency to get mad. But I'm far enough into the work, I quickly realized that if I let myself get mad it would cost me the rest of my night's sleep and make me a real grouch in the morning. So instead, I began to reach out to the dog in love with my aura. It really wasn't hard to make a sort of psychic attunement, and as I did, I felt (as the dog) very frightened and alone. So I began to talk to the dog along that channel of loving attunement. I said, 'I love you, you're safe, and everything is going to be all right. Just go peacefully back to sleep.' It took just a very few minutes and we both slipped back into a quiet, peaceful sleep. I got up this morning with a soft glow of happiness for having helped my lonely little friend."

Animals will always respond positively to sincere projections of empathy and love from your aura. But remember that they are not fooled by words or fancy logic; your sincere feeling must be there to get the job done. Another good example of the use of love to cure a previously annoying situation comes from T.R.: "I try to keep a pretty lawn, but it was being defaced every morning by a neighbor's dog. As soon as his owner let him out in the morning, he made a beeline for the middle of my front yard to deposit his droppings. Since nothing of a physical nature had had any lessening effect, I decided to try an MSE ritual. At my altar I held a friendly conversation with the elemental spirits at each point of my interlaced squares and invited their help in my MSE entity building program. So I built an MSE entity and programmed it with pure love, plus a friendly request, 'please leave your droppings at home. I love you but not your calling cards. Then I carefully carried the MSE entity outside and stationed it right on the dog's favorite stopping place. Very few people would understand or believe, but I have watched carefully, and for a full month now there has not been even ONE calling card on my lawn."

There are as many possibilities of improving your relations with neighborhood animals as your own fertile imagination may in-

vent, and I suggest that you try several by way of warming up for the “bigger” things you will be able to do with the elementals and nature spirits directly. Rather than spend a lot of time in this section, let me give you a simple test to see if your aura is broadcasting enough love and “important person” power to successfully work with the nature spirits. When your aura is right, you can hold out your finger and invite a fly to land on it and let you take it out of the house. When you are in good shape, any fly, roach, or other household being will exhibit a remarkable degree of cooperation. If you get a combative or obstinate response, it’s a sure sign that you need less tension and positive power in your aura. Practice on all the flies and bugs who enter your house as a good way of keeping track of your auric power.

*How to Call in a Cooling Breeze,
Even on the Hottest of Days*

The zephyrs, air elementals, are curious and the most friendly of the elemental spirits. They will answer you with a cooling, caressing breeze almost any time you call them. A good place to begin is at your altar — this is an excellent time to do your work without the interference of any clothing. For your middle ritual, address the zephyrs in friendship: “You happy zephyrs, I really want to be friends with you. I welcome your gentle breezy touch now and delight in the prospect of our good fellowship.” Even with all the doors and windows shut, you will get a few subtle but very real touches of light breeze. React to them aloud and with sincerity, “That feels good! It’s fun to play with you.” Play with them as long as you enjoy it, then conclude your ritual as usual.

Once the basic friendship is established, your zephyr friends will play with you anytime, anywhere. On a hot day it is fun to demonstrate this friendship to your “normal” human acquaintances. Here is the way it worked for M.M.: “I’m a student at U.C.L.A., and often carry a sack lunch to eat on campus. This September and early October were exceptionally hot. One day at lunch I got to thinking how nice a cool breeze would feel, so without thinking how it would look to those around me I started in: ‘Hey you friendly zephyrs, how about stirring up a nice breeze for me. Come on now, how about a really nice one.’ And sure enough — there was an almost immediate response. It played on me and

on several of the people around me, and kept us much more comfortable until time to head for our next class. Now if it's too warm and I momentarily forget, someone in the group will remind me, 'Hey, M., how about calling in some more of those nice breezes!' When my friends ask me how I do it, I just tell them that I'm a nature lover and that seems to be fine because they LIKE the result."

It works to calm a high wind as well, as S.Y. was pleased to report: "The friendship with the zephyrs is magnificent! Now I understand that story in the Bible where Jesus calmed the winds of the storm. It was a gusty day with strong, cold breezes blowing all over the place. I was on a one-day vacation in a neighboring resort city and wanted some time around the pool. So I changed into my bathing suit and bravely walked out to select a chair close to the pool. As I walked to the chair I was already talking soothingly to my zephyr friends. I said, 'Look good friends, I know you're enjoying a boisterous good time, but your breezes are too cold for me to enjoy a swim. Won't you please keep me a small area of calm and warm so my vacation won't be a bust? I know you can do it and I'll really appreciate it.' I had to gently remind them occasionally, but it was great fun to sit in the calm and soak up good sunshine while the breezes were blowing papers and leaves wildly around all about the rest of the pool area. It was the same when I went in the water, and especially calm around ME when I came back out. You can be sure that I thanked my elemental friends for their wonderful cooperation."

How to Create a Clear Tunnel Through a Heavy Fog to Drive in Perfect Safety

Nothing is quite so threatening to a driver or pilot as a heavy fog. But if your growing friendship with the elementals spirits lets you easily accept the title of Magician, fog will no longer pose a problem. This is a part of the water elementals' realm, so we now extend our growing set of deep friendships to include the undines who come to the north or Isis point of your interlaced squares. When you devote a ritual to inviting the special friendship of the undines, you are very apt to feel tiny drops of water falling on your skin from "out of nowhere." Accept it as normal and enjoy the expression of friendship. Also be alert to those other times

when you get a spontaneous greeting from the undines which includes the feeling of tiny drops of water from “nowhere.” When they are your friends, the rest is natural.

Serenity is the key to successful work on fog, as it is in all good magic. Realize that you need no longer be intimidated or made tense by driving or flying into a fog bank. When you see the fog, greet your friends, “Hi, my friendly undines. I’ll appreciate your special consideration with a nice tunnel through your friendly fog that I may drive (or fly) in safety.” And as you drive merrily along, keep thanking your friends for their consideration and help.

E.T. reported on this one: “I have sort of a special reputation with my friends now. Any time I’m with a large group and there is even a hint of fog, they all say, ‘Let E. lead the way. She always manages to find a clear tunnel through the fog.’ The undines are so loving and sweet. I tell them that I love to walk in their fog and feel them close around me, but when I have to drive I expect their special consideration — and they *never* fail me.”

How to Walk in the Rain Without Getting Wet

We all remember the plaintive childhood rhyme: “Rain, rain, go away; come again some other day.” And we also remember that it had no effect on the weather. It is an unreasonable imposition on our friendship with the undines to expect them to stop a total rainstorm (which would no doubt cause them a great amount of pain), but as with the fog, it is quite reasonable to expect your friends to clear you a comfortable path. For this they will need cooperation from the zephyrs whose strong breezes would otherwise blow distant drops into your clear path. Since we are now on friendly terms with both the zephyrs and undines, this should pose no problem.

It’s a good idea to give your friends a few minutes notice. About five minutes before you want to venture out, use a friendly request: “Undines and zephyrs, my good friends, I have to go out in about five minutes to _____. Of course I don’t want to put a damper on your fun, but it would be a gesture of real friendship for you to provide me a dry path all the way.” Then as you walk through the rain staying quite dry, constantly thank your friends for their special consideration.

C.J. lives about three miles from his place of work. As he explains it, it’s just too far to walk, but not far enough to justify tying

up the family car. So he bought a tiny motorcycle, which was just right except on rainy days. Let's let him continue: "I bought my motorbike in the summer which is our dry season, so there was no thought of rain. Then 'suddenly' it was late fall and we had our first really rainy morning. Fortunately I had already made friends with the zephyrs and undines in my regular altar work, so I felt ready to call on their help. Just before time to leave for work, I make a quick extra trip to my altar and asked my elemental friends for the special consideration. When I arrived at work quite dry, all the guys wanted to know how you ride a motorcycle in the rain without getting wet. I answered that I have friends in high places. I have ridden through nine days of pretty hard rains now without getting noticeably wet at all. The guys call me a warlock now, but I reply no, I'm really a male water witch."

How to Make It Rain (With or Without a Rain Dance)

Notice that everything we have discussed this far has involved *your* special, *personal* relationship with the environment, asking for changes only in the immediate vicinity of your physical body. It is ALWAYS proper to invite these intimate favors from your elemental friends, and let's suggest that because of its effect on others it is generally improper to ask for major changes like a heavy rain over a wide area. Part of living in friendship with the elemental spirits is that one naturally seeks to pass harmlessly through the environment, disturbing the natural processes as little as possible. But in times of serious drought, it is quite reasonable for a good magician to work on behalf of the whole community.

Although modern science would still vehemently deny it, there is ample evidence that the traditional rain dance of many of our American Indian tribes brought (or brings) rain far too regularly to be shrugged off as "coincidental." The reason is the natural rapport of our native Americans with the elemental spirits, together with the well-known multiplier of power in group work which shows that one plus one always equals something *more* than just two. For the really tough drought problems, you may need to work in company with a few other earnest workers, but your elemental friends will respond to you even working alone as much as they can.

This is the time for a real friendship session at your regular ritual. When you feel the friendly response of the zephyrs and un-

dines, talk over the problem with them. Tell them how the plants, as well as animals and people, are suffering from the lack of rain, and ask them to try to relieve the situation. Gently remind your undine friends that the whole community depends on their life-giving moisture for crops and sustenance, and ask if there is anything you can do to help them. At the moment of silence after such a question, you may get an urge to help a plant or tree nearby, for instance, but generally there is simply a feeling that your friends have it all under control. In any case, thank your friends and finish the ritual as usual. Then if you have an assignment, fulfill it.

During the bad drought of 1974, E.W. found the friendship with the elementals most useful for his Kansas farm. Here is his report: "With the help of my undine friends, I have just harvested a magnificent crop of corn. During the drought, my sessions at the altar seemed to bring enough rain to tide over our small area — I got significant rainfall on three separate occasions when it did not fall anywhere else farther away than one mile from my farm. Then near the time for harvest when many areas were flooded it was very gentle for us, and we had dry weather that was just right for our harvest. This is a most wonderful and rewarding personal friendship with the elemental spirits."

How to Part the Clouds and Bring out a Ray of Sunshine

This may be a bit of personal whimsy, but I get uncomfortable when I go many days without seeing the friendly old sun. This is a time for a morning ritual concentrating on Ra and the salamanders (fire elementals). Tell Ra how you miss the beauty of his lovely sunshine, and ask the help and cooperation of the zephyrs and undines. Then when you step out your front door into a shaft of happy sunshine, greet your friends enthusiastically and thank them for the expression of friendship.

I won't try to give you a practical example for this one — but in a higher sense practices like this may be the most important of all. They add that special touch of magic for magic's sake and keep us ever mindful that there is more to life than economics, or as the wonderful mystic, Walt Whitman, might say today: There's much more to a person than is contained between the hair and the shoes. Keep a touch of mysticism and magic for perspective and you can handle all of life's problems with enjoyment and ease.

*How to Keep Insect Pests out of Your
Garden Without Poison*

Elemental and nature spirit magic is like a love affair — it requires real mutual consideration. If you show no concern for nature's creature creations, you can expect the same approach from her elemental spirits. But a basically harmless path through life earns you the right to their friendship. This is not to suggest that you go contrary to the nature of your body and its needs — man is naturally an omnivorous animal, and what you use for food is never a violation of nature's way. Beyond that, a new approach to life is important to the growing magic that let's you lead what the world would call a "charmed life." One of the logical changes is to quit killing your garden or household pests. But we have to be reasonable about this; we are not required to turn over our house and garden to hordes of ants, aphids, tomato worms, and snails.

So how can I have a healthy garden without killing the bugs? This is the province of the earth elementals, the gnomes and trolls. You will remember the thoughtform of love that convinced the neighbor dog to keep his calling cards at home. As the insects live by eating the garden plants, the love thoughtform is still good, but it will need a bit of assistance from the gnomes and trolls to be sure it is respected. If this ritual can be done in the garden itself, all the better. Build your MSE programmed entity after you have explained your approach to the elementals and invited their enthusiastic participation. The thoughtform programming theme is: "This is a garden of love where my plants grow and flourish. The love power is so strong that all insects and creatures respect it and go elsewhere for their food. I harm them not and they are bound to harm not my garden of love. So mote it be." Conclude your ritual as usual, but finish with: "Now good gnomes and trolls, I leave the garden in your capable hands and I know that it will flourish in your loving care. So mote it be."

The trick to complete success is in the generation of the feeling of power. When you are in tune and your ritual is done properly, you KNOW that your words of love have indeed become the law of the universe and cannot be disobeyed. It may seem strange to express it in that way, but you will understand as you sense the very special condition of oneness with all of nature in love.

N.E. is well-known in her community for her lovely flower gardens. Let's share her experience: "For years I have talked to the plants in my garden, and prayed over them as a good metaphysician. Often I sensed their discomfort when I had to use the harsh sprays and powders to protect them from the insects and snails, but I could only reassure them that it was for their own good. This spring I decided to try the MSE programmed love entity and the help of the earth elementals instead of the chemicals. I held my ceremony in the back garden, but made the MSE entity big enough to cover all my grounds and gardens. I care for my MSE entity and commune with the gnomes and trolls as part of the normal care of my garden now, and it's fun to sense the happy response of the elementals. As you know, I have won many prizes and compliments on my garden over the years, but this year it is really something special. Not only are the plants more beautiful than ever before, but everyone who walks into my garden remarks on the feeling of peace and love that compliments the beauty. And somehow that same love, peace, and beauty seem to be filling every nook and cranny of my life. It is all so beautiful it defies verbal description. Thank you for introducing me to a real love affair with LIFE."

How to Live in Full Cooperation with the Elemental Forces of Nature — the Naturally Charmed Life

We opened this chapter by offering you control over your environment, but our purpose was deeper than that. We have demonstrated the practical value of friendship with each class of elemental spirit as a way of indeed controlling your environment, but the greater value should be seen as the complete change in YOU. In the work of courting the elementals, you will somehow experience a more complete dissolution of the attitudes and feelings of separation and isolation, and a rich, new understanding of the meaning of *oneness*. It is in the growing ONENESS that you find the full and loving cooperation from the elementals and indeed all manifestations of nature. As you pattern your goals of progress to include the next step after simple oneness, you will find that you fall naturally into the "charmed life." And what is that special extra step? We got our hint in N.E.'s garden experience — it is the reality of a true LOVE AFFAIR WITH ALL OF LIFE. When you feel your sincere love being RETURNED by all of nature's

creatures, you are an effective practical mystic or master magician — the terminology is unimportant, but the LOVE AFFAIR is. Enjoy it and find the true meaning of a CHARMED LIFE.

Chapter Points to Remember

1) Through your powerful aura and a developed friendship with the elemental spirits, you can assert a new control over your environment that is limited only by your imagination and sense of responsibility.

2) Practice the bond of love to comfort noisy or obstreperous neighborhood pets and live in greater peace and comfort in your community.

3) The zephyrs will happily respond to your call and create a nice breeze when you ask.

4) Your undine friends will clear you a path through the fog, or in cooperation with the zephyrs open you a dry path through the rain.

5) Bringing out the sunshine or calling in the rain to end a drought are part of the gifts of finding the friendship and cooperation of the salamanders and undines. Enjoy this friendship.

6) A good MSE programmed love entity assisted by the gnomes and trolls will keep your garden free from all insects and pests and growing in vibrant, loving health.

7) As you extend the friendship with the elementals to include a loving oneness with all life, you will enter that special love affair with life that makes you a master magician — or the leader of a “charmed life.” Enjoy it.

Step 15

**How to Use
Miracle Spiritology to**

See Through Walls and Exert Personal Mastery Over Space-Time

Space, time, past, future, distant, obstacle — these are all words invented by man to explain the mechanical workings of his oversimplified three-space and one-time dimensional world. They are valid and useful as tools for three-dimensional action, but they need not be accepted as limitations to the full functioning of the real you. The special magic of ONENESS we built in our last chapter will be a powerful force for extending your influence and senses right through mankind's "normal" limitations. In several of my earlier books I have suggested using the TV screen inside your head, but now with our Miracle Spiritology we have extra tools to make it work much more effectively for you.

*How to Use Miracle Spiritology to Activate
the TV Screen Inside Your Head*

For a quick introduction, pause right now and simply shut your eyes . . . There, you didn't see total darkness! There were filmy, probably blurred "after images," or some sort of filmy patterns of light. Try it again, only this time think of the "picture" as your color TV set way out of focus. You will be able to brighten and focus your picture by reaching for more pure MSE energy at the

cellular level. We have seen that the same energy which lets a plant know the feelings of its owner flows through the individual cells of your body, keeping you in “cell consciousness” touch with all beings of any importance to you. Thus the trick is to bring the inputs from the cellular level into focus as a bright, clear picture on your mental TV screen. Your earlier practice should have already made you proficient at bringing your body cells to a nice glow. Now as you relax and bask in the oneness of the MSE energy and bathe the individual cells of your body, direct them to cooperate with each other to bring one clear picture to you.

At this point we must pause to build an extra understanding of the pictures you are most apt to see. The MSE energy of a person or object gives it a glow or aura. Since this is the same energy that flows between the cells as the transmitter of information, your cells will naturally tend to produce a picture of the energy field rather than the “solid” body or object that you are accustomed to “seeing” with your eyes open. Now we can understand that even those apparently confused patterns of still or swirling lights are potentially very meaningful.

In all our striving to harness our ESP or psychic ability, the secret of success is to recognize and *accept* the inputs in the *form* in which they come. You may be one of those rare birds who immediately gets bright, clear pictures as real as life, but if not, a degree of understanding can make the pictures you do get at least as useful as the photo-type image. For instance, with your cells glowing with MSE energy, think of a specific person and ask the cells to bring you a picture of your mutual relationship or that person’s opinion of you. If you then get a clear picture of a donkey (for example), you have an easily understandable answer that is less than flattering, but what if the answer comes in the more normal form of patterns of shimmering light? The interpretation should come in relation to the clarity of the colors and their relation to the various MSE energy center colors which are already familiar to you.

How to Interpret the Shimmering Colors of the Mental TV Response

Let’s have a good look at the meaning of the color responses before we discuss the fine points of tuning and safeguarding the fact that you’re getting inputs from the right person or place. You

will almost always get more than one color, and that's reasonable because our relationships are on many levels and often quite complex. First think of this in terms of positive or negative emanations of each MSE center. When the colors are bright and clear they indicate the positive reaction, but when they are tinged with muddy browns or black they are showing the negative of the corresponding center. As a basic rule of thumb, we can give the following list, but do understand that the shading and variation of color concentration should supply the emphasis:

1. RED — clear and bright indicates a healthy and strong sexual attraction.
— muddy indicates antagonism, anger, and hatred.
2. ORANGE — clear and bright indicates positive intellectual interest and a real respect for your mind.
— muddy indicates resentment, lack of respect for your logic, and general feelings of your intellectual inadequacy.
3. YELLOW — clear and bright indicates a still physical, but also general, attraction and respect and an expectation of much enjoyment of all of you.
— muddy indicates a strong mistrust of your motives, even fear of your actions.
4. GREEN — clear and bright indicates honest love, a genuine givingness and desire for your growth, well-being and prosperity.
— muddy indicates envy, jealousy, and a desire to hold back your progress.
5. BLUE — clear and bright indicates a desire to bring you healing and/or a genuine interest and respect for your creative ability.
— the higher center energies partake of no muddiness. If blue, indigo, or violet is present at all it is positive in its meaning — and muddiness should be attributed to the lower center color in the vicinity.
6. INDIGO (a very deep, almost midnight blue) — clear and bright it indicates a potential or desire for a special psychic rapport and shared psychic experience.

7. VIOLET — clear and bright it indicates the highest spiritual respect and aspiration. Violet, clear green, and gold are the colors of manifestation of your higher spirit guides, teachers, and lovers, also.

How to Focus Your Mental TV Screen on a Particular Person or Situation

The focusing process is not a matter of work or strong will, but of genuine interest and attention. Remember that we are working at the cellular level of consciousness which reacts and responds to *feeling* rather than logic or even expressed will. Thus we might say that this basic process is self-policing — that snooping is difficult since your cellular response will come only from strong, genuine interest. This elementary focusing process is simple, but it should be mastered well for use as the stepping stone to the more exotic forms of clairvoyance we will present later in this step.

Practice on individuals first, one at a time. Always begin by sitting quietly and bathing your body cells in Light to bring them to a peak of glowing power. Then center your whole attention and interest on the one person who is your target subject, as you speak (aloud if possible for the extra power) to the body's cellular consciousness: "Now my wonderful body cells, we will practice our new level of cooperation. I have centered my conscious attention on _____ (your subject's name) and ask you to project on my mental TV screen the most accurate assessment of his (or her) personality and true feelings toward me. Please begin to form the message now." Then shut your eyes, enjoy the patterns and colors that appear, and pay attention to the feelings that often accompany the "pictures."

We can deepen our understanding by sharing the experience of Olivia P.: "I was in my third year on this job. The first two years were wonderful, then the boss seemed to change. He became a grumpy, miserable man that it was almost impossible to be around. After about three months of this I was thinking of quitting, but I decided to try the cellular level clairvoyance first to see if I could better understand the problem. I used the cell glow exercise, then directed my body cells to focus on my boss. First I asked, 'What is his problem?' And there quickly appeared a very murky, muddy orange pattern on my mental TV. That looked like an awful lot of

resentment and I wondered about it, so I asked next, 'What is his attitude toward me.' This time I got a lovely, clear green field of light quite liberally sprinkled with bright red. This came as something of a shock to me since I had thought of Chuck only as the boss and a married man. Since this was my first real application of the principle, I decided to do some testing of my inputs. I caught Chuck alone in his office and deliberately asked, 'How are things on your home front?' To his rather off-hand reply of, 'I'm getting a divorce,' I responded, 'So that's why you've been so hard to get along with!' He followed with a sincere apology and an invitation to dinner. The cellular level clairvoyance inputs proved to be exceedingly accurate. To my surprise and happy amazement Chuck's divorce will be final in two weeks, and we have set our wedding date for the week after that. I can't tell you how glad I am that I didn't just quit in a rage as so nearly did happen!"

*How to Carry on Normally While You View
a Scene Many Miles Away*

As you practice the cooperation between your cellular consciousness and the mental TV screen, the growth will proceed in two very useful directions. First, since you are striving to learn the language of the cells, they will respond by learning your language of pictures and begin flashing you real pictures that are important and useful as extra data sources. And second, the whole process will become more and more automatic — as you even casually think of people or situations, the cell consciousness will happily feed you colors and pictures to aid and enhance your understanding.

Just a little bit of this growth can turn the time spent in routine tasks (or as I call mine, "monkey jobs") into a veritable feast of useful information. Note the mechanics of this very practical process. While your "normal" consciousness is engaged (or shall we say distracted) by a task that requires attention but not deep thought, the cell consciousness has relatively unobstructed access to the creative part of your being. We have all experienced something of a "creative breakthrough" while in the shower, shaving, putting on makeup, or combing the hair. It was this same mechanism at work, but now because we are courting it, the inputs will flow ever more readily. By paying attention and always praising your body cell group for the cooperation, you will find this a spontaneous source

of inputs to keep you out of trouble and add much happiness to your whole life expression.

Ezra C. reported on this one: "I was driving along from my office on the way home when I suddenly got a picture of my wife surrounded by clouds of muddy red and brownish orange auric energy. I instinctively asked, 'Why is she so mad?' And there was another flash, this time of pure intuition, 'She expects you to forget your anniversary again.' It would have been the third year in a row, too! Sure enough, I realized that THIS was the day. So I stopped at the florist and picked up a couple of dozen nice roses. I entered the house smiling, and as I handed her the flowers with a cheery, 'Happy anniversary, honey,' I could see the resentment and anger melt right out of her aura. She is a very sentimental person, and that flash really turned a potentially miserable evening into one of great happiness."

Perhaps of greater usefulness (depending on your point of view) was this report from B.R.: "I was quite content with my \$25,000 a year middle management position and felt I had a pretty secure position with my company. But one evening as I relaxed at my altar just before completing my ritual, I saw a very clear picture on my mental TV screen. It was obviously an ad for an executive in the Wall Street Journal. I checked my copy from that day and found nothing like it, but the picture was so strong that I was impelled to turn to that section first the next morning. Sure enough, there was the ad and it really seemed to be asking for me. That night I polished up my old resume, updated it, and took it to my altar for a bit of a ritual before submitting it by mail. To summarize a very happy story, I was quickly accepted for a job at \$45,000 per year, and within four weeks learned of a merger in my old company that resulted in the abolition of the position I had thought was so secure. You can be sure that I did an extra ritual of pure thanks to the power sources and my own body cells for the guidance that opened a wonderful new door even before the old one had closed."

Split Screen Mental TV — How to View Action in Two Distant Places Simultaneously

With regular practice you will find that your cellular level pictures are in colored patterns when appropriate or clear photograph-type pictures when that would be easier to understand. A

slight variation will also allow you to split your clairvoyant vision and see two different screens in vivid detail at the same time. Let's preface all our comments by saying that this is not the sort of exercise to try while you are driving — it is best to do this work at your altar with the physical eyes comfortably closed and the body quite safe.

It may sound like a rare requirement, but there are times when we find ourselves needing (or at least believing that we need) picture inputs of two different people or subjects at the same time. If your interest and concentration are really divided there will be a strong tendency for one set of information to fuse into and blurr the pictures of the other. When you feel that torn between potential subjects, it's just the right time to accept another excellent facility of your latent clairvoyant ability. When you are making your cell-glow attunement, tell your body cells that you need inputs on both subjects and assign one side of your mental TV screen for one picture and the other side for the other. Once you have defined the split, your body cells will naturally cooperate because they like to avoid confusion, too.

Mabel S. reported on this one: "My two teen-age daughters were out on dates to different parties. It was far later than I liked and neither girl had come home. I had used up every task and excuse I could think of and knew I should go to bed, but I was the typical worried mother. So I went to my altar, did my cell-glow exercise and specified that I needed pictures of the girl's whereabouts and situation, Sally on the right half of the screen and Jody on the left. Sure enough I saw Sally finishing a soda at the nearby drive-in and Jody in a moving car that I felt was on its way home. I relaxed and thanked my cells and my friendly spirit people for the help. As I was settling down into bed I heard the front door open, and shortly I heard the second girl arrive, too. There's a special feeling of reassurance from using that split screen exercise. I have an idea I'll use it often."

How to Get into the Action of a Picture You See on Your Mental TV Screen

As your regular practice of the cellular level clairvoyance brings ever clearer pictures with ease, there will be times when you feel an urgent need to participate in the action. Let's pause to remind you that a good deal of restraint is the best policy — my

definition of black magic is using one's occult powers to control or interfere in the lives of others without their permission. But there are clearly situations where a spontaneous insertion of your influence is proper and even necessary. For instance, you may get a picture of a relative in the process of being robbed, and it would be altogether proper to zap the robber with a "run-out-of-there" urge — or to push a friend out of the path of an oncoming vehicle.

Your inner cone of power MSE entity is the easiest tool to use in this part of the work. Just will it into your mental TV picture with the same force you would use if you were physically present. Margaret W. used this technique very ethically but practically. Here is her report: "I was unaccountably uneasy about my married daughter, so I decided to use the cellular level clairvoyance to see how she was. The picture came of my daughter and her husband, but it was full of muddy reds and oranges and it was obvious that they were having a battle royal. I knew I didn't dare take sides, so I revved up my cone of power MSE entity and mentally directed it into the picture to fill both of them with peace and love. In about three minutes the picture had been swept clean of the muddy colors and I seemed to see them kissing as if they had made up. The next morning I called my daughter and talked generally until she just had to tell me of the big fight they had last night and how all of a sudden they were both struck with a wave of peace and love and made up. I, of course, didn't admit anything, but afterwards I made a special trip to my altar to thank everybody who helped."

A somewhat more difficult variation is to take charge of the mental TV picture after it has formed. Project your own image into the picture and enter fully into the conversations and imaged action. Jon N. found this technique most useful in landing a much-wanted job. He tells us: "As you know, I applied for a position that would be a big step ahead in my career. Of course I was still employed so I couldn't do as much of the magical work as I felt that this opportunity really warranted. But I had asked for all manner of MSE help, and one day on my job I got a strange urge to tune in on the decision-making process involving my application. The only thing I could do was escape to the rest room. I locked myself in a stall, did a quick cell-glow exercise, and asked for a picture of the situation. I got a clear picture of the two men involved in the decision. They were discussing the job candidates in preparation for their final selection. I immediately visualized myself right in the room. I spoke convincingly to each man, telling them that Jon is just the

right man for the job. When I felt them agree with me, I thanked my body cells and all who had helped and went right back to work. Within one hour I received the phone call offering me the job. That's good magic!"

*How to Get a Long-Lost Friend to Write
or Call You on the Telephone*

Either of the last two techniques can be used to re-establish an old friendship or mend a broken relationship, but a combination of the two is the most effective. First focus your cellular clairvoyance picture on the friend or lover, then use your MSE cone of power to fill the person with peace and love, and finally put yourself in the picture with a clear request to call or write to you. Let Shirley O. tell us how it worked for her: "It had been just over a year since I had seen Bob. We broke up over a silly misunderstanding and I had spent a year trying to meet somebody as nice, but with very little success. So I decided to use my MSE powers to try to get us back together. I waited 'til late at night when I was sure Bob would be home. First I used the cell-glow exercise and asked for a picture of Bob. I saw him sleeping, so I revved up my cone of power and bathed him mightily in my peace and love. Then I pictured me speaking clearly into his ear, 'Bob, please call me in the morning.' Sure enough, early the next morning my phone rang, and Bob was saying, 'I dreamed about you all last night. How about us getting together?' Two weeks later we set our wedding date."

There is another very special use for this technique. How well do you know your spirit guide? Or your spirit lover? As you send love through the MSE cone of power into the picture, project yourself into it, too. You may find a spontaneous out of the body experience developing that gives you the most wonderful taste of love and affection imaginable. Or you may "only" find a happy ripening of your relationship with the helpful spirit. Either way it is well worth the effort.

Barry T. was still skeptical about the spirit lover concept when he decided to try this method of contact. Here is the result: "I had tried the earlier spirit lover contact methods you gave us and I thought I felt something, but it was still pretty much theory to me. Then I tried the cell-glow oneness method and asked for a picture of my spirit lover on my mental TV screen. She is LOVELY, and I realized I had met her in my 'dreams' on many occasions but always

before had shrugged it off as ‘just a dream.’ This time I said, ‘Hi. I’ve been working for this for a long time; please help me make a solid contact with you at bedtime.’ So at bedtime, I repeated the exercise, and seemed to drift off to sleep right into the picture of my spirit lover’s face. The beauty of the experience with her ‘out there’ cannot be put into words, but there was also some very practical fallout. I got the solution to a long-standing business problem, and a look at two situations that happened the next day along with the insight of how to handle them easily. Now every time I make the contact I get a truly beautiful experience, but somehow there is always an extra bit of practical help, as well.”

We have given you the basics in this chapter, but I want to close it with a special challenge. There are thousands of potentially wonderful and useful variations to this part of the work. Apply your creative imagination along with your MSE disciplines and set us all an example of life that is a series of happy miracles.

Chapter Points to Remember

1) The magic of oneness and cellular level communication can dissolve the limitations of space, time, and distance by using the TV screen inside your head.

2) When you shut your eyes, you don’t see pure blackness, but some sort of patterns of filmy light. This is the basis of your clairvoyance and proves that **YOU ARE CLAIRVOYANT** already.

3) Learn first to accept the cell level response on its own terms by intelligently interpreting the meaning of the patterns and colors — be guided by the colors and functions of your MSE energy centers.

4) The tools to focus your mental TV pictures are interest and attention — it’s not push or will, but *let* your body cells bring the inputs in their own language.

5) As you get used to the cell language of color and pattern, they will be learning your language of pictures — you will find spontaneous pictures giving you helpful information about your friends and surroundings.

6) When you have two very pressing problems, don’t get frustrated trying to focus on one of them — instead use the split

screen technique and let both useful series of pictures form side by side.

7) You can use your MSE cone of power and/or a projected picture of yourself to get right into the action on your mental TV screen and materially effect the outcome.

8) The same mental TV and power projection techniques can be used to get a missing friend to call you, or even for improved contact with your personal spirit lover. Accept the challenge to apply these techniques creatively and live a life of ever-improving miracles.

Step 16

How to Use
Miracle Spiritology to

Generate “out of the Body” Experiences – Astral Travel for Fun and Profit

We will not begin this section with an attempt to convince you of the reality of *out of the body* experiences (often also called astral projection or soul travel). No amount of words, no matter how persuasive, can make astral travel real to *you*. But there is a sure way to get over the reality hurdle — simply have an experience of your own. So we will turn at once to the projection process.

How to Prepare for an out of the Body Projection

Voluntary projection is an emotional rather than a mechanical art, and we have already recognized that the intellect cannot control our emotions. It may court or suppress them, but it cannot *will* a selected pure emotional state and expect obedience. In the same way, you cannot successfully *will* yourself out of your body exactly “on call,” but you can *let* yourself slip out of your body quite easily. From the viewpoint of the intellect, astral projection must remain a courting and a letting, not a willing and doing process. So, as with any preparation for good occult work, the emphasis should be on courting the peaceful, serene, yet enthusiastic emotional state. We can promise you definitely that a state of

great anger, resentment, or deep attachment will LOCK you in your body for all practical purposes.

The typical student passes through three stages of progress on the way to useful astral projection abilities. First is the stage of fear — it is natural to fear being separated from the body that you have been so carefully taught is “you.” But your growing spiritual orientation is slowly convincing you that you simply ride your physical body as a horse, and separation from it is a natural occurrence. Next comes the state of extreme desire or anxiety to do it — this is really a new manifestation of fear, but now it is fear that you will *not* leave your body. We might see this also as fear of failure. Once you have balanced the two sets of fears and outgrown both, there is the third stage of equilibrium from which voluntary astral projection is possible. There is only one antidote for these or any other fears: KNOWLEDGE AND FAMILIARITY. The more you know about the astral portion of your being, the easier the task of actual separation will become. With this much background, let’s apply your growing MSE expertise to the task of achieving your first projection.

*The MSE Astral Breath — How to Breathe Yourself
Right out of the Body*

The real you, the controlling consciousness, is normally bound to the physical body by the individual consciousnesses of the body cells. It is rather like a mother being held in the house by several million clinging children. When they understand that your “trip” represents no danger and is indeed good for the overall progress of the organism, they will relax their clinging and cooperate. The trick is to approach the process without the anxiety of expecting it to take you out the first time or two you try it.

I would suggest that you first use the exercise with your body in a comfortable horizontal position on the bed or a couch, but if this results in your drifting off to sleep instead of slipping out of the body, then switch to a comfortable chair with arms that will keep your body from falling over when you leave it. Begin by using the MSE cell glow exercise while telling your body cells that you appreciate their part in successful projection. When you have produced a good glow throughout your physical body, begin at the feet again, this time telling each small group of body cells, “Now relax your grip so I may float gently up out of this body and enjoy an experience which

will surely enrich the whole organism, including each of you cells of the physical body.” When you reach the top of your head in this cell instruction process, announce to the whole organism, “We will now float the seat of consciousness I know as ‘me’ gently up out of the physical body on the exhaled breath. We will take seven very deep diaphragmatic breaths, and each time we exhale, the waking consciousness will float in a little higher, until the eighth breath completes the separation.” Then take your slow, deep breaths, and each time you exhale, feel the floating sensation get stronger — until the eighth breath indeed sets you free and you float comfortably above the physical body, fully conscious. Take your first breath and feel the loosening of the root center as you exhale, with the second breath loosening the spleen center, and with each succeeding breath feel the next center in turn loosening its grip on your consciousness. The seventh center turns loose on the seventh breath, so the eighth breath slips you either straight up, or right out the top of your head.

If you don’t get all the way out the first time, there is no reason to be discouraged. Simply contemplate the process as an adjustment of the MSE energy flow of the organism you call “me” — you know that with understanding and practice you can control the energy flows and lift yourself out of the body easily.

First experiences out of the body vary greatly with the individual — even as in clairvoyance some of us see energy patterns while others see 3-D colored pictures. Note that the habitual form of your clairvoyance seems to correlate with your normal type of out of the body vision. A cross-section of first experiences will help our understanding of this.

Typical Reports of Student’s First out of the Body Experiences

Peggy S. reported: “The cell glow exercise is especially soothing and relaxing to me anyway, so the second time through I was really like a limp dishrag. Because my first two tries resulted in just falling asleep, I was sitting up in my favorite easy chair this time, and I had a feeling of victory by the time the breathing had reached my heart center. On the eighth breath I willed a tiny bit of floating sensation to help things along, and sure enough, I sort of floated right out the top of my head and settled gently to the floor, standing in front of my body. I walked right through the wall

(deliberately to see if I could) into the bathroom to look at myself in the mirror. *That* is an exciting experience — I saw my aura brighter than I remember it, but I could see right through me to the towels on the wall behind! By this point I decided I had enough experience to digest for a few days, so I walked over and sat in my body's lap. Then I said, 'O.K. body cells, bring me back,' and poof, I was back inside the body just like always. It was truly an unforgettable experience, but I expect to have many more — and make them ever more practical."

S.R. reported: "The first three times I knew I was close, but I was still too excited to actually get out of my body. However, I could tell that I was getting more used to the whole idea. Then came the fourth try, and on the eighth breath I was suddenly standing beside my favorite fountain in Central Park. I must have stayed there for about five seconds and then I was back in my body, but almost immediately I was back at the fountain. I sort of bounced back and forth between the fountain and my body for four or five trips. Then it was over. But I *knew* then that *I* can do it! After that the experience came more easily and I am learning to control it more completely every time."

Martin C. had this to say about his first: "It was fortunate that my earlier work in clairvoyance had prepared me to cope with seeing energy fields. As I exhaled that eighth breath, I felt myself floating into another dimension. I could move about easily, but objects and even people no longer looked solid — they appeared to be energy fields, just like those I had seen in my clairvoyance exercises. I quickly saw the aura pattern I have come to associate with my spirit guide and more or less intuitively got several bits of extremely useful personal advice. I feel rather like a baby in a whole new world — there is so much to learn. But now I know that spirit beings are REAL — because I AM one."

Learning to Control Your out of Body Experiences

A major common denominator of students' early out of the body experiences is a degree of frustration because you don't always get where you wanted to go. Control of the astral body as it is most often called, is a matter of adjusting the MSE energy flow. Therefore it comes with practice and discipline. We must stress that the vehicle in which we travel is composed of the MSE

energy of *emotion* — another name for the astral body is *emotional body*. This understanding can give us the tools for intelligent direction of the out of body experience. It can no more be controlled by the intellect than can the other emotions, but it can be directed by focusing your interest and courting the positive reaction patterns.

It is from out of the body experience that we learn whether the positive thinking and reacting that we hold so dear is a worthless mental exercise or a truly useful part of your state of being. So when fear or anger pops you back into your body and blows what could have been a wonderful astral trip, don't compound the mistake by being angry with yourself, just chalk it up to emotional immaturity and strive on.

In your early work particularly, it is a good idea to have a target place picked out before you begin the exercise to leave your body. Use the MSE energy of enthusiasm to exert positive control with a theme, like: "Wouldn't it be fun to drop in and spook Grandma!" Or, "I'll pay a friendly visit to my spirit lover!" Or, "I wonder how Aunt Julia is getting along; I'll drop in and find out." The well-planned appeal to your positive emotions will produce the controlled "trip" and allow you to learn or gather useful information.

Keeping your approach lighthearted always brings the best results, as this report from Maude G. indicates: "After three times out of my body just moving around the house, I decided it was time to branch out. So I planned my suggestion to be, 'Wouldn't it be fun to drop in on Mom and Dad to see if they've rearranged the house!' (My folks live about 300 miles from my present home.) Sure enough, I was in the familiar living room, but the furniture appeared new and different. I carefully noted the pattern and color of the couch and called my mother the next morning. My opening gambit was: 'I love your new green couch,' and it evoked quite a reaction — the new couch had been delivered just the day before and my folks had told no one about it! I couldn't have asked for better proof that I had really been there."

Astral Espionage Is Possible

There is virtually no limit to the practical applications of out of the body projection as long as the practitioner maintains the

personal serenity that keeps the emotions (or emotional body) responsive to positive mental suggestions. But especially in the early developmental stages of your work, it is important to understand the possible alternatives when you get an input of negative or disturbing information. If we are worried or disturbed and attempt projection, there is the strong possibility of slipping into a genuine dream state where your worst fears are acted out.

Consider a devoted wife whose husband is on a business trip. It would be easy to drift into a disturbed sleep and let fear picture him on a slab in the morgue, or in bed with another woman. To act (or react) on an erroneous dream input would be as disastrous as to ignore a valid out of the body input is wasteful. It takes only a short time to let your growing experience easily teach you the difference, but in the meantime take care to let your cool head prevail where there is any doubt at all. The best test is that a valid astral input should be repeatable by going out of the body again definitely from a waking state — in a valid experience, all the details will be just as before, whereas a fear-induced dream will have many inconsistencies from the first one if it repeats at all.

We will leave the ability to validate your inputs to grow for you as your regular practice improves both the reality of the experience and the ability to generate it. Let's share now an experience that clearly bends one's highest ethics. A small business man was involved in bidding on a major (to him at least) contract against two competing firms which were considerably larger than his own. We will carefully avoid the use of names or geographical locations this time for obvious reasons. So let's call the businessman Ivan. As the time drew very near for submission of the sealed bids, Ivan managed a waking out of the body trip to visit the offices of his two competitors and review the calculations of their bids. He then used the information to adjust his own thinking and submitted the winning bid. Fine for Ivan, but not so good for the competition, particularly if you were an officer or stockholder.

There are many positive and rewarding uses of astral projection, but I personally feel that this is not one of them. You need never fear this type of invasion from people of high spiritual development, but the realist must recognize that what appears immoral to one may be "common trade practice" to another. We will let you police your own morals, and turn now to protection of your sensitive secrets from others.

*How to Protect Your Business Bidding and Other
Delicate Matters from Astral Spies*

There is probably more money and effort spent on industrial espionage in this country than on espionage projects related to our national security. Yet we might pause to suggest to our nation's leaders that the government supported psychic research so widely heralded in the "Iron Curtain" countries may indeed be motivated by a drive toward espionage — in a situation of psychic naivete, no national secret can ever be truly safe. Still as individuals the one thing we are sure we can control is our *personal* affairs and this is where we will keep our emphasis.

Psychic security for secret personal documents and the like is the natural task of properly constructed MSE programmed entities or thoughtforms. A combination of the ancient occult concept of the 'ring pass not' and concentrated confusion can form an excellent protective system. Build a solid wall of MSE energy around the storage place of your secret documents, then put an outer layer of confusion and "ding-bat-itis" around it. We all have occasional days when we are naturally a bit confused — that's the time to put the finishing touches on your psychic defense system. Solidify your confusion all around your MSE wall of protection with the idea that any astral being trying to penetrate it will become so confused that the protected contents can never be understood. Cooperation from your own spirit guides in this area can add the final bit of sure protection, and ample warning when you should be bolstering your MSE defenses. I won't give you a specific example here because this is an area that sounds too much like science fiction. We will devote the rest of this chapter to far more positive uses of the out of body experience.

Astral Courtship of People Who Have Physical Bodies

"It was different from a dream," said the handsome executive. "Somehow a real part of you was in my apartment last night making love to me!" Sally S. had been trying to get George's interest for several months by "normal" means with no success. Then she generated a conscious out of the body trip to his apartment right at what she figured was his bedtime. Her desire was so strong that the success of the projection was "proved" by the startled greeting that opened this paragraph. Sally's report continues: "I smiled and

asked, 'Did you like it?' He answered, 'I think I'd like it better with ALL of you there.' I answered, 'When?' I won't make this 'X' rated by giving you the details, but we were married last week and are ecstatically happy!"

Joe G. had been trying to interest his boss in a new sales program for several weeks, but as he put it: "I kept getting the brush off. Then one night I got the bright idea to visit my boss astrally and present the idea fully to him while he couldn't get rid of me. I got out of my body and caught him in a reflective mood, just sitting quietly after the 11 o'clock news. I enthusiastically gave him the whole pitch. At work the next morning, the boss called me to his office and said: 'I was thinking about you vividly last night. Isn't there some sort of a sales program you've been trying to get me to look at?' The rest was easy. By way of results, the preliminary returns from the sales program are so good that I got a \$250 a month raise plus a \$1,000 bonus!"

Even family feuds can be resolved by a good astral approach. Willa D. reported: "Although we work in the same big office and are close neighbors, my brother, Grant, had not spoken to me for almost six months. It was a typical family misunderstanding and he felt completely self-righteous in shutting me out of his life. Finally I generated a good astral projection and went to see Grant. I kept at him for about an hour, repeating again and again that we are brother and sister and shouldn't let silly misunderstandings keep the family apart. Next day, he smiled at me in the hall. We each said, 'I'm sorry,' and the whole thing dissolved. It's nice to have the family on friendly terms again."

Extra Benefits from out of the Body Rapport with Your Spirit Guides and Teachers

We have stayed very mundane and practical in our approach to the astral this far. Now let's take a quick excursion into what to me is the real reason for out of the body work. The major difference between you and your spirit guides is that at the moment they do not have physical bodies. Thus the improvement of communication, cooperation, and the team spirit of your band can be greatly enhanced as you learn to visit them more or less on their "home ground" instead of always waiting for them to contact you.

A little extra preparation by way of setting a high spiritual mood will help, then use the cell glow exercise and breathe yourself out of the body as usual. The prepared suggestion is: wouldn't

it be wonderful to visit my spirit teacher at his (or her) own dwelling place! Then call your spirit friend's name as you direct the astral body to take you there. Again the only block is anxiety — stay serene and don't want it so much that you lock yourself in the body or on the 'low astral' where the garbage thoughtforms live. As always, enthusiastic but serene interest is your ticket of admission.

Murray S. reported on this: "For years I dreamed of the time when I could just sit at my spirit teacher's feet and soak up the instruction. Finally with the MSE breathe yourself out of the body technique I made it! And it was more wonderful than I had dared hope. I had set a high spiritual mood, and as I slipped out of my body, I said to myself, now let's visit a spirit teacher who has time for me. And sure enough, I was almost immediately in a beautiful astral setting of a green meadow with a bright spirit in a white robe looking down at me. I did not have to speak because the spirit began to explain the causes of my present hang-ups and chronic material problems. When I got back to my body and applied the new knowledge, I made good friends out of three long-standing enemies and it took only six weeks to get a promotion and a \$200 a month raise. But the nicest part is the new confidence that with my spirit team I can handle *anything*."

Astral Sex — How to Enjoy It

There is much literature in the world which states that the sex experience can only take place between people in physical bodies — that spirit beings become too "holy" to enter into the most intimate of love expressions. No wonder so many people are afraid of dying!

A little reflection should convince you that the physical body is more like the least important part of the love/sex experience. It is the power of the emotional body (or astral if you prefer the term) that puts the meaning and enjoyment into the act — excitement, intrigue, romance, mystique, and desire come from the astral or not at all. So we can safely say that the astral rather than the physical is the *sine quo non* of the sex experience.

It is altogether possible for a pair of lovers whose physical bodies are separated by hundreds or even thousands of miles to maintain a richly rewarding sexual relationship, and you will now see another reason for finding your spirit lover. I must take care not to get an "X" rating here, too, so I will not give you examples. Rather

I will borrow the TV commercial cliché, “Try it, you’ll like it,” and close with two useful suggestions. First, in a normal marriage it is well for the couple to agree that what goes on outside of the physical body cannot be construed as “infidelity” — it’s enough to assert ownership over another’s horse (body if you prefer), not also over emotions and soul. And an important second: NEVER allow the sex act to be carried on with a spirit while you are in your physical body — this can lead to many dangerous complications, and, besides, it detracts from the full enjoyment of the process. When both are on the astral, fully conscious, the results are magnificent. Try it, you’ll like it.

Chapter Points to Remember

1) Voluntary out of the body projection is an emotional rather than a mechanical art. Absence of fear or any powerful emotion is the secret of being able to separate from the physical body easily.

2) A combination of the cell-glow exercise to reassure your body cells, and the MSE astral breath should float you right out of your body. Practice without the anxiety of demanding instant success — and win.

3) Your first astral experiences may be fragmented or poorly controlled, but the first experience, no matter how sloppy, proves that YOU can do it.

4) Control of the out of body experience comes with practice and the constant courting of positive emotions.

5) When you are seeking information astrally, carefully evaluate your inputs to distinguish the valid astral visions from possible fear or wish dreams.

6) You can protect your sensitive secrets with a wall of MSE energy reinforced by a layer of powerful confusion.

7) People who are hard to reach by “normal” means can be courted or prepared to receive you or your ideas by visiting them astrally and enthusiastically explaining to them.

8) The joys of richer rapport and easy communication with your spirit guides and teachers are the best reason for developing your astral ability.

9) Astral sex is possible and can be enjoyed greatly. Do understand the two suggested precautions before beginning.

Step 17

**How to Use
Miracle Spiritology to**

Profitably View Your Past Lives on Earth

In answer to a recent question, “Do you believe in reincarnation?” my reply was, “No, but I don’t believe in breathing, either. I accept both as natural parts of life.” Therefore I have no strong compulsion to “sell” you on the reality of past life experience, and a practicality-oriented work of this nature is not the place for a long philosophical discussion anyway. Instead we will follow our normal approach of introducing the experience and deriving the utmost practical value from it.

*How to Hook up Your Mental TV Screen to
Tune in on Your Past Lives*

Whether or not you have made an astral visit to your spirit guides, the last chapter’s work of trying has improved your basic rapport with them. And it is a good idea to invite spirit cooperation in your beginning glimpses at lives past. The first sessions should begin at your altar. After the normal opening ritual, ask for help from the elementals and your spirit guides in viewing meaningful scenes from a recent past life. Then use your quickie version of the cell glow exercise to turn on your mental TV screen.

This is a time your earlier work or clairvoyance and establishing real cooperation and rapport with your body cells will pay big dividends. If the first pictures happen to appear as energy field patterns, remind your body cells that in this case you can really

use only pictures of a regular visual nature. Ask your cells to reproduce the pictures you saw at the time the energy fields were as they appear now on your screen. Patience and the gentle courting of body cell response will bring clear pictures in a very short time. Then comes the fun of deriving the useful meaning.

Past Life Data Helps Understand the Real You

Often your very first glimpse of the past brings tremendously useful information. Ed B. reported: "As you know, I have been plagued with a migraine headache on the left side of my head as long as I can remember in this life. I'd estimate that I had some degree of pain in that head for an average of three days out of every week of my 37 years in this body. Then I began the exercise to view my recent past lives. At first I saw some awful energy patterns, but when I asked my body cells to adjust to a visual picture it took only about 30 seconds to focus. I saw myself in an army uniform. My platoon was under artillery attack. I saw three shells hit very close to our position, then from the fourth a hunk of shrapnel entered my head on the left side and ripped away about a third of it. Clearly it was the thoughtform of pain created right there that was reliving itself in my recurrent headaches. I asked for help from my spirit guides, the elementals, and my body cells in dissolving that worn out pain pattern. To assist in the psychic recycling process, I taped a big bloodstone on the left side of my forehead. Then every time I began to notice a bit of pain, I commanded the old pain thoughtform to dissolve and bother me no more. In less than three weeks I had it licked. I have waited for six months to be sure. Now I can say it has been a full six months and my head has remained pain free. Only someone who has suffered as I have can appreciate the feeling of gratitude and relief I have every time I think about it."

Cindy S. had quite a different experience: "Almost as soon as I asked, a clear picture formed on my mental TV screen. Although the antagonist was a man, I knew him to be my mother in the present life. He was a cruel slave master and drove me unmercifully by the cracking of his whip, often over my head, but equally as often inflicting its pain somewhere on my body. I have hated and resented my mother as long as I can remember, but somehow she continued to dominate my life. I lived in mortal fear of defying her, and now after 42 years of this utter nonsense I knew why. Whenever she

fixed me with that steely glare, I had subconsciously felt the crackling of that awful whip. Rather than precipitate a big fight, I now realized that in this life I am free, so without warning I quietly packed and left. I spent the first month of freedom working to dissolve the resentment thoughtforms that I realize had been hampering my health. Yes, it's a little late, but now I'm starting my own life and I am very pleased with its prospects for the future."

*Deeper Insights into Personal Relationships
by Viewing Past Lives*

What good is all this past life bit if I just see myself walking behind a plow every time I try? Your subconscious beingness may not be willing to face major problems the first few times you try the past life attunement process. It may prefer to restrict the pictures to happy or simple times with no emotional or practical value. Still the exercise is good for you because it prepares you for the time when you can ask about a specific person or problem and the past life lesson that can solve it. Anyone who has examined the idea of reincarnation has encountered the companion doctrine of "Karma." Contrary to those who teach that karma is punishment for your foul deeds in past lives, I find it most useful to understand it as the set of good or bad emotional habits you brought with you into this life.

In our basic positive thinking or metaphysical training we were taught to approach a problem by asking first, "What is there in *me* that caused this situation?" It often helped us to the insight which brought a solution, but it doesn't work every time. Now we have the second question to bring us an equal number of problem solutions, "What resentment or habit pattern have I brought forward from a past life that has caused this?"

Tina W. had an interesting report along this line: "It had been a stormy six years of marriage. Joe and I seemed to be involved in one hassel after another, and always on opposite sides. When I asked for past life insight into our relationship, I saw a life where our roles were changed. He was my wife, and after about five years of marriage he (she) ran off with the leader of a band of visiting gypsies! A very little reflection made it quite clear that I was unreasonably jealous in the present life — I was trying to hold him too tight to keep him from running off again, and the very clinging was about to drive him away. Joe knew that I was studying occult

subjects and seemed open-minded, so I decided to tell him my story and ask him to help me break the old habit pattern. He reacted with something of a sigh of relief, and it was the turning point. Now we have a happy marriage.”

Emory D. reported: “Over a period of 15 years I had come to realize that the president and major stockholder of my company hated me. I knew that in a few months there would be an opening for the vice-presidency. I earnestly wanted the job, but I was certain that the boss would never stand for it — even though I was obviously the best qualified candidate. I decided to look into the past lives to see if there was a reason for the hatred. Sure enough, I found a situation where we had been rival tribal chieftans in an old African setting. I saw the set up where I clearly outsmarted him, causing him to be deposed and to finish his life in humiliation. Since this is not the sort of thing you work on by direct conversation, I set up a program of nightly astral visits to the boss. Over and over again, I told his subconscious, ‘Emory is not the same being now that he was in the African life. We have both grown. Now it’s time to like Emory and give him his chance at the vice-presidency.’ I did this three nights a week for a month. Then one morning I was called into the boss’ office. He told me that he had been reviewing my record with the company and had decided that I am the man to be the next vice-president. I got a nice raise that day and a promise of another in two months when I assume the title. But perhaps even better is the new set of working conditions. After 15 years he is not just painfully civil, but has become honestly warm and friendly. That’s a marvelous victory for the occult.”

How to Look for Hidden Talents to Bring Forward into This Life

One of the classic objections to the practical application of reincarnation goes something like this: So what if I find a past life where I was an excellent blacksmith or harness maker — what good is it in this modern civilization? We can still look for some musical or artistic talents in our recent past lives for instance, but a bit of extra open-mindedness will open up a whole new avenue of uncovering potential talent that fits into our highly technological times. The persistent legends of highly sophisticated civilizations in Atlantis and the earlier Lemuria have their place in our striving. We know for sure that *time* is a thorough eraser of physical traces of civilizations that flourished and died within the span of what

modern man might call recorded history. We need not go the *Chariots of the Gods* route, but can seek the practical with an open mind wherever it may seem to be derived. Again in the familiar setting of your altar, ask the body cells and spirit guides to take you way back in time to a life in a similar technological period of an earlier civilization to show you talents that can be brought back for present use.

Ian H. tells us happily of the practical value of this type of probe into the past: "I had just passed my 27th birthday and felt totally out of it career wise. I had been interested in electronic assembly and was good at it, but life had to offer SOMETHING more. I decided to try what we had teased about as a deep time probe and ask to see any talent or aptitude that might be applied to the present life. I saw a wild scene just full of computers, with myself as the operating head of the whole bank of machines. I realized right then that these computers were far beyond anything we have yet in our present technology. With this came the clear idea that to run the primitive gadgets of today should be a cinch. I enrolled in a computer programming school and found it rather like a kindergarten. I finished way ahead of the rest of the class and got a good recommendation to my present employer. My reputation in the company as the 'Wizard of Computer Land' is well-deserved — I can make any old computer turn somersaults or roll over and bark. The fact that I'm making better than four times as much money as on the electronics job is nice, but the best part is NOW I ENJOY MY WORK."

Ezra W. uses the past life probe with a slightly different twist: "This reincarnation study has turned out to be a limitless gold mine! I went way back looking for forgotten talents from the Atlantean age and stumbled onto a life where I was an inventor. On just my third try I got enough of the idea to build and patent a successful electrical gadget. Now in a surprisingly short time I have three gadgets patented, licensed, and under production by substantial firms. I'm conservative by nature and have kept my job driving a taxi, but by the time my next idea from the past is patented I'll be ready to drop all that and list my occupation as successful inventor. I am indeed pleased with your guidance into the past life study."

How to Look into the Past Lives of Your Relatives and Friends

Contrary to the metaphysical approach, all human relations problems may not be your fault. If your normal methods of improving the situation haven't manifested enough in the way of

results, a good look into the other person's past lives may give enough fresh insight to win it all for you. Once you have mastered the basic technique and can view your own past lives, transferring the faculty to look at someone else's is easy. You will require a physical object as a point of contact — a handwriting sample including the person's signature is excellent, or a photograph with only that person in it. Also any object that the person has treated as a keepsake should provide a good enough tie.

When you are ready to begin the process, hold the person's object between your hands, and ask your cells to bring pictures from his (or her) recent past lives. Because you are not so directly involved, you will find that very little practice can make you quite accurate and effective — you may find it bringing through many bits of information about the past that can indeed be verified by research in a good library, but the useful character insights are the real value to your human relations.

Marylin I. felt terribly confined by her husband of just three years. Her explanation is: "Right after our wedding Mark changed from a happy-go-lucky suitor into seemingly a possessive old ogre. I had certainly given him no reason for the unreasonable possessiveness in this life, and my review of my own past lives turned up nothing that seemed to help. So I decided to do a little probing around in Mark's past. I used one of his old love letters to me for my point of contact and asked my body cells to tune me in on the cause of Mark's horrible possessiveness. It took only a short time to tune in on what I assume was Mark's immediate past life — and WOW, was he ever married to a real tramp! Obviously the wedding ceremony had triggered that bunch of old subconscious memories. I had not been able to get him to face the problem with me before, but this time I decided that a direct frontal assault was the only hope of clearing up the mess. At first he screamed that I was crazy, but I stood my ground and after about an hour made him understand. Mark agreed to work with me to burn away that subconscious pattern of fear and insecurity, and in just three months I'm proud to say that there is a complete change. He's his good-natured self again, like the man I thought I married. We're happy now and I know that it will remain a good marriage for both of us."

Stella R. was happy enough with her marriage, but felt that her husband was falling far short of his potential in his career. Here is her report: "I decided to try a trip into my husband's past lives to find possible talent that he wasn't using this time. Since I was interested in things that could be useful now, I wound up way back in

Atlantean times with him. I saw him really enjoying trouble-shooting some sort of sophisticated electronic devices. This gave me an idea. That night I casually suggested that he might find lots of satisfaction in repairing TV sets as a hobby. I bought him a correspondence course and some manuals as a birthday gift and he took to it like nothing you ever saw. He quickly got a reputation in our neighborhood as a genius at TV repair. And you guessed it — he opened a little shop for after hours work, but he quickly got so much business that he quit his job selling shoes. Now he's a very successful businessman making four times as much as he could ever have hoped to make selling shoes — and he's happier by far."

*How to Find Treasures Hidden by
You or Others in Past Lives*

Is there an old pirate in your family tree? Wouldn't it be fun to recover some of his buried treasure? The lure of old treasure maps and legends is strong for many of us, and one of the best approaches is to get your information first-hand by viewing the actual burial or secretion of the goodies through your past life study work. When you feel you are good at getting your past life pictures with clarity and accuracy, build an especially peaceful and opulent mood and ask to see any past life where you were concerned with hiding treasure. The first pictures may not give you enough detail to pinpoint a physical search. Then the trick is to remain relaxed and keep revisiting the scene to fill in details until there is a complete enough picture to warrant the effort of seeking in the three-dimensional world.

Harry S. tried probing for past life treasure and came up a winner. Here is his report: "When I asked for past life data where I had been involved with hiding treasure, I got a scene right out of the old West. There was a stagecoach robbery. I had followed the outlaws and watched them bury the gold they took from the stage. Then they caught me and I was shot and killed right on the spot. I felt that the shots that killed me had attracted the posse and probably the outlaws were scared off or themselves killed. I re-ran the scene for eight straight nights getting enough landmarks to be quite sure of the location. Fortunately, it was farm country not too far from here. I found the farm and told the owner I had a dream that there was gold buried on his farm. I got him to agree in writing that I could look and we would split the proceeds. Believe it or not, it took only three hours to dig up a small box of

gold — and we split almost \$10,000 for my efforts. Not bad wages for my hobby time.”

But what if you lived a sheltered life, or your recent past lives were on another continent? You can still play. Bobbie K. tells us how she did it: “From the standpoint of treasure, I led some pretty flat lives. Next I tried running back Uncle Louis (he seemed the most likely) and my parents — no treasure. Then I tried my brother and struck out again. I was ready to give up when I remembered a very old tree way out back (we live on a two acre lot). I sat leaning against the tree facing east and asked my body cells to tune in on the memory of the tree to see if it had witnessed the hiding of any treasure. This time I got a picture of a man digging about two feet in front of where my own feet were right then. I got my garden shovel and started to dig. About two feet down I ran into a small box. At first I was disappointed because the box held just a few old coins. But they turned out to be \$20 gold pieces, enough to be worth almost \$3,000!”

Alternate Methods of Viewing Your Past Lives

Our cell glow exercise is one of the very best ways to probe your past lives, but because we are all individuals, we wouldn't want you to be discouraged if this method doesn't bring you outstanding results. In my book, *The Miracle of Universal Psychic Power*, Chapter 16 gives a method of consciousness contraction and expansion that works very well for many people.

Another possible application is to make a good astral projection and while out of your body ask your spirit guides to take you to meaningful scenes from your past lives. Hypnosis is also used for this purpose, but this requires selecting your operator with the utmost care — you are very vulnerable under hypnosis, both to intentional malpractice and to the more frequent problem of the unconscious transfer of hangups and psychological problems from the operator to the experimental patient. When in doubt, use the methods that leave you in full command of your body and all of its faculties.

How to More Fully Enjoy the NOW with Your New Perspective of Personal Immortality

Now we can safely indulge in a bit of philosophy for practical purposes. When your study of your own past lives has given you a reasonably clear picture of hundreds of years of your existence on

this planet, there is a positive opportunity to harness the growing feeling of true personal immortality. Throughout this book I have sprinkled suggestions of the true spiritual nature of your beingness, but without the personal experience of astral projection and/or clearly viewing your own past lives, my suggestions remained mere words. Now there is a much greater part of you awakened to the awesome prospect that the grave is not even a temporary escape. **YOU LIVE ON AND ON AND ON.**

Now you recognize that the sooner you take charge of the longer than one lifetime patterns of your beingness, the sooner you can build the extra serenity that brings fresh and unbeatable power to all of your magical endeavors. Now you **KNOW** that you are a spirit being, temporarily using a mind and physical body which are animated by an emotional or energy body. A threat to your physical body should now arouse no more anxiety than a flat tire on your car. But most important, you will have a greater appreciation of the **NOW** and your use of it to control all of the **nows** to come. You have a vast new storehouse of experience from which to draw in making your decisions and choosing your actions to make each upcoming **NOW** a better moment than the one just passed. Keep the touch of magic in everything you do and win.

Chapter Points to Remember

1) I find it no more necessary to debate the fact of re-incarnation than of breathing; instead let's find ways to tap and use the collected wisdom and experience of all our lives on this planet.

2) Use the cell glow exercise with invited spirit help to bring clear past life pictures to your mental TV screen.

3) Long-standing personal problems are often explained and indeed solved by even the first glimpses of past life experience.

4) So-called karmic relationships can be easily unraveled by viewing the situation in the past life that caused it.

5) Practical (commercial) talents as yet untapped are often revealed to us as we study our past lives — by asking specifically for talents, this process can be intensified and made very effective.

6) Some human relations problems may require probing the past lives of your “antagonist” or “adversary” to under-

stand the why of the actions and clear away the negative causes.

7) Your own or an associate's past lives may have involved buried treasure at some point in time. Careful re-running of these parts of the lives can bring enough information to recover the treasure physically in the here and now.

8) If the cell glow method doesn't bring clear enough pictures, try one or more of the alternate methods.

9) Let your new understanding of personal immortality add the serenity and extra touch of magic that makes each succeeding moment more wonderful for you than all that have gone before.

Step 18

**How to Use
Miracle Spiritology to**

Profitably View the Future — and Change the Parts You Don't Like

Before we go zipping off into the future together let's take a moment to understand what it is we are about to see. The various forms and types of Miracle Spiritology Energy are at work everywhere. At each point in time the many tendencies produced by the currents and eddies of MSE energy resolve themselves into the material manifestations we experience as "now" which immediately pass into history. Once an event has "happened" and passed into "history," it's too late to attempt to change it. But right up to the moment of actual manifestation, the course of the energies can be changed by a good MSE magician (and by now YOU should be a good MSE magician). Thus our reasons for looking ahead are not to add to our anxiety or take the fun out of life by eliminating the spontaneity. Rather we look forward along the road of life for the same reasons we watch the road ahead while driving a car — to steer a straight path to our destination while noting and avoiding any dangers along the way.

*The Cell Glow Method of Looking at Past Lives Will
Also Let You Look Ahead in This One*

The cell glow exercise as we used it for clairvoyance or looking at past lives comes into its own as an especially outstanding tool for future viewing. After all, your body cells naturally think in terms of

the energy patterns which are all that is available for gathering data about the future. So our earlier work in first learning the cellular energy pattern language, then getting the body cells to learn your own picture language comes perfectly into play. We can think of this almost as an engineering extrapolation — you focus your body cell attention on a future point in time, the cells sense the energy patterns and translate them into clear pictures of what will be there if the intervening energy flow is not materially altered — e.g. by your MSE magic.

As always, your own altar is the best place to begin. Use your normal opening ritual, and invite your spirit guides to join you. Then direct the attention of your body cells to the week ahead. Suggest that you be shown pictures of any unusual or significant events indicated by the energy patterns. I would confine myself to a week at first, to build your confidence in the method by noting the working out of the energies as your body cells projected for you. After a few weeks of “seasoning,” your method can look as far into the future as you want. If you prefer to do your future viewing with your spirit friends from the astral levels, that’s fun, but remember all the principles we will be discussing about the cell glow inputs apply equally to astral future viewing.

Even Your First Try Can Bring Wonderful Results

Bernie D. reported: “I was thinking about the future seeing, but was still enjoying the past life cell glow exercise. Then a group of us planned to go to the races for a fun outing. The night before, I sat at my altar and asked to see the tote board after each race. I saw quite clearly, first race winner #3, then second race winner #8, then third race winner #4 — then I blew it! I got so excited I couldn’t get anything else. Anyway, when we got to the track, I had no better idea so I put \$2 across the board on #3 and \$2 on the daily double, #3 to #8. When my horse won the first race I splugged and put \$10 across the board on #8 in the second. The daily double won and paid \$78, with that and my \$10 across the board on #8. I was way ahead so I put \$20 across the board on #4 in the third. After #4 came in for me, I didn’t win anything else all day, but who cared! I came home something over \$500 ahead after buying dinner for my loser friends. Not bad for the first time I tried the future seeing exercise!”

Mary G. reported: "I had decided to take a special scenic bus tour in Mexico. The night before buying my ticket I decided to try the future seeing exercise for the first time to have a look at the planned trip. When I asked my body cells to look ahead to the trip I suddenly became filled with horror and saw a brief glimpse of an overturned bus with the mark of tragedy all about it. It scared me so much I cancelled my plans — and boy, was I right! The very bus I would have taken was hit head on by a truck and overturned, killing three and injuring most of the other passengers. You can be sure I'll check out all future plans for trips very carefully — the body cells seem quite naturally interested in preserving the well-being of my physical organism. I know it will be a wonderful partnership."

*Spontaneous Future Vision —
The Fine Points of Gathering Enough Data*

Your first few attempts at viewing the future may be a bit sloppy, as is one's execution of any new process or procedure. The fine points will come with practice, here as in any other part of life. But your very act of *trying* serves to set up some new brain-body circuitry that will often flash you spontaneous pictures of coming events of interest or importance to you. Now whenever you close your eyes for a moment the energy fields on your mental TV screen are apt to switch to a clear picture. The trick to making this a truly useful faculty is to remain calm so you can gather enough data to make the picture useful. Anxiety, fear, or excitement will break the connection and either blow your picture or hook you into the confused thoughtforms of the lower astral realms — which is a sure source of erroneous information.

When you get a spontaneous picture (or for that matter when you are working to get a deliberate picture) calmly work with your body cell system to get the whole story — ask all the pertinent questions like: WHO? WHAT? WHEN? WHY? HOW? WHERE? For instance, you may get a picture of the finish of a horse race, but it is worthless unless you answer ALL the questions: Date? What track? Which race? Who wins? Remember that the very fact of getting the picture at all indicates that your body cells are in complete contact and can indeed answer all the questions. Patience and calm perseverance will win for you here where

nothing else can. And take care to practice on the seemingly inconsequential things, so you will have the calm confidence to handle the big ones.

*Your Future Vision Capability Improves
with Regular Use*

Barbara W.'s report will show us how experience really helps: "I was sitting on my couch reading a rather dull book, but the back of my mind seemed to be wondering about Aunt Martha — I hadn't heard from her for some time. When I closed my eyes to rest them for a moment, I suddenly saw a clear picture of a telephone. I quietly asked, 'Am I supposed to call somebody?' To which the picture responded with an image of Aunt Martha dialing a phone. Sure enough, in about ten seconds my phone rang. It was too good a picture to resist, so I picked up the phone and said, 'Hi, Aunt Martha.' She sputtered a bit, but got a big kick out of my knowing who was calling. It was magnificent that I got in that bit of practice — three days later I was resting my eyes again and got a picture of a newspaper story with a big scandal involving manipulation and fraud in a stock. I recognized it as what I had considered the best stock in my small portfolio, so I asked to see the date of the story. It was about three weeks away. Next morning I put in a sell order and cashed out for a \$5,000 profit instead of what would have been a \$3,000 loss. So I saved a good \$8,000 by following the picture's advice. Sure enough, the scandal broke on schedule, the S.E.C. suspended trading in the stock, and I really would have lost my whole investment. I had some very nice things to say to my spirit guides and my body cells the day that story hit the papers."

*Deciding Whether a Future Event You See Can Be
Changed or If You Should Merely Adapt to It*

This far we have spoken only of handling the events you see as if they were already inevitable. From a practical standpoint, many are inevitable, but we may often get pictures that are more of a warning or challenge to use our MSE magic to *change* the outcome. Telling the difference is a major part of effective living. The rule of thumb on this point is obvious: when the picture involves just you, there is no question but that you can change the ultimate manifestation. Similarly, the more people who are in-

volved in a situation, the more difficult it will be to have a significant effect. In an extreme situation a well-developed MSE magician can successfully take on half a dozen countries if necessary, but judgment will often show us the wisdom of adapting instead of concentrating so much effort on one major task.

For extreme examples — if you see yourself involved in an automobile accident — it is simple enough to avoid the situation by taking an alternate route on the day in question, thus successfully changing the picture by removing yourself from it. On the other hand, when you see a picture of a falling stock market, it is generally easier to take a short position than to continue as a bull and prop up the whole market with your MSE ritual work. As your MSE ability improves with practice, you can move the area of your influence farther and farther into the complete environment — just remember to tackle your tasks on a progressive basis, a little harder each time so you will maintain the habit of winning.

How to Use MSE Vector Programming to Make Tremendous Changes in Future Events

In mathematics, the term *vector* is used to symbolize a force in a specific direction. Obviously that is exactly what we need to change a future situation in the direction of our choice. Since a force exerts its influence over a period of time, it is obvious that the more distant the event, the easier to influence it by constant MSE power — or we might say the closer the event in time, the greater the force that must be applied to change it. For instance, you may desire to lift the Dow Jones Industrial Average by 100 points. To accomplish this overnight would require a great deal more power than to lift it ten points a week for ten weeks. Thus, the sooner we recognize a problem and start to work on it, the greater our chances of success.

With that much background discussion, let's turn to the doing itself. The mathematical symbol for a vector is an arrow (or line with an arrowhead) pointing in the direction of the force's action. This is a good convention to adopt for the MSE programmed entity that you build to act as a vector for you. Build your entity as usual, but picture it clearly as an arrow exerting a powerful force in the direction you have programmed it. Give it the command to work tirelessly and ceaselessly to bring its positive effect ever greater to bear.

And again we may depart from the basics of our metaphysics in this effort. We were taught always to trust in the progress of our metaphysical “treatment,” never to “dig up the seed” to see if it had sprouted. But in the MSE vector entity case, it is altogether proper to monitor its progress by asking your body cells to give you an up to the minute view of the same point in the future to see how much effect your vector entity has been able to produce. The final manifestation is, of course, the real scoreboard, but the improving cell glow pictures can indeed give you the assurance that you are producing the desired result from your Miracle Spiritology Magical work.

How Much Can a MSE Vector Entity Achieve?

A well-built MSE Vector Entity is capable of producing any result you are “crazy” enough to demand of it. Within the small circle of my immediate friends and associate magicians, I have seen accomplishments like reducing the prime interest rate by a full point in a reasonably short time, 20 percent changes in the Dow Jones Industrial Average, bills passed or stopped in Congress and State Legislatures on call, and many equally “fantastic” manifestations. But these are accomplishments like the first “breaking” of the four minute mile — they certainly didn’t happen the first time somebody tried, but came after a serious training period to build the disciplines and skills required.

The time to start *your* training period is NOW! Let’s look at some reports of very personal MSE vector results. Wayne F. tells us of this experience: “About the third week that I was practicing the cell glow future viewing exercise, I got a rather disturbing picture. It was of a major layoff at my company, and there, right on the vision of the newspaper, was my picture in a group of those included in the layoff. The caption under the picture was, ‘Some of the 2,000 workers laid off by . . .’ I probed for the date and got one about three months away. If ever there was a time for me to work with the MSE Vectors, this was it! I carefully set a mood of prosperity, then built two MSE Vector entities, one to bolster my company’s economic situation and the other to improve my effectiveness and general standing in the company. Within two months I had changed the picture — I was no longer in it and the caption now read ‘1900 workers laid off.’ And sure enough, that’s the way it came out. Apparently I saved not only my own job, but another 99,

as well. It sure makes you feel good to know that you have a view of your future and indeed a solid voice in it!"

Marie V. was able to render a real service to her husband. Here is her report: "As I used the cell glow future viewing exercise, I got a picture of my husband in the hospital. I looked for a date and found it on the reception desk calendar. It was April 12 (of the next year — my exercise was done in November). Next I had to find out the problem, but that was easy, on the chart at the foot of his bed I clearly saw one word, *coronary*! My husband is an accountant and the extra pressure of 'tax season' from January to April 15 would be a logical contributing cause. John has a reasonably open-mind on psychic matters, and I had made a few predictions for him by this process which had proved to be accurate. So I decided on the direct approach. I explained my vision and asked him to co-operate. He agreed to go in for a good physical so I called the doctor right then and made an appointment for him. The doctor found his blood pressure slightly high and gave him a diet designed to knock off 20 excess pounds. To go along with that I built a special MSE Vector Entity pointing the arrow toward health, serenity, and peace for John. I fussed over him all through tax season, helping him remember to get enough rest and some diversion. By mid-March, my picture of April 12 showed him comfortably watching television on the couch in the evening, but I continued to encourage a little extra care. And I'm happy to report that the danger period seems to be over — John lost the 20 pounds and seems to be in better health than he has manifested for many years."

On Keeping Your Balance During the Future Viewing Exercise

We will wind up this part of the work on a note of serenity. Remember that the future viewing exercise is based on the cell consciousness and its acquired ability to translate energy patterns into mental pictures. Some of us are more emotionally inclined than others. And we must regularly take into account the possibility that our body cells may use symbology or exaggerate the extent of a danger or potential injury. A mild but painful sprain may well be pictured on your mental screen as a badly broken leg, for instance. This much perspective will help you handle even the wildest pictures without panic.

Laura E.'s report shows us how understanding helps: "As you know, I work for a large public utility company. One evening after I had practiced the cell glow future viewing exercise, I returned to reading my book when suddenly I got a clear picture of my physical body in a coffin sitting on top of my desk at the office. As I looked more carefully I noted that the top of my head had been cut off. Obviously a real death would never see my body in a coffin on my desk so it was easy to realize the message was symbolic. I concluded that it meant someone at work was out to get me fired. I immediately did the work to build my MSE Vector entity to improve my effectiveness and standing with the company, and I was very careful to stay out of any sort of arguments at work. A couple of months later I found out the whole story. My boss had been looking for an excuse to fire me so he could hire his girl friend in my place. The story came out after she dumped him for a richer guy. I'm very pleased that I recognized your 'no panic' advice and worked on the right problem — it surely saved my job."

Carla R. tells us: "I had a tentative date to go sailing on Saturday. The Wednesday evening before, I sat down to rest after doing my dinner dishes and got a spontaneous flash picture. Incongruous as it sounds, I saw a racehorse running across the water to step on and sink a sailboat. While I was scratching my head over the meaning, my phone rang. It was a couple asking me to the races on Saturday because they had somebody they wanted me to meet. I have a general rule against blind dates, but on the strength of the mental picture, I accepted. *You* might, but nobody else would, believe the instant chemistry between us. I designed a special wedding announcement for us (enclosed is one for you) illustrating a horse sinking a sailboat. I won't say this marriage was made in heaven, but it was close!"

Chapter Points to Remember

- 1) Once an event has passed into history it's too late to alter it, but right up to the moment of actual manifestation, future events can be changed by MSE magic.
- 2) We should regularly glance into the future for the same reasons we watch the road ahead while driving.
- 3) The cell glow method is excellent for future viewing because it is designed to use the natural energy patterns for source data.

4) Astral projection can be used in much the same way as the cell glow exercise for future viewing — in either case, invite the help of your spirit guides.

5) Practice looking ahead just one week at first so you can build up confidence in your accuracy without waiting long periods for verification.

6) Your future viewing ability will improve greatly with practice and good use.

7) Note the judgment factor requirement — is this picture one that I should change, or accept and use by adaptation to the condition? As you get more practice, you can change more difficult ones. But for beginners, when in doubt it's safer to adapt.

8) A strong MSE Vector Entity built soon enough can bring major changes in potential future events. Monitor your MSE Vector's progress by re-running the scene every week or so until you like the outcome produced by the changes.

9) Be alert to exaggeration or symbolic pictures from your body cells. Understanding and practice will make you proficient as always.

Step 19

A Lifetime Program of Success and Fulfillment Through Miracle Spiritology

There's a real touch of nostalgia for me as we reach this part of our work. So much of me is in these pages that I feel we are old and dear friends by now — and it is with an emotional tug that I move into the wrap-up. Regardless of your attitude when you started to read this book, I trust you will agree now that it is not a novel, but a real textbook for success. I promise you that throughout this book we have dealt with natural laws that have no choice but to **WORK FOR YOU**. But they will help you only if you *use* them. So our purpose now is to motivate, inspire, and guide you to apply the Miracle Spiritology Principles on a sustained basis, and build a life of victory after wonderful victory.

*How to Set up a Program to Master and Harness
More MSE Power Every Day*

The theme is simple enough — the happy, healthy, abundant life happens as a natural result of intelligent spiritual seeking. Studying and applying the principles of Miracle Spiritology is an efficient method of spiritual seeking, and as always, the results are the proof. Even as we have the Biblical injunction: “By their *fruits*, shall ye know them,” so we can know the extent of the spiritual power of ourself or any acquaintance by the overall picture of the life expression. Thus we can present an obvious,

but effective program to take ever more complete control and direction of a successful life:

Step 1: Use any principle you have read here or anywhere to face your immediate pressing problems and solve or resolve them to get the psychological breathing room that is necessary for consistent spiritual growth.

Step 2: Spend a *full week* practicing the exercises of *each* section of this book in turn. Don't shirk the fundamentals by the sophistry of "I know that already." Even the greatest concert pianist must spend time each day practicing the scales. If you are going to be good, you'll have to give of yourself to *perfect* your MSE skills.

Step 3: Write down your life goals. Then line them up in their order of relative importance and WORK on the most important whenever you can. If you have nothing to do but wait on that one, dive right in to work on the next most important, and so on and on!

Step 4: Recognize that regardless of your present position in life and/or your apparent handicaps, A SOLID MIRACLE SPIRITOLOGY PROGRAM WILL GIVE YOU ALL THE EDGE YOU NEED TO WIN.

Step 5: Live, eat, dream, and breathe success. Set small enough goal at first that you KNOW you can achieve, then *do it*, and lift your sights to the next. Develop the habit of winning and the attitude of a winner — a winner is too "dumb" to lose. Be as "dumb" as necessary, but keep winning!

Step 6: With your habit of winning, remain a STUDENT of Miracle Spiritology. You are NEVER too old or too proficient to learn more. And everything you learn will make this life and all those to come more comfortable and effective.

Miracle Spiritology Is Never All Learned — Opportunities for Research and Devising New Methods

I feel that I am justly proud of the principles presented in this book and the wonderful *results* I have seen many people achieve with them. But I am the first to state that we have barely scratched the surface of occult knowledge. Until we have brought the whole world to a collective life of abundance, fulfillment, and

spiritual growth, there is plenty to learn and DO. I teach small classes in person because I know it helps the students, but even more important to me personally, I LEARN FROM THEM.

We must maintain a basic humility that recognizes that EVERY LIVING BEING HAS SOMETHING TO TEACH US, and the joy of the interchange is a big part of what makes all of life worthwhile. In a very real sense there can be no universal religion — no two people in any religious movement believe and interpret the teachings in exactly the same way. We must remember that *all of them are right*, but none of them have a monopoly on right or truth.

The progressive Miracle Spiritologist is ever ready to discard anything or everything he (or she) has ever learned, just so long as the new truth demonstrably produces better RESULTS. If you believe everything today that you believed one year ago, you are in great danger of mental decay which is worse than any form of death. Life is a magnificent classroom where the learning is primarily by experience — never moan over a mistake; simply LEARN FROM IT, AND GROW ON TO GREATER AND GREATER THINGS.

*From OD and ORGONE Through Harnessed Pyrmid Energy
and Electro-Psionic Devices to?????*

We have noted the work of Reichenbach and Reich with their Od and Orgone and let's suggest that this is as good a starting point as any. But the science of the energy of gemstones is a field as open to real pioneers as was the Kentucky Territory to Daniel Boone. We touched the energy of shape, both two- and three-dimensional, but even this relatively simple area lacks enough empherical work to be called even a psuedo-science. And the cellular level of information and communication is clearly embryonic at the stage we have presented to you — with the astral realms just begging for exploration.

In the late 1800's there was a classic goof, a comment offered by an eminent scientist of the time. He said that there would be very few new inventions because everything of importance had already been invented. Take care that YOU avoid such complacency, and enter the world full of the child like AWE that inspired the Biblical quotation: "Except ye become as a little child, you shall not enter the kingdom of heaven." Let us here resolve to parlay our childlike awe and curiosity into the discovery and *application* of ever more useful and practical Miracle Spiritology truths.

*You Are Already a Pioneer and Miracle
Spiritology Research Associate*

Just by reading this book you have become a Miracle Spiritology pioneer, and your very first application of a principle makes YOU a research associate. But it is better that you not struggle in the wilderness alone. My personal research continues and needs to be shared even as yours will. It is my happy desire to remain a clearing house for the exchange of new ideas, applications, and experiences. Our shared experience in this book and its application clearly earns you the right to call me “friend” and address me simply as “Al,” and I know you will grant me the privilege of calling you by your first name.

Research associates should stay in close touch with each other, so I will be looking forward to establishing an even more personal relationship with YOU by direct correspondence to share new developments and indeed help each other. This is the way to grow TOGETHER with other successful seekers, and assure that you will continue to grow in knowledge, success and fulfillment forever. I'll look forward to hearing of YOUR successes and new ideas. Write me anytime: Al G. Manning, c/o E.S.P. Laboratory, 7559 Santa Monica Blvd., Los Angeles, Ca. 90046.

Chapter Points to Remember

- 1) This book has dealt with natural laws which must work for YOU.
- 2) Follow the complete program to master and harness more MSE energy every day. The life you enhance will indeed be your own, but you will lift up all mankind in the process.
- 3) Miracle Spiritology is never all learned. The pioneering spirit has many opportunities in the here and now — practical research is especially needed in gemstone power, the energy of shape, cellular level communication, and the astral.
- 4) YOU are already a research associate. Let's stay in close touch through the mails. Check in by dropping me a note to share YOUR experience and ideas.