

## Sparks for the Living

It's damp and dark in this windowless basement, another day finds me here afraid, alone, insecure; imprisoned by loneliness. I will allow myself only to work and to my sadness, slowly burning away my youth to a bare bright light-bulb...

I open the Bible randomly, using it like an oracle. It's not my Bible. I think someone left it in a box by the curb, or I found it forgotten in a closet...either way it's not mine. There is a lady's name on the top right corner of the first page, written in a cursive that makes me think of a well-mannered and kind old woman at the end of her safe life. Sometimes I dream I am in the company of demons, not the horned, white-faced bug-eyed type though; mine can be oppressive but are mostly just present. I have had such a dream and ask God to show me the way and open the Bible to a random spot. I read Mark 5:1,20

5 They went across the lake to the region of the Gerasenes.[a] 2 When Jesus got out of the boat, a man with an impure spirit came from the tombs to meet him. 3 This man lived in the tombs, and no one could bind him anymore, not even with a chain. 4 For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. 5 Night and day among the tombs and in the hills he would cry out and cut himself with stones.6 When he saw Jesus from a distance, he ran and fell on his knees in front of him. 7 He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? In God's name don't torture me!" 8 For Jesus had said to him, "Come out of this man, you impure spirit!"9 Then Jesus asked him, "What is your name?" "My name is Legion," he replied, "for we are many." 10 And he begged Jesus again and again not to send them out of the area.11 A large herd of pigs was feeding on the nearby hillside. 12 The demons begged Jesus, "Send us among the pigs; allow us to go into them." 13 He gave them permission, and the impure spirits came out and went into the pigs. The herd, about two thousand in number, rushed down the steep bank into the lake and were drowned.14 Those tending the pigs ran off and reported this in the town and countryside, and the people went out to see what had happened. 15 When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid. 16 Those who had seen it told the people what had happened to the demon-possessed man—and told about the pigs as well. 17 Then the people began to plead with Jesus to leave their region.18 As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. 19 Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you." 20 So the man went away and began to tell in the Decapolis[b] how much Jesus had done for him. And all the people were amazed.

I then look up some commentary.

It's dusk, Jesus and crew are disembarking at dusk or early nightfall after a long day. The man comes upon them and Jesus orders the spirits out and then the rest of the story is linear. The demons destroy the property of the townsfolk thus turning them against Jesus

and so beg him to go, not order but fearfully beg. The man asks to go but Jesus calls him to a higher place, to preach among those who have shunned Jesus in fear since his presence has destroyed their property.

The tormentor pleads not to be tormented, from menace to society to healer.

At the time of Jesus, and by some to this day, it was believed demons could be “ridden” and gave power to the host and could also control and destroy the host.

It is very important to know that we can cast demons away if we are secure in our knowledge that Jesus vanquished all demons and is God and that he loves us and is always there for us... That is, Jesus will dispel them through us, irregardless of all our shortcomings if only we ask.

I don't understand what God wants of me, but very much identify with the man among the tombs.

I sleep.

Time goes by marked only by my shallow breaths.

I somehow position myself as a student; I will be loaned enough money to pay for school and living expenses. I find a safe place: a nice place with nice people with good habits and a nice meal plan.

I don't study much, but wander the stacks reading, using the end of one book to spring me onto another.

Nothing has changed. I am still imprisoned by loneliness. I begin to spend time praying. I ask God to make me crazy or make me sane, but to pick one. I begin to take notes and attend retreats. Retreat summaries are followed by Pocketbook Notes.

April 18 1996

Losing direction is a lack of discipline

Losing sight of our spiritual nature and not informing our actions with the truth of love has as a consequence the absolute despair that grips you from time to time.

Discipline in your spiritual search is talking to a mentor, a schedule, readings, prayer, etc:  
Gospel meditation

Prayers

Mass

Meditation with God

Speaking with a mentor

Asking yourself what your place in the world is

Mortification (fasting, exercise)

Offer up to God your hours of study. Make your studies an act of sacrifice.

It is essential that you have time away, time to have fun, to pursue a desire.

Manage your money with long-term goals in mind.

Don't deny your feelings, they are telling you something. If you feel like shit it is for a specific reason, this is a good time to speak to an elder or guide.

Pray as yourself, as you are; not as what you want to be, others think you are, as what you were.

Always start small, build up slowly.

Humility is key, you don't know everything, so don't pretend you do.

Be gentle, all beginnings are brought along gently.

Meditate on and answer these questions daily: Who am I? Why am I here? Where did I come from? Where am I going? Why?

Don't abandon the war because you lost a battle.

Visit the sacraments, especially communion. It is God who touches us every time we experience communion. Meditate on what it means for Jesus to be present in a piece of bread; the vulnerability, the trust, the self-giving. It is madness, a truly wonderful madness.

Death, imminent death creates focus, removes the clutter.

You are not a result of all your shortcomings: you are God's child, that is how you must see yourself.

Bring yourself to God as you are; it is pointless to try to pretend or hide.

Meditate on the gospels, especially Mark. Try to imitate Christ, he is our brother and guide.

When starting you may lose sight of the big picture, one brick, another brick, it may seem tedious and helpless, take some time away and meditate on the big picture.

"You are the disciple of the one who died on the cross". Think about that.

On waking up say hi to God.

Laugh at yourself, at life, laugh. You must learn to not take yourself so seriously.

Think of the needs of others, think what they need and what you can do to help, even if it's just a laugh, a kind word or some space, think of others, of what they need.

Accept your shortcomings. Make a list of your daily shortcomings to discover your weaknesses. Make a determination to strengthen these weaknesses. Identify one shortcoming and work on it for 3 weeks.

Meditate on the life of Jesus. Recreate in your mind a gospel scene and think about everything in the scene and ask yourself questions about it. Where does love fit into this scene.

May 22 1997

Unite your will to God through obedience and charity.

God is glorified when we do his will in all we do.

Christ is the perfection of unity to the will of God. He is our example and guide.

Ask for it.

Remain steadfast in adversity, constant in prayer.

Everything is from God: good, evil, riches, poverty, humiliation, success; you must drink the cup "the chalice my father has given me, shall I not drink it?"

In everything, praise the will of God; all circumstances arise out of God.

See everything you see for what it is: the will of God.

Make it a habit to receive all as if it were from God. "All things work together unto Good". Accept misfortune and adversity as an opportunity to love God.

Your whole life directed to asking God to help you see and fulfill God's will, "Here I am God, do with me and what I have as you wish".

Accept the fluctuations of the environment as from God. Abstain from qualifying the environment, it is as it should be, no more nor less. Accept it and behave as you should when receiving gifts; be thankful.

Hypothetical situations are best answered with a statement of intention of conformity to God's will.

Natural defects should not be lamented. Strive to be of more use to God in some other thing if you are by nature barred from the other.

Do not allow infirmities (ills) to wrench a curse from your heart. Allow the sickness to go its course; procure your body and its balance; as God wills not as you will.

Loss of those dear to us can lead to spiritual desolation. We should strive to see the loss of a soul, human death, as the will of God. When all turns to darkness, hold fast to God. It is the test, the tempering. Hold fast to God during difficulties and practice resignation.

We should desire only God's will. (How do we find out God's will?).

We should desire the will of God-Saints.

Whatever happens is God's will, so why then by mortified? Why feel anything? Why not utter abandonment to God's will?

June 19 1997

I got carried away by my pride. Quit work on account of pride and have spiralled out of God on account of pride. I started seeing the improvements as my own and became proud and cocky and felt apart from others, not so much better as different. Turned to being happy about myself, to admiring myself and this has caused great misery.

Oct 17 1997

Vanity and lack of perseverance have left me empty, in the cold, shivering in the absence of God. What thread should I pick up know? It seems all must be done all over-these are empty words reflecting my pessimism and despair. My imagination rampant, my body low. Every little bit counts. Go for the little things. Pray.

You cannot love God by thinking of loving God, it must be manifested (or so it seems to me). "How can I love you Lord?" -By loving others for my sake, by doing for them all you can possibly do to make their day joyful. Is that it? Joy in others? Reflection too? I judge others...is it that it is not for me to judge but to love? -Give yourself. Either I don't know what that means or I don't want to know.-Appreciate what you have, thank God for those around you.

Why do you hold your heart out as if it were of no worth? Giving it to whoever would pass by and take it. Do not put your heart in the hands of others, that's not what it is for.

Put your heart in God's hands.

Be thankful for what you have been given. Who are you to demand of others that they be better?

Be thankful and seek God.

Jesus invites us to be with him in the Trinity. We must respond with a yes.

We must look at the most basic and simple chores and duties as a service to God, as a way of loving God through a job well done.

Eat slowly.

Schedule a selfless act of charity daily.

Gap between your ideal and your reality should be used as an opportunity to grow in humility. And one must use this vision of the gap to take strength in the struggle.

Be detached, all is vain, only our relationship with God endures forever.

Dec 05 1998

Spiritual life must be a positive. NOT an avoidance of sin, YES a loving of God.

Whenever I am afraid I whistle a tune, in fooling others I fool myself that I'm OK.

Intellect OVER emotion.

Accept yourself. Be humble. Strive lovingly to become better.

Channel sexual energy towards your work.

Always walk with a feeling of deep gratitude surrounding you.

It's a daily struggle, conquer the day.

Temptations are like the sound of the wind, always there. Don't pay too much attention to them.

If you are sad, pray. If you are happy, sing.

Do not give in to fear, God does not wish you to fear. God is not a God of fear. Fear is an illusion.

God is everywhere. Do not judge others. God is with them also.

Apr 2002

Sometimes you have to fight God to get to know him.

The desire to be approved is not good, you should know what your are about, you should know the goodness of your actions.

By today's standards Jesus is a failure.

A life of exploration and discovery, not of resting on laurels.

Mature=Been down enough roads to know I don't want to take some.

Be humble, and when there is nothing to be humble about, be simple.

## Pocketbook Notes

Humility is truth. It is a landmark. It is knowing who we truly are.

Sometimes a stranger's eyes see clearest.

Do not put your desires at the center of your being.

Free me from the desire to be loved. Free me from the fear of being hurt.

The test of good manners is putting up with bad ones.

Truth should be whispered, to write things down is to invite abuse.

Time is a great gift we can give to one another, through time spent love is deepened.

Strive not to be better than others, but to be better than yesterday.

Rely on yourself, not others, to tell you who you are.

Never eat shit unnecessarily.

Expectations should only be of your self, not of others.

Every day should be a thanksgiving.

Take care of yourself, eat well, exercise, pray. Battle negativity. Apologize, take the extra step to bring love.

Dream. Do. Plan, execute.

We all thrive on challenge and accountability.

Prayer never ends, unless you think it does. Prayer is not accomplished, prayer is an openness, non-deluded openness of our being. Having attached our pride to prayer we think it ends, or worse, we think we failed at it. NO, prayer is openness, and it never ends unless we think it ends.

Humility also means giving in to necessity, obeying necessity...it is necessary to exercise, so you do.

Don't view problems as permanent, be optimistic.

The same principle that causes us to laugh is the same one that impels us to truth: perfect truth brings joy.

That crushing weight is the loneliness of unlove. Set a reminder every day of who you are: you are God's love. Muster up the courage to enter the song.

Truth is humility, humility breeds strength, strength breeds self-possession. All in humility. Meditate on God's love to you and all.

Jesus left the work unfinished, poetry unwritten, dreams undreamed.

Jesus' message does not belong to any institution, it is for all ages, for all people.

Familiarity can breed contempt, it builds ever so slowly, contempt creeps up attached to the best part of familiarity. There is a place for reverence, especially bodily since it reminds us what we are doing, it helps us focus our whole being on God.

Your dignity does not depend on what you do or don't do, you are made in God's image.

Be thankful for times of desolation, God is telling you something, usually pruning your pride, be thankful.

To see others faults is an opportunity to love them better, to focus your prayer.

You must have a forgiving heart, forgiving of others quirks and weaknesses. Be considerate of others, they are your children, your brothers and sisters, your companions.

Beware of people who ask a lot of questions while trying to get on your good side.

There is no genius without structure, genius is seeing beyond structure, beyond existing assumptions/accepted truths. Removing structure removes the circumstances in which a genius could thrive.

Life is so fragile: it hangs on a breath.

Your life will be a result of your actions.

Accept advice, follow advice but never forget YOU made the decision and only you are responsible for your actions.

We are not the sum of our failures and weaknesses. We are the sum of the love God has for us AND our real capability of becoming like Jesus.

Do not accept anything as true that lacks love. Don't accept anything as love that lacks truth.

Love must be pulled softly, gently and with great care on a daily basis. Our hold on love is very weak, tenuous...we must remind ourselves daily of it...allow our mind to pull it into our mind, heart and soul like a wet taffy, whipping and breaking away...gently softly we must allow love to come into our soul daily.

Pride is built into us, ask for humility daily.

We have begun our heaven on earth because of our intimacy with him.

Always have a daily goal you are striving towards.

Conquer the day, let the problems of the day be your only concern, remain focused on the next step.

Identify yourself with Jesus but you must remain aware that our pursuit of christian renewal of self doesn't result in us believing we are Jesus-there is a subtle movement of pride when we have become close to God that makes us believe the miracles we witness are our own.

God's plan for you is for you to be free.

God speaks to us in our actions-through the sweat of our brow the restlessness turns to peace.

Don't pretend to know the future because if you think you know the future you will likely lose hope. And truthfully you don't. At best you will have seen a very symbolic and cloudy vision. Don't kid yourself that you know the future, it is a great danger to you, your mind, your heart, your emotions. It turns you off in a sense. Beware.

1-Love the process not the outcome. 2-Keep an eye on overcommitment. 3-Rest away from project.

Mortification is not a lifestyle, it is a method of attaining something specific.

Morality itself should not be the goal-morality is a sign or a result of the love of God, self and others, of knowing and loving the human condition, of being a brother to those around you, of placing the dignity of others and their needs before our own impulses.

People sometimes confuse morality and make morality itself the goal. The human impulses must be explored openly and with an even keel and followed back to God. That is, we must trace our impulses back to God and see how they fit into a dignified graceful acceptance of the human condition. To reject what we are is stupidity and untruth. Jesus became one of us and dignified every emotion.

To think you can make God love you more or less is incorrect, we cannot sway God or make God do anything. God's love for us is perfect and is always the same toward us.

Morals and prayers are so we can appreciate Gods love for us and appreciate who and what we are, not so God can love us more. The traditions of asceticism, mortification, prayer, trials are so we can find out what is in us that is keeping us away from God. To think that doing x or y will make God love us or love us more misses the point and is superstitious: as if doing the dance and throwing the bones on the fire would make God do this or that.

Happiness is achieved through giving.

God speaks to us through our drives and emotions. The most important growth will come for the individual through understanding his or her drives and emotions.

Our innate confidence in our ability to understand is undermined by initiation rituals (Phd, etc).

Landmarks are better than dogma.

Practice goal oriented speech as opposed to good will oriented speech.

God is sacred. Honour God. Start by giving thanks at every meal.

Evil only exists because good people allow it.

-Stop hating the world. If I found reasons to love it, so can you.-God

God is in our lives and wants us to know him. Love is a result of knowing the created and the creator. Love is the flow between the creator and the created and yes, there are innumerable eddies.

God loves you . You are doing ok, really. You are too hard on yourself. You get carried away by fantasies. You are one of the good guys. And although your life and all in it isn't perfect, you are doing ok...really.

Confidence and service (how am I going to serve my community/the people around me), I think that was lacking and should now be your focus.

Crazy folk and their craziness rubs onto you. Get away from it.

Take care of your body.

Stop defining yourself with the things you do not have but may want, the things that you wish you'd have achieved but didn't, your shortcomings, your failures, your struggles...things could always be better, or different, or bigger, or skinnier...you are doing really well, don't let yourself forget that.

God would speak to you much more often if you would only make time to hear him.

Regularity and frequency are key, humility is essential.

Humility is elusive, a greased pole. Humility is knowing your place, knowing the truth of who you are.

When we start getting regular in prayer it's sooo easy to get lead astray thinking we are awesome.

To breathe is an act of humility, to remember that everything you are and may do depends on that short simple act. Honour the act of breathing, give it it's place and focus on it, check in on it, visit with it daily.

Appreciate who you are, with all your broken bones you are still good for something; with all your shortcomings you are still just another guy. Appreciate yourself.

For some there will be a need for loneliness, to enter into loneliness to get to solitude, to that place where we are our own, in possession of self. We need to remove the clutter in our lives to get to where we know we are not what others see in us. We need to get to where we are not defined by others but by knowledge of self, by truth.

Love is like a muscle so it can get stronger, but since it is an act of will, love will always require a conscious act of preference or choice.

Jesus became man because women generally speaking, are touched by God, innately women understand we are children of God.

Explore, it tickles-God. All that is good is yours, your heritage. The true and good needs to be discovered, a childlike enthusiastic curiosity is the key to lifelong friendship with God. All that is good and true is and is from God.

Since every human is unique in the freedom of our own deliberate choices in life, we will build our life and realize our goal in our own inimitable way. Yet there are enough similarities among us that past or present experience of others can serve as landmarks to us.

Contemplating on truth and acting upon the revealed truths go hand in hand in that one informs the other and the other hones the one. Truth should inform our actions and it is through our actions that the truth we believe is tested, forged, tempered, assayed, proven. We are free, entirely, and are the only creatures on this earth that we know of that have been given entire freedom. This is why there is evil in the world. The great gift of radical freedom we possess is abused by many, and many more have the truth that would allow them to act in accordance with what is true and good, kept from them.

Meet death as an old friend come to visit, a dear old friend you've been expecting to see again for a long time.

God loves us. Jesus came so we may know we are children of God.

#### A SHORT AND SIMPLE GUIDE FOR THE LIVING

1-GOD LOVES YOU NO MATTER WHAT. GOD IS IN YOU AND YOU IN GOD. YOU ARE PART AND THE WHOLE. (God is everything true good and beautiful).

2-BE ACTIVE IN YOUR COMMUNITY.

3-CONSIDER THAT YOUR EVERY ACT HAS REPERCUSSIONS INTO ETERNITY AND ALSO IN WHERE YOU ARE RIGHT NOW AND WHERE YOU WILL END UP IN THE FUTURE.

4-PRAY DAILY: EVENING AND NIGHT AT THE SAME TIME EACH DAY. (prayer is achieving and holding on to an idea or example of love in a quiet environment with your body relaxed).

5-PRAY A REPETITIVE PRAYER THAT HAS ONLY GOD (TRUTH, BEAUTY, GOODNESS) AS ITS FOCUS AT THE SAME TIME DAILY.

6-DO ANY ACT THAT IS CAPABLE OF MAKING THE MIND AND BODY WORK TOGETHER AS ONE HARMONIOUS WHOLE (LIKE BIKRAM YOGA).

7-DAILY ENJOY AND CELEBRATE THE BEAUTY YOU FIND IN YOUR EVERY DAY, BIG AND SMALL.

8-YOU MAKE REALITY. DEFEND THAT TRUTH FROM DOUBTS LIKE A WARRIOR. DO NOT DOUBT THAT STATEMENT IN ANY WAY.

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*HANDBOOK OF TRUTHS FOUND, COMPILED & EDITED*

Goal is holistic, a unity of mind, heart, body. You will love God with all your mind, heart, body.

Without understanding the echoes our actions have down through the ages and rippling across our present we create a reality knowing not why, how or what, yet create it nonetheless.

Ask: does this belief serve me or cause suffering to others?

We are what we are independent of whether we know or believe it.

The laws are in us and can be understood.

Become conscious co-creators: the universe dynamically responds to us.

Important to find a detached loving supporter who will listen to your thoughts as you progress.

Entering into silence, de cluttering our mind and our lives, removing the toxic and the indifferent is a necessary period of cleansing.

7 Laws

Mind-Mind is essential generator of everything we experience

Correspondence-What happens on a small scale is reflected on a large scale and viceversa

Vibration-Everything vibrates, is in motion, composed of vibratory energy

Polarity-Everything has a positive and a negative pole to it

Rhythm-Time and consciousness move in cycles

Cause and Effect-Energy you emit is energy you attract, reap what you sow, do to others as you would to yourself, effect follows cause

Gender-everything has a masculine and a feminine component

True freedom is to know and correspond with the laws of nature

Every decision boils down to a choice between love and fear.

Love results in knowledge/seeking truth. Truth results in unity of thoughts emotions acts, self control, no competing desires, thoughts emotions actions exist in unison within

Fear results in ignorance/refusal of truth. Ignorance results in confusion, no rule of self, competing interests, no unity of self, easily manipulated

If you choose love it results in what is good ONLY.

Right=based in truth, natural law, action do not result in harm to others

Wrong=Not based in truth, nor natural law. Actions result in harm to other sovereign beings.

Visualize a world of 2 people.

Because choice is a judgment upon a circumstance, human liberty depends on judgments conforming to natural law. Choice in non-conformity to natural law, multiplied throughout an aggregation of people creates disorder and eventual dissolution of said aggregate.

Different types of truth

Extant, inherent truths-are so whether we believe in them or not (gravity, God)

Convention based on inherent truths-though shall not kill, rituals like confirmation, etc.

Arbitrary Convention-grammar, which side of the road we drive on, etc.

#### View of Current Structure

We are- Reptilian:fight or flight and desire to dominate, survive. Emotional: what we experience has an effect on us, creates emotions that are like landmarks. Intellect: creative, intuitive, conceptual, logical, structured, ordered

Our present system exists through immorality/violence/coercion/fear.

Manufactured scarcity is a cornerstone of our present system.

Scarcity creates fear, creates survival mentality.

Know the truth of your surroundings, in depth know the prevailing circumstances and who benefits from them, and how the benefits are incurred. Know the different levels of power. Know who has power and what the source of this power is.

Sometimes our surroundings, the power structure or circumstances around us, are an obstacle to truth and love. Victims of unspoken policies masked in for the public good. Some groups are real targets of masked hatred. Hope is hard to come by among these groups victims of generational hatred. Their emancipation must be personal and of the power structure around them.

Presently rulers stack the deck to make it easy to rule(?) The present method of ruling has been passed down through rituals that would stagger the average person. However these rituals are not the why, the why is because it's easy (?) Through techniques, the human aggregate is malleable and non-threatening and the cadre protected. But the reality is, someone needs to rule (?)

#### Examples of Current Structural Abuse

Confusion through disassociation-we cannot truly know unless we have a Degree, we can't speak with authority, so our inborn sense of understanding is trashed. Separated from what we truly are through pseudoscience, half concepts.

Poisoned view of human ability to change self or circumstances-Only the experts can change things, you can't.

Exploitation of fears, primal fears like darkness, predators, chaos, abandonment-through scarcity create a cadre of people who are initiated through drug and sex parties. At a higher level, initiation ritual likely pedophilia and ritual murder.

Divide and conquer-create differences between one another through: religion, gender, sex, race, belief-Eg. See incarceration nation by Michelle Alexander, crusades, Zionism. Misinform through education system that does not teach holistic knowledge. Teaches only to accept and do as told. Eg See Dumbing Down of America and Howard Zinn but also need to know why people Zinn takes down were so successful.

Controlled opposition-dialectic-create two opposing sides, limiting choices, controlling the dialogue, “forcing” (Eg. Republican and Democrat dichotomy in USA, both take orders from same cadre)

Monetary system as replacement for true will and true care-system of belief all ascribe to that imposes value and creates limitations

Mass media-controlling the dialogue, “this is what’s important”, feeding fear, leading astray, misdirecting Eg. Celebrity nonsense in place of real issues affecting aggregate. Food and Medicine that weaken the body, Eg. Prozac: may cause detachment to parts of yourself that actually matter. Depression is most often used as an infantilization, a removal of responsibility from the person. Depression is most often a sign our lifestyle and our surroundings are not reflective of truth, of what is good.

Illusion of time-focusing us on past and creating anxiety for future causing a squandering of our present

Denial, hassle, ridicule- Publicly deny events, most people will stay in hassle free zone, ridicule those who step out of line Eg. Building of St Peters

Religion-Grouping and mind control-Using religion to create hatred towards another group, Catholic crusades, wahabism, protestant right.

Subversive symbolism

Chaos sorcery-false flags designed to inject fear into our minds. Massive spending of public monies that result in zero accountability (crazy making). Public servants saying one thing and doing another. No planning.

## Book Summary

*What follows are verbatim excerpts found buried among a lot of R.C. fear-mongering*

God is knowable because God is truth and as humans we are impelled to know the whole truth.

The fires of this divine discontent have been kindled within us.

No human is ignorant of God since every single thing in the universe is plainly signed by the divine artist, and each thing has a distinct truth to tell about its maker.

Faith in God, belief in his love for us will carry our minds to many truths and makes possible real intimacy with God.

That which we do, we work on, in which we take delight, we spend our time, is said to be our life.

So to spend our time in knowing and loving God is said to be eternal life, since that which is the object of our life is in itself, God, eternal.

To know ourselves is to know a great deal about God for we are made in God's image.

Only love allows us to make sense of life. Through love veil after veil is lifted showing us goodness and truth in the circumstances we live in. Our life is one of seeking, of constant pursuit, of constant growth.

If prayer were a cringing, whining or coaxing it would mean God is whimsical, capricious, impulsive. God is eternal, unchanging, perfect Love. Words and concepts merely hint at the reality of God, however within the limit of our reason we can apprehend an order and through and within this apprehended order we place God at the apex, cornerstone, center, beginning.

We are human, made in the image of God, with the fate of our lives and soul entirely in our own hands because of the daring goodness of Gods sharing.

Love is that which pervades all creation, and it is in aligning ourselves with Love that we are as we were truly meant to be. In love we find the landmarks of happiness, peace, joy, knowledge, harmony.

Love is to will good to another, and to get it done.

We cannot compare the love God has for a speck of dust carried along in a passing breeze and Gods love for a human striding boldly and purposefully towards the heights. What has more has been loved more by God and reveals more of God yet only God and God alone is a "weigher of spirits", no human should presume to impose a hierarchy of God's love on humanity itself.

God is an object of faith, and God is absolutely simple. But the simplest things are sometimes the hardest to understand or explain.

Faith is a special type of intellectual act. In order for us humans to attain intimacy with God, we must first of all believe in God, in the same way a disciple believes in the master who is teaching him or her.

Our free acceptance of God through faith sets us on the road to intimacy with God. Faith establishes the conditions, sets the mood necessary for the successful completion of our journey towards God. Through faith we can rely on God's help to complete the journey, to fill the gaps in understanding.

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Faith gives clarity to our mind.

We are humans and as such have other inborn desires such as food, drink, clothing, sexual gratification, to name a few. These many desires can clutter our mind and can create a state of confusion in that there are conflicting desires and ambitions.

These are not evil, otherwise God would not have given them to us, however they serve a specific purpose and have specific ends which fit in a hierarchy. The highest end or goal or desire in us is the desire to know truth, and the ultimate truth is God's love in all around us and in us.

Through faith we accept truth from God and God who is truth.

Through faith we are open to hope, hope that God leads to all that is good in us and around us.

Through hope we are impelled towards that which we do not have, we call hope the belief that we can achieve that which we desire, we do not hope for things we possess, rather we hope for that which we have not yet achieved.

Faith is the certainty that God is truth and love and will lead us to happiness.

We call hope the result of our will yoking itself to our faith in God.

5BX

### Chart 1

**Age Groups**  
 6 yrs maintains B  
 7 yrs maintains A

Physical capacity rating scale

Level	EXERCISE					1/2 mile run	1 mile walk
	1	2	3	4	5		
A+	20	18	22	13	400	5 1/2	17
A	18	17	20	12	375	5 1/2	17
A-	16	15	18	11	335	5 1/2	17
B+	14	13	16	9	320	6	18
B	12	12	14	8	305	6	18
B-	10	11	12	7	280	6	18
C+	8	9	10	6	260	6 1/2	19
C	7	8	9	5	235	6 1/2	19
C-	6	7	8	4	205	6 1/2	19
D+	4	5	6	3	175	7	20
D	3	4	5	3	145	7 1/2	21
D-	2	3	4	2	100	8	21
Minutes for each exercise	2	1	1	1	6		

**1** Feet astride, arms upward. Forward bend to floor touching then stretch upward and backward bend. Do not strain to keep knees straight.

**2** Back lying, feet 6 ins. apart, arms at sides. Sit up just far enough to see your heels. Keep legs straight, head and shoulders must clear the floor.

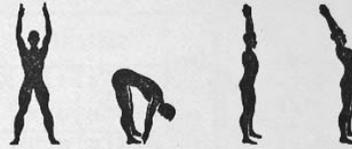
**3** Front lying, palms placed under the thighs. Raise head and one leg, repeat using legs alternately. Keep leg straight at the knee, thighs must clear the palms. (Count one each time second leg touches floor.)

**4** Front lying, hands under the shoulders, palms flat on the floor. Straighten arms lifting upper body, keeping the knees on the floor. Bend arms to lower body. Keep body straight from the knees, arms must be fully extended, chest must touch floor to complete one movement.

**5** Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. Every 75 steps do 10 'scissor jumps'.

Repeat this sequence until required number of steps is completed. Scissor jumps. Stand with right leg and left arm extended forward, and left leg and right arm extended backward. Jump up - change position of arms and legs before landing. Repeat (arms shoulder high).

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



## Chart 2

**Age Groups**  
 8 yrs maintains D-  
 9 yrs maintains C-  
 10 yrs maintains B-  
 11 yrs maintains A-  
 45-9 yrs maintains A+  
 50-60 yrs maintains C+

**1** Feet astride, arms upward. Touch floor and press (bounce) once then stretch upward and backward bend.

**2** Back lying, feet 6 ins. apart, arms at sides. 'Sit up' to vertical position, keep feet on floor even if it is necessary to hook them under a chair.

**3** Front lying, palms placed under thighs. Raise head, shoulders, and both legs. Keep legs straight, both thighs must clear the palms.

**4** Front lying, hands under the shoulders, palms flat on floor. Straighten arms to lift body with only palms and toes on the floor. Back straight. Chest must touch floor for each completed movement after arms have been fully extended.

**5** Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After every 75 steps, do 10 'astride jumps'. Repeat this sequence until required number of steps is completed.

**Astride jumps.** Feet together, arms at side. Jump and land with feet astride and arms raised sideways to slightly above shoulder height. Return with a jump to the starting position for count of one. Keep arms straight.

Physical capacity rating scale

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A+	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A-	28	20	29	18	470	9	32
B+	26	18	27	17	455	9½	33
B	24	17	25	16	445	9½	33
B-	22	16	23	15	440	9½	33
C+	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C-	18	13	17	12	395	10	34
D+	16	12	15	11	380	10½	35
D	15	11	14	10	360	10½	35
D-	14	10	13	9	335	10½	35
Minutes for each exercise	2	1	1	1	6		

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



# Chart 3

## Physical capacity rating scale

**Age Groups**  
 12 yrs maintains D+  
 13 yrs maintains C+  
 14 yrs maintains B+  
 35-9 yrs maintains B  
 40-44 yrs maintains C

**Flying Crew**  
 40-44 yrs maintains A+  
 45-9 yrs maintains B

**1** Feet astride, arms upward. Touch floor 6 ins. outside left foot, again between feet and press once then 6 ins. outside right foot, bend backward as far as possible, repeat, reverse direction after half the number of counts.

**2** Back lying, feet 6 ins. apart, arms clasped behind head. Sit up to vertical position, keep feet on floor, hook feet under chair, etc., only if necessary.

**3** Front lying, hands interlocked behind the back. Lift head, shoulders, chest, and both legs as high as possible. Keep legs straight, and raise chest and both thighs completely off floor.

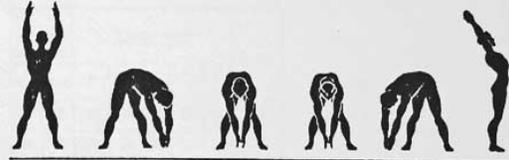
**4** Front lying, hands under the shoulders, palms flat on floor. Touch chin to floor in front of hands - touch forehead to floor behind hands before returning to up position. There are three definite movements, chin, forehead, arms straightened. *Do not* do in one continuous movement.

**5** Stationary run. (Count a step each time left foot touches floor.) Lift feet approximately 4 ins. off floor. After every 75 steps do 10 'half knee bends'. Repeat this sequence until required number of steps is completed.

**Half knee bends.** Feet together, hands on hips, knees bent to form an angle of about 110 degrees; do not bend knees past a right angle. Straighten to upright position, raising heels off floor, return to starting position each time. Keep feet in contact with floor - the back upright and straight at all times.

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	in minutes	
A+	30	32	47	24	550	8	25
A	30	31	45	22	540	8	25
A-	30	30	43	21	525	8	25
B+	28	28	41	20	510	8½	26
B	28	27	39	19	500	8½	26
B-	28	28	37	18	490	8½	26
C+	26	25	35	17	480	8½	27
C	26	24	34	17	465	8½	27
C-	26	23	33	16	450	8½	27
D+	24	22	31	15	430	8½	28
D	24	21	30	15	415	8½	28
D-	24	20	29	15	400	8½	29
Minutes for each exercise	2	1	1	1	0		

Exercise 1



Exercise 2



Exercise 3



Exercise 4



Exercise 5



## Magnetism exercises

### ***Magnetic Mentality Principle – Etheric chaos is never magnetic***

A further wasteful expenditure of energy is seen in haphazard and uncontrolled action of the mind.

Thought is an activity of the psychic self. Your personal energy is filled not with a thought-thing but with a thought-energy. All excessive mental activity is an injurious consumption of vital force. Real thinking is controlled direction of mental activities to a defined end. One of the best balancing methods for the mind is the level headed search for reality.

All unnecessary expenditure of energy in any given work should be avoided. It is largely wasted energy. He who desires magnetic power must conserve his forces.

Events are neutral until we add our beliefs.

When your mind is calm you feel in control. Peace of mind is a choice. When your mind is calm and your body is relaxed, your immune system and therefore your health is at a peak. When you honor your body, it is in a relaxed and alert state so that focus and concentration are possible. You will radiate that vibrancy and vitality that attracts people. Clarity and certainty will be reflected in your appearance and speech.

Whatever makes a person more valuable to himself will make him more valuable to others. Personal improvement lifts the individual up through thoughts, ideas, impulses and by keeping the company of inspired souls.

From this habit of looking onward and upward, comes the spirit of initiative, looking for ways of betterment. It is valuable in any area of your life.

### ***Ideas are more vital than words.***

Ideas are more vital than words. Read great thoughts. For the reading of a thought will often change a whole life.

The truth divides the future of each person into three parts; possibilities, probabilities, and certainties on the positive side; and into three other parts on the dark side - impossibilities, improbabilities, and certainties the last being certainties of life's failures.

### ***Magnetic Food***

The first demand of nutrition calls for a sufficient amount of the needed variety of food and drink. The second demand requires for digestion and assimilation. The third demand is satisfied only by thorough mastication of food and free mixing with saliva prior to swallowing.

The fourth demand involves a healthy power of digestion and therefore freedom thereafter from unhappy emotions and mental and physical labor.

### ***The Magnetism of Food***

Many people live to eat others eat to live. Overeating is one of the most depleting activities you can pursue. If proper foods are eaten, the development of vitality and energy is a very rapid process.

### ***Foods that destroy magnetism.***

There is a significant list of non-magnetic foods. They vary person to person, however these are the general rules;

Do not over eat at any time. Beware of excess sugar and sweets Beware of excess coffee, tea, alcohol, tobacco and other stimulants. Beware of processed food.

Avoid excessively hot or cold food or drink. Minimize dressings. Avoid over cooked food.

### ***The Vitality of Youth --- Magnetic Posture***

The first step in regaining youthful vitality is the vigorous blood circulation achieved through conscious breathing. The function of digestion, respiration and circulation are the primary sources of vitality and life force.

When we are young our spine is strong and vertical. With work, injury, sport, excessive reading and lack of attention the upright spine becomes inflexible and bent. Few people above the age of 30 are free from this deterioration in the spine.

The vitality of youth is the straight spine for it is this that creates the processes for the distribution of the vital forces within our body.

Imagine a center point on the top of the head, through the base of the neck and down to the center of the pelvis. Any unnatural curve of the spine shoulders or neck interferes with the flow of blood and the flow of nerve vitality and the flow of magnetism.

Blood carries new magnetism for cells. The nerve currents carry the actual life of the body, which includes all its magnetism. Any curvature of any part of the body that interferes with these flows lessens the energy, vitality and function of the currents so impeded.

Old age brings all kinds of curves to the spine, neck and shoulders. Youth is straight. Age is bent. We have all seen the extreme of this in the stooped aged person with cane for support.

But standing straight is not enough. Create the alignment between the vertical plane of the head, neck and base. This can be made into a habit. This is the prime trait of the magnetic person, in this way they will never grow old to the onlooker or to their own feelings. A straight spine is a centered spine and a centered spine is a centered and present person.

The second habit to be acquired by the magnetic person is the habit of stretch. The neck must be pulled tall.

When the neck muscles weaken, abdominal muscles weaken and the abdomen begins to sag carrying with it the internal organs. The pot belly on so many men is the true reflection not of old age but of collapse of the vitality of youth, the surrender to gravity. It is simply a bad habit.

Here you are asked to develop the habit of upright posture. Check whether your chest sags down when you sit, if so raise it as high as possible without raising the shoulders. Keep the shoulders central and natural, Hold this position when you eat, read, sleep, walk, talk and when you are driving. Make it a habit.

Next ask yourself whether your abdomen points forward. If so pull it in with muscle. If the muscles are not strong enough then help them with your hands. After a while the strength will return and it will become a natural position.

Young people have a firm abdomen, model them. 95% of people over the age of 20 have collapsed vital muscles. This is the fourth habit. With these habits the flow of natural vital energy returns to the body and to the eye.

The surrender to age is so much dependent on habit for in truth, with the above habits maintained the vitality, vigor, freshness and brilliance of youth shall be maintained.

The new habit is then to keep the vertical alignment of the top of the head, the base of the neck and the center of the chest in alignment plus to maintain the sensation of stretching the head to reach the ceiling.

## ***Magnetic Walking***

A Magnetic person is known by their walk. Tensed walking is a rapid generator of magnetism. This is one of the most powerful generators of dynamic magnetism available. Tensed walking requires that the whole leg is devitalized as it comes free after the weight leaves it; and is tensed again as it assumes the weight. You can achieve this walking slowly or with speed. It takes a little practice but it will become natural with time. There is no need for the back leg to be activated as it swings forward, just hold it relaxed with grace and muscular tension.

***The magnetic walk can be seen from a great distance.***

Jarring or injuring the spine will also result in lost vitality and aging. We suggest that when walking the heel does not jar to the floor. In doing this the whole structure of the body is tested and impacted in a negative way. It exhausts the natural magnetism of the body.

In taking a step keep the center of gravity of the torso well forward without losing the vertical line we have just discussed. This will put the whole weight of the body on the ball of the foot even if the heel touches the floor first in the step. Using heels more than an inch high consumes magnetism due the impact on the spine during movement and the change is vertical alignment of the spine itself. Practice in bare feet. The ball of the foot should most certainly touch the ground first, in heeled shoes it will be different.

This is not an exercise this is a habit.

## ***Speaking with Magnetism***

Most speakers believe that motion expresses more than attitude. The actor cannot reproduce life by acting its details. He cannot always die when he tells of killing. Becoming absorbed in the attitude of description is always more effective and far more beautiful than actions that never express true meaning.

People admire cool self-possessed presentation; they dislike active nervous people who try to carry everything before them as a storm. Coolness allows us to be most powerful by allowing us to think more rapidly, carrying more trains of thought.

The magnetic person proceeds easily. Words are well chosen, spoken carefully, the audience listens, the language is interesting, it shows thought, care in preparation and belief in its declarations. The atmosphere contains that information.

As the interest deepens the speakers eyes darken, the chest begins to solidify energy begins to flow, arms begin to move smoothly. The speaker is not only holding magnetism, he or she is collecting more, generating it by slowly tensing and soon it is felt in the voice. The presenter is now in an increasingly tensed position while under perfect control.

The habit of walking around while speaking, is the result of nervousness, and is taxing on vitality.

Performers, singers, actors and accomplished speakers will keep closer to a given spot.

Action arouses latent magnetism but when it is aroused, it should not be wasted and given away.

### ***The mastery of projection in the voice***

We mainly communicate with each other by the eyes and voice tone. This is the way we convey our personal magnetism too.

In 90 percent of communication the voice conveys our magnetism. This is not through the words spoken but through the tone, feeling and projection of the voice. Merely by adopting the habit of maintaining an open throat and a pleasing manner of speaking, a transformation in personal communication can take place in a single day.

#### ***“Vocal qualities; the timber of the voice.***

The true character of the inner life of a person shows itself in the timber of the voice. The voice takes on a common tone and this becomes a habit. In the transformation to a magnetic life it is essential to be observant of your voice tones. After some time the voice can dictate the mood.

### ***Confidence Creates and sustains Magnetic harmony.***

Shyness, bashfulness, diffidence, timidity, pronounced fear are all hostile to personal magnetism. This lack of confidence reflects in un-magnetic attitudes such as self loathing, loathing to others, anger, bitterness, etc.

#### **Self confidence**

Creates intense internal energy. It's a powerful outgoing vibration of unity and persistence in wave movement. It is reflected in a tone of faith in matters at hand with an overtone of harmonious surplus.

#### **How to cultivate self confidence**

- Recall past mistakes and eliminate cause • Don't yield to ideas of failure • Find benefit in past failures • Daily recall successes of the past
- Weekly recall the success of the past week • Monthly recall the success of the past month

### ***Magnetic Economy Principle – The Universal Forces are enormously conservative***

When in a normal condition, the psycho-physically magnetic person is remarkably self controlled. He or she suffers a minimum of waste. Physically they hold themselves quiet while not engaged in directed activity.

Emotionally they are self contained though capable at will of enormous dynamic feeling. The great bulk of his mental power is used in some definite purpose. They recreate to absorb benefit not to expand force. They are a master of themselves and their general repose constitutes one of secret power.

### ***Heart Magnetism Principle – All excess squanders etheric power***

Undue emotional excitement is etheric. Conserve, compact, unify and reinforce psychic discharges. Normal emotions are naturally rhythmic and tend to harmonize existing etheric vibration. The magnetic person is richly endowed with emotional capacity. But he or she holds it in check. They have automatic self control.

In abnormal emotional conditions there is lack of regulation and waste of etheric force. Undue emotional excitement throws the molecules of the body into violent commotion and drains off the Universal Force.

### ***Corporate Magnetism is hierarchical***

Magnetic employees are found at the very top of a company's system. There exists a great drawing power which is the highest magnetic value in human existence.

An employee who meets his duties in an offhand way and does not do more than he needs to is said to be exchanging physical values for physical values. But if he seeks to better himself by making a genuine effort and taking interest in what he had to do, he is exchanging high values for the hope of betterment.

Magnetism is the opposite of slavery. A habit that makes a slave of a man is a barrier to the attainment of magnetism. Addiction is a drain to magnetism.

### ***Tension energy generates Magnetism***

When you are about to undertake some intense physical effort such as the lifting of an Olympic barbell, the muscles become set and prepared for the effort. All muscular action is set in motion by the nerves, prompted by thought. Muscular tension has its origin in the nerves.

When the nerves and the muscles are lax they are inactive and unprepared they are devoid of life expression. On the opposite scale when the nerves and muscles are rigid they are gripped so as to inhibit any motion at all.

Nerve tensing involves the nerves but not the muscles. It is the increase in the nervous flow. That means it is the change in tension that creates magnetism and not the achievement of some final state. When the climax of tension is reached, magnetism declines. Nothing is going on at that time except that the nerves are holding the muscles in place.

***Example.*** Raise the hands to the shoulders shut the fingers slightly, half clench the fists. To take the power of the body from a diffuse state to an integrated state requires nerve tensing. Nerve tensing must be invoked to bring the diffuse forces of magnetism into mass control.

### ***Magnetic touch is always tense***

Magnetic touch is always tense. The feelings in a human body are variously expressed but the magnetism of love is always tense. It is in the body and proves itself in touch voice & sight. If love -- genuine honest love, is present it is felt without words. The interchangeable magnetic currents of love are the most delightful sensations in the world. Tensing is an increasing approach to a rigidity that is never reached. When the increase cannot be maintained, a limit is found and that is non-magnetic.

### ***The tensed voice***

The magnetic voice is always tense. This means a voice with expression, with tremolo. A flat can never be magnetic. Even the coarse voice is magnetic in its coarseness.

### ***The tensed neck***

Remember that posture is critical that when sitting. The center of the head, neck, chest and hips must all be in a vertical line, one above the other. Stand and sit always with these vital centers in line. Lift the head vertically towards the ceiling from the center of the head. See if you can reach 1cm nearer the ceiling. Muscles stimulate the circulation of blood. The most notable effects being the warming of the feet and hands by the increased excitement the circulation. Magnetic people have warm hands and feet. This is the most powerful tool in transforming the body into a dynamo of energy.

## ***Vital Magnetism and Organs***

To control Vital Magnetism first control negative emotions through the mind.

Vital Magnetism absorption areas are; 1/ nerve endings of nasal cavities, 2/ air cells of the lungs 3/ the tongue.

4/ the skin.

### ***The Skin –***

Vital Magnetism is absorbed and eliminated through the skin. Sun helps conductivity.

### ***The tongue***

Magnetism is linked to tongue through taste. Flavor indicates the presence of Vital Magnetism. Yogis chew until no taste is left, to maximize digestion.

Digestion uses up 70% of available energy.

### ***Smell***

The nose is the main absorbing agent. 18 breaths per minute, 1 litre = 13,000 litre 24 hours, versus 2 litres water, 1 kilo food.

The lungs the avail of the lungs transfer some Vital Magnetism. The passage of Vital Magnetism to the blood depends on blood and lung condition

## ***General Hints for the development of Personal Magnetism***

☐ Your habits create or destroy your vitality. Excesses cause loss of vitality. Anything that causes fatigue causes loss of magnetism.

☐ Wet clothing -- electricity is the basis of magnetism thus dampness, being a good conductor of electricity, will lead electricity -- magnetism away from your center.

☐ Thin shoes -- the nerves of the feet are so close to the ground that thin shoes destroy the vitality of the nerves. Standing on cold or damp ground, or walking on wet ground with thin soled shoes is a sure means of getting the body out of order and directly causing a loss of vitality.

☐ Spices. Rich spices such as gravies, condiments, pastry. The real test of food is revealed in an analysis of the body itself. The elements present are those required in food. Anything else is foreign.

☐ Over eating. Most people eat too much. A plain diet is far better than a complex one. Rich foods are antagonistic to the digestion and weaken magnetic energy.

☐ The closer we can come to minimized, plain eating, the greater will be the powers of life.

☐ Eat sparingly at all times, particularly when preparing to use your magnetic power.

☐ Excess ice water will decrease the action of the heart, respiration, and stomach, hindering digestion. ☐ Excess water. . Sip plenty of water. If water is taken in large volumes in short

periods of time it will flood the digestion and extinguish the magnetic fire Spiritual

☐ Stimulants cause a reduction in magnetism. They substitute vitality ☐

Excessive external heat. The warmer the room in which you live the less heat will be generated by the body. If the body is cold, the body will under normal circumstances provide its own heat.

## ***Conclusion***

Magnetic energy is stored force. Its accumulation demands;

1. Proper periods of rest 2. Variety of physical and mental action 3. Proper food and drink 4. Pure air 5. Physical cleanliness to assist elimination of waste 6.

Regular activity of the muscles 7. Regular activity of the nerves 8. Regular activity of breathing 9. Regular exercise of the physical body

11. Healthy toned mental and emotional activity for the quickening of the brain centers

12. Proper clothing and favorable, healthful environments 13. High moral purpose 14.

Avoidance of all excess

15. Sex control and magnetic psychic and physiological harmony 16. A profoundly confident quest for personal magnetism

10. Regular exercise of the mental, emotional and moral natures for toning of the psychic self

## **Exercises for Self Mastery**

### ***Exercise; to learn the skills of Observation and Memory***

#### ***Purpose; separating masses into details;***

To learn the skill of separating masses into detail; To improve memory and awareness.

To begin a cumulative process for mental development.

#### ***Background***

exercises are presented for purpose of developing habit. This exercise will eventually lead to increased powers of awareness and concentration.

#### ***Process***

Take a step toward open door leading to room give one quick glance at the contents of the room; then withdraw. While out of vision of anything in the room mention one article that is in the room. This is the first step. The same article may all may not be included in the next round. Go again to the door, look in to the room then withdraw. Now recall two articles that are in the room. Repeat by taking a third look, only for a fraction of a second. Again repeat by taking a fourth look, always going out of sight of the room, and naming the four articles that are seen in that fraction of a second. Continue until you cannot remember the appropriate number of articles.

If you get tired stop, rest then begin again but remember to begin at one from the beginning.

The mind, by cumulative process will soon be able to include from 50 to 100 items in less than one second. Claims have been made that one person reached more than 5,000 items in one second. We acknowledge that the human brain can be trained in to do unbelievable things.

Spontaneous recall of detail is a valuable talent. It aids in the development of presence, acute awareness, ability to visualize and recall detail of visions. It is also a powerful tool when undertaking any form of negotiation. Observation of another persons actions and facial features is a critical ingredient for success.

### ***Exercise; Development of the Magnetic Eye.***

Take a large sheet of paper 20cm wide and 26cm high. Print text onto the paper at 14 point and double line spacing.

Lay the paper on a table with the printed side facing down. As you approach the table, take the paper in your hand and turn it over, and then turn it back. Write on a separate piece of paper as much of the text as you can recall. Frame the sentences as close to those on the sheet that you glanced at. Glance twice more for no more than a fraction of a second.

After the third glance. Share with your partner what you have written. Do so non verbally. Practice this until you can reproduce every idea on the paper.

#### ***Level 2***

Now move to the next level by printing a new sheet, typed with text single line spacing and 12 point. (about 30 lines to the page) Use a maximum of 8 glances to develop your photographic memory in the same way as before.

#### ***The next stage is reversed reading.***

Take another piece of printed paper, double line spacing and fourteen point. Turn the paper upside down and face down on the table. Turn the page over and begin reading the page upside down. When finished start a new page this time with single line spacing, read this upside down.

#### ***The Next stage is to use text that is not formatted in a linear way.***

Now, instead of using type written matter for lines, cut an advertisement from any newspaper and read it in the reverse position.

#### ***The final stage requires the use of handwritten letters. Exercise; To open the face create a natural magnetic appearance;***

##### ***Purpose***

This exercise is designed to open the face and create a keen, natural, magnetic appearance. It is designed to reverse the process of aging and the lining of the face.

##### ***Process***

Stand or sit before a mirror. Knit the brow. Watch the vertical lines above the nose; instantly UN-knit the lines by expanding outward. Knit them by reversing the direction of the Temple muscles. Expand and rebound at every effort. Keep on doing this in one or more sessions daily until you can UN-knit the muscles by pulling action that stretches the part of the face above the nose into a smooth area that contains no evidence of vertical lines. This will take some time.

### ***Exercise; Magnetic Eye Purpose***

To give the eye its natural shape. To restore focus and clarity to vision. To draw blood and therefore energy to the eyeball. To magnetize the face.

#### ***Background.***

There are nine eye positions. This exercise is the step-by-step movement of the eye into each of those nine positions.

#### ***Instruction***

Position 1 straight ahead. Position 2 eyes left. position 3 eyes right position 4 eyes down center. Position 5 eyes down left. Position 6 eyes down right. Position 7 eyes up center Position 8 eyes up the left. Position 9 eyes upper right.

Follow the following sequence; 1 -- 2, 1 -- 3, 2 -- 3, 4 -- 5, 4 -- 6, 5 -- 6, 7 -- 8, 7 -- 9, 8 -- 9, 8 -- 6, 9 -- 5;

each movement is to be repeated ten times in each sequence. Caution is required at first so is not to build up exhaustion. Then gradually build up to 20 movements in each sequence.

These exercises can be done anywhere. It's value is immeasurable.

In many cases these exercises have eliminated the need for glasses and have improved eye sight immeasurably.

Strong eyes are essential to magnetic eyes and they give strength to the features about the face. All the exercises in these lessons that relate to the eyes and eye conditions to the whole upper face. It becomes attractive. When aided by the exercises of mental magnitude a wonderful appearance of fine intelligence appears.

The eyes exert a large share of magnetic influence in all communication in personal contact, and had to the power of that rare quality, a magnificent presence.

### ***Exercise; Bring back brilliancy to the eye Purpose***

To eliminate the need for glasses To strengthen the eyesight Bring back brilliancy to the eye

#### ***Process***

Stare at a place where you can see some object in the distance. Hold in your hand some picture at eye level with your arm outstretched. Look into the distance and focus on the object Bring the gaze to the picture you hold in your hand

The changing from short to long distance will cause the eye to change its shape and regain some flexibility

#### ***Repeat the exercise***

Use an object half the distance away. After some trials you will notice your capacity to sustain both objects in tight focus is possible.

#### ***Progression on the last exercise***

Obtain an advert from a newspaper with large type Obtain another add with small type Then a third piece with even smaller type of normal reading size The last piece should be very fine type

#### ***Process***

Look and focus on the largest type, then the next down, then the next down and then the last. Move quickly attempting perfect focus in each step. The value of the practice is the speed in which you can go from one piece to the next after securing focus Make this a daily practice in conjunction with earlier exercises

***Exercise; To stimulate the brain battery and bring the magnetic state to it's maximum.***

***Purpose***

To stimulate the brain battery and bring the magnetic state to it's maximum. To give diversity to the human dimension

**Eye Positions**

1/ look at some imaginary person whose eyes are directly in front of you and on a level with your eyes Position 1., adopt a dead still body all through. Hold the eyes two seconds in each gaze;

From one move to position two. Do not move the muscles of the face. Then back to one for 2 seconds To pos 3 Etc through all positions

While in each of the 9 positions and while holding the gaze repeat the following with full expression and meaning. Let the voice be low, clear and firm even severe. Imagine that someone is actually with you and you are determined to keep them under your control.. the face remains forward and does not flinch.

I am a Genius and I apply my wisdom I am a master of persistence I do Not quit I have power over all that I do, all that I say and all that I hear. I do what I love and I love what I do Am I a reflection of Perfection I have all that I need, all that it takes and all that I can get.

The first few repetitions may be mental but it is always better to speak these words aloud. In repeating them speak the position then come back to the central position of 1 and repeat it again.

After five days increase the number of repetitions to 5 times each.

8 Up left

7 up front

9 up right

2 Level Left

1 straight ahead

3 level right

5 down left

4 down front

6 down right

After a further 5 days repeat each one 10 times at each eye position

The success in tensing the eyes will depend upon the tone and color of your voice. An actor would achieve this readily. You may have to keep this up for weeks but the power it builds is permanent.

### ***Exercise; Mental progress***

Purpose; To increase clarity and mental focus.

In the play the merchant of Venice, it is an expression of purpose made by Shylok, when he discovers that he may sentence another to death because of an unmet debt. He is offered alternative compensation, but declines, saying;

"I will have my bond"

Repeat this with the body tensed and dead still. The fist of your right hand should be forward about inline with your hip with the tones all your voice subdued.

On the first repetition place the emphasis on the word **bond**. On the second repetition place the emphasis on the word **will**. On the third repetition increase the emphasis on the word **will**. [Do not raise voice] on the fourth repetition increase the emphasis on the word **will**. On the fifth repetition speak the words **silently and look** into the eye of the judge.

This affirmation can be used anytime and in fact has equal power when not spoken out loud.

### ***Exercise; For development of a Magnetic Voice;***

#### ***Purpose;***

To develop the tremolo voice and the use of the diaphragm in creating interesting vibration and magnetism in the voice.

#### ***Process***

Pronounce the sound 000 as long as possible, while shaking the lower chest with the rapid action off the hands. This will make the tone shaky. This is the only natural tremolo, for the diaphragm by its vibrations produces laughter, Gladness, joy, brief, sorrow, weeping, crying, hysterics and every other mood known to the human heart.

#### ***Step 2.***

Prolong the sound 000. Instead of 00, with a piece cited tremolo, and keep it until it is very easy to say such sentences as the following with ease; " the sorrow's of a poor old man" or " oh the long and dreary winter", " dear master, I can go no further." When this can be done the next step is to increase and decrease the range of the vibrations; that is to make them wider and narrower.

Take a large piece of brown paper and a heavy pencil. Across the top make a wavy line about 10 inches long and two inches wide. And marked is that tensed degree of the tremolo. Under to make another wavy line 10 inches long but with waves only an inch high; continue down the page reducing the wave high 3/4 of inch, 1/4 of inch, one eighth of inch, 1/16 inch, 1/32 of inch, and a straight line for the last which is called the first degree [a flat voice]. The rule of practice is to begin at the middle degree.

In the practice of tremolo and the incorporation of all elements of the tensed voice use the following phrase. "I will have my bond" on the first saying emphasize the first word; on the second saying emphasize the second word; repeat this quotation now with the hand becoming gradually tensed as it closes in firm determination.

***Exercise; is Tensing versus fixed;***

The difference between setting the muscles and tensing the nerves should be carefully studied. When using the hands relax so that it is devoid of any power. Slowly vitalize it by closing the fingers;

***Exercise; Tensing vs. setting.***

Relax the hand [all muscular effort has gone out of it]. Now and tensing to the calm without changing the hand see if it is possible to add tensing to the arm without investing this in the wrist.

***Exercise Developing mental power***

Create a scene in your mind and describe it in accurate and final detail without verbs or adjectives.

We depend largely on the formation of mental pictures; mental pictures are glory over genius; and the difference between the power to see mental pictures within the mind, and not to see them, is now, always has been, and always will be, the difference between common clay and noblest human achievement.

***Exercise; Development of personal magnetism Purpose;***

Strengthening the Nervous systems Creating Inner Poise Harnessing the power within.

***Method***

Take a sheet of note paper, carries in- house hold one Harvard in the hand by placing the thumb and two fingers at the lower corner of the paper [a 4]. Hold the hand about what one foot from the chest, and the elbow away from the body. The entire are must be free -- must not touch anything.

If the mirror is convenient locate some fineness bought on the glass. Hold the paper so that the upper diagonal corner from that being held by the hand sheet is on an exact line with the eye and a spot on the mirror. Hold this for 12 seconds. And no to the amount of deviation of the corner of the paper from the spot. If there is no deviation you are ready for levels 2. If there is deviation practice this until you can be brief and any departure.

***Second level.***

Take a larger sheet of paper [a 3]. Tear it in halves and hold it in the same manner as the first exercise. Persist in practicing until there is no deviation, even a hairs breadth.

***Third level.***

When the last exercise has been must add the people may take a sheet of the larger size paper, tear it in halves, and continued as before.

***Fourth level.***

Now take an entire sheet of paper without tearing at, and repeat.

***Fifth level.***

Fill a wine glass two-thirds full of water. Hold the stem with the thumb and index finger only, outstretched in front of your body. Test to see if the water shakes or even trembles. Hold the same way, but now employ the thumb and the middle finger for 30 seconds. Check for trembling. Continue this exercise changing the fingers until you reach the little finger.

You must eventually complete this exercise with ease.

### ***Sixth Level***

Fill the glass to the top so that the water is just above the edge. Hold your palm flat facing up and place the glass in the center of your palm. Have a friend put another glass in the other hand and hold both with arms outstretched for 30 seconds.

The goal is to not spill any water. You will probably not be able to do this at first but after practicing you will easily complete this exercise.

### ***seventh Level***

Follow with steady eye a line on a height with the head, real or imaginary, from left to right and then in reverse. Do this slowly fifty times each way. The eye must move in a smooth flow, not in short muscular jerks.

Do not wink nor blink while doing this.

### ***Exercise for energizing the body and mind***

Purpose; The development of vitality

Method;

Stand perfectly still, disregard all distractions, lengthen the spine and neck, open the chest and breathe deeply and very slowly a few times.

Summon great internal energy as if you were about to undertake a super human feat of strength. Show no outward sign of the internal energy that is building. Be ready, intensely alert, eyes fixed, your powers at your command.

Your will is brought to the highest pitch. Feel your whole being charged with this energy.

Now repeat and maintain perfect inner stillness.

### ***Exercise for focused work***

Purpose;

To train and develop the habit of deep focused concentration

Method;

During any labor maintain continual mental activity. Keep the mind focused on just one thing. Engage the mind fully and if it wanders slowly draw it back to the subject at hand.

Put the whole mind to work.

### ***Exercise in development of self control***

Purpose

to develop the habit of simple self control

Method

In all mechanical action of the body and every voluntary power, control should be exercised to create smoothness of action and thought. Smooth economic action is critical.

An extreme efficiency of movement in all things: from every action required to brush your teeth, to prepare a meal, to eat a meal, etc. This should become second nature. The sense of controlled energy must pervade all actions. Give the whole mind to every undertaking

### ***Exercise in Curbing Impulse***

Purpose;

Create a consciousness of thought and action to become aware of impulsive tendencies.

Method

Understand that unconscious and uncontrolled spasmodic movements destroy nervous and mental vitality. Thoughtless and unregulated impulses destroy psychic life. Lost rhythm and power are the result of bad habits.

Implement into your daily life the practice of considered action and movement. Look before you leap. Increase your awareness of peripheral vision. The broader wider vision of the eye which can observe movement and action at nearly 180 degrees. Become aware of movement around. Become aware of other people without moving or taking action. Use the observation of the eye center in the area between the eyebrows. When reading look from the back of the head and through the eyes. Locate at the back of the skull the areas from which you are able to read and allow the eyes at the front to soften. All this takes some practice but is, in a very short period of time the basis for incredible transformation in action and thought. It is the king of magnetic rhythm.

### ***Exercise; Walking meditation***

Purpose;

To develop lung capacity, to vitalize the body, to develop steadiness of mind, to create a powerful internal rhythm.

Method

Begin with the understanding of the proper mechanism for diagrammatic breathing. That is, on exhale draw the floating ribs inward. Inhale holding the floating ribs fill the abdomen, chest upper back. Empty the upper back, chest then abdomen.

Walking count four breaths in (one count for each step), Count four breaths out (one count for each step).

Increase this after two rounds to five in and five out Then progressively increase until 10 in and 10 out; You may not find this comfortable so stop when you are at your maximum comfort zone. When there is strain like in all aspects of life there is no benefit at all.

At this point there are variations;

◆ For increased energy continue the 10 in and 10 out count but add a single count at the turning point between in and out. At this point, the fully inhaled breath continue to add one count each round.

10 in, hold 1, 10 out 10 in, hold 2, 10 out 10 in, hold 3, 10 out 10 in, hold 4, 10 out 10 in, hold 5, 10 out 10 in, hold 6, 10 out 10 in, hold 7, 10 out

etc Do not strain or get to the point of discomfort. Maintain a steady walking pace and make sure you allow for change in gradient. Up hills the breathing will be challenged.

◆ For steadiness and calming in this walking meditation hold the breath at the fully exhaled point.

And step by step add a single count to this exhaled position. 10 out, 1 hold, 10 in 10 out, 2 hold, 10 in 10 out, 3 hold, 10 in

10 out, 4 hold, 10 in 10 out, 5 hold, 10 in 10 out, 6 hold, 10 in 10 out, 7 hold, 10 in

Do not strain or get to the point of discomfort. Maintain a steady walking pace and make

sure you allow for change in gradient. Up hills the breathing will be challenged.

### ***Psychic Regimes for Physical Character***

1. Care of health
2. Reformation of habit
3. Correction of heredity – iron will
4. Correct living – improvement in diet, sleep, air, exercise, amusement, labor, sex relations – daily routine and rest.
5. satisfaction in physical cleanliness – consciousness of a clean body, “temple”
6. Appropriate grooming – sense of satisfaction and reasonable pride in your general physical appearance
7. Culture of Buoyancy – the feeling of physical buoyancy may not be claimed unless it is present – languor and distress may be thrown off and physical buoyancy summoned – live up to buoyancy of body and induce the feeling of thought, assertiveness and mental cheerfulness.
8. The erect carriage – daily holding up the abdominal contents and maintaining the erect carriage whether sitting or standing or walking – uprightness of body.
9. Physical Gracefulness – magnetic action and psychic harmony
10. Appreciation of the Instrument – the body is your instrument – cultivate appreciation of its wonderful usefulness. This regime will bring you to a fine sense of ownership and relationship to the body, greater than can arise from any possession. You will come to a feeling of friendship for this ready servant which will put soul and flesh into the closest conscious relations and give the psychic factor the greatest influence.
11. Nobility of physical consciousness. You are urged to think of its greatness, its usefulness, its divinity.
12. Psychic Uprightness – eliminate from your life all baser emotions and passions and cultivate the white soul life of honor
13. If you will say mentally, quietly but intensely “I will ! I am charged with vigor! I am conscious of power!” you will develop internal energy of soul.
14. The idealization of environment. Environment exercises incessant and oftentimes an unconscious influence. If it is disorderly, depressing, unattractive, uninspiring the effects will first appear in the physical life.
15. The use of imagination – this regime supposes evil imagination totally absent. Think of the noblest physical manhood or womanhood and think of that ideal once a day for many weeks. Etheric and inner physical movements swing into powerful harmony with the ideal so in time it becomes a reconstructing factor in your life. In connection with this work, you should surround yourself with a home, a place of business, furniture, literature, music, people, various articles, conditions and atmospheres – all things that agree with the ideal tend to keep it in mind and exercise a silent influence in agreement therewith upon mind and body.
16. Drawing on the universal forces – secure mental repose at frequent intervals during the day – so long as needed – and by quiet, intense affirmation, claim the universal forces as your helpers in building physical character.
17. The use of the will – hold the will energy at the fore in unflinching efforts to secure the noblest physical character possible in your case.

18. The prophesy of Childhood – Marry wisely for the sake of the child. Love with all the nobilities of the soul exhaled. Summon a high ideal of the child, physical and mental in the honor of its prophesy.

### ***Regimes in General Physical Magnetism***

1. The culture of Health
2. The magnetic Bath
3. Neck and Scalp massage
4. Movement of Face muscles
5. Care of hands and feet
6. Magnetic hand rubbing – Two or three times a week you should give every reachable

part of the body a thorough dry rubbing with the hands, employing sufficient pressure and rapidity of movement to induce a fine glow of the surface – intense feeling of internal energy

7. The Magnetic Passes – Throw a sense of magnetic energy with the thought “ I am certainly magnetic” into the open hands, the muscles of hands and arms being slightly tensed and to make slow magnetic passes (“I am magnetic here”) over every part of the body.
8. Magnetic Deep Breathing
9. Magnetic Muscle Stretching
10. The transfer of energy
11. Nerve Calisthenics
12. Magnetic Imagery Exercises
13. Magnetic Organ Exercises

### ***Magnetic deep breathing***

– practice full abdominal and chest breathing before meals twice each day for life. The following method is suggested;

The mouth should be kept closed and the windpipe open during each exercise During all the time occupied the sense of magnetic energy should be maintained

With body erect and lungs emptied, disregard the chest, depress the diaphragm by muscular effort, extend the abdomen and slowly fill the lower lungs. Very slowly exhale. Rest. Repeat several times.

With body erect and lungs emptied, disregard the abdomen, extend the chest by muscular effort and slowly fill the upper lungs. Slowly exhale. Rest. Repeat several times. With body erect and lungs emptied, extend the abdomen and chest and depress the diaphragm and then fill the lungs to their utmost capacity. Slowly exhale. Rest. Repeat several times.

The exercises may be alternated. The air should be cool and pure.

It is well, also, to practice magnetic breathing when on the street Habitual breathing should be abdominal.

### ***Magnetic muscle stretching***

1. Twice a day but never on a full stomach practice slowly stretching and slowly relaxing the various sets of voluntary muscles in the body – of neck, each shoulder, each arm, chest, back, each leg, both arms simultaneously, both legs simultaneously.
2. The stretching should be slow and gradually increase to utmost intensity of muscular stiffening.
3. The relaxing should be slow and gradual from utmost intensity to limp.
4. While stretching, the lungs should gradually be filled becoming packed at highest tension of muscles. While relaxing, the lungs should be emptied, becoming airless at muscular limpness.
5. The work must be slow, gradual, deliberate, thoughtful with the whole mind located intensely upon the physical action of the parts engaged and vigorously asserting “ I am now in these muscular parts accumulating physical magnetism”

### ***The transfer of energy***

1. Become perfectly composed in mind and relaxed in body, breathing deeply and exhaling exhaustively a few times.
2. Summon a general sense of intense internal energy and without moving a muscle but relaxed in all parts except those engaged.
3. Throw the feeling into various places a few seconds as follows: left foot, left leg (whole); lower half; upper half; right foot; right leg (whole); lower half; upper half; the abdomen; the hips; left side; right side; small of the back; upper back; left shoulder; left arm (whole, upper, lower, hand); right shoulder; right arm;(whole, upper, lower, hand);chest; neck; face( various parts); head; eyes; ears; tongue. Rest. Repeat.
4. Proceed to transfer the energy sense by a slow continuous change of attention from one part of the body to another, through intervening parts; from left fingers through hand, wrist lower arm, upper arm, shoulder, neck, right shoulder, upper arm, lower arm, wrist, hand, to right fingers. Repeat with various combinations.
5. Observe: the muscles must not tense, under attention, anywhere; the breathing must not depart from natural rate; the transfer of sense should be slow and gradual and never leap; the mind must always be in the part engaged.
6. During these exercises the magnetic thought should be maintained, “ I am now locating magnetic energy at this point. I am now transferring magnetic energy through  
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this part.”
7. Should the regime induce sleep the impulse should not be resisted but the work should be taken up during the day.
8. The regime should be continued until, with the companion methods, it demonstrates in magnetism.

### *Nerve calisthenics*

1. Hold the right hand about a foot from the face; the hand is limp and the fingers are closed. Slowly spread the fingers and thumb far apart meanwhile slowly and gradually stiffening them so that extreme of separation coincides with extreme of stiffens. Slowly return to closed, meanwhile gradually relaxing until hand (fingers) is closed and limp. Repeat several times. Reverse the exercises, repeating several times. Repeat each exercise as above with the left hand and fingers.

2. Hold the right hand open and limp. Slowly and gradually shut the hand to gripping position of fist meanwhile stiffening and tightening the fingers until extreme of grip position coincides with extreme of stiffens of fingers and fist. Slowly open and return to limp. Repeat several times. Reverse and repeat several times.

Repeat each exercise with the left hand and fingers. Second series – Hand and arm.

Standing erect, breathe deeply a few moments and proceed as follows:

1. Bring the back of the right hand to the mouth, elbow crooked up and out toward the front. All other parts of the body are inactive. The right arm and hand are limp. Slowly and evenly bring the hand out to front, the arm straightening and meanwhile very gradually, without jerks, stiffen the muscles of the hand and arm until the arm is straight out to front and very stiff. Observe, the arm is not stretched; the hand and arm become stiff so that extreme of straightness coincides with extreme of stiffness. From this straight and stiff position, slowly and evenly return hand to mouth, crooking the elbow, always up and gradually without jerks relaxing to perfect limpness at the mouth. Repeat several times. Reverse, muscles stiff at point of former limpness and gradually relaxing to point of former stiffness.

2. Repeat the exercises, from hand at mouth to arm straight up. Return. Repeat several times. Reverse . Repeat several times.

3. Repeat from hand at mouth to arm straight-out to right. Return. Repeat several times.. Reverse. Repeat several times.

4. Repeat, from hand at mouth to arm straight down at right side. Return. Repeat. Reverse. Repeat.

5. Repeat all exercises with the left hand and arm

6. Repeat all exercises with both arms and hands simultaneously.

7. Repeat, first in each exercise with one arm then with the other

### ***Nerve Calisthenics Third series – leg and foot.***

Standing erect, breathe deeply a few times and proceed as follows.

1. Standing with weight on the left foot and lightly touching with hand any object for balance, bring the right foot up, behind, bent knee straight down. Slowly move the foot toward the floor, thus straightening the leg, and meanwhile gradually and evenly, without jerks, stiffen the whole leg so that when the foot lightly touches the floor the leg is exceedingly stiff. Return to position slowly while gradually and slowly relaxing the stiffness. Repeat several times. Reverse. Repeat several times.
2. Repeat, with foot up and knee up in front. Repeat several times. Reverse. Repeat several times.
3. Repeat, from each position, straightening and stiffening the leg out to right. Repeat several times. Reverse. Repeat.
4. Repeat, from each position, straightening and stiffening the leg out to front. Repeat. Reverse. Repeat.
5. Repeat, from each position, straightening and stiffening the leg out to rear. Repeat. Reverse. Repeat.
6. Repeat all exercises with the left foot and leg. Reverse . Repeat.

### ***Nerve calisthenics - Fourth Series – Whole Body***

Standing erect, breathe deeply a few times, and proceed as follows;

1. While slowly and evenly bending the whole body as far back as possible without touching any object for balance, slowly and gradually stiffen the whole body – legs , trunk, arms, hands, neck, head – so that extreme back position coincides with extreme of stiffness. Slowly return while relaxing. Reverse. Repeat.
2. Repeat, bending body far forward and down. Return. Repeat several times. Reverse. Repeat.
3. Repeat, bending body far to the right and return. Repeat several times. Reverse. Repeat.
4. Repeat, bending body far to the left and return. Repeat several times. Reverse. Repeat.

### ***The magnetic Consciousness***

#### **Magnetic Physical control**

– Secure quiet, and lying or sitting or standing and in each position, put out of mind all business, relax every muscle and say mentally with perfect indolence “In absolute passive inertness I am receiving vital and magnetic force”

#### ***Personal attractiveness***

Manners of genuine courtesy in all personal relations. Maintain in all contact with others the psychic and physical attitude of attraction an inner mood and an outward expression which impart a beautiful finish to physical magnetism.

### ***The Magnetic Thrill –***

Lying flat upon the back, the head somewhat elevated, breathe deeply a few times, letting the air escape suddenly, quickly, exhaustively, after each inhalation. With such exhalations, locate attention within the head and upper part of the body. In time something like a slight inner sinking feeling will be experienced. Now think, during the process, of any agreeable subject or desirable object.

### ***Smell and Taste***

1. Psychic gratification in Fragrance
2. Flowers
3. Perfumery
4. Eating
5. These senses in others

### ***Touch***

1. Correction of touch
2. Improvement of touch
3. Imaginary touch
4. Adaptation – The life of magnetism is a perpetual demand for the nicety ?? of adaptation
5. The magnetic touch

### ***Sound***

1. Psychic Gratification
2. Discords shut out
3. Music
4. Association

### ***Magnetic Massage***

Draw the fingers down from the forehead over the left and right eyes and across the cheek bones, using a gentle pressure and closing the outward circular movement of the hands. Repeat several times. Repeat from the temples across the chins and cheeks. Follow these exercises by gently pressing the eyeballs lids closed and moving them in various directions. But observe great care. Occupy a few seconds.

## **The Magnetic eye.**

The routine use of any faculty puts it in a rut, and tends to make it grow stale.

The same uses day after day of the eye bring about defective sight; and weaken its organic vigor. The muscles of the eyeball have the capacity to move the eye in many directions; but they are not the same muscles in every action, nor are the same muscles always employed. Thus there are muscles that enable the eyeball to be pulled to the right, to the left, up and down. The use of one particular group of muscles tend to flatten the eye. Not only does this mean a weakening of the eye function but a loss of quality of eye sight.

The development of the powerful eye requires the practice until habit of exercises which develop stillness, focus and direction. It is called presence and in the highly skilled actor this area is often mastered.

### ***Communication and the magnetic eye***

Control them, harness them, drive them, guide them and compel them to achieve your success

All persona in an audience look to the speakers eye when he or she interests them. ; in dull moments they are attracted to other parts of the body or areas of the room.

The magnetic eye is always tense. All energy is vibrant. The muscles are controlled by waves of force. Sound is also waves of force; so is light; so is thought; so too is magnetism. Each has its origin, it's source of supply. And it' method of transfer, it level of vibration and pulsation.

The use of the tense eye changes every part of the face. It also creates a glow in the eye itself. This is created by the electrical energy which is aroused by the tensed condition. This tensed condition has it's origin in the brain which is the most powerful battery of it's size in existence.

In development of the tense eye the face is beautiful. It makes the eyes brilliant and capable of holding any attention even under the most discouraging circumstances.

To evoke the tense eye the following must be present.

•••

There must be an aroused emotional feeling. There must be a mental control of that emotion. There must be present at great thought driving the emotion.

### ***The keen eye***

Development of improved vision. Looking at papers continually causes the eye to become accustomed to that distance and therefore weakened at other distances. The exercises in the back of this book offer the process for maintaining the keen eye both short and long distance.

### ***The Fire of the Eye.***

Fire refers to the ability of a person to summon the latent magnetic power of the body through an act of will, and use it in some outward manifestation.

The eye may be held fixed while the whole body is summoned to be fired with intense feeling and the eye will glow as a result. This is not so in the relaxed latent magnetic state of the body, but given the interest in purpose, or the challenge of an inspiration the whole eye formation can change.

The magnetic eye is developed when the person is in a state of action toward some inspiring purpose. Thought becomes fire when it is focused on inspiring action.

The eye will reflect this state, we call this the fire in the eye.

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### ***The four eyes***

The pupil of the eye is not meant to show color, it is meant to be black, a dark hole in which there is no light. You will occasionally see eyes change from their normal, say blue color to black during moments of highly energized magnetism. Actors, speakers, teachers, singers, negotiators and all manner of public people will achieve this state either in the moment of performance or permanently in their being. The pupil of the eye indicates the magnetic condition.

When the energy is lacking or held back the pupil is exceedingly small (unless there is some illness as the cause). This reduced size of the pupil is due to lack of vitality in the optic nerve and brain as applied to the eye. The most magnetic people carry the eye as if they were dead; The more the magnetism the larger is the pupil and therefore the less is the color. The pupil enlarges in proportion to the energy within. When there is significant and focused nervous energy emanating from the person the pupil will expand to occupy the space of the iris, all color will evaporate there is only jet black.

Under such circumstance the effect can be awesome, especially if that fire is kept under steady control.

It is this force that can gain the complete focus of others solely on the power of expanding the pupil. The audience or observer recognizes that a change is taking place in the face of the performer or speaker but is not cognizant of those exact changes.

Equally, the magnetic person is unmovable in the face of challenge and question. The eye reflects a steadfast commitment to the task yet without rigidity.

The eye of magnetism is repeated throughout nature; It is through the captive eye of the cat that the wings of a bird are made captive. The snake uses this same magnetic grip to freeze an otherwise free animal to be held by a stare to face its death. Fish, Lions, tigers, hyena and countless others are all given this magnetic power in the aid of their purpose

and survival, nature's law is made manifest by this very gift. In humans this expansion of the pupil is not under direct muscular control as it may be with lower forms. It is in humans the result of excessive magnetic forces with the body.

Abnormal expansion on the other hand is the result of this magnetic excess unharnessed and out of control. The fires are running wild. Control is lost. The person although magnetized is at the mercy of those powers and therefore can seek no advantage.

In the most powerful of magnetic people the eye will not reflect the magnetic quality at all times. This magnetism is stored as a battery may store its power. The eye is held soft and somewhat sleepy, but there is the capacity to tap the lightning energy that may be called forth by some special need.

Light affects the pupil. In bright sunlight it contracts, in darkness it expands. The cat contracts its eye to a vertical slit when in bright sunlight yet when in the hunt for bird or rat the eye expands, this irrespective of the sunlight of the moment. It is a case where the inner power outweighs the outer.

Nature is witness to these powers in every corner. A man is often known to hold a wild animal at bay simply through a gaze, However if the magnetism of the animal outstrips that of the man the animal will exhaust the man and eventually overpower him. This is the border of similarity and difference between the use of magnetism in animal and human.

In the use of magnetic forces a doctor may give the patient healing confidence. Patients will have their favorite doctor, whose soothing voice, tone of look, touch and awareness are best suited. Doctors often calm, inspire, create confidence in, cure, and relieve mental and physical pain through their magnetic presence.

Lawyers with abnormal skill in winning, Business people whose achievements and success reflect an abnormally excellent skill in magnetism, all unconsciously achieve victory through natural magnetism. They muster the forces, of body, voice, eye, tone, movement, thought and steadfast will to achieve their outcome.

The power of magnetism requires a means by which its influence may be transmitted to other persons.

Blue

The Beautiful or muscular

Light happy, cheerful, active, quick and effervescent

Vengeful and reactive

Grey

The Cold or Mental

Cool calculating, steady nerves, unflinching in body. In control

Cold and often only rational

Black

The deep or Nervous

Warmth, presence, firmness, understanding

Prone to nervous irritability

Brown

The affectionate or Moral

Affectionate, rich in energy,  
Difficult to hold steady purpose

## **The Magnetic Voice**

### ***4 steps to improve Magnetic Communication ;***

□ kill the worst forms of leakage at once; for neither magnetism nor self control can be applied when they exist;

□ kill worst forms of monotony for is there is nothing so repellent as sameness of sound, sameness of voice, sameness of pitch and in spoken words.

□ fire the mind ; not the brain; nor the nerves; but the mind; by a opening its portal with to the reception of mental pictures and therefore recruit the use of the magnetic eye.

□ Tone of voice into a human dynamic energy, by sound dams.

Mere sound is never pleasing. 99 percent of people use the same part of the focal scale when they converse. This can be compared to a musical instrument being continually played on one note. No matter how beautiful instrument this monotone would drive you mad.

A voice must not only be pleasing but it must be bought into the subtle quality known as magnetism. Magnetic tones attract, win and hold.

Above all, they must be naturalness in the voice. The kind of magnetism that also on the acting stage, will not to in public speaking, nor will either kind be appropriate in doing business or social usage. The thoroughly flexible voice responds readily to all the needs of the mind and heart. Flexibility therefore, must be applied to a very high degree of efficiency; and times spent in acquiring this will be more than amply rewarded.

The perfectly flexible voice will have the capacity to reproduce any sound that can be making nature;

Exercises in back of book.

### ***The mastery of projection in the voice***

It is well recognized that the higher the pitches of the speaking voice the greater the irritation on the ear nerves of listeners.

The ear nerves communicate with the brain centers and air transfers the vibrations in airwaves received by the ear. In the high pitched speaking voice as well as the singing voice, there are many more vibrations of sound than are found in the lower pitches. With the high pitch voice many thousands of these vibrations strike small but decisive hammers against the nerves of the brain. There is a normal rate of speed that is readily made magnetic; but when you double it you double the thousands of hammer strokes. It requires the genius of the highest order to speak rapidly and effectively. The best quality soprano singers need longer periods of absolute silence than others. The best of them refrain from using the voice four hours and sometimes days before a public appearance.

Many people say they prefer to remain natural than to cultivate good habits of voice; However they fail to see that nature often is ruled by impulses. Therefore, the habits they have created from impulses are not always conducive to magnetic and therefore natural speech.

Perfect vocal tone is achieved with the “Adams apple”, larynx, in the downward position. This is what we experience in the act of swallowing. This position is also achieved when we imitate the gape. The closed throat is an effective barrier to a decent singing voice. It is also a most prominent fault in speaking voices.

As soon as you master this simple matter, you'll notice that the character of your voice will undergo a change that is revolutionary in its nature.

Then there will be purity, attractiveness and winning qualities to reward your brief effort at amending a fault that stands between you and success in the influence of people.

The primary tools of communication between one person and another are by the eyes and a voice. Therefore they are the most significant means of communicating personal magnetism. Incidental to these are touch and thought.

In 90 percent of all communication the voice is the agency of magnetic control. This is not related to the words spoken but the tone, feeling and projection of the voice. Merely by adopting the habit of maintaining an open throat and acquiring a pleasing and harmonious speech a transformation in personal communication can take place in a single day.

### ***Modulation***

Modulation means variation in Pitch of the voice. This is not volume. Refer exercises in back of this book;

### ***Tiresome voices***

Tiresome voices are voices that are stuck in a fixed range of pitch. The chart below illustrates the point. It is normal to hear a master of voice use all of these in the one short paragraph. The exercises in the back of this book make a rapid impact on this quality. A monotone voice tires the ear just as one single note played on an instrument, even the most beautiful instrument, would bore you. Practice this between performances to create a habit of magnetic voice.

9

Degrees of pitch.

8

Extremely high very excited

7

very high excited

6

high enthusiastic

5

rather serious

4

middle calm

3

rather low rather enthusiastic in the line low serious

2

very low very serious

1

extremely low profound

The attractive voice must be

Natural motivated flexible

***Tone movements; Going up and down the vocal scale;***

The voice modulates between upward and downward movement. To the magnetic person the mastery of voice becomes a fascinating science, and an acute part of the mastery of communication.

***Upward Movements***

- All feelings that tend toward uncontrolled move upward. □ All forms of excited interest tend upward. □ Tendencies to lightness of frivolity tend upward □ Sympathy, gentle others, tenderness and similar moods move upward □ Beauty, excellent patient and triumph move upward
- Inquiry, doubt and in sincerity move upward □ Weakness moves upward □ Civility and obedience move upward

***Downward movements***

- Decision, strength command and conclusion □ Discouragement surrender □ Sublime story or statement □ Disobedience and surliness
- Reply and certainty of assertion □ Self control □ Weighty and serious thoughts
- Superiority

***Example of upward movement.***

“Hold you the watch tonight?” “Armed, say you?” “Dear master, I can do no further”.

***Examples of downward movements***

“Stop I command you” “Life is a shadowy, momentary dream”. “Conscience does make cowards of us all”

Flexibility consists of mental coloring and magnetic coloring. This imparts to the voice an inexhaustible richness and a most exquisite beauty.

***Vocal qualities; the timber of the voice.***

The true character of the inner life of a person shows itself in the timber that prevails in the voice. The voice takes on a common tone and this becomes a safe habit. In the transformation to a magnetic life it essential to be observant of your voice tones. After some time the voice can dictate the mood.

For example:

IF a person mingles with happiness, the voice will fall into the unconscious habit of using the bright timber. A subdued life the voice will fall into the unconscious habit of using a stock form and generally low pitch.

Mingling with sorrow and suffering, the pitch is a mixture of the deep larangelal timber.

***Production of the timbers of the voice;***

- **The bright timber** that is a reflection of vitality is produced by impressing the voice forward in the mouth so that it strikes against the hard pallet near the front upper teeth.
- **The dark timber** means gloom. It is made by holding the voice back against the soft palate near the back of the mouth.
- **The pure timber** means beauty. It is made with a round shape in the throat similar to swallowing.
- **The solid timber** means grandeur. It is made by enlarging the whole Pharynx and thereby increasing the volume of sound.
- **The guttural timber**. Means hatred. It is made with the flat shape of the throat. □  
**The nasal timber**. Means scorn, is made by lessening the resonance of the voice which seems as if the nose is being held.
- **The oral timber**. Means weakness; it is made by mouthing the voice, or confining the sound within the mouth with very little vitality.
- **The larynx timber** means suffering. It is made at the vocal cords and has no vitality elsewhere.
- **The aspirate timber** means something startling or secret; It is made by a large proportion of escaping air mixed with the voice.
- **The whisper timber** means extreme secrecy or startling importance. It is made by removing all tone from the voice and using only a whisper.
- **The pectoral timber** means awe, deep malice. It is made by the flat shape of the low part of the throat.

***Which Timbre and when:***

Business conversation; pure timbre. Social conversation; bright, dark, pure, whisper. Preacher; bright, dark, pure, pectoral, and whisper Lawyer conversation; all timber's The actor; all timbers The lecturer; all timbers

***Mixing beautiful colors;***

Person are often unable to give expression to their real feelings through from lack of color development in the voice.

Colors are really the instruments through which you speak. When you have developed the skills and built up the different timber's of your voice you now have an instrument of amazing quality. You are now free to mix colors in the grandest and most fascinating work in the world. The human voice is the sublime gift of the creator to humanity, and lifts the race to the very pinnacle of power and supremacy. The work of building the vocal instrument to this powerful state is the work of fine art and self mastery.

The mouth by muscular motion makes the checks called consonants. Muscular action must be compelled with greater energy. Deal to each consonant a hammer blow. Then

another, and so on, until you have struck many blows on one check.

Take a little sentence to begin with "I will have my bond".

The "b" and the "d" in the word can be given the very powerful muscular touch in the mouth and the energy behind the utterances can be made to grow all the time.

Another example "I am determined"

Take the last word and find the dams or vocal checks in it. They are "d"-in the beginning "d" in the end and M.T in the middle. Just repeat those checks separately hundreds of times each before uttering the whole word; then the speak the whole word "determined" hundreds of times. Remember always increased energy in every repetition of letter or word. Do not become languid or indifferent keep the source of the power growing stronger and strong always. This is the secret-- then repeat the whole sentence; "I am determined"

If you omit the vocal tones, then pantomime is substituted. It is not loudness of voice that enables a person to be heard. It is conversion of sound into color and feelings. Our life sounds are known as vowel's.

Our vocal checks or dams are known as consonants. Every life sound should have the full variation of the mouth shape that the sound requires.

### ***Magnetic consonants.***

All the vocal checks or consonants that are worth practicing are given. Repeat them with hard must attach on each one, and we've ever increasing nervous energy behind to propel them. Each one should be repeated hundreds of times. Hammer them. Give them intense power from the nerve centers.

### ***Laws of Magnetic Action***

Above all else, you are again urged to banish from the inner self fear, worry, discouragement, depression, and every such enemy to peace and power. There is in your mind an upper level; LIVE IN THAT. When worry and the like appear

## **The affirmations for Mental Magnitude are;**

I will review the laws of mental magnitude with special attention to the vital laws therein.

I will also review the lesson relating to the four substitutes.

I understand what is meant by the adverse control arising from the power of these appetites over human nature.

I understand that these appetites are substitutes for magnetism and a veneer does not bring permanent success.

I'm attracted by the force of magnetism which transcends my sexual substitute. The excessive use of masks, makeup, seduction and clothing will not blind my judgment. Natural complexion (as close to nature as possible), is a reflection of clean blood good health and clear mind.

I am mindful of the distractions which block my magnetism and am aware that efforts to excite the sex appetites are efforts to substitute true magnetism.

I have all the support I need and will not be drawn to marriage for that purpose.

I acknowledge the latent power of my personal magnetism and am aware of its losses through excessive sexual substitution.

I'm aware of the effort of relationship and the importance to maintain my personal magnetism and the cost and of its loss.

My decision on relationship is based on sound awareness.

I maintain absolute control over my inclination and desires and keep safely outside the limits of temptation to preserve my magnetism.

I maintained an intelligent approach as a mental habit in determining the course of my action.

I put into my mouth those things that are for my well-being and avoid anything that may cause habit such as drugs that stimulate, excite or distort the senses

I avoid anything that will prevent the development of my magnetism.

Acknowledge that what enters my lungs determines my well-being. I breathe deep, I avoid cigarettes and the smoke there in, and acknowledge the value of fresh air.

Acknowledge that alcohol is a substitute for magnetism and weakens my will. I eat for nourishment, appeal to my appetites is a source of manipulation. Excess eating poisons my body. I eat to fuel the strength and vigor of my body. I complete a meal with a small percentage of hunger remaining.

I eat for purpose of living; not live for purpose of eating.

I strengthen my vitality by not over eating.

There is no need for trickery in my financial dealings.

My signature is my bond I am mindful where I put it.

I save 10 percent of all I earn.

I am mindful of where I invest. I do not invest in desperation. I acknowledge the benefit of long-term investment over short-term.

True worth is not material.

Stagnant money = no growth.

I exhibit a state of mental strength. I do not have fear.

I study and develop my spirit awareness within myself.

I will be discerning of any information designed to satisfy any of my four appetites.

I give equal emphasis in my personal development and to the areas of physical mental and spiritual.

I devote my last thoughts at night to the consideration of my spirit or nature; and the following morning the first thought will begin on the same subject

Only physical development is never magnetic only mental development is never magnetic only spiritual development is never magnetic