

INTRODUCTION

What do you desire most out of life?

You have locked within your mind an amazing and miraculous power, a power capable of bringing you your every desire and wish, just waiting to be released into your life. Within the pages of this book you'll be shown the simple rituals and techniques that will release this miracle power – allowing it to manifest in every area of your life.

I call this life-transforming power, Mystic Mind Power – the energy used by the ancients to attract love, happiness and prosperity.

Modern science is only just beginning to discover the unlimited and unrestricted potential of the human mind, but the ancient Mystic Masters knew and used this miracle power to perform seemingly impossible feats of self-development and personal fulfillment.

I will show you how to release and direct the miracle power lying dormant within your own mind. This is the day your

life changes. For with Mystic Mind Power at your beck and call, you will begin to make the future of your choice – a future filled to the brim with endless love, happiness and satisfaction – where your every dream and desire comes true!

Mystic Mind Power is as abundant as the air we breathe, and just like air you don't have to physically see or touch this miraculous, omnipresent and wonder-working power to enjoy its benefits. Once it becomes apparent that your life is beginning to change for the better, you will have all the proof you need of the power.

Suddenly, as if by magick, your every need and desire is fulfilled. Easily and quickly.

You can use Mystic Mind Power to achieve whatever it is you desire out of life – be it money, someone to love, radiant good health, gift or a wide circle of new friends. Anything and everything can and will be brought within your grasp by utilizing this power.

Remember. The Gods help those who help themselves. In other words, idle daydreaming will get you nowhere. But by stimulating the miracle power within you will imbue your desires with mystical energy – which in turn will trigger their physical manifestation.

Mystic Mind Power can be likened unto your very own personal Genie, existing only to serve you in whatever way you so desire.

How Mystic Mind Power Can Change Your Life

Is there some area of your life you wish to change? Do you need an adoring lover? Do you desire more money? Would you like a wide circle of devoted and loyal friends? Are you plagued by illness? Does day-to-day living depress you? Would you like to be able to know the future? Are

you the victim of bad luck? Is there some problem that seems unsolvable? Do you desire a new start in life?

If you answered Yes to any or all of those questions, then this is the book for you.

Somewhere within the pages of this book you will learn how you can change any and all areas of your life – for the better.

Perhaps, like me, you may have from time-to-time bought other self help books of an occult or psychic nature – in the hope of finding a way of changing your life – only to be disappointed when the methods failed to deliver the promised “miracles” of happiness.

When I realised that these books and their so-called “miracle” powers were getting me nowhere fast, I began an intense study of occultism and psychic phenomena, spending many hours attending development classes for both the mind and spirit. Slowly, I discovered the secret of secrets. Mystic knowledge could be adapted to each and every area of modern life.

I had uncovered the ancient secrets of Mystic Mind Power.

Those very same secrets – secrets that can change your life from frustration to fulfillment, from loneliness to friendship, sadness to happiness – are revealed in this book in simple, easy-to-do step by step instructions. It’s as easy as 1-2-3.

Why Doesn’t Everyone Use Mystic Mind Power?

“If it’s so easy to use this power, then why doesn’t everyone use it all the time?” you may ask.

Good question – and one that can be answered two ways. Firstly, most people just don’t know that this power is lying dormant within them. Secondly, a great many people wrongly fear the occult and the psychic world – believing it to be the work of the Devil.

Nothing could be further from the Truth!

Mystic Mind Power is perfectly safe and no harm can befall you by using it in the manner described in this book. In fact, you will be utilizing the cosmic laws of the universe – designed to rid your life forever of all negative aspects and influences.

The book you now hold in your hands is, in effect, a mystical and magickal treasure map to a new tomorrow.

Secrets of Personal Power

What is Mystic Mind Power?

It is a combination of mystic energies, positive thinking coupled with mental images of desires, and the gradual development of latent psychic abilities.

This ancient power is activated by the development of one's inner mystic, occult and psychic energies such as the sixth sense, psychic mind control and telepathy.

Once the power is flowing, you merely focus it on your goals via easy, yet ultimately powerful, mind rituals. The rituals increase a person's contact with the psychic mind and the astral dimension and makes wishes come true! Astral thought causes physical reaction – and is the source of both ancient and modern magick.

The reaction may come instantly, or after a few days or weeks. But a reaction will come – I promise you – for you to act upon.

Before you reach the end of the book, you will learn how to open the third-eye (a metaphysical concept) to see visions of the future.

You will be able to contact spirits for help and guidance in your day-to-day life.

You will learn how to develop your latent psychic powers of

inspirational writing, telepathy, prophecy, clairvoyance, the ability to see and understand the human aura, and extrasensory perception. You will learn the secrets of reincarnation and soul development.

You will learn how to use Mystic Mind Power to attract money, fun and excitement, love, gifts, success, good health, protection from a psychic attack, friendship and jubilant happiness.

You will be able to influence events, situations and persons by a silent and unobserved manner.

You will learn how having faith in one's own abilities can work a seeming miracle in your life.

Mystic Mind Power is the secret and allusive energy sought by the alchemists, wizards, magicians, warlocks, witches and occultists of ages past. Where these seekers for the ultimate secret of secrets failed, was in their belief that the secret was just a single source of energy – and as such, only partially succeeded in their quest.

Mystic Mind Power will work for you regardless of your age, sex, religious beliefs, social standing or intelligence level.

All that is required is the right frame of mind a few minutes of time alone, and a strong desire to succeed.

The whole point of this book is to help you to change any or all areas of your life in the shortest possible time.

Much of what you will be reading in the pages that follow is the result of spirit contact during sessions of meditation. You'll not, as in so many other books of a similar nature, find one case history after another of faceless and nameless people.

The rituals, methods, and techniques presented to you in this book have been, in most instances, tried and tested by me, and I have found them to work again and again. If you do not abuse the power, it shall always work.

WHAT MYSTIC MIND POWER CAN HELP YOU TO ACHIEVE

Create an impenetrable barrier around your mind and body that will protect you from all harm.

Give you new inner strength to cope with your day-to-day problems.

Influence people's thoughts and actions.

Win money and prizes in contests and games of chance.

Magnetize and attract love into your life.

Neutralize any black magic or psychic attack and return it to its source.

Become attuned to the thoughts of others and learn their secrets and intentions.

Change your thinking from negative to positive.

Receive unexpected amounts of cash.

Create the future of your choice.

Heal yourself of mental and physical diseases.

Communicate with spirits and extraterrestrials.

Become a new person by using Mystic Mind Power Motivators.

The Time to Change Your Life is Now!

Have confidence. Resolve, right here and now, that you can – and will – change your life forever.

By using the secrets of Mystic Mind Power, you are going to have a golden stream of positive experiences come flowing into your life month after month, year after year. Endlessly and automatically.

Don't waste another minute, turn to Chapter One and learn how to release Mystic Mind Power – and, in so doing, begin your journey to personal success and fulfillment.

Destiny is tapping you on the shoulder.

So mote it be.

Carl Nagel

TABLE OF CONTENTS

Introduction	5
1. How to Release Mystic Mind Power Into Your Life	15
2. How to Increase Your Success Rate by Developing Your Latent Psychic and Occult Powers	29
3. How to Use the Power of Mystic Mind Visualization	45
4. How to Use Mystic Mind Future-Vision: Seeing Tomorrow Today.....	55

Chapter One
HOW TO RELEASE MYSTIC MIND POWER
INTO YOUR LIFE

The forces and powers of which you are about to learn are as old as man and as modern as tomorrow.

Much has been written about man's psychic or mystic "alter-ego", comprised of his astral body, higher psychic mind – or subconscious mind – and its mystical energies. Yet few have touched upon the big material gains full activation of these powers can bring to the new adept, preferring to dwell on the more spiritual aspects of initiation into the mystic arts.

Both things can be achieved and enjoyed without the negation of the other.

There is no evil in wishing to obtain money or material possessions, for we are, by our divine right, meant to enjoy only the very best that this world has to offer. The only requisite is that those who achieve happiness and peace of mind share some of that pleasure and gain with others who, through no fault of their own, are still less fortunate than yourself. The inner happiness and feeling which this will

give you is something mere words cannot hope to describe.

The action also causes material gains for you, for such is our own journey through life made easier by the invisible Cosmic Forces in control of all our destinies, once it is shown by the psychic emanations from the astral body that you are a total being wishing only good for your fellow man.

You will now be shown how to activate the basic psychic, mystic, and occult powers behind the miracle energy called here Mystic Mind Power. Please use these powers to aid and assist others in times of anguish, for they are given to you to help not only yourself to a new and better life but, perhaps even more important in respect to an individual's total growth and development, others as well.

POSITIVE THINKING: SECRET OF SUCCESS

For centuries past, mystics, seers, holy men and prophets taught that man could tune his mind in on the wavelengths of cosmo-astral rays radiating out from the creative cosmic intelligence that flows throughout the entire universe. This power can give you the ability to develop the creative intelligence to achieve anything you desire in life.

This mystical power can be tapped through the simple expedient of changing your thought pattern from negative to positive.

Success of any psychic, occult or physical act depends a great deal on a person's mental attitude. The many thousands who live a life of poverty, lack, and limitation, and who suffer from what I call "end of the world blues", are victims of their past mental conditioning. This negative mental attitude is a block preventing the flow of positive mental energy. Before you can begin to focus the cosmo-

astral rays of success on problem areas of your life in the immediate now, you must first change your mental state from a fear-filled vortex of worries and doubts to a peaceful lake where confidence and success abound.

It is an Arcane Truth that Mystic Mind Power cannot work through your higher psychic mind and it cannot give you psychic visions and intuitive guidance if your mind is filled with negative thoughts of sickness, poverty and depression.

So, it is vitally important to clear your mind of all such negative thought patterns.

How is this achieved?

By employing the mind-transforming, and consequently life-transforming, power of Mystic Mind Affirmations.

Put simply, affirmations are powerful thought patterns used for the achievement of a worthwhile goal by stirring the higher psychic senses into creative action.

Positive thinking can be achieved by reciting the following affirmations quietly to yourself at least twenty times during the day, and a further ten times just prior to sleep:

“I am surrounded by a circle of positive cosmic energy that repels all negative emotions, and attracts only positive life experiences.”

“I am youthful, healthy and energetic. Every cell of my body is charged with cosmic vitality.”

“I am surrounded by a magic circle of protection. I am now protected from all harm and injury.”

By reciting the above mystic affirmations daily, for at least four weeks, with feeling, you will effectively dissolve all

negative ideas about your life and open yourself to the flow of mystical power.

The higher psychic mind centres have a magnetic-like quality which radiates outward into the electron atmosphere to work on the minds of other people to bring your desires to pass.

Thoughts of poverty, loneliness, sadness and illness attract just such negative experiences into your life, where as positive thoughts, such as those voiced in the above affirmations, not only open the way for Mystic Mind Power to flow, but also generate positive life experiences of their own.

Some Personal Experiences

After using the above affirmations as directed, I had some unusual experiences that I would now like to share with you.

Firstly, I received a totally unexpected gift from my father of an unusual ring made from two old coins. On the very same day, I was the recipient of an offer to earn some extra cash – once again, this was quite unexpected.

Secondly, and perhaps most important of all, while daydreaming as I walked to a street corner, my feet became “glued” to the curb just moments before two cars sped round the corner. Had my higher psychic mind not detected the on-coming cars and responded as it did, I have no doubt that I would have been killed. The affirmation of protection had saved my very life!

HOW TO FOCUS MYSTIC MIND POWER

Once you have removed the mental barriers of negative thinking and self-doubt from your conscious and subconscious minds, you can focus Mystic Mind Power by making a short

list of the things you desire and wish to attract into your life experiences.

Your list might look something like this:

My Mystic Desire List

I desire to attract the following positive and good experiences into my life. I know now that my mystic mind power can bring me all these things easily and quickly.

I desire to magnetize and attract a wide circle of loyal and devoted friends so that I may live a life with the joy of true friendship.

I desire to become financially secure within the next twelve months. To make this happen, I wish to magnetize and attract the sum of \$100,000 into my bank account.

I desire to meet the perfect love mate.

Read through your list of desires three times, three times a day making a total of nine times. Do this once in the morning when you awake from sleep, again at noon, and finally just prior to sleep.

By doing this on a daily basis, you will energize your higher mind centres with the proper magnetic qualities to magnetize and attract a flow of mystical energy to draw into your life experiences the things and situations and persons that you desire.

This is how Mystic Mind Power is tapped and used to bring joy and fulfillment into your life.

How the Mystic Desire List Changed My Life Forever

From my earliest childhood I had been what could only be termed a “loner”, without any real friends in the world.

At school, I was the one who would stand back and watch as the other children played games and enjoyed themselves. Never asking to join in, I was the victim of my own shyness. Being overweight, the only real contact with the other children was in the forms of cruel jokes from schoolyard bullies. The cocoon around me grew to such an extent, that I started staying away from school day after day to escape the loneliness of being different.

As I grew into a man, the situation did not improve to any great extent. Having different ideas immediately classes one as being odd and subsequently a social outcast. By the age of twenty-three I had managed to acquire only one friend, whom I saw at only irregular intervals.

The future did indeed look dim. But once I began applying focused Mystic Mind Power, everything changed as if by magick!

Having discovered the secret of how to release Mystic Mind Power, and that it could be focused by expressing desires in writing, I set about to see if it could bring new friends into my dull life. There then followed a chain of incredible events.

Shortly after stating my desire for friends, my father lost his job and the landlord of the flat where we lived was threatening to put the rent up – yet again! It seemed for a while that the mystic power within me was, instead of working for me, becoming my own demon of torment.

There was no alternative – we had to move from our comfortable and pleasant flat. But where were we to go? Fortunately, my father had at the time of the closure of the factory where he had worked, received a modest amount of long service pay – so it was decided that we would buy a place of our own, then at least dead rent money would no longer haunt us.

With faith and confidence, I added the request for somewhere to live to my Mystic Desire List.

For weeks and weeks we searched and searched, but all to no avail. Everything advertised was well out of the reach of our modest savings. Then, suddenly, to our very happy surprise we came across an advertisement for a house we could just afford. The house was promptly inspected and though it was a little run down it could, with a little bit of paint, be made quite nice. We decided to buy it. The sun seemed to be peeking through the clouds.

You can imagine our shock and dismay when we were advised by the agent handling the property, that another prospective buyer had the same day offered more money and that if we could not better, or at least match, his offer the house would be sold to him.

Naturally, we could not match his offer. My faith in Mystic Mind Power was being put to the test.

Just two weeks later everything changed for the better.

Suddenly, as if by magick, an advertisement appeared in the paper for a flat priced below what we would have had to pay for the house. We eagerly inspected the flat and, although it was a little smaller than the one in which we lived, we immediately agreed that it being in our price range we could not afford to pass it up. The flat having been freshly painted and carpeted meant that we would not have to spend a cent on improvements! The flat was bought and paid for in cash and a few thousand left over as well.

One of the desires on my list had been fulfilled. The second was soon to materialize.

Imagine my joy when, having finally settled in our new home, the new neighbours were shown to be friendly and outgoing individuals – unlike those I had known in the past,

who lived behind closed doors and mouths – ever ready to have a friendly chat. Friendships formed and I can now enjoy life better with the knowledge that there are a group of people who are genuine in their concern for me. Why, I have even spent a weekend away with some of my new friends – an experience I thought I would never know in my life.

The above true incidents from my life serve as a good example of the way in which Mystic Mind Power can manoeuvre chance, coincidence and the thinking of other people to bring your goals, desires, dreams and wishes to fulfillment in strange and mysterious ways.

It also serves as a good lesson in how, despite what apparent setbacks might be met along the way, faith in the power can work seeming miracles in your life.

HOW TO USE MYSTIC MIND MOTIVATORS TO BECOME THE PERSON YOU DESIRE

Using the miracle working power of the human mind, you can actually transform yourself into a totally different and happy person – capable of achieving any and all of your desires in life.

Mystic Mind Motivators stimulate the higher psychic mind centres into dynamic and creative action, triggering the transformation not only of your personality, but your very life as well.

**Do you desire a strong, magnetic personality
capable of drawing new friends into your life?**

Do you seek answers to life's problems?

**Are you anxious to lose weight and acquire the
ideal figure?**

Do you seek creative inspiration and talent?

Do you long to be free of bad habits, such as drinking or smoking?

Do you wish to attract more money into your life?

Are you anxious to awaken your slumbering psychic ability of intuitive guidance in all areas of day to day living?

Do you wish to become a totally new individual?

If you sincerely desire to have these things manifest in your life, you can achieve each and every one of them with very little effort. By using the creative force of Mystic Mind Motivators to mobilize thought and body into action toward the achieving of your specified goal it is possible for you to slowly become the type of individual that you want to be, at the same time creating the perfect mental and physical world in which to live.

To begin this mystical transformation of mind and matter, each night recite the following subconscious motivators at least ten times immediately prior to sleep. Choose only those motivators that relate directly to your individual needs and desires, in this way you will be able then to imbue them with the intense emotional desire necessary to stir the higher psychic mind centres into dynamic, life-transforming action.

Intense emotional desire is the secret force which stimulates all the magnetic and magical qualities of the higher psychic mind, qualities which can literally change your life forever by attracting to you the persons and invisible influences needed for the total fulfillment of your goals in life.

Mystic Mind Motivators

I desire inner strength and confidence, so that I

may face life's problems without fear.

I desire a strong, robust and healthy body filled with vitality.

I desire more money in my life so I can provide for myself and family.

I desire psychic and intuitive guidance in solving any and all problems I encounter in my life.

I shall only eat at mealtimes and attain the ideal weight and figure.

I desire money-making ideas that will make me rich.

I shall be more kind and considerate to my family and to everyone I meet in life.

I desire a stronger and more powerful memory so I may retain information more easily.

I wish to be free of the bad habit of gambling; whenever I feel the temptation I shall instantly reject it.

I wish to be free of the bad habit of smoking; whenever I feel the temptation I shall instantly reject it.

I wish to be free of the bad habit of drinking; whenever I feel the temptation I shall instantly reject it.

I wish to be free of the bad habit of overeating; whenever I feel the temptation I shall instantly reject it.

I wish to be free of the bad habit of drug addiction; whenever I feel the temptation I shall instantly reject it from my thoughts.

I desire creative inspiration for writing (or any other creative talent, such as painting, etc.).

I desire a strong, magnetic and irresistible personality that will draw to me new friends and lovers.
I desire the sum of \$1,000 to pay my bills and give me peace of mind.
I wish to attract the ideal love mate.
I desire increased harmony in my relationships.
I desire health, wealth and happiness.
I attract money-money-money in abundance.
I attract love-love-love wherever I go.
I desire increased psychic awareness.

Remember to repeat each mystic mind motivator at least ten times, with feeling and expectancy, before going to sleep. You may use the motivators listed on the preceding pages, or invent some others to fit your own individual needs and desires. Whatever you choose to do select only three mystic mind motivators at a time. Three is a power number in the occult and has a strong mystical influence associated with it. Your subconscious mind – and the ancestral memories that it contains – knows this and will duplicate the desires impressed upon it.

How Mystic Mind Motivators Helped Me to Lose Weight

I have used mystic mind motivators successfully to lose 42 pounds in the space of three months. Many of my new friends cannot believe it when I tell them that the lean person they now know, once weighed a hefty 15 stone.

Using the motivators, I imprinted my mind and body with the need to follow a strict eating schedule – with no chocolates, cakes, pies or sweets between main meals – for a period of 120 days.

Between the beginning of December and the end of

February, I had gone from an overweight 210 pounds to a healthy and happy 168 pounds.

Also – instead of gaining all the weight back after going off the eating schedule – I retained my new weight, give or take a couple of pounds.

Have faith in the power within you, and it will work wonders.

THE MYSTIC PATH

Once you have successfully stimulated and released the creative and miracle working force of Mystic Mind Power into your life experiences, you are ready to begin to build into your consciousness the qualities, virtues and awareness of the true mystic. This, in turn, will help the flow of creative energy into all areas of your life.

The first step upon the mystic path to self-discovery, is becoming more aware of the creative force behind all living things. The flower and the tree, the animal kingdom and mankind all share a common bond, and that is – within all are the fragments of creation, around which all physical things were formed when time and space were created. To ensure the continuation of the Cosmic Presence in the physical world, these fragments reproduce themselves in all living things at the moment of conception and in the seeds of Nature.

Realize this Truth.

The next time that you see a beautiful rose or shady tree, know that it is an expression of the intelligence behind all creation.

Build into your higher psychic mind centres thoughts of beauty and virtue. Wish only the very best for everyone you meet during the day. This simple and positive action will

activate the Law of Cosmic Love, bringing your positive desires for others back to you.

Most important of all, share your new-found knowledge with others.

These three simple steps of Mystic Initiation, are your magic keys to a life of total joy and fulfillment.

Chapter Two
HOW TO INCREASE YOUR SUCCESS RATE BY
DEVELOPING YOUR LATENT PSYCHIC AND
OCCULT POWERS OF THE MIND

As mentioned in the Introduction, Mystic Mind Power includes all of your latent psychic abilities, such as ESP, etc. In this chapter you will learn how to stimulate and develop these inner powers and, in direct proportion to your faith in your abilities, help yourself to achieve greater success in all your Mystic Mind Power work.

Why is the development of one's psychic abilities so important in ensuring success in life?

Let's take love as an example. You are ardently in love with the man or woman of your dreams, but the person in question is totally indifferent to you. So, you decide to use Mystic Mind Power to draw him or her to you and to win his or her love.

But is the person deserving of your affections?

With the psychic abilities of your latent sixth sense and aura vision (the aura is an invisible energy field surrounding you and all living things) powers developed, there would then be

no doubt as to their true nature.

Your sixth sense would give you intuitive feelings as to whether or not the person was good for you, and the color of their aura can reveal their true nature.

As you can see, you can save yourself a lot of time and possible heartache by knowing the real person and not just the facade.

Love is, of course, just one area of your life, but it serves as a good example of how the development of your latent psychic powers can make your journey through life that much smoother by warning of possible danger. Conversely, you will also, by your inner feelings, know in advance when positive influences are drawing near.

Now read on, and learn how to develop these God given gifts through simple mental exercises, tests and meditations.

SCIENCE AND THE PSYCHIC

Research at universities and scientific establishments worldwide has proved that everyone possesses latent psychic powers of ESP and telepathy, and to a lesser degree the powers of telekinesis (moving objects with the mind) and clairvoyance.

Simple methods exist for testing and developing your own psychic and occult abilities – these methods are described in the following pages – but let us first examine some of the powers and how they’ve been utilized in archaeology, tracking submarines and research.

Extrasensory Perception

Extrasensory perception (ESP) is a term used by psi investigators to describe experiences beyond the normal range of the five senses, this is why the alternative term “sixth sense” is often used, and experiments have been conducted for over fifty-five

years in an attempt to scientifically prove its existence once and for all. This has been a very difficult task as, with the exception of the "super psychic" Uri Geller, most such sixth sense experiences occur spontaneously, making it extremely difficult for the phenomenon to have an objective study made of it.

The term ESP, was coined by a Dr Joseph Banks Rhine who, in 1927, conducted the first major study of ESP at Duke University, in North Carolina. He designed the now famous Zener Cards to use in testing a subject's level of ESP ability.

The pack of 25 cards is divided into five sets of five cards each and each set contains a different symbol. The symbols depicted are a cross; circle; rectangle; star; and wavy lines.

In the ESP experiments, the cards were shuffled and looked at one at a time by the experimenter. Seated in another room, the subject would concentrate and try to name the card he thought the experimenter was looking at at that point in time. According to mathematical probability, the subject would guess five out of the twenty-five in the correct order. A higher score indicated that the subject had an ESP factor involved in his score.

Dr Rhine continued to study paranormal phenomenon until his death in 1980.

Telepathy

The word telepathy, was coined by a leading Cambridge University scholar, F.W.H. Myers, and is used to describe the ability to communicate directly from mind without the aid of any other means of communication.

One of the first psi investigators to conduct a major scientific study into the subject of telepathy was the famous physicist, William Barret who, at the Royal College of

Science, Dublin, conducted a series of tests that convinced him that telepathy was a real power.

Clairvoyance

Clairvoyance is – contrary to popular belief – not the ability to see and speak with spirits. It is an awareness of events, persons or things which are remote in time and space. The term is also used for describing any premonitions of future events, of past events, and of events taking place at a distance.

Dr Rhine investigated clairvoyance during the 1930's.

An experimenter would shuffle a pack of Zener Cards, being careful not to see the faces of any cards, and then place them face down onto the table. In another part of the university, the subject would then try to sense the design of each card from top to bottom. The experimenter would then check the pack and write down the correct order. In one amazing experiment in which Rhine was the experimenter and Hubert Pearce the subject of the test, Pearce called each and every card in their correct order.

Clairvoyance can also occur in dreams.

Psychic Tracks Submarine

In 1977, the US Navy conducted a series of sub tracking experiments using the abilities of renowned psychic – Charles Whitehouse. For ten days, Whitehouse pinpointed with 90 to 95 percent accuracy the precise location of the submarine in the Pacific Ocean off the Californian coast.

He Saw the Future

David Booth, of Cincinnati, dreamed – for ten straight days in May of 1979 – that he was looking out across a large field at an American Airlines jet. He realized something was wrong

because the engines were making a strange noise. In the next instant, the plane flipped and crashed into the ground nose first. This was followed by an explosion sending flames and clouds of black smoke hundreds of feet in the air.

On the afternoon of the tenth day, American Airlines Flight 19 turned upside down and crashed on take-off in Chicago, killing 270.

They Discovered Cleopatra's Palace

Using only their psychic powers, a team of eleven psychics – hired by the Mobius Society – discovered the ruins of Cleopatra's palace in Egypt. Each psychic was given maps of Alexandria harbor and asked to draw circles where they thought the palaces were located. Each one of the eleven psychics pinpointed the ruins in twenty-five feet of water, an area far removed from where archaeologists had believed them to be. When the divers searched the area they found ruins which archaeologist later determined to be that of Cleopatra's palace.

HOW TO RELAX AND STIMULATE YOUR PSYCHIC AND OCCULT POWERS

The most important factor in developing psychic and occult powers is the ability to completely relax both the mind and body.

Yoga teaches that the mind and body are linked. A tense body will cause a tense mind. Since the mind is the controlling factor behind the successful development of psychic power, and the success of your Mystic Mind Power work, it is most vital to learn to relax both mind and body. This is not as difficult as you may think. Regular sessions of the following relaxation methods will soon teach you how to

achieve a state of permanent relaxation – free from all tension.

Once you have achieved this state of mental relaxation, you shall find yourself suffering less and less from tension headaches and the worries you have will no longer appear unsolvable.

1st. Method

Sit in a comfortable chair in a darkened room. Loosen any tight attire you may be wearing. Close your eyes and softly speak the following relaxation words to yourself. (If you have a tape recorder, you can make a tape of the words and listen to the recording with your eyes closed).

“I am now beginning to relax each and every part of my mind and body allowing myself to sink into a state of deep relaxation.

“The tension is leaving my body. My feet are becoming loose and limp, totally relaxed, tension free and I am sinking deeper and deeper into relaxation, becoming more and more relaxed.

“My legs are becoming relaxed and rested, free from tension allowing my mind to sink deeper and deeper, drifting further and further into a state of complete relaxation, my bottom and stomach are relaxing, I am free from tension totally relaxed and tranquil.

“Sinking deeper and deeper into complete relaxation.

“My chest and back are becoming relaxed, the tensions are flowing out allowing my mind to sink deeper and deeper into relaxation.

“My arms and shoulders, the back of my head and neck are becoming relaxed and tension free allowing me to drift deeper and deeper off into complete relaxation.”

2nd. Method

Perform this relaxation exercise laying flat on your back on the floor, with hands by your sides. Close your eyes and take ten deep and slow breaths. Next, tense every muscle in your body. Curl your toes, arch your feet, stiffen the muscles of your thighs and calves, pull in your stomach, clench your fists, tighten the muscles of your arms and neck and face. Now slowly relax the muscles of your feet, calves, thighs, and so on until you have relaxed every muscle in your body. Remain like this for ten minutes, then repeat entire exercise twice more.

3rd. Method

Sit cross-legged with your eyes closed, look up and concentrate on the spot between your eyes while reciting or listening to relaxation words of the first method.

Try all the above methods at least once and then decide which one works best for you. Repeat that method daily.

Once you have achieved complete relaxation, you will experience the occult state of atraxia; mental clarity combined with physical well-being and believed to be ideal for communication with spirits.

Deepening Techniques

Use relaxation words while visualizing you are in an elevator moving downwards, or descending a staircase.

Use relaxation words while visualizing a television screen, and on the screen imagine a slow countdown from 30.

To Awaken

Count to ten slowly, commanding yourself to be fully alert at the count of ten.

Concentration and Stimulation

Once you have mastered the ability of complete relaxation, you can then proceed to the next skill, that of stimulating the various level of psychic and occult power. This will be done by meditating on certain colors, each governing a different level of power.

The colors and their respective powers and manifestations are as follows:

- Yellow = Esp; sensitivity; prophecy; intellect; and luck.
- Red = Vitality; personal magnetism; and mental powers.
- Blue = Healing; good health; compassion; and friendship
- Gold = Telepathy; clairvoyance; dowsing; and occult mind powers.
- White = Spiritual enlightenment.

The development of this skill will be done in two stages. Firstly, you will learn how to develop your powers of concentration – this is vital in all psychic and occult development as the mind, whilst meditating, must dwell on a single thought or visualization, and as minds tend to jump from one thought to another, the development of controlled concentration is very important.

The following exercise will help develop your powers of concentration and visualization:

Sit in a comfortable chair. Close your eyes and relax. Imagine the inside of your head is hollow and filled with a dense, inky blackness. Now, imagine that a tiny pinpoint of bright, white light has appeared in the centre of your head. Concentrate on the point of light for two to three minutes, letting no other thought enter your mind. Repeat on a regular daily basis until you can feel a definite improvement

which should become evident after approx. four weeks, in your concentration.

Once this improvement in controlled concentration has been reached, you may then proceed to the color stimulation meditation ritual.

Proceed as follows:

Psychic Power Ritual

1. Retire to a place where you will not be disturbed for ten minutes.
2. Relax.
3. Imagine you are surrounded by a bright yellow light. Concentrate on the light until it seems to fill your very being. Remain like this for two minutes.
4. Imagine the light has changed to a bright red. Hold your concentration on the red light until it begins to fill your very being. Remain like this for another two minutes.
5. Imagine the red has changed to blue. Concentrate on the blue light until it fills your being. Remain in this state for two minutes.
6. Imagine the light has changed to a sparkling gold. Concentrate on the bright golden light until you can feel yourself becoming the light. Remain like this for a further two minutes.
7. Imagine the light has changed to a brilliant white. Concentrate on the white light until you have merged with the light. Remain in this positive state for an additional two minutes.
8. End session.
9. Repeat daily.

Allowing two minutes meditation for each color, making a

total of ten minutes per day, you should begin to see signs of increased mind awareness within three to four weeks of commencing the ritual.

This increased awareness will manifest itself in such psychic and occult ways as dreams of future happenings (clairvoyance), increased sensitivity (esp), and an awareness of what people are going to say before they actually speak (telepathy).

HOW TO DEVELOP YOUR PSYCHIC AND OCCULT POWERS

For best effect, the following development exercises should be carried out several times a day. The exercises are similar to the tests conducted by Dr F. Regis Reiesenman, parapsychology researcher and lecturer at Georgetown University, U.S.A.

There are two types of exercises. Some can be conducted alone, while others are designed to be carried out with a group.

1. Clock Test. For this test you will need the use of a clock. Close your eyes and visualize the clock face. See where both hands are pointing and make a mental note of their position at that moment in time. Open your eyes and check for accuracy.

2. Body Test. Select someone to be the subject of the exercise and ask him/her to leave the room. While the person is absent, select an area of his/her body for the group to concentrate on. Call the person back into the room, and have the group focus on the specific area of the subject's body. The subject will soon begin to scratch or rub that area of his or her body.

Regular applications of this exercise will help to develop your power to control the actions of other persons.

3. *Card Test.* For this simple test, you will need a pack of 52 playing cards. Remove the four aces, kings, queens, and jacks. Sit at a table and shuffle the cards. Place sixteen cards down on the table. Remove the top card, making sure not to see what design is on it, and hold it in your hand. Now, try and sense if the card is an ace, king, queen or jack. Make a note as to your guess. Go through the pack of sixteen cards one at a time and place them, still facedown, on the table after each guess. Turn the pile of cards faceup and check their actual order. If more than half are in correct order, an esp factor was involved in your guess.

4. *Picture Test A.* Get six sheets of paper and draw six different pictures on them, such as a cat, mountain, plane, etc. Show these drawings to everyone in the group. Select someone to act as the sender and have that person choose a picture to concentrate on. Be sure that no-one else can see the picture. Each person in the group then writes down the picture he/she believes the sender is looking at.

5. *Picture Test B.* Select someone to be the sender and have the person draw a picture, while in another room, and focus his/her thoughts on it. The group then writes down what the sender has drawn.

6. *Object Test.* Send someone into another room, and have one of the group to place a personal object on a table. Ownership must not be known by the subject of the test. When the person comes back into the room, have him/her hold the object and try to sense the identity and any experiences of the owner.

7. *Contents of Envelope Test.* Buy a postcard of a pleasant scene, such as a mountain or sunset, and place it inside a envelope and seal it down. Place the envelope in the centre of the floor. Have all those in the group write down on a

piece of paper what they feel is depicted on the card.

8. *Distant Viewing Test.* For this test, you will need to select a target eg. vase, statue, ashtray, relative or a friend. Visualize a blank screen, close your eyes first, and concentrate on the target. Make a note of everything you see, then go to the target and check for accuracy.

Have no specific expectations or preconceptions as to what you may see.

9. *Color Test.* Select someone to be the subject and have the person leave the room. The group then decide on what color they will concentrate on. When the subject returns to the room, have everyone concentrate their thoughts on the chosen color.

10. *Dice Test.* Take a dice and, while holding it in your hand, concentrate on the number you wish to roll. Then, still concentrating on the chosen number, roll the dice. Make a note of your accuracy. With much practice, you'll soon control the fall of the dice.

Each one of the above tests helps to develop a specific psychic and occult power.

The tests and the powers are as follows:

Clock Test = Clairvoyance. Body Test = Mind Control.
Card Test = Sensitivity. Picture Test A = Telepathy.
Picture Test B = Telepathy. Envelope Test = Sensitivity.
Object Test = Psychometry (the ability to understand and to detect the vibrations radiating from an object or place).
Distant Viewing Test = Clairvoyance. Dice Test = Telekinesis. Color Test = Sensitivity.

By conducting the above ten tests – daily if possible – you can develop your latent psychic and occult powers, and greatly improve the effective use of Mystic Mind Power.

HOW TO SEE AND UNDERSTAND THE HUMAN AURA

In 1939, Semyon Kirlian, a Russian electrician, discovered that by photographing his hand with high-voltage electricity produced a strange emanation effect around the image of his fingers. Kirlian called this emanation Bioplasma – psychics call it the aura.

The aura is an energy field which surrounds all living things – it is this very energy field that draws people to one another, when two people get along well together it is because their two auras are a perfect match.

In ancient China, the study of the aura led to the theory – and eventual practice – of acupuncture. Early artists depicted aura in their paintings as a halo.

The aura is composed of different colors which reflect character emotional state, and physical well-being. The aura is most clearly, in the early stages of development, seen around the top of the head and shoulders, beginning approximately half an inch from the scalp, and then extending several feet from the body. Every aura is composed of a dominant color – the color closest to the body – with less important colors around it.

Seeing and understanding the aura can greatly improve both personal and business relationships.

Here are the main colors and their meanings:

Red.	Energetic, kind, generous, faithful, loyal, good lover, angry, just had a fight, athletic, passionate.
Blue	Quiet, thoughtful, considerate, honest, truthful, can be the best keeper of secrets.
Green	Tolerance, emotional love, peace, drawn to nature.

Yellow	Intelligent, sophisticated, intellectual, lucky in life, sensitive and psychic, knowledge can be retained easily.
Orange	Sociable, outgoing, enjoys group activity, likes working with people.
Mauve	An irritation in the near future.
Purple	Studious, neatness, cleanliness, thoroughness, efficiency are the dominant qualities.
Brown	Bad health in the near future.
Dark Brown	Represents a very ill person, look for black spots when this occurs. The spots represent where the person has a serious health problem.
Black	The death of a person, usually within a week. Can also show a very deceitful and untrustworthy individual, someone of a very evil nature.
Grey	The death of a person in the next six to eighteen months.
White	Is the color of purity, the complete essence of a totally divine, and an aware person. This is the color we are all going to achieve in the end.

With Aura-Vision to aid you, no-one can ever deceive you again.

HOW TO PROTECT YOURSELF FROM SECRET PSYCHIC ATTACK

Like it or not, when you make a success of your life – sometimes even when you don't – you will have at least one enemy. Suddenly, you will become the victim of malignant psychic forces, in the form of negative thoughts the person will be sending you. This "attack" can result from envy, jealousy, or imagined wrongs. You may suspect or even

know the identity of your enemy, or a person disguised as a friend may be your unknown attacker.

The effects of this onslaught can be terrible: you are unable to sleep, you are plagued by ill health, you lack energy, your friends begin to avoid you, you suffer fits of depression, your marriage is affected, and a host of other unpleasant events.

When you feel that you are indeed the victim of a psychic attack, there is only one thing to do. You must generate a protective shield of Light. All religions have associated light with good and pure energies, and darkness with evil and destructive energies. Light is the power that can destroy the forces of darkness. Occultists knew this, and they used a shield of Cosmic Light to repel negative energies.

Now you can also enjoy its protection.

Proceed as follows:

1. Stand erect.
2. Perform the entire Psychic Power Ritual.
3. Increase the brightness of the light.
4. Recite the opening of the 27th Psalm:
 "The Lord is my light and salvation; whom shall I fear?
 The Lord is the strength of my life; of whom shall I be
 afraid?"
5. End session.

You are now protected from psychic attack. All negative and evil thoughts will rebound on your attacker. Your enemy will then begin to experience the terrible effects of his own evil actions.

Chapter Three

**HOW TO USE THE POWER OF
MYSTIC MIND VISUALIZATION**

The cosmic intelligence behind all creation intended for every man, woman and child on the face of this planet to enjoy personal fulfillment, happiness and contentment. When you once realize and understand this divine right to a perfect life, you can begin the process to bring this ideal state into your existence.

Thoughts are things. Look about you and realize that everything from the simple kite to the space shuttle, first existed only as an idea – a desire – in someone's mind.

When you concentrate your mental powers, using creative mind images, on a single objective, you produce powerful thought currents which cause your desires to take on a tangible reality, and to slowly materialize into the physical world.

Know this Ancient Truth. Once you mentally claim something as your own, it is yours – both mentally and physically.

Mystic Mind Visualization will project your inner desires into the outer objective world, at which point it begins to take shape and slowly materialize for you to see, touch and possess.

Use this mystic power carefully. The reality you create will be in direct relation to your thoughts at the moment.

Psychic Creates Photos Out of Thin Air

The ability to project mental images into the outer world is now a proven scientific fact.

Dr Julie Eisenbud, a professor at University of Colorado Medical School, conducted a series of tests during 1964, with famous American psychic, Ted Serios. When a polaroid camera was pointed at his forehead, Serios was able to produce "thoughtographs" of various items and places.

Here we have positive proof that thoughts can cause a reaction in the physical world.

HOW TO DEVELOP THE CREATIVE POWER OF MYSTIC MIND VISUALIZATION

Unlike common daydreams, which are two-dimensional and unclear, the mind pictures which will turn your inner desires into reality, must have depth, vitality, and rich, vivid colors. Some people are natural visualizers. Artists use the power of creative mind images to produce beautiful works of art without ever realizing it. Other people, however, need to develop this power by a combination of relaxation, concentration and image control.

You have already learnt how to relax and concentrate, all that remains is the development of three-dimensional image control.

Proceed as follows:

Cut a picture of a brightly colored object from a magazine

and put it on a table, directly in your line of vision. Look steadily. For a full five minutes memorize every detail of the picture. With the eyes closed, visualize the picture in every little detail, holding the image in your mind for a full five minutes. If the image fades or begins to change, open your eyes and repeat the entire exercise. Practice each day until you can hold the image in your mind.

The second stage of image control development is three-dimension visualization.

Begin with some familiar, everyday object eg. a pen. Now, visualize the object as if it were suspended in mid-air. Look at it from different angles. See it from below, from above, and from both sides. Mentally “feel” the realness of the object. Practice each day until you can see the pen, or whatever else you visualize, as easily as if you were looking at a real, solid object.

These two exercises will stimulate the materialization power you have locked within your mind. Now, for the first time, you’ll image what you want to happen – and it will.

HOW TO USE THE CREATIVE POWER OF MYSTIC MIND VISUALIZATION

Mystic Mind Visualization works under both cosmic and scientific laws, the former you already know, the latter is that for every action there is an equal reaction. By visualizing your goal with intense emotional desire, you stir the higher psychic mind centres and their magnetic qualities into action. This mental action will cause a reaction in the physical world which will help you to achieve the desired goal.

By performing the following Ritual, you may project your inner desires out into the tangible reality of the objective world:

The Ritual of Materialization

Retire to a room where you will be free from interruption for at least ten minutes. Dim the lights. Loosen any tight clothing. Place a comfortable chair in a spot that feels right for you. Sit down in the chair and rest your hands, palms up, in your lap.

Place your feet, which should be bare, flat on the floor, almost touching.

You are now ready to proceed:

1. Close your eyes and relax.
2. Take a deep breath.
3. State mentally:
 "I am now beginning the Ritual of Materialization. I now activate the creative energies of my higher psychic mind with the Power Words: OM-MANE-PADMEOM".
4. Take one more deep breath.
5. Remain in this relaxed state for a full two minutes.
6. Mentally state your desire as follows:
 "I now mentally claim (state desire) as my own. It is mine, both mentally and physically."
7. Visualize your desire in all its details and mentally identify it. Hold the image in your mind for a total of five minutes.
8. Relax and let your mind go blank for two minutes.
9. Tell yourself that at the count of five you will be fully alert and feeling wonderful.
10. Open your eyes.
11. End session.
12. Repeat daily until your desire has materialized.

Use the above Ritual whenever you have an intense desire

for some material objective, such as money, and watch as it becomes reality.

It's so simple. What you visualize during the Ritual will come to pass.

The Ritual of Materialization focuses the creative energies of the mind on your goal, at which point it must begin to take shape in the tangible world – for such is the Cosmic Law of Creation.

Examples of How to Use This Creative Power

If you desire a certain material possession, such as a television, strongly visualize yourself already in possession of the desired item and it shall be yours. How will it come to you? Any number of ways in fact. You may win it in a contest. Find a discount store where prices are those you can afford. You may receive it as a gift from someone – like a relative or a friend. Or, as is often the case, your mentally imaged desire will act as a magnet to draw the money to you.

If you wish to have success at games of chance, visualize with an intense clarity yourself winning not once, but again and again. This mental act will turn the tide of fortune in your favour. I have used this method successfully to win prizes at bingo, and to win a poker machine jackpot for five straight weeks.

If you long for someone, but are too shy to make the first move, visualize yourself in his or her company. You will be amazed at the chain of events which follow, and delighted when you find you're in the right place at the right time to "accidentally" meet one another.

How Mystic Mind Visualization Can Materialize Gold Dust

The historic township of Hill End is located approximately

300km north-west of Sydney, in the rugged mountain ranges of the Central Tablelands. The elevation of the tiny township is nearly 1,000m. As you might suspect, the summer days are hot and the nights cool.

The town itself is situated in the heart of the once highly productive goldfields. During the boom years of 1871 and 1872, Hill End, and the surrounding countryside, attracted thousands of people from the four corners of the globe. It was here that the single, largest piece of gold, the Beyers and Holtermann Specimen, was unearthed from the protective clutches of Mother Nature on the night of October 19th 1872.

The town consists of the Royal Hotel, two shops, and a handful of old cottages in various stages of decay. A drastic difference to its appearance during the 1870s, when there was 1.6km of shops and pubs.

It was to the tiny, isolated township of Hill End that I travelled in the company of my father and an acquaintance, one weekend in 1980.

In the week preceding our departure, I sat in regular sessions of visualization, performing the Ritual of Materialization, imaging gold dust.

With an air of happy expectancy, I departed for Hill End. No-one else in the party knew I had employed Mystic Mind Power to help us in our search for – as the locals called it – color. Else they would have thought me mad, both being, as they are, down to earth people.

Staying at the Royal Hotel, our first day of fossicking yielded no success. The morning of the second day came and went, also without a sign of gold. It was then decided that we should try our luck at the nearby town of Sofala, 38km from Hill End. Having arrived at Sofala, we proceeded to become bogged in the soil surrounding the Turon

River and spent most of the afternoon alleviating the situation. Although I did not know it at the time, this apparent piece of bad luck marked a change of fortunes – for the better.

We returned to Hill End thinking the expedition was doomed to failure, but decided to have one last try at fossicking.

From out of the surrounding countryside, there emerged an old man and his dog. The dog was blind. Instead of a dog leading a blind man we had a man leading a blind dog.

I immediately took this to be a sign. I was soon proved correct!

We started talking, one thing led to another, and he told us where to look for the all elusive substance. It was a place that we had not even considered. (In the cracks along the dried-up river bank, and in the roots of weeds growing out of the cracks).

His advice proved invaluable, for we had no sooner followed his instructions than the glitter of gold appeared in our previous to then empty pans.

Had our car not become bogged in soil at Sofala, we would never have met that old man and his blind dog.

I still have my share of the gold dust in a small container and everytime that I look at it, it serves as a reminder of how magic mind power manipulates events to bring desires to pass.

HOW TO CREATE THE FUTURE OF YOUR CHOICE

You have now reached the stage where you may begin to influence the events of your day-to-day life.

Is there some particular person you would like to meet?

Is there a certain piece of work you would like to accomplish within a set period of time?

Would you like each new day to be an exciting and fulfilling experience?

Mystic Mind Visualization enables you to achieve these goals on a regular, day-to-day basis.

(Please note: the method described in this section will only work if you have faithfully followed the instructions in the preceding 2 chapters. Jumping from the Introduction to this section will prove a fruitless exercise, as the mind would not have reached a sufficiently advanced stage of development).

To begin creating future events on a daily basis, first decide on a specific goal you wish to achieve for that particular day. Having done that, write it down on a blank piece of paper and read it through exactly nine times just prior to sleep – this will impress your goal upon your subconscious. Next, visualize yourself as being successful in achieving your goal. Drift off to sleep with confidence.

As with all Mystic Mind Power work, vital at all times is a strong emotional desire for the goal.

It works. Believe and achieve.

Chapter Four

HOW TO USE MYSTIC MIND FUTURE VISION: SEEING TOMORROW TODAY

Would you like the psychic power to be able to look far ahead into the future?

To know in advance the new friendships, opportunities, money, love affairs, successes, and life experiences both good and bad, awaiting you along the cosmic stream of time?

It is possible to know the future before it happens, with the help of Mystic Mind Future-Vision.

You have reached the stage in your development of Mystic Mind Power where it is now possible for you to perceive future events and to act accordingly on the information received.

In this way, you can enjoy a richer and fulfilling life by avoiding trouble before it happens and facing seemingly evil situations with the knowledge that a better condition lies just around the corner.

Using the special mind symbol of future-vision, you will open the psychic third-eye. When this happens, vision upon vision can fill your mind. The third-eye, which is an Eastern

metaphysical concept, is located in the square inch space between the eyes of your physical body.

With the power of Mystic Mind Future-Vision at your beck and call, you need never stumble blindly into the future ever again.

A QUESTION OF POSSIBILITIES

Is it possible to see into the future? Can the future be changed? These are the deepest and most profound questions of the ages.

The answer to both questions is a very definite Yes. Through the psychic power called prophecy, you cannot only see into the future, but take steps to change any and all areas of your future existence by taking suitable action in the present.

Know this Mystic Truth. There are several paths to future lives.

Pause for a moment and consider the implications.

Several paths to future lives.

What does this mean? Simply, that actions in the immediate now can and do affect the future.

This concept is no longer restricted to the world of mysticism and strange occult philosophies. Science is now suggesting that, through quantum physics, every time a person has two choices, the entire universe divides itself into two separate realities where both possible –and totally different – futures take place.

By knowing the future in advance, you can make the right choices to bring future happiness into your life.

A good example of this would be if you were undecided as to whether or not to go on a certain holiday. Using Mystic Mind Future-Vision you discover that the holiday will bring

new love experiences into an otherwise lonely life. You go and the prophecy is fulfilled. But had you not decided to go, you would have, as it were, taken the wrong or incorrect path and continued to live a life of loneliness and emotional frustration.

It is so simple. By tuning in to a future yet to be, you can learn how to reshape your destiny, alter unpleasant situations, and make an important decision when it will have the most benefit.

THE MYSTIC MIND SYMBOL OF FUTURE-VISION

Mystic Mind Future-Vision is the ability to perceive visions of the future without utilizing the optic nerves of the physical eyes. These visions, seen within the mind, are rich in color and crystal-clear in detail. In fact, the images will often be more vivid than those perceived by the physical eyes.

The mind symbol you will use to open the third-eye and receive visions of the future, is composed of two of the most powerful symbols in occult lore. The triangle and the eye.

The triangle represents the focus and concentration of powerful and highly potent psychic energies into a specific area of reaction. Those strange magicians of the Middle Ages would draw a triangle in the dirt and then force the invoked spirit into the triangle, thus concentrating its astral energies which the magician would then use to accomplish his ends – good or bad. Why the geometrical shape of a triangle was in fact chosen is lost in the mists of ages past. Just accept the theory that they had access to knowledge that we are only now beginning, very slowly, to rediscover. Even those storehouses of Universal Energy, the Pyramids, are triangular in shape.

In Mystic Mind Future-Vision, you'll be using the visual-

ized symbol of the triangle to focus your inner power on the third-eye.

The symbol of a single eye has always symbolized the All-Seeing and All-Knowing Cosmic Mind.

These two symbols used in unison generate powerful waves of astral energy, which open the third-eye and allow you to tune in to the prophetic emanations radiating out from the Cosmic Mind.

Before revealing the technique for using this powerful mind symbol, permit me to make the following warning.

NEVER USE MYSTIC MIND FUTURE-VISION TO TRY AND DISCOVER THE DATE OF YOUR DEATH!

HOW TO USE MYSTIC MIND FUTURE-VISION

In the early states of future-vision development, it is best that you select some secluded area away from the hustle and bustle of day to day life in which to practice since, with a constant bombardment of traffic, television, radio and human noises, it is almost impossible to achieve the correct state of occult reverie required for the successful application of Mystic Mind Future-Vision.

Ideal places in which to practice would be an empty church, house or building, a park located in a quiet street, or the countryside at night.

If, however, such retreats are impossible, select a time, either early in the morning or late at night, when the noise level will be at its lowest ebb, and retire to a dimly lit room. You may, if you wish, burn some sandal wood incense as this will help to magnify the level of your consciousness.

Sit in a comfortable chair. Relax both your mind and body. Next, imagine your head to be hollow and filled with an inky blackness.

Now, in direct line with the space between your eyes, visualize a bright, silver triangle in the exact centre of your head. In the centre of the triangle, visualize the All-Seeing and All-Knowing Eye. Concentrate on the symbol (Figure 1-1) while mentally affirming:

"I am attuned with the Great Cosmic Mind. I now receive true visions of the future."

In just a few short moments, vision after brilliant vision will begin to flash before your mind's eye.

At this point, it is important to remain in a relaxed and receptive state of mind. Any form of physical or mental tension will block the flow of intuitive and prophetic guidance from All-Knowing Cosmic Mind.

Rest assured, that all the prophetic visions you receive from the Cosmic Mind will have a direct relationship to your own future well being. If there is danger looming on the horizon, the appropriate – as revealed in the interpretation guide included in this section of the book – sign of warning will be flashed before your newly-opened third-eye. If, for any reason, the visions you are receiving appear to contradict each other, simply state mentally that you wish clarification and you will receive intuitive guidance in interpretation of the symbols.

If there are positive life experiences rushing at you from Time, you can receive guidance from Cosmic Mind to ensure that you are in the right place at the right times to smooth the way for the quick manifestation of these experiences.

To receive visions relative to another person, or to a specific area of your life, you simply mentally state, after performing the meditation for opening the third-eye, your request for guidance.

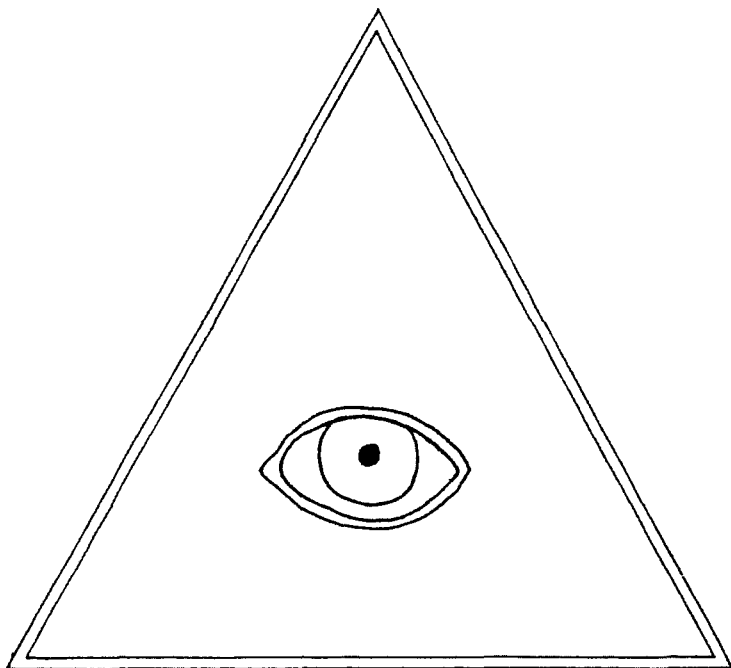


Figure 1-1

WHAT YOU WILL SEE WHILE USING MYSTIC MIND FUTURE-VISION

The Great Cosmic Mind speaks to His children in the form of mind symbols which represent conditions, events and situations by reason of their association. These symbols are what you'll be seeing using Mystic Mind Future-Vision. Later in this chapter, you will be shown how to form understandable messages from these symbols sent to you. But first, here is a list of symbols and their individual meanings:

Acorn Ultimate success
Aeroplane..... A trip by air

Alligator	Hidden enemies
Altar	Fulfillment and joy
Anchor	Strong security
Angel	Spiritual enlightenment
Ankh.....	Psychic power
Ant	Petty annoyances
Anvil.....	Hard work
Apple	Good health
Arch	A happy reunion
Arm	Straight; an offer. Bent; consolation
Arrow.....	Inspiration
Axe.....	Freedom from worries
Baby	A new beginning
Ball-and-chain	Burdens and restrictions of a personal nature.
Balloon	High ideals
Banner.....	Victory
Barrel	A celebration
Basket	Fruitful enterprises
Bat	Negative influences
Bear	Strength of character
Bed	Need for rest
Bees	Efforts will be rewarded
Beetle	Great good luck
Bell	Good news
Bird	News is on the way
Boat	Travel by water
Bolt	Restrictions
Book	Knowledge
Boomerang	Retribution for evil act

Clover	Good times ahead
Clown.....	Laughter
Coffin.....	News of death
Column.....	Psychic knowledge
Comet	Unexpected happenings
Compass	Guidance
Corn	Success in business
Cornucopia	Happiness, love, affection and wealth
Crab.....	A false friend
Cradle	News of a birth
Crown	Honours and acclaim
Cup	Satisfaction
Cupid	Romance
Daffodil	Sincere friendships
Dagger	Turmoil
Daisy	Sweet interludes
Dancer	Happy moments spent with pleasant women and men
Deer	Gentleness
Dice.....	Loss through gambling
Dog	A true and faithful friend
Doll	Innocence
Drum	Important news
Duck.....	Good luck
Eagle	Great and lasting success
Ear	Listen to advice
Earring	A gift of jewellery
Eggs.....	Fertility
Elephant	Stability
Envelope	News by mail

Face	A new acquaintance
Fan	Flirtation
Feathers	Uncertainty
Ferns	Tranquility
Fiddle	Wasting time
Fire	Renewal
Fish	Good luck connected with the sea and/or foreigners
Flag	Advancement
Fox	False friends
Forest	Opposition
Fountain	Rebirth
Frog	Transformation
Gallows	Caution
Garden	Contentment
Gate	Open; advancement. Closed; obstacles
Globe	World travel
Gloves	Secrets
Goat	Temptation
Goose	Prosperity
Grasshopper	Sudden uprise
Greyhound	Competition
Gun	Discord
Hammer	Hard work
Hand	An offer of friendship
Handcuffs	Restriction
Harp	Happiness in love
Hatchet	Separation
Heart	A love affair

Horse Travel
Horseshoe Good fortune
House A change of address

Iceberg Approaching misfortune
Island Isolation
Ivy Constancy in love

Jar Financial security
Jockey Luck in speculation
Jug Excess

Kangaroo Sudden, unexpected news
Kennel Will visit a friend
Kettle Company in the house
Key Opportunity
Kite High ambition
Kitten A young female
Knife Discord in love
Knots Complications

Ladder An uprise in life
Lamb Betrayal in love
Leaves Happiness in abundance

Map A journey
Mistletoe Courtship
Moon Occult power
Mouse A minor irritation
Mountain A very big obstacle
Mushroom Enlightenment

Nails	Security around a situation
Necklace	A wealthy marriage
Needle	Annoyance
Nest	Marriage and comfort
Nun	Mystical protection
Nurse	Approaching illness
Nuts	Riches through investment and foresight
Oranges	Good health and happiness all the year
Owl	Wisdom
Palace	Uprise and wealth
Parrots	Gossip
Peacock	Pride
Pearls	Loss of money
Purse	Avoid reckless spending
Palm Tree	Relaxation
Pears	Enjoyment
Pebbles	Slight obstacles
Pit	Great danger
Pond	Peace
Queen	Uncertainty
Question mark	An important question will be asked
Rats	Vicious enemies
Ring	An engagement
Rabbit	A birth
Railway	A journey by train
Rain	Sadness

Rainbow	A new beginning
Raven	A very bad omen
Ribbons	A love affair
River	Persistence will bring rewards
Rocks	Difficulties
Rose	True love
Ruins	Disappointment
Sand	Cosmic Wisdom is about to be attained
Saw	An argument
Scales	A decision
School	Will soon learn something new
Sea	Eternity
Serpent	Falsehood
Shark	Hidden enemies
Sheep	Weak-willed person
Ship	A sea voyage
Skeleton	Serious illness
Sky	A very good omen
Smoke	Deception
Snow	Coldness in personal relationships
Spider	Money coming
Stairs	Advancement and uprise
Stars	Great and lasting changes in all spheres of life
Strawberries	Riches
Surgeon	An operation
Swan	A strange new love
Table	A discussion
Tomb	End of a phase of life
Turkey	Plenty

Tiger	Power and strength
Telephone	A quick message
Tower	Inspiration
Treasure Chest.....	Good fortune
Tree.....	Friendship
Trumpet	Startling news
Umbrella.....	Protection from all difficulty
Vase.....	Reward for some favour
Veil.....	Secret knowledge
Volcano	Sudden upheaval
Vulture	Serious illness
Wall.....	An obstacle
Wasps	Trouble caused by false friends
Watch	Time is running out
Wedding Ring	A union
Well.....	A wish shall shortly be granted
Window	Open; inspiration Closed; frustration
Witch	Occult wisdom
Wreath	News of a death
Yacht	Opulence

HOW TO GIVE FUTURE-VISION READINGS

Having learnt how to open yourself to the flow of symbolic visions of the future, and the individual meanings of the various symbols, all that remains is for you to learn how to put the different symbols you will see flashing into your mind,

into an understandable sequence, so that you may give readings to your family and friends.

Remember. One of the steps of Mystic Initiation, as revealed in an earlier chapter, is to share your new-found knowledge with others.

When giving readings to others, you will need to make a quick and clear interpretation of the overall prophecy as revealed in the mind images. As you will see, this skill is easily developed as the following example will show:

MYSTIC MIND FUTURE-VISION SYMBOLS:

Kangaroo – Fiddle – Raven – Ribbons – Rocks – Rainbow – Comet – Heart

In the Mystic Mind Future-Vision Reading, these eight symbols would appear in rapid succession, however they contain important information about the future.

“Some sudden and unexpected news (kangaroo), will make you realize that you have been wasting your time (fiddle) on a bad (raven) and uproductive love affair (ribbons).

“Following this difficulty (rocks), there will be a new start (rainbow) and unexpected happiness (comet) involving a new love in your life (heart).”

Predicting future events by receiving symbolic visions from the Omnipresent Cosmic Mind is the easiest, and most enjoyable, mystical power you will ever learn.

It is also the most important. Without it, you are like a blind man stumbling along a dark tunnel.

TABLE OF CONTENTS

5. How to Use Mystic Mind Power for Controlling the Thoughts and Actions of Others	71
6. How to Understand Mystic Mind Symbolology: The World of Dreams	79
7. How to Use Mystic Mind Power to Induce Astral Projection	105
8. How to Use Mystic Mind Power to Make Direct Contact With the World of Spirits	117
9. How to Use Mystic Mind Power to Contact Extraterrestrials.....	129
10. How to Increase the Efficacy of Mystic Mind Power	140

Chapter Five

HOW TO USE MYSTIC MIND POWER FOR CONTROLLING THE THOUGHTS AND ACTIONS OF OTHERS

Mystic Mind Power will enable you to sense, influence and control the thoughts and actions of others by silent and unobserved means. I sincerely believe that if everyone used this miraculous power on the minds of troublesome people, the world would be a much better planet on which to live.

The power can be used on anyone regardless of age, sex, religion, or nationality. There is also no limit as to the distance from which you can influence a person, for this is mental energy in its purest, and most powerful form and is unrestricted by the dimensions of time and space.

The power is irresistible and will work everytime if you closely follow the easy-to-understand instructions in this chapter. Now, at last, you will be the one who controls the events and situations in your life by using mystic mind commands to make others respond, and act, in the exact manner you want them to. It is safe, easy and fun to use.

With this power at your command you can influence any

attractive member of the opposite sex to become more interested in you, change enemies into devoted friends, dissolve the negative attitudes of a friend or relative, magnetize new friends into your life, make people respond willingly to your requests, hear from a long lost friend or lover, get along better with others, or even get that promotion at your place of employment. There is no limit to what you can achieve using Mystic Mind Command.

Using the awesome power of mystic mind commands you can, without uttering a single word, influence a person to finally begin seeing things as you want him to and do the things you have secretly longed for.

Remember. Like attracts like. If you use this power for evil, it will still work – but the negative psychic energies stirred by this act shall rebound on you tenfold. This is the Cosmic Law of Karmic Return. We are rewarded for every good deed and punished, one way or another, for every evil act.

Using Mystic Mind Command to influence the thoughts of others can bring about a wonderful transformation within yourself which will make you a new and better individual. Being more successful and popular in both your business and personal lives will enable you to experience the joy of contentment and peace of mind.

Never again will you know the cold darkness of loneliness and failure.

THE SECRET POWER WITHIN YOU

Your higher psychic mind centres have the power to project an irresistible telepathic command force to the sleeping minds of a single person or group of people, and to receive the psychic and telepathic thought-impulses from other minds as they are

projected out into the invisible electron atmosphere all around you.

This knowledge was once a closely guarded occult secret.

You, too, can use this secret motivating force to influence others and make them say and do the things you want them to. I know that it works. No-one can resist this mystical power.

A much more material version of this mystical command power is subliminal suggestion, in the form of television, radio and magazine advertisements suggesting that, to make our life more complete, we simply must have the new brand of toothpaste etc. How many times have you fallen victim to this form of thought control?

Mystic Mind Command is a highly potent psychic power within all of us. It can help you to attain your goals in life by the influencing of others to help you in your quest for attainment of personal fulfillment and emotional satisfaction.

It will, no doubt, surprise you to learn that you have already developed the special abilities necessary for the success of this power, if you have diligently studied, and practiced, Mystic Mind Visualization. The main components of both are the abilities of deep concentration and clear imaging. You will be using these mental abilities to both send and receive thoughts when influencing the actions of others.

You will now be shown how to directly control the thoughts and actions of others.

Do not use this power for evil purposes.

HOW TO INFLUENCE THE THOUGHTS OF OTHERS WITH MYSTIC MIND COMMAND

To successfully influence the thoughts and actions of some other person, it is best to select a time when the person you wish to influence is deep in sleep. During sleep subcon-

scious minds are open to external influences. Your instructions will be remembered upon waking, but the individual will think that the thoughts are his or her own.

Proceed as follows:

1. Visualize with intense clarity the face of the person you wish to influence.
2. Concentrate on the person's eyes.
3. Repeat the person's name a total of three times.
4. Repeat your telepathic command exactly three times. Project the command in a dominant frame of mind as this will help in establishing a strong telepathic contact with the person being influenced.
5. End session.
6. Repeat as necessary.

You should get results within one to fourteen days.

I have used this method successfully to receive a response from the person being influenced within 24 hours.

The better you know the person in question, the less time it takes to receive positive reactions to your invisible and unsuspected mental influence.

HOW TO DEVELOP THE MAGNETIC EYE GAZE

It has often been said that the eyes are the mirrors of an individual's soul. This is true. But the eyes are also a very powerful psychic weapon in controlling the thoughts of others while they are in a conscious and totally aware state.

By developing a strong magnetic gaze you can dominate and impress your will upon others.

The following exercises will help you to develop a powerful and magnetic gaze.

The first stage of development is to strengthen the power you have within your eyes.

Standing approximately 12 inches from a normal-sized mirror, gaze fixedly, without blinking, at the spot between your eyes. Any urge to blink can be quickly alleviated by a simple rising of the eyelids, at which you will experience perfect relief of the strain. Try to achieve the most powerful gaze you can. Now close your eyes and mentally see the penetrating gaze you have succeeded in generating. Practice this exercise daily till you can gaze at your reflection in the mirror without blinking for at least 30 seconds at a time.

The second stage of development is to practice the magnetic gaze on an animal.

Select an animal. A cat is best. Concentrate your magnetic gaze upon the animal's eyes and try to stare the cat down. At first it will be difficult but remember, no animal has a will stronger than a human's. Practice this exercise daily until you can successfully stare down any animal you meet.

The third, and final, stage of development is to practice the magnetic gaze on another person.

The next time you are travelling on a train or bus, select an unsuspecting person to be the subject of the exercise and, using your magnetic gaze, stare intently into his or her eyes until he or she is forced to look away. Practice this third and important exercise every chance you get.

Having learnt how to generate and develop the magnetic gaze, all that remains is for you to put this power to work. Whenever you wish to impress a thought-command in the mind of another do this simple piece of mental influencing. Engage the person you wish to influence in some simple and light-hearted conversation and fix your gaze upon their eyes. Next, mentally repeat, over and over again, your thought-command. You will be amazed when the other person

begins to “suggest” your ideas, without ever realizing you have mentally influenced him to do so.

HOW TO TUNE IN TO THE THOUGHTS AND FEELINGS OF OTHERS

This technique will only work when the person whose mind you wish to read is asleep. When their conscious mind is sleeping, you can reach the deeper levels of their mind where dwells all their true feelings and desires.

To receive the information you desire in this way, sit in a relaxed state and imagine your head is hollow and ready for an increased flow of psychic thought-impulses from the other person’s mind.

Once you have achieved this state of heightened sensitivity, you may proceed as follows:

1. Visualize the face of the person whose mind you wish to read.
2. Repeat the person’s name exactly three times.
3. Mentally state: “I wish to enter into telepathic communication with you. Our minds are now as one and you will reveal to me your true feelings and desires”.
4. As you sit in this highly attuned state, you can ask the person questions. You will be amazed at how fast their thoughts and feelings begin to fill your mind.

Once you have mastered this psychic power, you will be able to know the innermost secrets and desires of whomever you choose, it can even be some famous person you have never met, no matter how distant they are from you. Remember, telepathy is unrestricted by the physical limitations of time and space.

As with any psychic ability, the power to successfully tune in to the psychic thought-impulses radiating out from other

minds is directly influenced by your faith in your own abilities.

Start to develop this power today and within the next week you will be well on your way to finding out who your real friends are and their secret dreams, who to trust and who not to trust, and a host of other bits and pieces of secret information which you can use to live a happier life.

Chapter Six

HOW TO UNDERSTAND MYSTIC MIND SYMBOLOLOGY: THE WORLD OF DREAMS

Dreams. The dictionary defines dreams as “to have images in the mind during sleep.”

From where do these images originate?

For what reason do they manifest themselves in our minds?

Undoubtedly, many dreams are due simply to some physical discomfort during the hours of sleep. Another high percentage are from the suspension of such vital faculties as the coherence of thought, attention, willpower and selective judgement during sleep; this results in a flood of uncontrolled and unconnected images. Foolish dreams in which anything can happen, and usually does, result from just such a flood of incoherent mental images. Digestion, sickness and the dominant thought at the onset of sleep account for another high percentage of dreams.

These dreams are meaningless and are of no value whatsoever.

These valueless dreams account for approximately 98% of

all the mental images perceived during sleep; but the remaining 2%, those which leave such a marked impression upon the consciousness that a person can easily recall the entire dream upon waking, are vitally important and should always be recorded.

The simplest way of accomplishing this is to keep a pad and pen beside one's bed and, upon waking, write down in as much detail as possible all symbols and images contained within the context of an unusually vivid dream – lest the dream becomes confused with daily thoughts.

These vivid dreams can be divided into four distinct types.

Cosmic Dreams

Cosmic dreams are those in which the Cosmic Mind of the Universe communicates with, and advises, mankind by impressing images upon a sleeping person's mind. There is not a single individual who hasn't at some time in their life, longed for a Magic Mentor to advise and assist them in discovering what profession to follow, who to trust, which path to take, and most important of all – what awaits them in the future and to be warned of impending danger. The Cosmic Mind is just such a Magic Mentor, and is always reliable.

Occult Dreams

Occult dreams are the subconscious and astral minds reactions to the presence of negative psychic energies, or thoughtforms, populating the false reality of man's collective subconscious – the level of eternal darkness. In ancient civilizations, these negative energies were looked upon as the messengers of the Evil One. The devil is man, and the messengers are his own wish for destruction. These negative energies are no more

than man's own inner fears, lusts and negative desires magnified, and then projected outside of his minds on a collective scale.

It is an Arcane Truth that the more spiritually advanced a person becomes, the more frequent shall become the attempts to destroy, by the creatures spawned of man's dark subconscious, the individual spiritual development. The only way to destroy these vile creatures is from within. Cease to accept them, deny them their existence and they shall cease to exist. Negative obsessions with sex, ego and the love of money – to the point that these desires control your actions and thoughts – make these creatures stronger; for they feed upon the astral energies which these negative obsessions emit.

Inner contemplation, on a regular basis, will bring oneness with the Cosmic Mind – and freedom from these creatures of darkness.

Psychic Dreams

Psychic dreams concern the individual's awareness of psychic and mystical forces, and their interaction with the physical level of a material reality. Sometimes these dreams are actually "memories" of astral journeys.

The astral realm is the next level of reality-awareness surrounding the physical world we are now existing in. At the moment of an individual's physical death, the psychic body, sometimes referred to as the astral body, enters this next level of awareness. No person can ascend higher than the astral; they may increase their level of astral awareness. When this increased level of awareness occurs the astral environmental substances around the person changes. They are not in a new level of reality as so many Eastern philosophies proclaim; only a new level of awareness.

During sleep, the physical body reaches such a deep state of relaxation that the psychic body, normally trapped inside of the physical shell by stress and physical tension, is free to leave and project itself as an amorphous cloud-like mass of awareness into the future, the past, the present, and into the different levels of the astral where we may communicate with spirits of a benign nature.

Spirit Dreams

Spirit dreams are those in which actual communication with the inhabitants of the Spirit World (astral dimension) takes place by way of symbols. These symbols contain the answer to a problem, or in some instances messages to the dreamer. When a person dreams a dream in which they actually speak to a departed loved one, it is important to recall the conversation for it will contain either a message or the solution to a specific problem. In such instances, when direct communication takes place with an actual spirit, it's unnecessary to recall the dream setting in which contact occurred as it is the conversation which is of prime importance.

THE FOUR LEVELS OF BEING

Since dreams can bring you in contact with various levels of awareness, now is perhaps a good time, before giving actual examples of the dreams, to instruct you on the different levels of energy existing one within the other.

There are only four true levels of energy: the physical, the astral, the neutral, and the Light – from which all other energies were formed at the time of Creation.

Man exists in the lowest level – the physical. Around this is the false reality of man's collective subconscious, populated by thought forms of a negative nature. This is the level of

eternal darkness of which so much has been written during the ages. It is also blocking Cosmic Mind (the Light) from influencing man on a collective scale.

Beyond the astral is a level of pure energy, neither good nor bad. Occult groups of past and present have transcended the astral, via an act of collective will, to tap this energy. The first contents were – so it seemed – accidental, causing madness and destruction within the groups. Slowly, as children learning life, the occultists learned how to control the energy. Centres of attunement were constructed throughout the civilized world, one such centre was Atlantis, but mistaken loyalty caused the destruction of paradise.

The energy is still tapped by thoughtforms within the collective subconscious of mankind, and by evil occult groups, to cause damage on a global scale. When the ancient cities were destroyed, those whose power-crazed schemes caused the destruction – fled to the falsehood of the collective subconscious, where they still exist as thoughtforms of hatred and destruction.

The Light is within all things, and all things are as one with the Light.

These four levels of reality-awareness are each dependent upon the other, permeating the entire universe, they are continuously occupying the same physical spaces but operate at different levels of vibration and power.

There now follows a classic example of how a dream can prophesize a future event.

He Dreamed His Own Death

“It is strange how much there is about dreams in the Bible. There are sixteen chapters in the Old Testament and four or five in the New in which dreams are mentioned, and there are

many other passages throughout the Bible which refer to visions. If we believe the Bible, we must accept the fact that many things are made known in our dreams..”

The man who made that prophetic statement was none other than the late President Abraham Lincoln.

It is well-known in occult circles that just 10 days prior to his assassination on Good Friday, April 14, 1865, Lincoln had the following prophetic dream.

Lincoln dreamed that he could hear a large number of people quietly sobbing, while remaining invisible to his eyes, and went to investigate. Going from one room in the White House to another, Lincoln searched but could not find the source. All the while the sobbing of the invisible mourners haunted his dream. Entering the East Room, Lincoln saw a dais, upon which rested a corpse in funeral vestments. Standing around the corpse were many sobbing mourners. Lincoln asked one of the soldiers, who were standing guard around the corpse, who had died. ‘The president,’ replied the soldier. ‘He was shot by an assassin.’ The sobbing of the mourners reached its highest pitch, and Lincoln awoke.

The rest, as they say, is history. This amazing and tragic dream is a classic example of how the future can be symbolically revealed in nocturnal visions of the mind.

For your convenience, there now follows an:

A TO Z OF DREAMS

- | | | |
|-------|---|---|
| Abbey | = | Denotes a protective force is around the dreamer. |
| Abyss | = | An awakening of psychic power and knowledge. |

Admiral	= Sympathetic spirits are near, and will protect the dreamer from harm.
Afraid	= A warning that negative psychic forces are attempting to lure the dreamer from the Light.
Air	= A sign that the dreamer's latent psychic powers are awakening.
Almanac	= A sign of mystic guidance.
Amulet	= Denotes occult protection.
Apparition	= Symbolic of all our fears.
Army	= Mystical protection of affairs.
Artist	= Denotes that the dreamer has the ability to create the future of their choice by utilizing their mind power.
Attic	= Hidden secrets; represents the subconscious mind.
Awaken	= A very psychic dream. Represents the awakening of the higher self.
Balcony	= There will be a contradiction in an exchange of mystical notions; bizarre happenings will confuse and astound the dreamer; there shall be a mystery involving a death. The balcony is a symbol of

the Inner Mysteries contained within the vast Cosmic Mind as it exists at all levels of awareness – and is beyond true interpretation.

- Balloon = Mystical experiences will raise the dreamer to higher levels of understanding.
- Bat = A portent of dark and mysterious forces.
- Beacon = A sign of mystical and spiritual guidance. Any personal hardships will soon be solved.
- Beetles = Good luck and good fortune, brought about as if by magick by listening to the inner voice of psychic intuition.
- Bishop = A dream of mystical protection.
- Blue = A deeply spiritual color. To see blue in the context of a dream is an indication that the dreamer will be called upon to give guidance and encouragement to an unhappy individual.
- Calendar = This dream is an indication of an important future event. Take special note of any date which is circled, as this indicates numbers of days, weeks or months before the occurrence of the event.
- Calls = To hear your name called in a dream, is

an indication that spirits are attempting to communicate.

- Candle = Enlightenment and spiritual growth. Lighting candles: increased psychic ability will come from a new awareness of self. Extinguished: any doubts about life shall be abandoned.
- Carving = Dark and evil forces shall attempt to engulf the dreamer. Daily prayer will create a barrier of Light, through which no negative energy can pass.
- Cave = A psychic dream representing the hidden and mysterious caverns of the subconscious mind in which can be found the answers to all of life's problems.
- Cellar = The lower levels of the subconscious mind will hold the key to solving any problems the dreamer may have. Daily sessions sitting in meditation will bring solutions.
- Church = A sign of mystical protection.
- Clock = An important indication of future events. Pay careful attention to the position of the hands. The hour denotes months, while the minute denotes day. On this date some important event will occur.

- Court = The dreamer's affairs are being closely watched by Higher Spiritual Beings.
- Cross = Mystical protection.
- Crystal Ball = The dreamer shall experience many psychic and mystical happenings.
- Curtain = A psychic dream denoting the various hidden levels of the human mind.
- Devil or
Demon = To dream of meeting either the Evil One or one of his minions is a very bad and evil omen of dark and negative energies which will attempt to deceive the dreamer into abandoning the true pathway in favour of deceitful and unclean acts of both the mind and body. Daily prayer is a protection against this. An encounter with these creatures in a dream is – in fact – a symbolic recollection of meeting a negative thoughtform while astral travelling.
- Diving = This is symbolic of the astral body as it returns to the sleeping and relaxed physical shell.
- Dreaming = To dream of dreaming is a certain sign of slowly awakening psychic powers.

- Drink = Drinking water denotes spiritual rebirth.
- Echo = Denotes that some dramatic future event is sending shockwaves back through time.
- Evil = Dreaming of something evil is a portent of unhappiness.
- Expedition = A sign that the dreamer will soon embark on a journey of self-discovery. Dreaming of being the leader of an expedition denotes the coming together of many people who will look to the dreamer for guidance and help in realizing their potential as total beings.
- Eyes = This is an extremely psychic dream, denoting an ever increasing awareness of psychic mind power.
- Faces = A very psychic dream, denoting the awakening of mediumship within the dreamer. The faces are those of spirits and are a sign of friendship with the spirit world. Dreaming of an unfriendly face simply means that, before it is possible to make direct contact with higher spiritual forces, the dreamer must learn to relax, as any form of physical and mental tension – deliberate or otherwise – makes it impossible for communication to be

achieved. Dreaming of seeing faces in clouds denotes a coming revelation of a spiritual nature.

- Fall = In any dreams of falling, the incidents leading up to the fall must be carefully noted – as these are memories of an astral journey. The actual falling is simply the astral body returning to the sleeping shell.
- Figs = Strange and mysterious events are about to occur in the dreamer's life.
- Flying = Flying in a dream is symbolic of an astral journey during sleep.
- Fog = Dreaming of being surrounded by a thick, grey fog is a warning that negative occult forces are attempting to engulf the dreamer in their evil embrace. Daily prayer will negate danger.
- Footsteps = A sign of coming contact with the spirits.
- Fortune Teller = Another dream denoting the awakening of latent psychic and mystical powers within the dreamer during the hours of day. Telling fortunes signifies that, with the proper training, the dreamer will become a psychic teacher – guiding others to the development of the higher

mystic and psychic powers of both mind and spirit.

- Fragrance = To smell a sweet fragrance is yet another sign of coming into contact with the spirit world.
- Frog = A mystical symbol of the transformation of a hatred into a love.
- Girl = To dream of a young girl is symbolic of the animus (or anima in the case of a man) of the psychological self. To meet a symbol of the animus is a very fortunate affair, denoting mental clarity and physical well-being.
- God = A very good omen denoting a spiritual renewal. On a more material level, dreaming of God is a sign of success in all activities concerning a personal recognition of creative talents.
- Good = Dreaming of feeling good is a very fortunate omen of coming improvements in circumstances and personal affairs. The same applies, only more, if you awake in a happy frame of mind, as this is a sure sign of a night's astrally influenced manipulation of events.
- Groans = Dreaming of hearing groans indicates

that, while travelling on the astral, you passed a fellow astral being who has happened to bring some personal worry into the astral.

- Guide = This is a spiritual dream, denoting spiritual guidance through life's many problems.
- Halo = Dreaming of seeing a halo denotes strange and almost mystical changes in circumstances.
- Hands = Dreaming of seeing glowing hands denotes that the dreamer has the ability to create events, situations and circumstances via an act of concentrated thought. This dream is – by its very nature – extremely psychic.
- Heat = To dream of suddenly becoming hot signifies that contact with the spirit world is about to take place.
- Heaven = Have no doubt – you are psychic.
- Illumination = A very psychic dream. Dreaming of illumination by a bright light foretells the beginning of a spiritual and cosmic awareness.
- Incense = A sign of mystical and spiritual guidance.

- India = This vision tells the dreamer to listen to the intuitive impulses from his/her higher psychic mind.
- Island = Dreaming of an island denotes separation from the material world; inner contemplation; mind development; wisdom; secrets learnt by meditating; and a coming together of cosmo-astral powers. It is the dream of the seeker.
- Jungle = A warning that negative psychic energies will attempt to confuse and mislead the dreamer in a variety of ways. Daily prayer will help the dreamer to avoid this danger.
- Knocking = Another dream indicating that contact with the spirit world is about to take place.
- Lake = A mystical dream denoting a peaceful and tranquil life.
- Lamps = Generally, any dream involving lamps is of a spiritual nature – foretelling spiritual help and guidance in the solving of a very distressing personal problem. To dream of lighting lamps denotes a new understanding of life and its associated problems.

- Leap Year = An omen of strange and wonderful happenings are about to take place in your life.
- Learning = A psychic dream. The dream is actually an astral memory of a visit to the Hall of Learning, where you were taught to better understand yourself. This particular building is located on the seventh level within the astral dimension.
- Light = Any dream involving a bright light, betokens spiritual guidance and the awakening – if only slowly – of higher psychic powers. But if the light grows dim, there are very negative energies attempting to divert you away from spiritual growth.
- Looking Glass = One of the most psychic dreams a person is ever likely to have. It is symbolic of the inner psychic body, that has now achieved, through the correct use of cosmo-astrally induced meditation, the perfect state. The dreamer is now ready to join the ranks of the famous mystics of both the past and present. Seeing a cracked looking glass warns that evil psychic forces are even now attempting to corrupt the dreamer.
- Magazine = A very favourable dream, foretelling an increased awareness of one's self.

- Magick = An occult dream. Events happening by way of magickal forces warns the dreamer not to become involved with the dark-side of the occult.
- Mother = As with any dream involving a loved one who has passed on, the dream is in fact a memory of an astral contact with your loved one's spirit.
- Mouth = One of the many symbols denoting imminent contact with the spirit world.
- Mummy = A mystical sign. The dreamer shall undergo a spiritual rebirth.
- Mushrooms = Another dream denoting a new awareness of psychic and mystical phenomena.
- Musician = Dreaming that you are speaking to a musician who is preparing to play music, is an indication that your Spirit Mentor is attempting to communicate with you during the hours of the day. Learn to relax more, and you will feel his loving presence.
- Mystery = The dreamer is about to become involved in the occult.
- Nightmare = Whenever a person has a nightmare, it is in fact negative psychic energies fighting

to gain control of the dreamer's subconscious mind in order to "feed" upon the fear being generated by the nightmare. These energies, known in occult circles as Elementals, will not physically harm the dreamer but they do use the accumulated strength to torment the minds of other dreamers.

- Numbers = Seeing numbers in a dream are an indication of time (i.e. twelve days, weeks or months). Seeing many numbers foretells a lottery win within the next twelve months.
- Odors = This dream has the same significance as that of Fragrance, and signals the contact with a spirit.
- Pit = A warning that dark forces have turned their evil attentions in the dreamer's direction. Do not attend seances, or allow others power to lure you into dabbling with the occult.
- Push = To dream of being pushed from behind is of a psychic nature, for it denotes guidance from the spirit world. You'll be "pushed" in the right direction.
- Pyramids = A very psychic dream, foretelling a

mystical enlightenment of a very high standard.

- Reflection = Symbolic of the inner psychic body. Seeing a strange reflection warns that negative psychic energies are trying to corrupt you.
- Scorpion = Symbolic of lust and uncontrolled passion. Several scorpions: an orgy. Being attacked by a scorpion: many temptations which will be hard to resist. Being bitten by a scorpion signifies a very passionate romance. Killing a scorpion: uncontrolled desires, lust and passion will cause own downfall. Scorpion in a cage: illicit activities will lead to imprisonment. A dead scorpion: you are desired by someone of the same sex as yourself. A scorpion fighting with a lizard portends deception by a friend.
- Sea = Dreaming of a deep blue sea betokens many new and lasting friendships with mystical and spiritual people.
- Secrets = Any dream involving the telling of secrets is symbolic of occult knowledge and wisdom. The dreamer will soon become involved with a person skilled in occult sciences. There is no need to fear this relationship – for it will be for the dreamer's ultimate good.

- Shepherd = Signifies inner peace and renewal. Whoever dreams of a shepherd has the potential for becoming a great spiritual leader.
- Skull = Occult knowledge.
- Sky = To dream of ascending or descending from the sky is an astral experience. Rising up into the sky is symbolic of the inner psychic body, or astral body, as it goes out of the physical shell. Descending is symbolic of the astral body returning to the physical body – sometimes this is accompanied by a violent physical jerk as the two bodies realign.
- Statues = Dreaming of statues suddenly coming to life denotes elevation to a position of authority – sometimes by a strange set of circumstances.
- Strangers = The dreamer is surrounded by a legion of neophyte spirit beings desiring to help and assist the dreamer. Whenever in need of advice about a problem and its solution, the dreamer is advised to find a room free from distracting sights and sounds. Once alone, relax in a comfortable chair and softly ask for an answer. Give thanks, and then go about your daily affairs. Answers may come in-

stantly, or after a couple of hours – whichever happens, you may rest assured that the solution shall pop suddenly into your head.

- Temple = Being alone in a temple is a sign the dreamer shall receive spiritual guidance at a time of great personal turmoil. Dreaming of being with others – known or unknown – denotes travelling in connection with spiritual matters.
- Toads = Symbolic of negative psychic forces.
- Tunnel = Travelling through a tunnel is symbolic of an astral journey.
- Vampire = A warning that negative psychic forces are in the process of draining the life-energy from the dreamer's astral body. If not stopped, the attack will leave the dreamer drained of vitality and open to diseases of both the mind and body. By visualizing the body surrounded by a bright white light, just prior to sleep, these evil forces will be driven away.
- Veil = A sign of spirit contact.
- Voice = To dream of hearing voices, be they friendly or unfriendly, is another omen foretelling a coming contact with the

spirit world. Carefully note exactly what the voices say.

- Whistling = To dream of hearing someone whistling is yet another sign of spirit contact.
- Witch = There are two kinds of witches, black and white, using two kinds of supernatural or occult power, positive and negative, when working magick. When a person dreams of a white witch, it is the dreamer's affairs in the form of happiness and success. Seeing a black witch, however, symbolizes negative energies, such as unhappiness.
- Zodiac = Dreaming of the twelve signs of the Zodiac is a most rare omen – foretelling advancement to a position of power, which will be unequalled for many years to come.

THE STRANGE WORLD OF OMENS

In the past few pages, I have revealed to you the meanings, as given to me by spirit guides, of over 100 individual dreams along with their relationship to your spiritual development. While it's impossible, within the context of this book, to list the meanings of every possible dream an individual is capable of having during the course of his or her lifetime, I have tried to illustrate as clearly as possible how many of these mind images are in fact the messages of both the spirit world and Cosmic Mind.

To help you to better understand your dreams, I suggest that you use the interpretation guide, in Chapter Four, covering the symbols of future-vision.

Among these many nocturnal visions are omens. Omens are signs which have a predictive value. An omen occurs, followed by a set of physical manifestations in direct relation to the event foretold by the omen.

Undoubtedly, the most bizarre set of omens ever to occur were those associated with the lives and deaths of presidents Lincoln and Kennedy. Those omens were as follows:

Both were killed on a Friday in the presence of their wives.

Lincoln was elected in 1860.

Kennedy was elected in 1960.

Both were concerned with the issue of Civil Rights.

Lincoln's assassin, John Wilkes Booth, was born in 1808.

Kennedy's assassin, Lee Harvey Oswald, was born in 1908.

Both assassins have a total of 15 letters in their names.

Both Lincoln and Kennedy were shot in the head from behind.

Lincoln's secretary, whose name was Kennedy, advised him not to go to the theatre on the night he was assassinated.

Kennedy's secretary, whose name was Lincoln, advised him not to visit Dallas.

Both assassins were from the South and opposed to Civil Rights reforms.

Both assassins were killed before standing trial.

Both Lincoln and Kennedy's names consist of 7 letters.

Lincoln's successor was Andrew Johnson, born in 1808.

Kennedy's successor was Lyndon Johnson, born in 1908.

Both successors were Senators, and both were Southern Democrats.

The names of Andrew Johnson and Lyndon Johnson have a total of thirteen letters.

Booth shot Lincoln in a theatre and ran to a warehouse, whereas Oswald shot Kennedy from a warehouse and ran to a theatre.

Here we have a tragic example of the way in which omens can and do predict the future, be it tomorrow or a hundred years hence. As a great man once so aptly put it . . .

“There are more things in heaven and earth,
Horatio . . .”

HOW TO RECOGNIZE OMENS

Begin to become more aware of omens as they occur in your own life experiences. Whenever something out of the ordinary occurs – like the appearance of an odd looking cloud formation, a strange bird, unusual reactions in the family pet, a car horn that sounds at the exact same moment you are thinking of someone, etc. – pause and ask yourself for the meaning of the omen. Your heightened sensitivity, caused by the simple act of being aware of the omen, will quickly

supply you with a correct and proper interpretation. All that remains is for you to act accordingly.

Chapter Seven

HOW TO USE MYSTIC MIND POWER TO INDUCE ASTRAL PROJECTION

In the preceding chapter, you learnt how certain dreams were actually memories of a night's astral travelling. These projections of the astral body were spontaneous and un-directed. But now you will learn how to take astral trips to predetermined destinations as your physical body remains sleeping on the bed.

You will be able to transcend the barriers of time and space. You will discover secrets of past incarnations and civilizations. During these astral trips you may experience psychic clairvoyant visions of events happening in other parts of the world and in a future time. These visions can then be used to plan your life so that you may avoid the dangers that lie ahead.

Being free from the restrictions of the physical body can be your passport to explore the multi-dimensional Astral Plane. It is here that the past, present and future can exist simultaneously – one within the other.

This chapter contains the simple and easy-to-follow instructions for achieving controlled astral projection during the hours of sleep and shows you how you may, if you so wish, use this new ability to obtain secret knowledge and influence others.

THE ASTRAL WORLD

The astral consists of thought within thought. As each individual thinks – so it is.

When the physical body dies, the psychic (or astral) body passes into the astral dimension and creates its own environment the instant a thought forms in its psychic mind. The astral can be a mirror of each individual person's spiritual development – it is heaven or hell. The energies emitted by the psychic body will create the next level of reality-awareness. The guilt-ridden will create their very own astral hell, while the more spiritually advanced will find that they have entered paradise, but only of their own making – it is an expression of materialized thought and ceases as the individual man or woman is reborn or advances to a new level of astral awareness.

Those who succumb totally to the darkness of the mind experience no “after-life”. At the moment of physical death, the spark of life within them returns to the Light (Cosmic Mind) from whence it came. The psychic body, eaten away by the cancer of darkness is virtually non-existent and the individual's awareness ceases to exist.

The astral also consists of Time Zones. Each one of these zones corresponds to a period of history as enacted in our current world of reality-awareness. In this way, it is possible for an experienced astral traveller to visit and experience any period of history he so chooses.

The psychic body remains in the astral for a period, it then moves on to the next stage of development – reincarnation.

Not all humans are reborn – this is a false concept developed by those who do not fully understand – only those chosen at the moment of original conception are reborn.

In this new life, the psychic body is awakened by the Spiritual Forces at a given time and the new physical body is guided to fulfilling its Karmic Destiny. It is through these people the Spirit Forces speak, and it is to these people that they manifest in the form most suitable.

Those who are not reborn must remain within the astral until a Cosmic Attunement is attained by the collective thoughts of every man, woman and child. Cosmic Attunement will spread throughout an empty space within the heart of mankind and reality will cease on every level of reality-awareness. Both physical and psychic forms will merge into the Light, becoming light within light.

THE ASTRAL BODY

The astral (or psychic) body is the spiritual life-force within all living things and is composed of cosmo-astral substances of an extremely finer quality than the matter comprising the physical or host body. This spiritual essence can be, either spontaneously or consciously, partially or completely projected from the physical shell. Within the astral body are all the emotions, passions, desires and yearnings of the physical body, along with the heightened awareness of cosmo-astral energies and their interaction with physical matter. The desires and emotions are returned to the relaxed physical body only when the realignment of the two bodies occurs – this being at the end of a night's astral travelling.

Thus, projection of the astral body places the physical shell

into a form of suspended animation – devoid of feeling and care.

While free from the restrictions of the host body, the astral body may, through the simple expedient of thinking, consciously project itself to any destination within the physical and astral worlds. While in the astral, it may visit any period of history, or the various levels of astral awareness. It is also possible, via an act of will, to lower the vibratory rate of one's astral body allowing it to be seen in an opaque or translucent form by whomever you so desire.

Projection of the astral body can also occur as the direct result of physical and emotional shocks, such as during an operation or car accident.

HOW TO PREPARE YOUR MIND FOR ASTRAL PROJECTION

Mystic Mind Power will project you into the astral very simply and easily. The first step in consciously controlled projection is to impress the higher psychic mind centres with a strong, emotional desire to succeed in projecting to predetermined destinations.

Every night, for at least three weeks, give your subconscious mind the following command:

I can and will project my astral body to predetermined destinations in both the physical and astral worlds.

Repeat the above mystic motivator quietly to yourself at least ten times during the specified period.

At the end of the three weeks your higher psychic mind, which is the controlling factor behind all successful projections of the astral body, should have been sufficiently imprinted with your desire, to lift you into the astral at will.

THE WILL TO SUCCEED

A strong will and desire must be foremost in the mind, for conscious success, on long distance astral travel.

In going out, one should have an open mind (no specific expectations or preconceptions) as to what you may see and as to what the experience will be like.

Doubt hinders development because it prevents intense imagination of the desired conditions, which tends to block successful projection of the astral body.

You will now be shown how to achieve controlled astral projection.

THE TECHNIQUE OF ASTRAL PROJECTION

When you wish to consciously induce controlled astral projection, do so, by performing this technique as you drift off to sleep.

Close your eyes and then do two things. Firstly, relax yourself rapidly as if you were exhausted after a day's driving. The second requirement is to hold an attitude of utter rejection in the mind. You must reject the whole world and all that is going on about you as you lie relaxed in your bed.

Say to yourself, "I've just had enough of all this, I am going to turn inwards for twenty minutes and forget everything!" There isn't anything in the physical world that you want and therefore you won't think of anything. Your mind will be turned inwards instead. Soon, a gradual heaviness will begin to weigh down your body and within moments you will find that your body goes to sleep but your mind is alert and active. The body may even snore! This is self-hypnosis, your body has been consciously put to sleep.

After a short period, perhaps as little as five or ten minutes, it will be possible to arouse yourself gently, for your fatigue

by now would have evaporated. During that time your consciousness will have projected itself outside of your sleeping body.

It will be in the astral body some few inches above its physical shell. You may still hear noises but it will be with your astrally heightened senses. You will be in a state of astral projection, and a few inches above your physical body.

Sometimes you may even see the ceiling through your closed eyes, because you will be using astral eyes and astral senses and astral awareness, your viewpoint of the ceiling gives you a slightly weird and different impression because you are regarding it from 3 inches above your head.

An indication that you are succeeding will be a sudden releasing of disconnected visual images which yogis call, *vrittis*. These are the excreta of the relaxed brain and herald the onset of projection.

To help in achieving a successful projection, you might visualize that you are at the bottom of the sea and need to force yourself, out of necessity, to the surface. Strong inclination to move upwards frequently takes the stage of self-hypnosis one step further and a desire to project further.

The most important factor behind any successful projection of the astral body is a strong desire to be at the chosen destination.

SPECIAL WAYS TO USE ASTRAL PROJECTION

When you project into the astral at night, this new-found psychic ability can be utilized in a wide variety of ways. From visiting any country on earth to experiencing the worlds of alternate realities – and everything else in between!

You can take fantastic, mind-expanding astral journeys into past and future generations and experience new and un-

dreamed of levels of awareness while exploring other dimensions of time and space.

In addition to this, your higher psychic mind centres can be used to solve problems while in the astral state of heightened awareness.

There is no limit to the possibilities.

To reach a predetermined destination, quietly recite the following mystic affirmation immediately prior to projection of the astral body each night:

I now prepare both my mind and soul for conscious projection of the astral body during sleep. I desire help and guidance in solving the following problem, . I wish to explore alternate realities and to experience past and future worlds while in the astral state.

When you have finished reciting the above affirmation, pause for a few moments and concentrate on exactly what it is you desire to achieve while in the astral state.

If you desire the solution to a specific problem, first study the problem from every angle before projecting out onto the astral.

If you wish to visit some distant land, invoke mind images of the chosen country.

If it is a past or future time you intend visiting, let your mind dwell on that possibility. The same applies for astral visits to the bizarre worlds of alternate realities.

Having prepared both your mind and soul for the night's astral journey, all that remains is for you to perform the technique for astral projection as described in the preceeding pages.

The Golden Door

The following astral experience took place on the evening of Sept. 29, 1981.

After successfully inducing separation of the physical and astral bodies, the room in which the experiment took place began to glow in red, blue and green light. At the same time, the room appeared to go into a spin and to change shape from rectangular to octangular. Increasing in speed, the room continued to spin until it seemed to expand out into limbo and I found myself standing in the midst of oddly shaped orange-coloured trees.

A young man, aged about twenty, with bright blue eyes and hair of gold, dressed in a white toga and sandals, appeared astride a winged horse. The young man handed me a golden arrow and promptly vanished.

The landscape around me dissolved into a dense jungle. A few feet from where I stood there appeared to be an ancient Aztec temple in a small clearing. Walking the short distance, I stood looking at it in awe, overwhelmed by the almost tangible aura of ancient wisdom which seemed to cling to every stone of the temple. Suddenly, an Aztec priest appeared and threw a spear at the ground between my feet. 'This is a sacred place,' he said.

The priest pointed away from the temple, and I left.

After walking a few feet in the indicated direction, an iron door, with an eye at its centre, appeared before my startled eyes. The door opened slightly, and from beyond it came a grey and gnarled hand. The hand beckoned to me to enter. However, as it was the left hand (a sure sign of negative psychic energies), I threw my golden arrow at the door and it exploded in flames. The hand became as a skeleton's. Upon falling to the ground it shattered into several pieces.

The astral environment changed into a barren, rock strewn plain of phosphorescent mauve. In the distance stood a large, golden door that shone like a beacon out of the darkest night. Upon reaching the door, I passed through it (physical laws are non-existent on the astral and its various levels of awareness) into a long, rainbow-like tunnel and became immersed in pulsating gold, orange and yellow light. After I'd passed out of the pulsating light, I found myself to be in a peaceful and cloud-like void. There appeared around me a group of beings dressed in long white robes. The power and love emitted by these pure and benign creatures was quite wonderful. They spoke to me telepathically and their voices were as one. 'Come and sit with us,' they said.

They took me to a long table with many chairs. When we had seated ourselves, the beings spoke once again. 'You have come a long way to be as one with us,' they said. 'We are the Guardians. The protectors of man's darkened soul. Darkness is deceit. Be among us brethren and you shall fear not.'

One of the beings stood and walked over to me. He pointed over at another golden door, and I knew that it was time to leave. Returning to my physical body, I awoke with a violent jerk and promptly made a record of my astral experience.

This is one example of many such astral experiences that I have had since learning the technique for controlled astral projection. With practice, you too will be having similar such experiences.

THE ART OF ASTRAL SEDUCTION

Is there some attractive member of the opposite sex for whom you have a burning passion, but who has met your advances

with icy-cold indifference? Would you like to be able to change this situation?

If you answered Yes to those questions, then Astral Seduction is the most important Mystic Mind Power Technique you will ever learn.

Its implementation is simplicity itself, but its results can be devastating!

Prior to projection of the astral body, give yourself the following mystic command:

I shall meet and seduce _____, on the astral tonight.

I expect to see results of this seduction within a few days time.

Now drift off into sleep induced projection with an air of happy expectancy.

What will happen will take place on two levels of awareness, the astral and physical worlds. During your night's astral travelling, you will come in contact with the astral form of your beloved, and while in his or her company impress your romantic desires upon his or her higher psychic mind – which in turn, will influence the individual's reactions to you in the physical world.

I have used this method successfully a number of times. Believe me, it works!

HOW TO RETURN TO YOUR PHYSICAL BODY

Once you have visited whatever era of history, or have travelled to a distant land, or have influenced the actions of others, it is time for you to return to your physical body.

Simply will yourself back, and you will instantly return.

Chapter Eight

HOW TO USE MYSTIC MIND POWER TO MAKE DIRECT CONTACT WITH THE WORLD OF SPIRITS

It will, no doubt, surprise you to learn that as you sit quietly reading this book, the supposedly empty room in which you are sitting is actually filled with invisible spirit beings who are listening to your every word, watching your every move, and reading your every thought.

Are you afraid?

Don't be. They are there to help you.

But how, you might ask, can something which I can't even see or touch possibly help me. The answer is, in any way you like.

Being dual inhabitants of both the astral and physical levels of awareness, existing in both dimensions simultaneously, spirits have access to a vast range of secret knowledge and information normally beyond our physical capabilities to discover.

Our future is their present. Our present is their past. Infinity is their destiny.

You have, without ever realizing it, received help from the many inhabitants of the spirit world on numerous occasions in the past – perhaps as recently as only a few hours ago.

More often than not the, so-called, voice of intuition is actually a spirit being impressing information upon your conscious and rational mind – often in the form of warnings relative to a future danger.

Know this Truth. Spirits are attempting to communicate with all of us every minute of every day.

HOW BEINGS FROM THE NEXT DIMENSION CAN HELP YOU

You may, from time to time, have to make an important decision on a business matter, or make a choice as to which course of action to take to end a certain problem. The beings of the next dimension know all things past, present and future. They are waiting at this very moment to guide you to a bright new future.

Various methods exist for communicating with the inhabitants of the Spirit World, and we shall now examine these methods in detail.

THE PENDULUM

Undoubtedly, the simplest and easiest way of contacting the next dimension is through the use of a pendulum. This powerful device is very easily constructed from readily available household items. Take a ring, or key, and attach it to the end of a piece of string, or a thread of cotton, approximately twelve inches long. There you have it, a very simply-made communication device that can put you into a direct line of contact with the Spirit World.

Pendulums, of one kind or another, can be traced back to ancient Greece and the Orient. The Greeks were the inventors of a form of a future-vision called *conscinomancy*. Two people would put questions, on any subject, to a sieve suspended by strings and the oracle would interpret the design traced on the ground by the sand falling in patterns from the moving sieve. This complicated form of divination (future-vision) slowly evolved into the mystical science called *radiesthesia*. The Science of the Pendulum.

Put simply, *radiesthesia* is the mystical ability to tune the mind into the astral vibrations surrounding all physical and non-physical objects. *Radiesthesia* is also known as *dowsing*, when used to locate undiscovered mineral deposits, such as gold, etc. When used for this purpose, the pendulum weight is usually constructed from a piece of the mineral you are searching for. For example, when dowsing for the location of gold, a piece of gold would be used. The pendulum is then slowly passed over a map of the area you wish to search. If the device begins to swing in a circular pattern, it usually indicates that gold would be found at that location.

The same procedure applies for diamonds, opals, rubies, emeralds, coal, oil and water. In the last two instances, a small container is filled with the appropriate liquid and suspended from a piece of string or other suitable material.

Everyone possesses the power of *radiesthesia*. Thus, anyone can use a pendulum.

In spirit contact, the pendulum is used to establish an actual code of communication between yourself and the controlling spirit being. On a level table place a piece of paper, approximately six inches square, with the Seal of Solomon (Figure 1-2) marked on it in black ink. This magickal seal is

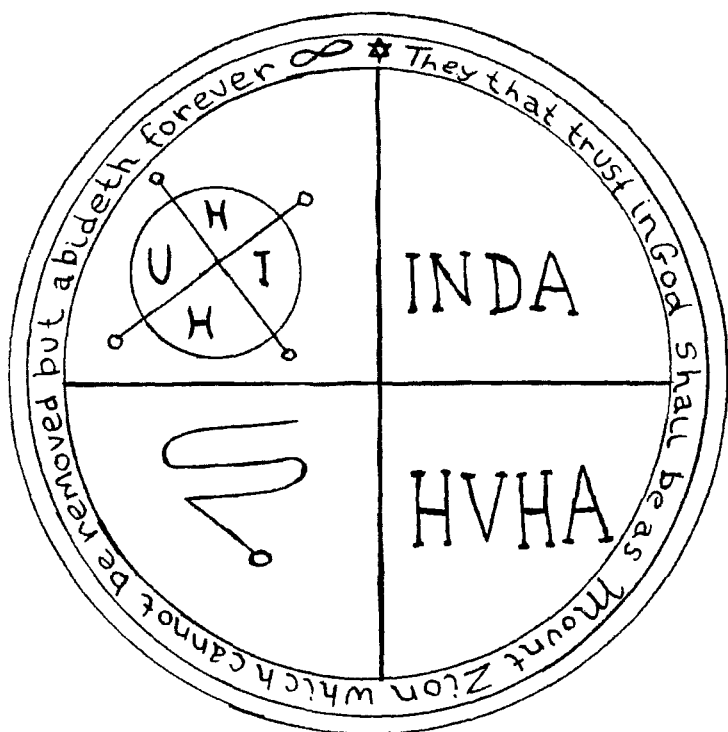


Figure 1-2

used by occultists to control spirits, and it will ensure you always receive correct answers to your questions.

Holding the pendulum between the thumb and forefinger of the hand you use to write, rest your elbow on the top of the table and allow the pendulum to swing freely. The weight should be directly over the centre of the seal, at a height of approximately two to three inches.

When the pendulum has stopped swinging, ask softly: "Will a being from the next dimension who can answer my questions regarding , please step forward?" You

can say this aloud, or just think it. Ask next: "Will this being now show me in which way the pendulum, that I hold in my hand, will move for Yes." After this has been shown, repeat the same procedure for No.

Now you may ask the spirit being as many questions, that can be answered with either a Yes or No, as you need to solve your problems. If the pendulum remains still after you have asked a question it simply means that, for reasons known only to the spirit, you're not permitted to have that piece of information. Wait, and repeat the question at a later date.

When you are ready to end the contact, say: "Thank you, spirit, for your help and guidance. Peace be with you." Place the pendulum down on the table and leave the room.

Once you have become skilled in pendulum work, you can proceed to a more advanced method of spirit contact and begin to receive specific messages. In this way, you are no longer restricted to the often long and time-consuming Yes/No method.

THE OUIJA BOARD

Derived from the French word *Oui* and the German *Ja*, both of which translate into the English word *Yes*, the ouija board is an accurate and highly sophisticated method for receiving messages from the inhabitants of the Spirit World.

The device usually consists of a polished board on which are printed the twenty-six letters of the alphabet, nine numbers in order from 0 to 9, and two one word answers of *Yes* and *No*.

The board is placed on the surface of a level table and two, or more, persons gently place their fingertips around the edge of the planchette (marker), which is then moved by the controlling spirit beings, working through the sitters, to spell words and give specific messages.

If you do not wish to invest in a professionally produced ouija board, you can make your own inexpensive version quite easily by writing the letters of the alphabet, along with an assortment of numbers and the words Yes/No, on separate pieces of paper and arrange them in a circle on the surface of a polished tabletop.

In the centre of the circle, place an inverted wineglass and use this as the marker to spell out messages.

The traditional, "Is there anybody there?," should be used to begin the contact.

A variation of the ouija board method is

THE SEANCE

The word seance is derived from both the Latin and French words for sitting, and is used to describe a gathering of six or more of like-minded individuals for the sole purpose of entering into open communications with spirits.

The gathering is usually presided over by an experienced trance medium who acts as a go-between for the sitters and the inhabitant of the Spirit World. The medium goes into trance, allowing the invoked spirit to speak through his or her mouth.

Often, the phenomena of ectoplasm is experienced in which a odd vaporous and slightly phosphorescent substance will emanate from the medium and gradually form itself into the resemblance of the spirit.

Seances can sometimes get out of hand, as the following personal experience will clearly serve to illustrate.

A GHOST CALLED ELLIE

Shortly after moving into a comfortable apartment in the Sydney suburb of Bankstown, there occurred a series of

frightening events which culminated in a seance being conducted in an attempt to find the source of the trouble and, hopefully, alleviate the situation.

The first indication that something was definitely amiss, was a spontaneous astral experience one Friday evening in January, 1981. Leaving my sleeping body, I floated down the short corridor connecting my bedroom with the main living area and came face-to-face with the spirit of a little girl, aged about ten. She had shoulder length hair and wore a short nightdress. The spirit appeared to be surrounded by a strange green mist, making it difficult to discern the color of her hair. But it was the spirit's eyes that, even now with the passing of the years, have remained so vivid in my recollections of that night. They were the eyes of pure evil. So strong was the evil and hatred in those eyes, that my astral body quickly returned to the relative safety of my physical shell – whereupon I awoke with a start and commenced to tremble with fear. It will, no doubt, come as no surprise to learn that the remainder of that odd night passed without sleep.

The ensuing nine months passed without incident. Then, during a three day period in October, I was subjected to an intense psychic attack by whatever evil force permeated the apartment. On the afternoon of the first day, a Friday, my bedroom became filled with an odour that can best be described as “old cheese”, and a mustiness as if the room had been unoccupied for several years. Opening the window did nothing to rid the room of the unearthly odour of decay.

The second day dawned, and I became filled with such a morbid state of mind, that I actually contemplated taking my own life. It seemed to me that my entire existence was totally and utterly without purpose. (This was the worst

stage of the psychic onslaught.) On the evening of the third day, I experienced an occult dream (See Chapt. Six for descriptions of occult dreams) in which I sat looking at my reflection in a mirror. Suddenly, the mirror image changed into the darkly satanic version of myself, and from its left hand appeared a giant vampire bat. In the next instant, I was awoken by the sounds of a constant and heavy pounding upon my bedroom door. Yet, as soon as I awoke, the pounding ceased and the room fell silent. No, I did not open the door to investigate the source of the pounding.

In the months following this "attack", I became acquainted with Joan Moylan, a highly respected Australian psychic. It was at her suggestion that a seance was held on May 1st, 1982. A date which I and all those involved in the seance will never forget.

Before going into detail about the events of that day, allow me to mention that even my level-headed father was touched, though he never realized it, by the negative energies within the confines of the apartment. Shortly after he had moved-in (I had until then lived with my late mother), he experienced an occult dream, in which he stood helpless at my bedroom door listening to my screams that a ghost was in my room. This is the only indication my father ever gave of being, however slight, aware of the invisible danger.

The group, of which there were seven including myself, gathered in the apartment at the appointed hour and the preliminaries commenced without delay. Joan's father, also a medium, sat in an easy chair facing the corridor where the spirit had appeared to me many months earlier. Going into a slight trance, he immediately became agitated and began saying: 'No! Go Back! Go back!' When asked what he, and only he, saw in the corridor, he described a creature from the

darkest nightmare.

There was, he claimed, something cold and ultimately evil beginning to form in the corridor. Something with a mouth filled with layers of pointed teeth. With eyes of ageless evil and a multi-tentacled body of green mist. Calling upon his Spirit Guides for help, he forced the evil creature back into whatever timeless limbo it had come from. Like some loathsome vampire, the creature had been sucking the psychic energies of our combined auric energy field, in an attempt to physically appear in our dimension.

Following this unexpected encounter with evil, it was decided that the seance be held without any further delay.

Positioning ourselves around the table, we all joined hands in the traditional manner and watched intently as Joan went into trance in an attempt to contact the spirit of the little girl. Within moments, the first signs of success began to manifest. The temperature dropped rapidly from a comfortable warmth to an uncomfortable cold. The entire apartment became filled with ice-cold breezes blowing from the nether world of spirits. Goose bumps formed on my exposed arms and I seemed to momentarily lose touch with reality, as if I had been displaced in time and space, aware yet not aware of the others in the room with me.

I was brought back to reality by the sound of Joan's voice saying that she could hear the spirit of a woman screaming for help. At the same time she suddenly sensed that the spirit of the little girl was attempting, through negative psychic energies, to harm a female member of the group. The woman in question was, at the time, in another room and Owen, her husband, promptly went and brought her to the relative safety of the group.

The seance was recommenced and passed without incident,

though we did discover the name of the little girl was Ellie, except for one rather odd happening involving Ralph Topp, a friend of long standing. As he sat at the table, the entire left-side of his body became paralyzed, while the right-side was subjected to the constant caress of an ice cold breeze.

The seance was abandoned before anything else happened, with the result that the entire exercise had been a complete and utter waste of time.

We were left with more questions than answers.

A year later, I left that apartment and I have never been back.

HOW TO RECEIVE SPIRIT LETTERS

Inspirational writing is the quickest and safest way of obtaining information from the inhabitants of the astral world and beyond.

Put simply, inspirational writing is sitting down and writing the thoughts and ideas appearing in your mind. The recipient of such an unusual amount of spiritual enlightenment does not have to achieve a state of trance – though, obviously this would greatly improve each individual contact – but merely the right frame of mind and freedom from interruption.

Often, the messages received in this manner will fill many pages with mystical wisdom and instruction.

In fact, I'm using this method to write the book you are reading at this very moment.

To receive Spirit Letters, choose a quiet spot in your home and have a pen and paper ready to record your messages. To practice as correctly as possible this very fine art of spiritual attunement – recite the following mystical affirmation quietly to yourself:

*I now attune both my mind and soul to the Highest
Spiritual Forces of the Astral World. I wish to
receive communication from these positive forces.*

And so it is.

Within moments, your mind will begin to fill with thoughts, images and impressions from the positive forces invoked by the affirmation.

Spirit contact can be an informative and fascinating way to pass the time. Try it – you'll be glad you did.

Chapter Nine

HOW TO USE MYSTIC MIND POWER TO CONTACT EXTRATERRESTRIALS

UFO. Every time you hear the word it conjures up mental images of other worlds and alien civilizations.

In recent years, two extremely successful and highly acclaimed motion pictures have speculated on the possible consequences of an open contact with beings from beyond the stars. Beings possessing highly developed mental abilities.

It has been estimated that there might be anything up to 10,000 planets in our galaxy alone which are capable of supporting living creatures – though the life on these other worlds would not necessarily be the same as that existing here on the earth.

Why haven't we heard from them?

The amazing fact is – we already have!

This little-known history making event took place in the U.S.A. over twenty years ago.

The code name for the event was: Project Ozma.

PROJECT OZMA

In the early 1960s, the US Government instigated Project Ozma in an attempt to contact extraterrestrial civilizations. The project was situated within the confines of a National Science Foundation's radio observatory at Green Bank, West Virginia. Head of the project was Dr Otto Struve, an astronomer and director of the observatory.

Focussing the observatory's giant radio telescope on Tau Ceti, a nearby sun believed to have planets, the assembled scientists were astounded when they began receiving clear and unmistakable signals from an alien civilization on a planet not our own.

Shortly after this earth-shattering event, the project was – for reasons known only to the hierarchy of the Pentagon – abandoned and an official “explanation” issued alleging that the space signal was actually radio impulses from a secret military station.

Believe it or not.

MINDS ACROSS THE COSMOS

In Chapter Two, you learnt the Psychic Power Ritual for stimulating the various levels of psychic power and it will be a variation of this basic ritual which you'll be using to contact aliens across the void of space.

Proceed as follows:

1. Lie down and visualize yourself surrounded by the sparkling gold of telepathic power.
2. Let your mind go blank.
3. Imagine the golden energy field is gradually beginning to shrink, filling the inside of a receptive mind with ultra-telepathic power.
4. When the inside of your head is filled with the golden

light, you are ready to begin an amazing mind journey to the outer limits of space.

5. Project a ray of golden light out through the spot between your eyes and imagine it to be reaching out and searching the vast and limitless cosmos for the first signs of telepathic contact with alien beings.

With luck, you should begin receiving mental images and feelings totally alien to our world. I say with luck, because reaching alien minds requires such an intensified amount of mind power that there is only a 75% chance of success.

Strangers From Orion

On the evening of August 24th, 1982, I established telepathic contact with aliens from a planet beyond Elipson Orionis – being the central star in the belt of Orion. Once contact was obtained an image of an alien spacecraft was beamed into my mind (Figure 1-3). This was followed by a view of the craft's interior and of the aliens themselves (Figure 2-1). There were three aliens, all wore dark-colored clothes with a central rust-colored bas-relief ending in a sharp point. At this the first contact ceased.

Contact was again established the following evening. An image of the constellation of Orion, with a circle of light blinking on and off around Elipson Orionis, appeared in my mind. I sensed that this was an indication of where the aliens came from. Next, it seemed I was moving through an alien star-system. A greenish phosphorescent glow appeared ahead, and as it grew closer I saw that it came from a planet shrouded in a strange green mist-like atmosphere. Upon entering the planet's atmosphere, I could see a rust-colored mountain range and a portion of a city illuminated with many lights (Figure 2-2). Next, the image of one of the alien's

spacecraft was beamed into my mind – it was surrounded by a swirling mass of maroon-colored substance (Figure 2-3). I sensed that it had something to do with energy transference, and that it was how their craft travelled through space. Inside the craft, some aliens held on to a strange device with handle-like protrusions (Figure 3-1), and I received the impression that it was connected with the spacecraft's power source. At this point, the contact ceased.

After contact was again established the following evening, an odd symbol was flashed into my mind – it appeared to be three dimensions and not flat (Figure 3-2). This was followed by the image of an area of swamp land surrounded with thick vegetation, in the distance was a smoking volcano. An area of semi-solid soil fell inwards and a odd maroon-colored creature appeared (Figure 3-3). Next, I saw a crowded city of tall spires and lights (Figure 4-1). The streets were filled with aliens wearing black body stockings. Then, the image of a green and cloud-like substance in a section of space was beamed before the eye of my mind. Sensed that it was dangerous and that the aliens had lost many of their craft while passing through it. Finally, a map of an area of space was beamed into my mind (Figure 4-2).

In the second last contact, I saw a section of the control console inside one of the alien's spacecraft. This comprised of several cubic buttons – red, blue and green, forming a large square pattern – and an alien sat pressing some of the buttons. In front of the console there was a large rectangular screen on which there was displayed Orion. In the lower half of the image, a white, five-sided shape appeared. This was then filled by a series of white vertical lines – and a red light flashed at its centre. Sensed that this was how the aliens navigated.

The final (?) contact occurred in a slightly different manner.

On the evening of May 13th, 1983, I generated ultra-telepathic power on the eve of sleep and concentrated on establishing contact. Sometime during the night I had a "dream" in which I stood looking up at the cloud-filled night sky. In the centre of the clouds appeared a small, cigar-shaped object radiating beams of intense white light (Fig. 4-3). The object disappeared back into the clouds. Shortly thereafter, the clouds parted and revealed a dark-colored eliptoid-shaped object with a string of red lights across its centre (Figure 5-1). This craft was in sight for a few moments before rising up into the clouds.

The aliens are approximately five feet tall, have colorless skin, oriental-like eyes, are hairless, have hands with pointed fingers, a head which is slightly large for their body and have an air of utter ruthlessness about them.

It is interesting to note that on March 1st, 1954, an American mystic warned that UFOs coming from the constellation of Orion, are hostile and bent on destruction.

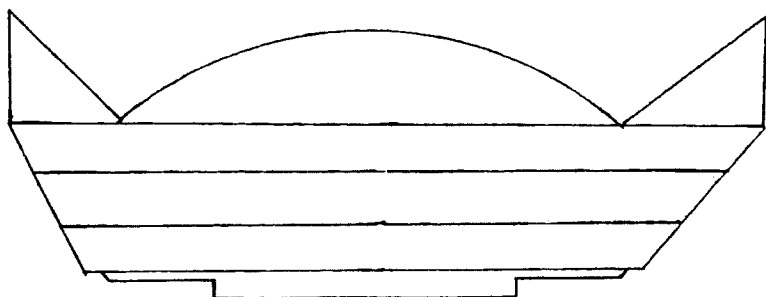


Fig. 1-3

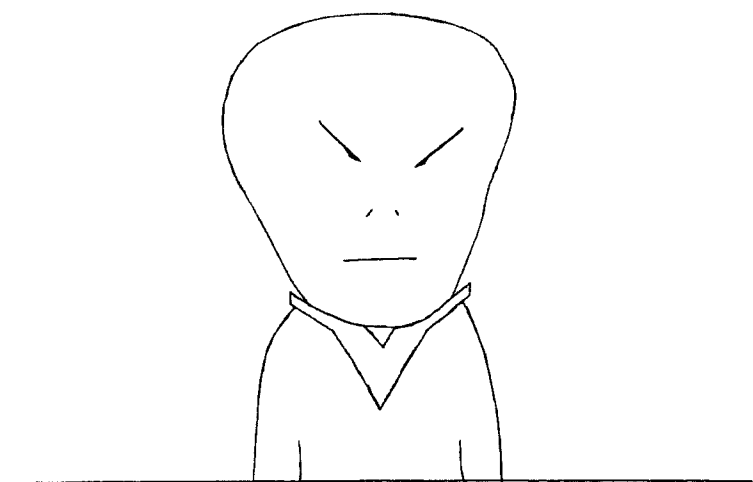


Fig. 2-1

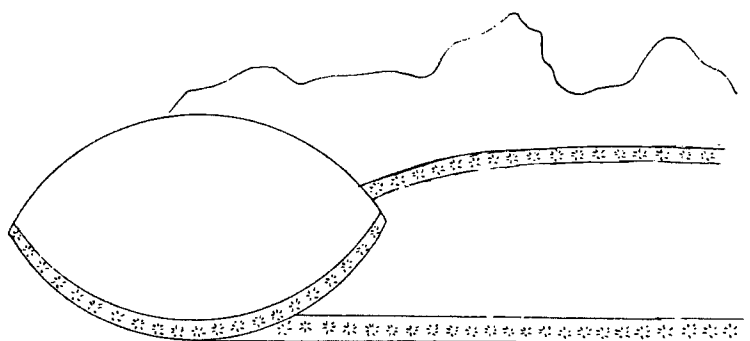


Fig. 2-2

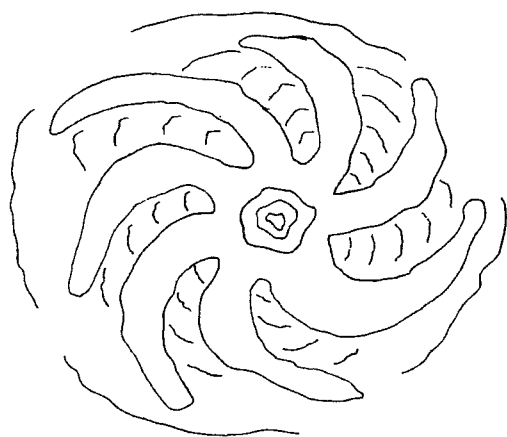


Fig. 2-3

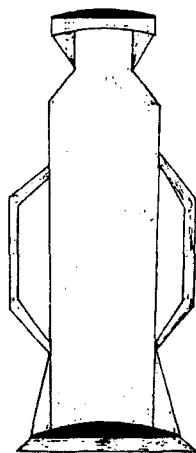


Fig. 3-1

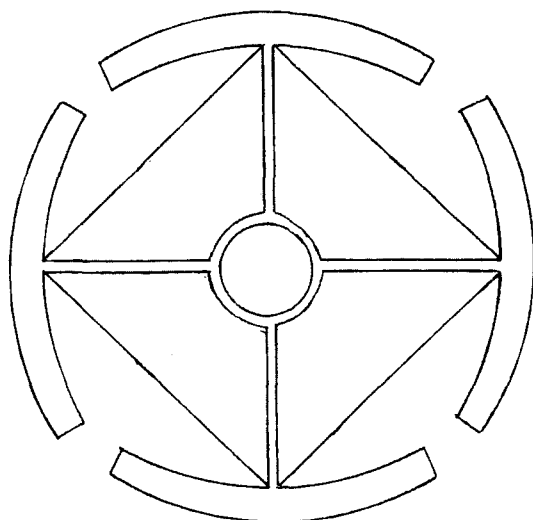


Fig. 3-2

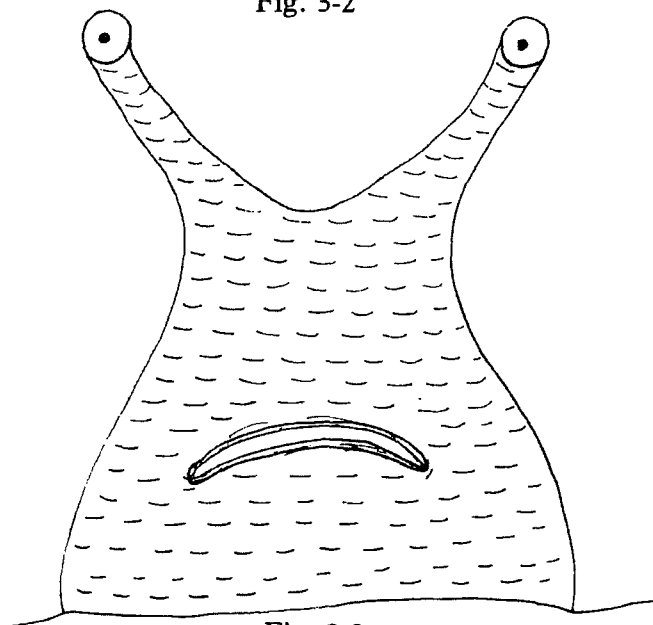


Fig. 3-3

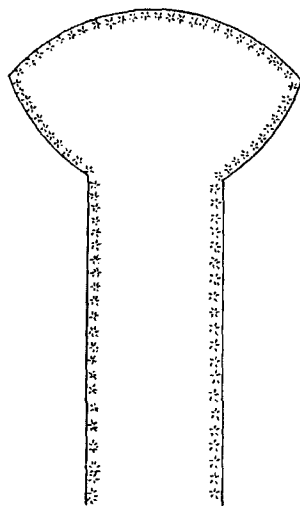


Fig. 4-1

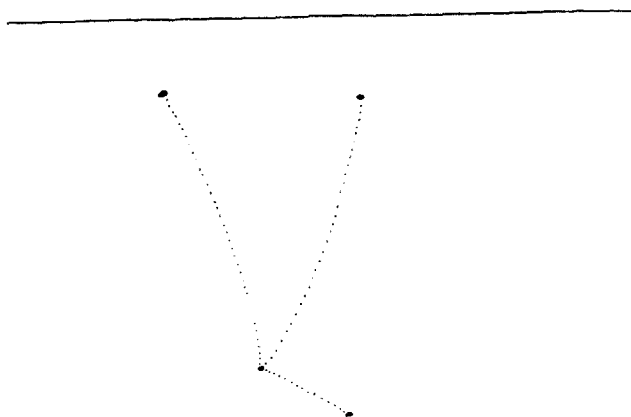


Fig. 4-2

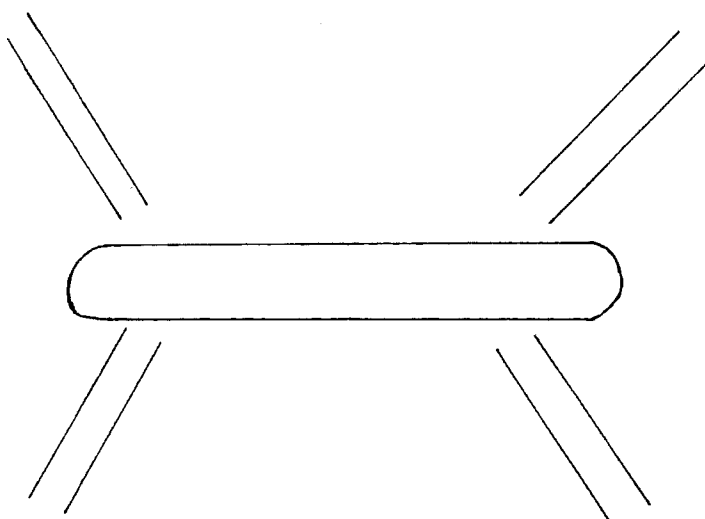


Fig. 4-3

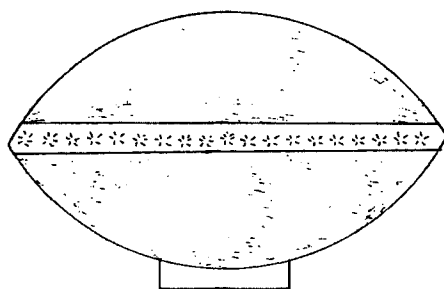


Fig. 5-1

They are out there.

All you have to do is reach out to them with your mind.

Chapter Ten

HOW TO INCREASE THE EFFICACY OF MYSTIC MIND POWER

The difference between Mystic Mind Power Techniques that work and those that don't work is invariably the level of desire and faith in oneself, or lack of, instilled in the performance of the chosen mind power technique.

In this final chapter, you will be shown how to become a successful user of this awesome mystical power within all of us: a mystic who doesn't just succeed a few times, but is an achiever nearly every time he uses the mystical power of the human mind, someone who is a master of life and destiny.

Diligently follow these Mystic Mind Power Pointers, practice all of them every chance you get, and you will maximise your inner power into producing startling and life-transforming effects every time it is used.

MYSTIC MIND POWER POINTERS

Faith. Believe in the power within you; know that it can and will bring you all the things which you truly desire to manifest

into your life experiences. Never doubt its power. Doubt is tantamount to hitting your head against a brick-wall – you get nowhere fast.

Secrecy. Until you have achieved each and every desire written on your Mystic Desire List, keep the fact that you are using ancient mystical powers a closely guarded secret. Telling others of your actions will only open yourself to ridicule and some very strange looks.

Desire. A strong emotional desire for changing an unpleasant situation (this can be lack of success, money, friendship, etc.) is vitally important for the successful outcome to any Mystic Mind Power work. Desire is the key to unlocking the creative energy of the higher psychic mind centres.

Patience. If your chosen Mystic Mind Power Technique doesn't work the first time, repeat the entire process again and again until you begin to receive definite results. Patience is a virtue.

Go forth and conquer!