Of Karma

(2) Of Karma the results must pass Away
Yet it leaves seeds which in their turn sprout forth
And throw the actor back into the flood
Of Karma's ocean. Karma cannot save.

(4) Worship, reciting of God's Holy Name,
And meditation, mainly are performed
By body, voice and mind, and they excel
Each other in the order here set down.

(6) Constant repeating of the Holy Name
Is more than Praise, at length the voice will sink
To silent repetition in the heart
And in this way is meditation learnt.

(7) Better than meditation that recurs
In broken fits and starts is that which is
A steady ceaseless flow, like to the course
Of falling oil or a perennial stream.

(8) Worship of God as in no other way distinct
From him who worships, or in other words
Thinking that "He is I", is better far
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( ) He who decides once for all to turn his back on this debased servitude to the lower nature,

(1) Comfort and Peace at home.(a) all material things taken care of -- food,clothes,etc.
(2) PEACE, LOVE, HARMONY, U N D E R S T A N D I N G . I woul d like to have a Haven of rest , joy, and peace away from the harsh world of sorrow and pain. A place where I love to come home to for I will find there all these loving and great qualities in my wife.
(3)A mental and intellectual mate who gives me moral support, encouragement , and upliftment.

(5)TO HAVE THE BEAUTY OF YOUR REAL SELF SHINE THRU IN EVERY WORD AND ACTION, will give me the GREATEST happiness, and will prove to me that you love me.
********** **********
When you a e older you are only romantic without illusions. You face reality and keep feet firmly on the ground without losing the essence of the beauty of Romance.

Etiquette

(S)When greeting a visitor, take care to give a cordial welcome.It is uncouth and hurts him to be cold or indifferent;it is a seeming but unintentioned lack of graciousness. Be gracious!

(S)When people thank you for something, answer "It is my pleasure."

(D)Soup must be sipped from the spoon's side.It is never served for luncheon.

(S)When arguing with someone who is behaving badly say, "Please do not be difficult."

(D)Sit erect at dining table,keep elbowsin at side. Do not slouch,it is bad form to sit relaxed with drooping shoulders,round back and head bent. Sit taut.

(S)When someone offers a his own personal possessior as a gift, answer "I can hardly let you do that."

(S)When speaking on phone take special care to be gracious.I tend to be abrupt.Poulsen said I speak like a businessman in ~~xhurrxx~~ a hurry,and was hurt .

(S)Where there are two or more in a party at a theater or restaurant~~xxx~~ reading is taboo.

(S)The word "Madame" must always be spelt with an "E" at end,or it has an unpleasant connotation.

(S) Emerson: "Let us leave hurry to slaves".

(S) An abrupt brusque manner and choppy brittle speech are not reflective of spiritual traits.

(S) It is a mark of homosexuality and one much ridiculed to wave hands minceinglywhen saying farewell. Never do it. Either raise hat or smile.

(S)-The proper reply to "How are you?" is "Fine, thanks" or "Very well, thank you." Nowadays, when this query often is used as a greeting instead of the standard "How do you do?" or "Good evening,"too many are careless about the "thanks." Yet, to a well bred person, the inclusion of "thank you" with such a reply is almost automatic.

(S)Everything is socially significant in England, from the way shoes are laced (ladies and gentlemen never criss-cross their laces) to the way you drink you tea(only the middle classes put the milk in first); from the way you sleep(bolsters are not good form) to the way you eat.

(S) To a guest: I start work very early in the morning so as I must retire now, please excuse me. (b)To get rid quickly of unwelcome intruders and visitors, or cut short and unduly prolonged interview, simply rise from your chair and walk towards the door. This is a sign that the visit must end. It is often practised by executives.

(S) Is reading at the table ever correct? Answer: It is not improper to glance at the morning paper at the breakfast table. But it would be very rude at other meals to bring a book or newspaper to the table-unless you are dining alone.

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(ETIQUETTE)

(1) WHEN HANDING AN ARTICLE TO YOU the unpolished person thrusts it at you, his gestures are brisk and forcesful; but the charming person never does this. She graciously harmoniously and gently presents it to you.

(2) It is an error to take the arm of a lady to help her across the road. You may offer your arm but you may not take it. That is her right.

(3) If asked by a lady or servant "May I go there? May I do this?" etc do NOT answer "You may." That is too dictatorial. Correct reply is "Please do so."

(4) When offered meat or invited to meals, reply "please excuse me."

(5) It is wrong to shake one's head when answering yes and no, instead of speaking. (6) It is wrong to stare continually. Move the eyes and blink them occasionally.

(6) Before glancing at the titles of books on shelves, when visiting, ask for permission with "may I?".

(7) To cut short an interview: "If you will permit me, I have another engagement."

(8) Letters of introduction to friends should be written in hand, not typed.

(9) Why will young men ask, "What are you doing Saturday night?" If the girl says, "Nothing," the man may not follow thru with an invitation. If she says, "I'm going out, " she'll never know whether he intended to ask for a date. The well bred invitation is, "If you are free Saturday night, may I see you?"

(10) "If you will excuse me, I have some work which must be attended to now."

(11) "Are you free, and would you care , to have dinner with me at a restaurant this evening.?"

(12) When someone has rendered you a special service do not merely say, "thank you". That is a very summary expression of gratitude. Say rather: "How good of you to do this for me!"

Dining Visiting

* NOTE You can learn for the rest of your lifetime any new item of etiquette in three minutes by applying philosophic technique. When reading about it, do not merely absorb the words but do two things more. Firstly, use reason and think out why, on what basis of courtesy or common sense, the rule was made at all. Secondly, use creative imagination and see yourself actually behaving as called for, hold the picture of it concentratedly in your mind for a couple of minutes.

"May I present my wife? — Eva, this is John Doe!" (13)

study his teaching
Latinised his name
as Latin was still the
current literary
language.

This was one of the original
reasons why the caste system
got established in some
form or other among the
Orientals as if it were
an essential part of religion.

to negatives, he may prefer to
and criticism draw attention to
the Good and the
beautiful, to spread harmony.

negative thoughts the moment after they
first appear. This is the first step in thought control.

immature
Prejudice.
Whatever
principles
changes the
the way of life is
helpful to the
young would-be PHILO-SOPHER.

fairly common with mystic creeds. Sruti, however, always triumphs in the end, and so we have Vaishta overcoming his rival.

(20) The avataras(incarnations of deity) are the gradual steps on the path of dharma, leading to goal of perfection.

(21) Our will is guided by the intellect, and the ntellect in its turn is governed by the desires the subject of intellectual discrimination being determined not by the faculty, but by the predominant desires of the ego.

(22) Accordingto the book of Genesis the serpent is also doomed to go on its belly. This is because sensuality can never aspire to soar to spiritual heights, never having a moment's respite form the enjoyment of vishaya-bhogas(objects of sensual pleasure) to pause for self-contemplation.

(23) The animal has no regrets nor misapprehensions, but the man endowed with the Intellect has both.

(24) Sufi Writer: Illumination and miracles occur in that stage(of self-contemplation); but one should not liger there.

(25) "That which reveals the nature of things neither insufficiently, nor with exaggeration, nor falsely, but exactly asit is, and with certainty, that the Knowers of Scripture call Right Knowledge."

(26)It, no doubt, happens at times that we get what we pray for; but this is not confined to any particular class or community of men, and even worshippers of such things as dead men's graves stones, and trees have had their prayers"granted" at times! All this is really co-indidence, which means that the event prayed for was bound to happen, and would have happened, whether anyone prayed for it or not, and that its synchronis with prayer could not be attributed to interference on the part of a prayer-granting agency in any sense.

The real granter of wishes being the inner God, only he who is a "devotee" of His is entitled to pray to him.

(27) Jain Saint -Amitagati: O Goddess Saraswati(Jina-bani i.e., the word of God)! pray excuse me through inattention, I have uttered anything wanting in meaning, spelling, word, or sense, and grant me the boon of knowledge absolute!

Neither a cushion of grass, nor a wooden plank, neither a slab of stone, nor even a seat on the ground is essential for the purpose of meditation.

No seat, my good friend. is needed for communion with God; neither are joint worship of assemblies of men, nor group meetings required for the purpose; renounce thou all desire for the not-self, and engage thyself constantly in thine own self, in every possible way!

My self is ever One, Eternal, Pure, and All knowing in essence; all the other ojbects are outside me, not eternal, and are connected with me through my own karmas.

(28) The mind is, however, so constituted that it will attend to anything but the soul, if left to itself; and even when deliberate effort is made to bring it under some control, it is inclined to break loose on the very first shadow of an excuse -- bodily discomfort, sensual excitement that might present itself.

(25) Realization of the Self alone,
Eliminating all its ~~xttrikuttsxxxg~~ attributes,
Is God-Realization of a truth,
As it is He that shines forth as the Self.

(26) To be the Self, that is to know the Self,
AS there is no duality in Self;
This is Thanmaya-Nishta, or the state
Of absolutely being That in truth.

(27) That knowledge is true knowledge which transcends.
Knowledge and ignorance both equally,
And this alone is truth. For there is no
Subject or object that can be known.

(28) If one can only realize at Heart
What one's true nature is, one then will find
That it is infinite Wisdom, Truth and Bliss,
Without beginning and without end.

(29) Remaining in this state of Supreme Bliss,
Devoid of bondage and of freedom too,
Is found to be a state in which one is
Wrapt in perpetual service of the Lord.

(30) By ardent search and shedding of ego's veil,
Realize the Self, The One that's ego-less,
And function thus; the soul right penance this.
So teaches Bhagavan Sri Ramana,
Wo is the Self of everything that is.

OM! TAT! SAT!

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(a) (OCCULT)

( ) Rudolf Steiner: The effect of meditation is all the stronger, the more tranquilly, and deliberately this is carried out. (b) Whoever does not call upon both patience and perseverance, and does not continuously carry out his exercises, cannot achieve much. (c) The individual beholds first (in meditation) what he has created, the reflection of his own being.

Farwell Hull: "I practised relaxation until I was able to produce sleep at any time within 5 to 10 min. I had discovered the rhythm of breath and obtained the control by using this rhythm."

( )At the end of relaxation, breathing or affirmation exercises, close with a quick inhalation through the mouth followed by uttering a glow drawn out sighing yawn. This may also be practised at any hour of the day if feeling disappointed or depressed. It will make it easier to shake off such a feeling, but in that case it should be done three or four times.

( )T he best time to receive solutions of urgent problems is in the morning after awakening and after a short concentration or affirmation or prayer on the Overself. Then deliberately take up the problem again and the solution may be self-evident. The problem should have been thought about the previous day or then dismissed.

((Ding le Mei): When chanting mantrams wave both hands in front, drawing large circles in the air.

( )The Daily Regime should begin with the breathing exercises, follow with the bathing routine, then the dressing one, and finish with mantram-before-mirror exercise.

Total

(14) Our mental and emotional states turn the body into a magnet, positive ones attract diseases, intensely concentrated positive ones attract favorible bodily qualities, tions and conditions.

) Instead of asking for what you need, believe that it is already on its way to you. Put it into meditation and see it coming

(16)Starches should be eaten dry; the salive should supply the moisture. Otherwise, danger of gas and indigestion.

(17) While there must be straightness and firmness everywhere in your body, there must be no straining. If you feel dizzy, stop. Rest awhile. Then try again. But do not get alarmed. The dizziness is a sign that the work has commenced. Wherever you disturb a balance you suffer. Perhaps, however, you may find that certain nerve centers give you some discomfort, but if you persevere slowly and steadily, with absolute regularity, the breathings will remedy every defect in your body.

(18)The Student may change the wording to suit himself or herself; a good plan at the very start of this course is to take a sheet of paper and analyze yourself, putting down in one column all the positive qualities and characteristics of your own personality -- those things you like in yourself. In another column place theses negative factors in your life, such as Fear, cowardice, or anything that you wish you could get rid of. Then you can make your own Denial and Affirmation, claiming what you desire in regard to success in any Direction.

(19) Immediately after getting up in the morning, practise the Harmonic Breath four times, the Vibratory Breath forty-nine times(seven times seven). (Less if seven sevens cause neck throat to feel uncomfortable). A good plan is to take seven breaths, then relaz for a minute or two. Then fourteen breaths and relax, fourteen more and relax, then the last fourteen, and relax. Shortly before lunch, Harmonic Breath four times.

(20) An hour before retiring, meditate for one hour. If not possible, half an hour, but your progress toward mind control will then be less rapid. Harmonic breath four times, then immediately to sleep. Meditation at night may be practiced three times a week if other duties prevent such meditation every night, but progress will be slower.

(21) Do other people turn you from your purpose, or do you make your own decisions and carry them out in spite of other people. Find out. A good way to see if you follow this regime for two weeks, letting nothing or no one turn you from your purpose. You can, of course, but will you? Will you hold resolutely to one purpose for two weeks without permitting doubt, or temptation, or inconvenience, even yourself, to swerve you? If you do, you are one person in a hundred, and you will go far. You will be developing determination, fixity of purpose, decision of character, will-power, self-mastery.

Before you begin, fix your program. You will probably have to rise a half hour earlier in the morning. The harder this is, the greater the addition to your strength of character, if you persist. Be careful, in fixing your program, not to decide upon something you cannot keep up. If night,school, business, or other necessary activities prevent your devoting one hour to meditation each night, then decide to do this three times a week. Decide this in advance. (Don't) under any circumstances, decide to do less after starting. Once having made your decision, do more if you wish, but never less.) Similarly with the diet. Those boarding with others, or young people living with their families, may have to vary theprogram a bit. For your own sake, we hope you don't. Decide this matter in advance, then stick to your decision. Once you weaken, once you begin making excuses to yourself for not doing what you have decided to to, you begin making it difficult to develop mind-power.

(22) Mind-power can do almost anything. But it must be mind-Power. There must be force behind it. Mind-dreaming won't get you anywhere. Lazy thinking has no power. Though without force and fixity of purpose behind it is actually debilitating. You are to learn how to put force and firmness into your thought, through practice.But no one will be able to duplicate the mind-Power of the adepts without the breathing practices.

(23) The exercises and diets are for the great majority of people. Naturally, some people must adapt them to their own particular requirements. Perhaps your physical condition is not average. Perhaps you have already been advised to follow a prescribed diet. Instead of following our diet by all means follow the diet which has been prescribed in your special case. In special diets, obviously someone who knows your condition and is close to you must decide matters of diet. Similarly with breathing exercises. These are designed for the person in a average physical condition. If your condition is not average, then before undertaking them you should consult someone who knows your condition. You may find it best to start with a smaller number of breathings, before attempting the number we suggest. As in all exercises long unused muscles may be a little uncomfortable at first.

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(a) ~~Count Malunka~~: The Holy Sarira stone is a yellowish opal like body of the saint; by his purity and holiness they become manifested inside the body. When he is cremated the stones will not burn and are found among the ashes. "Sarira" means "stone of the soul." It gives off a powerful vibration. It holds within its aura the essence of the saint's realization and if you are spiritually sensitive you can receive more enlightenment from this stone than from the words of books. It is the crystalization of the Truth which the Saint had acquired or realized. It is actually alive. The greater the Saint the larger the stone that is materialised from his body.

The name of the Saint is not known. The Japanese feel that the Saint who has reached Buddhahood has no personal ego, and along with it sheds his personal name. Moreover, since the doctrine of reincarnation prevails, they do not feel that a name given to one particular body at this particular time is of any lasting importance.

(b) Prof. Suzuki: Shari in Japanese (and sheli in Chinese), literally means the "body," but in Buddhism it is a kind of mineral deposit found in the human body after cremation. The value of such deposits is understood by the Buddhists to correspond to the saintliness of life. (see all Suzuki's interview, para 15)

(10) Fenwicke Holmes: When faced with problems tell the subconscious mind before going to sleep that it knows the answer and will give it to you during sleep. Then, the first thing on waking, consider the problem again. The subconscious is controlled by suggestion and imaginations. They are a key to psychic states. Whatever holds the attention dominated the subconscious. Ideas planted in the subconscious produce atuomatic reflexes. The creative forced there respond to our ideas and ideals. Nor are these impressions easily displaced.

(11) In Joint meditations it was found that when PB got "charged" with kundalini and then directed positive commands formulated in words and constructive suggestions to the disciple, the latter felt the power and was able to rise to a higher level of being.

(OCCULT)

( ) "The Prayer of Jesus"by a Rumanian Church Mystic taught to Princess Illeana is exactly the same as the Mantra Japa described in R.T . French's "Way of A Pilgrim" and derived from the same source.

( )Vivekananda: "The result of pranayama is awakening of the Kundalini". Remember 1918 exercises in deep breathing and aspiration. Further he says,"The mind, in its own nature, is all knowledge but is covered by rajas and tamas. By pranayama this covering is removed. After this we are able to concentrate the mind."

( ) Write up Memo on a method of retaining inner stillness by going back in memory during the day to the deepest point of meditation and lingering mentally on it.

( )Before sounding cymbals, warn sitters in joint-meditation how many times I intend clapping, so that they may not go on expecting a 4th. clap instead (best is 3) of plunging directly into final meditation. Or is it better to sound once only? Ask K & E.

( )When fear or discouragement comes or sorrow falls, keep on chanting the mantra(from Kabir?): "Open my eyes, O Lord, so that I can recognize Thee" until the trouble disappears from your mind.

( )

(8) Father Kneipp discovered and evolved his Plant Apothecary on the principle that sick people do sometimes need concentrated help for th -e body and mind. These remedies consist of oils, powders, tinctures and teas, entirely vegetable, absolutely pure from hand-picked herbs growing wild, unperverted in manufacture, marvelously effective as Nature herself. As a transition-aid between the rule of drugs and the rule of instinct, these herbal preparations are indispensible to the average sufferer.

EDWARD PURINTON: (6) For a short Fast, under ten days, I would suggest the moderate use of orange, lemon, grape -- carefully rejecting all the pulp. Such recourse allays fermentation, and lessens the mental strain of rupturing suddenly the eating-habit fastened on the race. The huice of three oranges a day should be sufficient.

(7) The woolen underwear myth is largely exploded. But many folks are puzzled what to wear instead. Cotton seems cheap and of insufficient warmth, silk costs more than its durability justifies, other fabrics are experimental. The only undergarment that never fails to delight its owner is made of Porous Linen Mesh. Keeps you warm in winter, cool in summer, well and peaceful all the time. Lasts incredibly.

Total

De La Torre:

(53) My experience is that nuts may revitalize the sex function but not degenerate it. However, it is true that due to this energizing power of nuts, they may not be advisable for those who want to live the celibate life, like Johnnie Lovewisdom. If you want to live his way of life, it might be better to eat less energizing food. It is a question of How you want to live. If you live the average life of man, you will be better off by adding nut protein to your diet. But if you want your sex function to life dormant or die out, do not use nuts nor other high protein foods.

(54) Others have aked whether under the new method of fastin elimination of waste products takes place as fast as under the old method of water fasting. My experience is that the body purifies itself as fast or fast.

(55) But it would not be a fast if instead of the tined water extracts we used fruit and vegetable juices even if they were highly diluted. For in that case hunger would soon come, meaning that the use of even diluted juices is not a fast. In fact, under the new method, when we want the fast to come to an end we add fruit juices to the extracts. When this is done, hunger soon appears and the patient is ready to break the fast.

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turn the eyes seven times to the right, going from "N" to "E" -- be sure that you s the eyes on the letters, not passing over them carelessly. Seven times to the right, then seven times to the left.

Rest: Then come around the circle again, focusing on each individual dot -- twice to right, twice to left. There must be no strain -- indeed, you must feel that you are relaxing the eyes as you look at the four points.

Exercise Two: The same as Exercise One, only extending the radius, making the eyes look up and out, so that you make a circle as large as possible. I felt a little strain sometimes, but found that that was beneficial. Seven times to the right, following as far from the line of the ~~xxxxx~~ written circle as possible. Seven time to the left.

Exercise Three: Face the card, as in previous exercises, focusing on the "N", without bending the neck at all, gradually look upward as far as you can ; then look downward as far as you can. Do this seven times. Then carry out the same thing from "E" to "W". Do this seven times.

Exercise Four: Sit in a straight backed chair. Take in a little breath -- then drop the head, and pull on it downward -- thus you will find that you will"arch" the back, then go down gradually until the head is near or between the knwws -- go down as far as you can without much strain, retaining the breath in the body meantime. While you are in this position, feel that the whole of the force of your life is being brought to your glorious eyes. Then radually exhale. Then bring yourself gradually up to the upright position.

Exercise Five: Go out into the open and take one or two deep breaths. Look up directly into the face of the sun, Blinking Very Quickly. This must be done only for a second or two. Blink, Blink, Blink.

Watch the eyes -- see whether there are any "spots" as you close your eyes -- if there are remember what they look like. This is the Sun Bath exercise.

Exercise Six: Come into the house. Lie down on a couch -- place the right leg over the left. Feel that the body is heavy. You are heavy all over -- it seems that you are falling through the couch, as there you lie heavily on your back.

Then place the palms of the hands over the eyes, without pressure, causing dense darkness. "Palm" the eyes for a few minutes, feeling that the whole body is being rested.

You will find that this will rest your whole body. As you are palming, watch in thefront of the eyes and see whether you can see any "spots" -- and if so, imagine that you areseemingly with your thought gradually melting them away, so that you can see only one great mass of deep, dense, black, darkness, with a tiny spot and see it grow brightly then make it go black -- then bright -- then black again.

Exercise Seven: In this relaxed position, imagine that the whole body is asleep, but that your mind is fully awake and alert. But you are Still Within.

With the palms still over the eyes, Feel that what you are doing is bringing to you the Life Force which is that through which you see. Then reverently, quietly, believingly, say audibly several times, "The Creator Is Within Me."

(5) Cultivate a constantly happy frame of mind. Say constantly to yourself: "My eyes are perfect. I have perfect sight" -- and believe it!"

* * * * * * * * * *

EDWIN J. DINGLE: COURSE IN THE SCIENCE OF MENTALPHYSICS

(1) First--Visualize your objective. Second: Develope intense desire to reach it. Third: Be secretive. Do not talk of it. Then conspire with yourself to succeed, using the evolutionary forces within you, directing it towards what you wish to attain. You cannot then avoid success.

(2) We could to through history and show that with the advance of civilization, men and women have lost their original power to breathe porperly. We could show how diseases are the results of persistently breathing incorrectly.

(3) With proper breathing your physical appearance changes. Line leave the face. The body takes on a new buoyancy. Men and women who are good breathers give off the dominating notes of health. Rejuvenation takes place. Beauty shines through. The result is serene happiness, a consciousness of physical and mental well-being.

(4)Prana is found in its freest state in the atmospheric air. In ordinary breathing, the human being absorbs a normal supply, and thisPrana is stored away in the brain and nerve centers to be used when necessary. But when we know the way -- in the Science of Mentalphysics we are gradually taught the basic principles -- we can and do store up much greater quantities of Prana. just as a storage battery stores up its power.

Turn the eyes seven times to the right, going from "M" to "E" — be sure that you focus the eyes on the letters, not passing over them carelessly. Seven times to the right, then seven times to the left.

Next: Then come around the circle again, focusing on each individual dot — twice to right, twice to left. There must be no strain — indeed, you must feel that you are resting the eyes as you look at the four points.

Exercise Two: The same as Exercise One, only extending the radius, making the eyes look up and out, so that you make a circle as large as possible. I felt a little strain sometimes, but found that that was beneficial. Seven times to the right, following as far from the line of the ~~mark~~ written circle as possible. Seven time to the left.

Exercise Three: Face the card, as in previous exercises, focusing on the "M", without bending the neck at all, gradually look upward as far as you can ; then look downward as far as you can. Do this seven times. Then carry out the same thing from "E" to "M". Do this seven times.

Exercise Four: Sit in a straight backed chair. Take in a little breath — then drop the head, and pull on it downward — thus you will find that you will "arch" the back, then go down gradually until the head is near or between the knees — go down as far as you can without much strain, retaining the breath in the body meantime. While you are in this position, feel that the whole of the force of your life is being brought to your glorious eyes. Then radually exhale. Then bring yourself gradually up to the upright position.

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With the palms still over the eyes, feel that what you are doing is bringing to you the life force which is that through which you see. Then reverently, quietly, believingly, say audibly several times, "The Creator Is Within Me."

(5) Cultivate a constantly happy frame of mind. Say constantly to yourself: "My eyes are perfect. I have perfect sight" — and believe it!"

* * * * * * * * * *

E D W I N J. D I N G L E : COURSE IN THE SCIENCE OF MENTALPHYSICS

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(2) We could go through history and show that with the advance of civilization, men and women have lost their original power to breathe properly. We could show how diseases are the results of persistently breathing incorrectly.

(3) With proper breathing your physical appearance changes. Line leave the face. The body takes on a new buoyancy. Men and women who are good breathers ~~life~~ off the dominating notes of health. Rejuvenation takes place. Beauty shines through. The result is serene happiness, a consciousness of physical and mental well-being.

(4)Prana is found in the freest state in the atmospheric air. In ordinary breathing, the human being absorbs a normal supply, and thisprana is stored away in the brain and nerve centers to be used when necessary. But when we know the way — in the Science of Mentalphysics we are gradually taught the basic principles — we can and do store up much greater quantities of prana, just as a storage battery stores up its power.

( ) The Ananda Cottage model [illegible] tion
ad 3 stages: Sterile: Kundalini arouded: passive emptiness.
(a) Press back against a wall: squat in half Buddha posture. Use a cushion to sit on if on the floor. Stretch the spine until it is erect to allow the passage of Kund- alini. Press the chin against the chest. Keep the back of the head and cerebellum also pressed against the wall. This entire posture tends to arouse Kundalini and to still mental activity.
(b) Mind Stilling Method: The activity of thoughts ceases after a time on the slant board if no positive exercises are done andif you lie passive.
(c) When squatting on tile or cement floor in the damp season or locality, it is essential to use a think pile wool rug. But even ordinarily it is much more comfortable than a thin one or a coconut mat.
(d) Ittakes a whole half-hour in the morning meditation to penetrate through to the plane of joy and clarity. So persevere and do not give up the practice even though at first [illegible] felt because of the inability to concentrate.
[illegible] exercises, deliverately directed toward the evocation, of the Kundalini. The depth of the breathing is the active agent which evokes it. Practice the new posture of squatting in an easy chair in the bedroom and bending down to the floor, doubled up like a jacknife; then rising to the full height on the deep inhalation. At the lowest point touch the uncovered tile floor with hands (this is Buddha's earthwitness attitude and affects the base of the spine, and helps evoke the kundalini) The deeper the breathing(which should be alternate rhythm and nostril-closing left and right the stronger will your voice become too. The length of retention of the in held measuring the ease with which the thinking will be brought to a standstill.
(f) Use sunfall to practice daily 15 minute meditation as instructed at Cochin Hotel TMP -- just as if you were at Tmallai, said M. Fix this as an unalterable regime.
(g) Chang's Taoist Rules: Meditate every day and in one yea year you will regain all early illuminations. . . -- Meditate at the best time for you which is 3:30 am/pm take Afterwards return to sleep 11:30/12 am for a few minutes. . . . : Positive force starts at midnight; negative at midday. These junction periods are most valuable.

to be active in work during the day, whereas most other med-
itation rules are intended for monks who are free from the nec-
essity of worldly activity.
(h) Practise breath control to get the thoughts still.
(g) Die to the personal self, throw yourself into the Void,
praying for merger.
(j) Whenever a meditation period fails to yield results,
and it is arid and barren, follow it by the substitution of
the physical exercise series. Since both are pre-meal time
exercises, they are very convenient to redress the balance.
Moreover, if done with prolonged inheld breath and with full
mental concentration upon Kundalini evocation, the spiritual
results of physical exercise will be similar to meditation
exercises.
(k) Rudolf Steiner shows that power is got by prolonging med-
itation to a 1½ - 2 hour minimum. He writes: "The more we
strengthen our souls, the more we find greater and greater
reality in our thoughts and it then becomes possible to
arrive at a further stage, which consists in suppressing these
strong thoughts which have been made so powerful by ouf own
efforts; if one in this way exercises the soul as one would
exercise a muscle, then the souldgrows strong. Methodieall
:ally, one pursues the exercise further and further; the
soul grows stronger, grows powerful, and becomes capable of
sight."
(l) Petitions, blessings, prayers and intercessions should not
be introduced until the final stage (contemplation) is ended.
And between the two there should be an interval of adoration
and thanksgiving.
(m) Experiment with Gandhi's method of meditating at dawn or
before dawn -- then continuing to sleep again.
(n) I pull all my nerve power and concentrate so that I entire-
ly forget the outer world, impressing upon myself mentally
the outlines of the object gumuin which I am interested to
such an extent that even when I look away it stands before me
as though real. In the course of about half a minute I liter-
ally see the guru with my eyes, think of his minutest details.
Enough! I have memorized them.
(o) The best time to start meditation practice for exerc
-ises on the Short Path is immediately on waking up from
sleep, and before you have begun to adjust yourself to the
world. Start at once, even if you feel hazy and dreamy, even
if you are still in that pleasant state of formless drifting
which is semi-conscious, between sleep and waking. This is the
time which yields the most successful results and allows the
easiet and quickest passage to them, provides the theme

(4) Potatoes contain arsenic spray which penetrates them.
(5) Bread contains preservate to keep it fresh which causes cancer.
(6) Bake own bread. Cornmeal 35%, Soya flour 15%, Rice flour 15%, very little sweetening agent. Oven 350 degrees. Bake for thirty-five minutes. No yeast, no soda needed. Unleavened.
(7)The eating of onions and garlic is forbidden to the Yellow-Hat monks of Tibet — the celibate stricter order. A monk who has partaken of them is regarded as unclean, and cannot take part in any relisous ceremony. He is not even allowed to put out a fire.
(8) When ordering in restaurants, specify Dry toast.
" " " " " in cold drink orders no ice.
(9) Dr. Martin: Chilordane, a chemical, four times more poisonious than DDT , is used as insectcide on fruit and vegetable-s. 80 million lbs. of Arsenic sprays are sold annually in U.S. A.
(10) Watercress stalks are too bitter —sulphur?Shall I eat the leaves only? Tested: Result— all bitterness vanished. Use only thin branches, leaves, no stems.
(11) Apples are tonics for sluggish live. Use them at breakfast.
(12) Orange juice and bean sprouts are rich in vitamin C , which is anti-pyorrhea and anto-arthritic. The sprouts should be eaten raw in salads.
(13)

(98) Masticate Thoroughly and slowly and the food will be 50% more enjoyable.--your fault of hasty eating will be corrected.
(99) Ida's Recipe: Ground figs or dates(use flaked coconut to assist grinding) dices of apples, raisins, mashed bananas with apple and ground raisins, flavour with cinnamon.
(100)Tomatoes should never be eaten with starch, only with fat food or leafy vegetables. Therefore try them for lunch with salad.
(101)Scotch Highlanders for centruies have eaten their oatmeal ~~xxx~~ not cooked, but simply scalded.
(102) Lemoncure: Eat raw lemons only. This is good for liver disorders. Grape cure as same result but not so specifically as lemons.
(103) Grape monodiet cure eliminates alcoholism.
(104)Ida's recipe: Banana mashed with fork, mixed with ground nuts, and soaked dried or fresh peaches, garnished with coconut, makes delicious unfired pie.
(105) Synthetic vitamins are useless.
(106) Turkish lentils are not gas forming.
(107) Cured father of arthritis at 83 by diet of raw vegetable juices.
(108) Molasses, honey are acid forming; do not use.
(109) Acid fruits do not go with cereals. Hence, the wisdom of waiting one hour after breakfast before taking cereal.

( )Unfired Bread: Whole wheat grain--2 parts(estes). Whole rye grain-1part. Pinkernel pignolis nuts..½ oz. Add water enough to make a batter. Roll with enough flour to keep it from sticking. Press out and cut with cake moulds. Place on board and dry in the sun.

( )Cauliflower & Beet Salad: Chop in machine 1large cauliflower with 1 large beet. Mix thoroughly. Add a dash of dry horseradish. Mix with dressing. Green

( ) ~~Green Pea Salad~~ Chop in machine 1 large cauliflower with 1 large beet. Mix thoroughly. Add dash of dry horseradish. Mix with dressing.

( ) Green Pea Salad: Add shredded coconut, shredded carrot to fresh green peas. Top with chopped green peppers and dressing.

( )Raw Salad: Put thru a grater 1 stalk celery, 1 sweet potato, 1 carrot, 1 apple, 1 small turnip, 1 cup raisins, 1 cup nuts. Put into this 1 cup olive oil and let stand for several hours. When ready to serve add juice of 2 lemons. Serve on young spinach leaves.

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(63) Ideal Res: Facing a palm-fringed horizon with the sea stretching beyond it.
(64) Ideal Res: It should be built on a hilltop overlooking a valley or facing the sea.
(65)&Ideal Home: It should be situated on high ground with an open unbroken view extending far into the distance, preferably along a valley.
(66) Ideal Home: it would be sheltered from winds, if high in mountains.
(67) Ideal Home: My library will be kept concealed in a closet specially fitted with shelves and illuminated so that the door closing it will conceal the books when not in use. The door to be fitted with yale automatic shut lock.
(68) Ideal Home: As so many literary notes will be writteb up in bed in mornings or at night, my library should be kept in the bedroom, not in the office.
(69) Laundry Warning: The elasticity of grey elastic-topped ½ sox was destroyed by London laundry. Never send these half sox our. Have them washed at home.

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PRUDENCE

(193) (a) You were merely soft-hearted and sentimental about your lower duty to Karen and kenneth, sacrificing the higher to which reason and intuition pointed, to this lower one at the bidding of emotion and society. The years which should have been your happiest, were intead your unhappiest 1931/1934, because you made this foolish mistake. (b) Am I not repeating it, when thru a merely sentimental compassion of a like nature, which causes you to waste half or three-quarters each week on letters or meeting-s with unripe seekers, you are prevented from doing creative writing? Thus I sacrifice the higher duty of writing for thousands to the lower one of writing letters, giving interviews to a mere handful of unevolved persons.

(194) Through impatience, do not sacrifice genuine ultimate gain for illusory immediate ones.

(195) Make not promises without fully realizing their seriousness. Weight well the responsibility they imply.

(227-c) In my ~~cottage~~ work I feel a different man. Only there do I become myself, only there do I find freedom and quiet, undisturbed by other people.

( )I can work only when a certain feeling comes over me, not when tied down to a dateline or an office stool.

( )The quotation in "Hidden Teaching Beyond Yoga" last chapter(re General Slime and War) was taken from Paul Carus book"Gospel of Buddha" chapter 51, para 17. Since then I have ascertained that it does not appear in any known Pali text, and consequently an interpolation by Carus himself.

(195) When searching for a lost object, retrace and start from the beginning --to ~~the~~ point where you last saw it. When that is done use intuitional method. By pausing for a couple of minutes resting from the search and turning the problem over to "I/Self" after acknowledging the ego's failure, it gives the intuition a chance to express itself.

( ) Eliminate all large padlox. Instead buy a set of brass baby padlox, preferably in England, but they are also made here in USA (see my chromium plated one which is American) Then very small keys only are needed.

( ) If a bungalow, it should have a verandah for looking out at landscape or seascape. If a house, the first-floor bedrooms should have balconies, outside.

( )HPB built apartments on the roof of the Adyar bungalow which were reserved for her use. Aurobindo uses the upper floor of the asram. It is easer to keep own magnetisim there, and to keep quieter surroundings. Also casual visitors cannot disturb the privacy as they might with ground floor living.

( ) **Portable Radio Sets:** As these contain no outdoor aerial, the reception on certain stations may be weak. This is easily remedied by turning round the whole set in an arc until the reception improves, which it will greatly do as soon as the set faces the station sending out the waves.

( )**Better than a Divan:** The most comfortable chair I have used -- for lounging, resting, reading, writing, working was at as follows:

( )**Warning:** there is great danger of getting fatal electric shocks from electric appliances or even switches touched while part of the body or appliance is wet. If stan in a bath, never touch a switch. If hands are wet, dry them first before using electric appliance. **Above all** never touch the metal faucet with one hand while using electric razor wi other, for that closes circuit and brings tremendous shock. It is even inadvisable to rinse razor under the tap while it is still connected or while it is slightly leaky.

( )Desert Garden: Oleander and bougainvillea flower bushes do well here and make nice think fence-hedges. Green Turf needs plenty of watering, can be laid by contractor fo forced growth within 12 days, but dies off in hot months(ju Sept.) and has to be relaid afresh in fall.

( )Prefabricated Houses: The pressed wood insul ing board(plywood) has a thermal value equal to that of 12-inch brick wall. The finished surface is an excellent fa material. The insulation is fibrious(insulate or cellotex).

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Fruit Knives are real Silver(and of Tiffanys make).

Silver Teapot is "Queen Anne" design.

Tibetan Tankas are scroll paintings on cotton impregnated with lime, and mounted on Chinese brocade, with a baton at either end.

Hotei, it must be emphasised is more ~~than~~ the God of Contentment, than of Prosperity, for he may bless a man who is suffering poverty by making him to draw positive value from the circumstance. (See Buddhist book on Lamaism for further details about the cymbals.)

Bodhisattva Tanka has the meaning of "the man who receive the great Illumination. (See Buddhist wanted to sacrifice himself so that he could cent from earthly life of evil and sorrow to to come and destroy him by setting him up. He heavenly life of light and bliss. Hence the cymbals together to invoke these spirits to the spirits and demons of Nature. The cymbals, closest to nature and there being close spiritually he went into solitude in the mountains. It is that "thunderbolt Dorje." reached a certain stage in his development.

Tibetan Magical Scroll: The circular form represents the universe; its sanscrit mystical letters are to concentrate psychic force at the points where they are written. This force emanates from those points. It is also called a "Circle of Meditation" as they are given by a master to his disciples to practise concentration on, the disciple having to sink his mind in it completely. The result is a kind of communion between the psychic force impregnated in the picture and the disciple himself. This force may take visible shape as a mental creation of living and actual reality.

Large Tibetan Tanka:is"The Assembly of Buddhas" where every gesture has a symbolical meaning. Blue silk, with square small lower picture - panel of tiger.

(61) "What do you know?" A question such as this one is supposed to be very much the same as "How are you?" or "Where have you been all this time?" or any other supposed-to-be beginning to a conversation to be answered or to be evaded as you choose.

(62) Avoid short, quick and jerky movements of the body and limbs. They are ~~[illegible]~~ and breed nervousness.

(63) The word "Goodbye" means only a temporary parting, and that you will meet again. The word "Farewell" means a permanent parting.

(64)

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(62) Suggest to the students to bring a notebook and useit during the interview. Otherwise he is likely to remember only a small part of what he hears.

(63) Desk & Office Work will not be injurious in any way, provided the following rules are observed: (a) Bring God into it. This is to be done at the very beginning and the very end, as well as at periodic intervals during the work. They are to be intervals during the work. They are to be intervals of rest or relaxation from the work. Without them it will not be possible to accomplish the safeguarding of the work successfully. Also, at the most intensive point or points of the work turn your mind to Him instead or to redirect the energy from the physical plane to the mental and spiritual. (b) If all this is done, not only will there be noill-effects, of fatigue and depression, but on the contrary the work will restore you, revivify you, and leave you exhilarated. (c) Protection against such work is possible only if it is rhythmic and intermittent, if intervals of rest punctuate the activity and are longer than it. Also if the mind's attention is transferred upwards at an early stage.

(55) Request for Interviews: When refusing to grant interviews, avoid beging merely negative and unhelpful and egoistic. That is, do n t mention only why you are not in a position to spare the time for interviews --- which does not help the correspondent -- buttry to encourage him by pointing out that either in the book or in a previous interview you have given him enough material for a further two or three years work on himself. Hence, the further interview is not present.

(56) New and Better Method of Indicating Inserts: Write the border around the inserted words, the arrow and the arrowhead in red ink. This will draw the typist's attention so that the insert is much less likely to be overlooked. Therefore it will be necessary to use a Red, Brown or Green ink ball pen, always inaddition to the black or blue pen generally used.

(57) The correct signature for letters is "Paul Brunton" as generally your letter paper has your title printed on it. But when writing on paper without a printed letterhead to someone who does not know you well, it might be necessary to add PH.D after your name.

(58) Phillip Lebanter, President of Best & CO., N.Y.C. (a) writes numbered points of his reply on the same letter, (b) he reads the letters beforecalling in his secretary.

(59) Reading (a) Should be prequently interrupted for short minute long meditations and facial adjustment. This will not only rest the eyes but also prevent the frowning expression caused by mental strain. (b) There is nothing wrong with reading in bed or at other times of the day. The wrong enters in when the reader does not go into meditation from the reading; when he fails to use it as a jumping board for swimming into the Self within.

(60) By arranging pillows narrow end-up, instead of usual way and leaning them against the head-board, it will be more comfortable to rest the head and shoulders on for writing work done in bed at night and morning.

(61) My need is for a desk chai ir which will support and cradle the small of the back.

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(227-a) It is high counsel that Heine gives his scribbling brethern:"Alas! he says,"one ought really to write against no one in this world We are all of use sick and suffering in this great Lazoretto." If it is impracticable to live up to such counsel, it is quite practicable to take the harshness out ofrour criticisms.
(277-b) See Upton Sinclair;"The Fasting Cure" (reports greatly increased fluency in literary work as result 10/12 day fast.

( ) Biliousness due pancreas, due sedentary existence. Remedy,—exercise.
( )I will need less sleep on raw and limited diet. C writes:"Never do I find myself the worse for writing immediately after meals; nor am I apt to be drowsy; the food I take being in too small a quantity to send up any fumes to the brain.
( )Seasickness Preventer: Have a hot drink on Awakening , in cabin. teeth against the (heat ofUsettongnasto Ibotbot ks them and con -gests the nerves, possibly resulting in ab cess.

Eat food and Fasten Vacuum can be let-
-ter of Breathed by Dunbar Gloria the Bulbing
cultaed wtch apple' ana and Marjorie
room for some fine like food.
(281) Toothpastepes will last longer and be much
more sanitary if allowed to dry out thoroughly
after each use. So keep a bath or pepper dpice
cup handy.
(282) Eat Cosat:Beware of Poison Ivy. It and
spice leaves' boiled tips.

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MIRCEA ELIADE: BOok On Yoga(published in French by Payot)
LEARNED HAND: The Spirit of Liberty
E.V. McCOLLUN: The Newer Knowledge of Nutrition
JAMES P. WRIGHT: Exercise & Education of Nervous System
HENRY DORE(S.J.). Researches into Chinese Superstitions, (trans.by M. Kennelly, S.J. 2 vols. Shanghai, 1914-15.(RE. Hotei)
ALYS BENTLEY: The Dance of the Mind
MARY AUSTIN: Christ in Italy(not in Ref. Lib)
GAYELORD HAUSER: Be Happier, Be Healthier
E.B. WHITE: The Second Tree From The Corner (Essays)
RUPERT LESCH: (books)(well worth)(not in Nyc.Pub. lib)
RONALD FRASER: Landscape With Figures (Piction;deals with Tao) (Class mark NAS)
GLENN CLARK: I Will Lift Up Mine Eyes (Harper & Bros.) on religion.
BERTHOLD LAUFER: Jade(publ.Field Museum, Chicago)
STEPHEN W. BUSHELL: Investigations in Jade(N.Y.)
W.M. HAWLEY: Chinese Folk Designs(with 160 art symbols and their meanings)
MILDRED CRAM: Forever: The Promise
PETER MARSHALL: Mr. Jones, Meet The Master
CLAUDIA CASSIDY: EUROPE ON THE AISLE(by critic of The Chicago Tribune)
MRS. BEATRICE ? SUSUKI: Impressions of Mahayana Buddhism (on Zen)
TALBOT MUNDY: Old Ugly Face(on Tibetian lamas)
J.HASKEL KRITZER: Health & Freedom Self-Knowledge"
The Letters of FRA GIOVANNI (early 16th. century)
B.J. PALMER: The Bigness of the Fellow Within(1949) (pub. by Chiropractic Fountain Head, Davenport Iowa) (A Must)
MARK TWAIN: The Mysterious Stranger
PAUL ELMER MORE: Christian Mysticism(a antique) SPCK.1932
HERBERT W. EUSTACE: Christian Science, Its Clear, Correct Teaching(1000 Pgs. Pub. bt Lederer Street Co. 2121 Allston Way, Berkeley, 4. Calif. Price $6.
FLESCH: The Way to Write (good for E)
GEORGETTE LEBLANC(formerly Maeterlinck): La Machine a Courage" (Pub. J.B. Janin,Paris,1947)
MARGUERITE HARMON BRO: Indonesia: Land of Challenge

ELLSWORTHY: THE EVIL EYE(London)

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(187) So skim quickly through undesirable letters and skip passages. Better still, throw them aside.
(187) It is most important to get away and stay away, from undesirable contacts. Your energies are ebbing and must be saved for desirable ones.
(188) Beware of disguised Secret Agents and also of communists, met socially or writing in for interviews, when they try to lead me into a trap by falsely pretending to hold certain views and to get me to agree with them. Avoid politics. Remember Lady Carey.
(189) Every time you have ventured to write on social, national, or economic subjects you have aroused unnecessary criticism, or wished in after years that you had refrained. The material has not harmonized with your spiritual writings and brings in an alien, unfitting, note. Moreover, it is a dangerous subject, from the point of view of possible future repercussions. Leave it alone.
(190) When travelling, do not let other passengers know anything too personal in conversation.
(191) If the spiritual master fails to guard himself against too close a contact with his devotees, he will always live in peril of losing their devotion. Familiarity tends to lower him in their eyes and dispel the enchantment.
(192) The folly of givine introductions is illustrated by its lamentable results in 1950 trip, to Europe. Resolve never to yield to sentimental pity. Make no exceptions. Give none at all.
(193) My telephone number must be an unlisted one. It should not be freely available to every tattler, time-waster, intruder or parasite. I must retain the privacy of my study, home or office and defend it against those who seek to invade it throughthe electric wire. I must also guard the quiet needed for my research and writing, the silence needed for my meditation, against the telephone's jangling bells and nerve-destroying interruptions.

(183) When writing friends do not indulge in predicting future moves and plans. Treat only the past and the present.
(184) I have a stern rule against lending books and a hardly less stern one against keeping them more than a week or two if I borrow them. The first rule is necessary because books are a part of my working tools. I need them for reference, or for an apt quotation or for reminder. The second one is because if I take a lent book it is an added responsibility on my shoulders.
(185) (a) Keep the date of your departure from any place secret. Spring it as a surprise the week you are leaving, or better disappear silently. You are under no obligation to inform anyone, except your close collaborators who are typing or mail collecting. (b) Moreover, when mentioning arrivals, departures or travels in letters, do not reveal their purpose. (c) If asked how long staying or dates of arrival or leaving, refuse to reveal, saying fixed policy not to discuss as not allowed me.
(186) The danger of absorbing undesirable conditions from the aura of letters makes it needful to lay down these rules: (a) Do not read or attend to letters in the mornings. Merely glance at the envelopes and select the really urgent or important ones for reading but not for replying. (b) Reserve mornings for literary and research or meditation work (c) Remember the danger starts when reading and thus concentrating on the lett er.

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(33) "My words are not mine, but are those of Him, who sent me into expression" — "I will look in your talk in you", & if I am lifted up to the consciousness of the singer, I will sing & find it natural. Understand what it is to begin the recognition that your body is for the purpose of expressing God & for the purpose of bringing the invisible into the visible.

(34) As soon as it is discovered that you are the temple of God, and your will is given over you will discover that by losing your life you have found it; just as the apparently square shaped air in a room loses nothing when the walls are torn away, but a sense of limitation.

(35) "Ye must be born again"; born out of the limitation of man into the understanding of your Divine (heritage) Spirit becomes the reality & matter — the shadow.

Gleaned from Lanyon

MEMO

Date:

TO: (36) "Jesus lifted his eyes to heaven and said "Thank you Father" This shows that he knew the manifestation was already in existence. (37) The human mind offers all sorts of cheap and spurious metaphysical short-cuts to accomplish its illegitimate schemes. One of these is the belief that by repeating affirmations something will happen or that you can fool the Principle of Life by assuming a verbal attitude of thanksgiving. The mountain is not moved at the command "Be ye removed" unless that command emanates from a consciousness of its fulfillment (38) Jesus gave thanks for the apparently unseen thing, in joy and recognition that it was already done in the state of heaven where everything is immediately given (39) Jesus constantly refused to take the personal angle and appear responsible for the works of God. (40) The counsel "tell no man" does not prohibit you from speaking the WORD and saying the Conquering things given to you thru inspiration (41) If you cannot find heaven within your own consciousness, you cannot establish it without. You are wasting your time trying and are only building another Tower of Babel. (42) You are living in the midst of your own consciousness. The moment you cease to find a thing there, it will have no counterpart reflected in your universe (43) It is the instantly leaving all appearance which are subject to change and entering into the consciousness which can give thanks for the unseen thing.

FROM:

Aeronautical Engineering REVIEW

44 It is true, inspiration cannot be taught but the technique of inspiration – bringing grace – is shown by Jesus when he "gave thanks." It's not nearly so hard as it appears. Once the divinity is recognized, even though it be no larger than a mustard seed, you are on the road to seeing the statements of Jesus come into manifestation.

45 Jesus knew that all evil is as directly caused by thinking and sustained by thinking. Limitation introduces itself into conscious thinking, the case seems hopeless from the start. You have no chance to heal or prosper thru "taking thought." So Jesus advised "Take no thought." This is not quite as it appears. It's the power with which you invest the thought which causes it to harm or help. You function from a state of consciousness which you have accepted. Gaze steadily in the face of your divinity, you will find a surprising manifestation take place. "I go before you and prepare the way" has to be accepted recognized and given thanks for.

46 Jesus said "My grace is sufficient for thee, for my strength is made perfect in weakness." If you expect this grace (that is, the sufficiency of all things) to take place in your life it will have to be done at the weakness of your conscious thinking.

47 "Leave all & follow Me!" means leave the plane of working out problems and follow Me into the new state of consciousness where the ceaseless working out is no more.

48 Thousands today are going thru the passion of Jesus, suffering, and believing this is what he taught, – tragedy in contradistinction to harmony!

49 Giving attention to an evil, trying to overcome it, must be preceded by a belief in evil. The human mind wants to "try." But the revelation given by Jesus is recognition and then appropriation. Analyzing evil is a waste of time. It is that which you are presently to dismiss as unreal.

50 Leaving a material problem will accomplish nothing. If it is in your mind you will reproduce it though you go to the ends of the world, because you are taking it with you. But if you take ME with you, the overflowing of the Christ Power

fills everything full - (51) "Be still etc" has been used to glorify many a little personality. LANYON

M E M O Date:

TO: (52) The moment the disbelief of curiosity, reasoning and arguing enters in trying to find out the how why when and where of the Christ power there is no power: it disappears into nothingness. (53) Be willing to let go of the personally conceived plans of how the Christ power should work. Submerge your personal will or you cannot be made whole.

start reading Lanyon on page 130

(53) The real realm of health is not in the well body, but that which is back of it that sustains it, and keeps a constant stream of recognition of this perfected state of being.

(54) You can only see that of which you are conscious. If Jesus could not have found God in his own consciousness he would never have been conscious of Him in the manifest world. You are exactly the same total of what your consciousness of yourself is, nothing more or less.

(55) Jesus spent no time in disposing of the outside manifestations. He went within & found what was true in the Nature of God — and the manifestations took on the form & outlines of these new findings.

FROM:

MANTRAMS:

(1) I am becomming as free from undesirable traits in my everyday self as I already am in the Overself.
(2) In my real being I am strong, happy and serene
(3) I am the master of thoughtfeeling, and body.
(4) Infinite Power, sustain me! Infinite Wisdom, enlighten me. Infinite love, ennoble me.
(5) My Words are truthful and powerful expressions
(6) I see myself moving toward the mastery of self.
(7) My I co-operate more and more with the Overself May I do its will intelligently and obediently.
(8) I co-operate joyously with the higher purpose of my life.
(9) O! Indwelling Light, guide me to the wise solution of my problem.
(10) I am Infinite Peace!
(11) I am one with the undying Overself.
(12) O! Infinite strength within me.
(13) Every part of my body is in perfect health; every organ of it in perfect function.
(14) In my real self life is eternal, wisdom is infinite, beauty is imperishable and power is inexhaustible. My form alone is human for my essence is divine.

( ) Each affirmation he decides to accept should be used regularly for a period of twenty-one days before changing to another one.

( ) It is from these declarations that their idea of magical incantations which were supposed to bring about extraordinary results, for some men were able by their aid to induce a trance-like state which, like the hypnotic state, temporarily released normal powers of mind.

( ) Let the affirmation rise into centr consciousness every moment that the mind is free to attend to it.

( )What affirmation shall he use? He should analyse his character impartially and carefully and let his decision rest on the revelation of positive and negative qualities this analysis affords him.

( )They may also be the opposite of affirmations; that is they may be denials. An Example: "I will no longer express negatives."

( )The spoken declarations derive some of their power from their rhythm, which is slow, steady and drawn-out.

( )Stand in front of a mirror and pronounce the constructive auto-suggestive affirmations with dramatic intense feeling.

( )The declaration is to be made both in those periods of spiritual retirement which constitute regular meditation and in those periods of physical or mental activity which constitute everyday routine.

( )The practice become well established in time and the concentration of mind is directed without interruption toward his inner being.

( )It may be a name of God like "Allah" or an attribute of God like "Infinite Peace."

( )His faith must be strong enough to give vital force to his declaration, or it will fail in its purpose.

( )These declarations can be formulated i the first person -- "I am eternal"-- or without reference to any person at all --"God is infinite being."

( ) Let him create his own declarations o denials, to suit his special needs and individual aspirations.

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(b) A Muhammedan symbol as the Moslem turns in prayer to the Black stone at Mecca. (c) a Christian symbol, Revelations 21, 16,"Length, breadth and height are equal" meaning the man has become whole holy and perfect. (d) A Chinese symbol, representing the earth, upon which the other symbols of globe triang-le, and crescent rest. (e) "The cube crystal in Nature emplifies happiness resulting from perfect balance-- Walter Russell.

Objets D'art:

Ganesha represents contemplative contentment, with the mouse present as his dialectical counterpart, both sharing in the global bounty of food.

(40) Hotei is the Chinese Ganesha, just as Ganesha is the Indian Hotei. Both are figured as pot-bellied to signify well-fed contentment. To the popular mind it is the contentment of possessing riches. But the esoteric meaning is spiritual contentment. In Hindu systems it is partly included under the quality named Titiksha: Endurance of the troubles incidental to the life of discipline without petulance or self-pity.

Ganapati has always be propitated first in prayers or ceremonies so that no hinderances may befall an undertaking, such as a writing of a book.One of his tusks is broken, and with the broken peice he is supposed to have written the Maha-Bharata to the dictated recitation on the epic by its author, Vyasa.

(41) TIBETAN TANKAS:The very old and rarexxxxx Tibetan hangings ,"Tankas" are usually pasted on the temp-le walls and changed from time to time, due to the obliteration of the feature by acts of devotion. The more soiled they are and worn-- the greater their value as religious peices. These hangings are smugg-led out of Tibet(b) When hanging Tibetan scroll on wall, drape the red ties on either side, right and left to give framelike effect. (c) When fierce and angry red full-faced man appears armed with a weapon he is "the destroyer of evil."

(42) TIBETAN CYMBALS: Present to Sir Francis Younge husband in Lhassa. Echo persist 60 seconds.

(43) CRYSTAL CUBE: (a) Masonic symbol, The lodge floor is tesselated, with 6 white squares and 6 black ones. It symbolises the perfect man, he who has finished his evolution. (b)

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NEW BOOK

( )Mental attitude and in Emotional Betterment Chapter devote separate sections to Worry, Joy, Grief, etc. al "Jewish Science Book".

( )Use material on "Secrecy of Philosophy"(Chap. V in R B's) to make one section of a chapter.

( )Give illustrative anecdote examples of the practical results and working out of each method or exercise taught.

( )A dd to Subjects List of Contents "The Spine and Posture" Bathing, Sleeping, Stretching , Sun Rays, Breathing, Diet.

( )Kreb's discovery of cause of cancer bring the who, are caused by the strain and tensions and negati emotions of modern living, and use in Chapter on Relaxation i NB.

Total

(7) INSOMNIA BREATH : Sit with your spine straight, body relaxed, bending a little forward. Inhale from the left, but putting your finger on the right nostril, as deeply as possible; when the breath is fully taken, hold the breath a little and right away exhale also from the left. While exhaling thumb your left nostril, closing it about 1/3 of the way and blowing the breath strong thru the rest of the 2/3/ Imagine youre directing the flow of the breath up the Spine into your brain spreading it like a spray. Do it at least ten to twenty times.

(8) SOLAR- WALKING BREATH: Charge your Solar Plexus with Breath, and your fatigue will immediately leave you, and the sixteen electrical batteries of your body will be charged. Take the breath by quick sniffs, and when you feel a little cool feeling in your Solar Plexus, know fatigue has left you, sniff faster until you feel almost hot in your Solar Plexus and still faster until you feel shocks of electricity in your nostrils, and still faster until your head feel-s a power running thru and almost making you dizzy and still faster until you feel a strong stimulation around your spleen, liver, groins, knees, and down to the heels and in the calves of your legs and up in the back part of the body, until you feel a strong pain around your neck muscles, and you could go no farther, then stop. You have charged the entire body and motor centers. More power and more vitality will be daily yours.

(9) LUNAR WALKING BREATH: Walk with your head straight, chest expanded, body relaxed, arms swing-ing and put your weight on the toes, not on the heels; each time you put your weight on the heels it causes a jarring noise on your spine, and burns up lots of energy uselessly, and often causes curvature of the spine. Sniff the breath in three times with rapid succession without break, and sniff it out the fourth time, and practice the breath for a few blocks and take this affirmation for your mind to meditate on. Notice there are four sniffs and four words in the affirmation --"I am All Health", "God is MY Health." At first you shall breathe from the chest and it shall make your chest muscles a little sore, but eventually you shall learn how to breathe from the rectum up. Learn from your teacher how the Lifewave enters from the rectum, and reach back the head, and you mu

must feel cooled around the genitals. This breath oxygenizes your entire stream of blood more quickly.

(9) VIBRATORY BREATH: Navel is the centre of your physical universe; between it and the crotch there must be maintained a distance of one-fifth of the height of your body. As our bodies become old, the first parts to sag down or shrink are the abdominal muscles, then the creative muscles follow suit. The longevity of the physical man directly depends upon the digestive and Creative Brains, and their hundred per cent health and integrity. This breath most positively keeps these two parts in perfect shape and form; will reduce "bay windows" to their original, normal size! It also will straighten out the Spinal Column, and give it electrical vibration. Strengthens the Pancreas and they mobilize starch better. The power of hearing will improve perceptibly from the very start. Sitting or standing with spine in either case straight and body relaxed; put one of your fingers on the right nostril, and inhale deeply from the left; when the body is entirely filled up hold the breath by closing the nostrils and pucker up your lips, moisten them with the tip of your tongue, and begin to blow the breath thru the lips. If your lips are relaxed the blowing of the breath thru the lips will create a noise. Make this noise biggerand bigger in a spiral from like eeeeeeee using one of the vowles --by pouring the greater volume of breath, and pull upon the navel upward with a strong and sustained effort, until the breath is all gone. Do it two or three times.

(10) VAGUS NERVE EXERCISE: It is the carrier of Lifewave and directly controls the heart action. Occultists know more about its wonders. It shall strengthen your metabolism. While seated with spine straight, body relaxed, inhale thru both nostrils deeply and hold the breath and roll your head from left to right making a complete circle, and relax the neck muscles while doing, and keep at it from 5 to 20 times. Start with five times and gradually end with thirty by continued practice. Now, reverse, inhale again from both nostrils, hold the breath and roll your head from right to left and do it the same number of times. You shall at first feel dizzy but the dizziness right away leaves you and as your practice increases, after doing the exerice you shall feel a cool wave running down the spine all the way thru, healing as it goes up.

It will help you lift up the animal energy and release you from its bondage and illuminate your brain cells more and more.

(11) LIVER AND KIDNEY EXERCISE: It is the best exercise for the Kidneys, superenal or adrenal glands, spleen, liver and Lymphatic Nodes. There is no equal to it; it keeps these vital organs in excellent health. Stand with your heels joined together, like a soldier at attention. Inhale deeply thru both nostrils, hold the breath, pull upon the abdominal region and try to absorb it under the ribs of your chest; turn your head to the right and stretch your neck muscles to the utmost and try to see the back part of your body without moving the trunk until you can't stretch any further; hold the strain until the strain compels the adrenal glands to give out their secretion and inject it into the blood stream and a strong stream of sweat arises from around your kidneys and spreads all ofer the body and you feel hot and perspiring and almost dizzy as if you were about to fall, then let the breath out; if you feel weak, hold the chair, lest you fall. Do it threee times on one side and repeat on the opposite side.

(12) BRONCHIAL TROUBLES EXERCISE: Let your chin join your chest as if it were glued there. Now inhale strongly and hold the breath; take three fingers of both your hands and put them on the uppermost reach of your neck, bear down upon them, put all your weight upon them and pull until they sink into the flesh, every inch and move the fingers the slowest you know how, until they meet on the upper part of your throat. Keep the chin glued to the chest even if you have to plough your fingers thru. Second time put your fingers in the middle of your neck and repeat, and the third time cover the base of your neck so that the entire neck region is exercised. There is no equal for this exercise; it keeps your neck region soft, silky, and strong.

(13) VOICE PRODUCTION EXERCISE: If you take a big swallow, you shall feel a lump in your throat. Put the two fingers of your left hand at the foot of this bony structure and gently push it to the left, until it bulges out. Now inhale and hold the breath and turn your face to the right and keep pushing

Adams Apple to the left; pitch both in opposite direction and gradually strain, until maximum strain is reached; hold the strain and relax the lower parts of your body. When you are unable to hold any further, let go. Repeat three times on either side. All over the body on both sides of it, in the back and the front you shall experience a unique feeling of physical well-being. It works out the mucus, and energizes the entire abdominal region.

(14) EYESIGHT EXERCISE: Every dog sticks his tongue out, and pants with deep "coughs" over and over again, until a certain moisture drips down his tongue. While sitting on a chair, cross your legs, bend your knees, and extend your arms against them and lean forward thus making an angle of 45 degrees. This posture relaxes the abdominal region. Now pant with strong "coughing" and do it until by regular practice you are able to do more than fifty times at one sitting and until the moisture drips down your tongue.

(15) REGENERATION EXERCISE: Lie flat on the floor, arms resting lengthwise, body straight; lift your legs up and raise them as high as you can while allowing the arms to stay lengthwise as before, until you are actually balancing the body on your shoulder blades. Breathe naturally, hold from three to five minutes, and then let go gradually: hold a little longer if you desire. Sex region will be divinely strong and under your moral control.

at each stage, as it were, and is the means by which man in earth (or the soul enfleshed) is able to establish a rapport with the higher stages of life. These esoteric Teachings naturally conflict with the much simpler lessons taught in the world generally. A sincere student will soon be able to discriminate which contain the more accurate presentation of the Mystical Facts.

This stage leads directly to "dismemberment", for the soul's energies are now forced into different channels(needs, interests,,desires, hopes, etc.), but this is so that the sou may gain a variety of lessons and become sturdy and enlightened. When man becomes soul-conscious he begins the ascent, which necessitates the indrawing and integration of his interests. This is at-one-ment (atonement sic!), the opposite to dismemberment.

EDITORIAL: With still greater penetration have Wisdom-teachers everywhere read the vernal equinox as the sign in the heavens of the transformation to be accomplished in the soul of man - the turning from his bondage to earth toward freedom through his transcendental nature. Completion of this great process is the re-birth, Tesurrection, into noumenal worlds. That is the true Easter awaiting the evolving soul, just as its true Christmas is the first birth, or birth of its higher consciousness. GROWTH OF THE HIGHER FACULTIES

G. BORCHARD: THEse are legitimate questions, asked in the spirit of a scientific age, and those interested in the possibilities of the transcendental nature in man must be prepared to meet t em. When the mystic of the heart speaks with emotional transports of the life and contacts of his soul, the critical mind is not impressed, because it can perceive behind them no background of ordered, progressive development.

Not that the critical mind should set itself up to judge that on which it may unwittingly have closed the door, but thatpppepple of this kind want the rationale of a thing, by what means it was arrived at, etc. This desire should be honored, if it is genuine, for behind it there may well be the humanitarian impulse to help make accessible to many, that which seems so beneficial to the few.

There are of course also those who accept without question the reality of mystic and noetic power, perhaps because of brief, but movingglimpses they have caught of conditions beyond the world of practical affairs and affectional interests.

A method of the present age which stimulates the consciousness of the soul combines a number of scientifically valid techniques making for a balanced development of the whole being, and with it the growth of the higher faculties. This method includes work with the subconscious and metaphysical exercises, and has not only the advantages of the earlier methods but in addition the constant supervision of the mind and a critical testing of results.

EDITORIAL: The first blast of impending autumn has driven yellow leaves in flight down the road. As September begins, you and I an all the denizens of the northern hemisphere know that another year is past the full flood of natural energy and is entering its recession.

A shiver may pass thru the spine, for we anticipate the cold of winter knowing this is the moment of pause when the outgoing physical energy of this half of the world is beginning to move in the opposite directi n. The great tide of nature is set towards its ebb-rhythm; Men may regret the shortened days and the lengthening slant of the beloved sunshin yet, there is another side ofthe rhythm, and with it a challenge that rings recurrently out of the deeps of man's being. There the awakening force of mental and creative faculties hear the summons to renewed effort. A new cycle has begun for all of us.

Nature has her incentive to growth at the vernal equinox, but man's incentive or vernal equinox comes as nature approaches the autumnal equinox. This change in rhythmsends a signal to all men, -- let man grow, - let man's activity be on the increase! And if men, instead of turning this new vigor to the uses of daily life merely to better material conditions, go a step further and enter into a higher cycle of development they will be richly rewarded.

The more we know of this impulse and of the meaning of the opportunity recurrently brought forth by the signal of the autumnal equinox, the more we can consciously use the force of that summons for the development of man himself and for making progress toward the nobler ideals which stir in every one's heart. Of couse mankind has invaribly used this impulse for progress in outer ways but one who has, through study or training, become sensitized to this rhythm, knows it is time to act and for what goals he is aiming.

If this period of waxing is used to the full, if past ignorings are redeemed, if the individual seizes this moment with enthusiasm and insight, then the long-obscured and forgotten meanings of the Door of the Equinox will gradually open and some of the mysteries be known again! This number of the publication carries you into this dawining rhythm. We

PAUL BRUNTON
P. O. Box 34
Cooper Station
New York 3, U. S. A.

23 January, 1954

It concerns me deeply, Dr. Kautter . . .
that I have been unable to answer your letter long before this. I have carried it half-way round the world with me in the hope of finding sufficient leisure time to attend to it, but it was difficult for me to interrupt important work.

I agree with you that the German translations of my books are bad. However, no one better qualified seemed available for the task so I have been waiting. If you would like to do it, I would be most grateful to you.

I have not heard before of Dr. Björkhem, nor, so far as I know, has his book been translated into English. Certainly such a book would be interesting.

The Hidden Teaching Beyond Yoga has been published in German under the title, Philosophie der Wahrheit -- by Rascher. Since you have requested it, the complete list of my publications follows, although I can only give you the English titles:

A Search in Secret Egypt; A Search in Secret India; A Message from Arunachala; The Secret Path; A Hermit in the Himalayas; The Inner Reality; The Quest of the Overself; Indian Philosophy and Modern Culture; The Hidden Teaching Beyond Yoga; The Wisdom of the Overself; The Spiritual Crisis of Man (published last year--Rascher is putting it out in German next summer.)

I quite agree with you that my remarks about the nazis should be withdrawn or modified and I have written Rascher requesting them to do so. It should be remembered that at the time The Wisdom of the Overself was being written the world was at war and the Russians were our allies, consequently I was not able to speak freely about them.

PEACE BE WITH YOU!

DR. WOLFGANG KAUTTER
ÖHRINGEN
Karlsvorstadt 9,
Germany

(213) The artist or writer who really understands the creative process will not regard his first draft as a final one, will not hold all his words as holy and sacrosanct. On the contrary, he will diligently strive to perfect his work, to correct his blunders and polish his self-expression.

(214) Andre Gide: "He was amazed to find that I was still in the middle of Stendhal's "Journal." There are certain writers that I read as slowly as possible. It seems to me that I am conversing with them, that they talk to me, and I should be sorry not to be able to keep them with me longer.

( ) Do not state the old obvious and familiar teaching over and over again. Readers who pay for a new book expect it to be really new. Discard any other.

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(INDEPENDENCE)

( ) I am getting older everyday and need my strength and sight for my most important work-- writing.

( )A writing career is the best for me. The freedom to come and go as I please is worth riches.

( ) The problem of fending off interrupt-ions to my work as a writer and to my meditations as a philosophical mystic, is a serious one. It has made me more and more time-conscious. I see that its solution is largely a matter of firmly making and firmly keeping necessary rearrangements.

( ) I may deliver my message through the radio but I shall never deliver it through television or on the public platform. For I refuse to expose myself to the crowd which, seeing my body in person will inevitably judge me by that even more than by my mind. My lack of inches combines with my lack of vocal power and my lack of hair to render the work of public speaker unsuitable. At least, with the radio the crowd will have my voice as the only physical part of me. Writing is my best medium and should remain my only one.

( )Vincent Sheean: "New York's psychopatic attitude towards what is called success, impressed me. Success was apparently defined as anything that made money, caused talk or got printed in the newspaper...The most characteristic example of the New York point of view was the gossip column. Despite the childish inquisitiveness and exhibitionism of the system; it had an influence on numerous New Yorkers ---- appetites grew by what it fed on. New York City's triple passion for success newsprint, private lives made it a hysterical place, unfit for human habitation."

(OCCULT)

( ) A Hindu belief is that the look of materialistic persons or of lower castes on their food, still more their touch on it or their coming nearer to it than a prescribed limit, contaminates it and pollutes the eater of the food, if he is spiritually sensitive (Brahmin). Hence, the latter needs to be cautious not to take food indiscriminately from everyone. It should not only be physically pure but also psychically.

( ) A variant of the White Light cocoon process of self protection is to picture a steel ball being placed around the body.

( ) Telepathy: (a) The transmitter of the thought should try to see the words as pictures as if written on a blackboard. (b) If I physically see the person who is sending the thought or whose written paper I am psychometrising, the mind-reading becomes easier. (c) If the person looks intently at me for a few minutes, that also assists the reading.

(COUNSEL)

( ) Of what use is it to establish yourself in a house, if you travel so much?

( ) Learn the art of working quickly yet quietly, effectively, yet unhurriedly.

( ) When the thought belies a deed, or motive betrays a thought, when a man is false to truthfulness, how can he expect to enter Truth's dwelling-place?

( ) Champat R. Jain quoting Kisabha Deva, very ancient Jain Sage and Seer's prophecy concerning 5th. period of the world's history,(our own). "The tendency everywhere will be for things to go from bad to worse. In respect of religion, India will become irreligious. The infidel counterfeit beyond will take it up. What is likely is the discovery of the soul-nature by the Europeans and American peoples.

N.P.

tion but will continue to yield durable results, is an ethical and spiritual one. It would be easy for a generation which has seen unparalleled conflict and unprecedented evil to lose its faith in divine power or divine wisdom. This is what is happening to many people in this group; they ~~who~~ are so preoccupied with the external circumstances of their life that they neglect its higher purpose. The analyses by their leaders of historic events and human evolution are either not deep enough, ~~because~~ lack~~ing~~ the knowledge of the spiritual laws governing the causation of those events and controlling that evolution? OR quite misleading. What other result can be expected FROM MEN WHO

The times so vividly if briefly mentioned in various passages of the New Testament are upon us. Mark how they speak of one identifying sign being the appearance of false prophets. St. Luke warns us in burning words: "Take heed that you be not deceived... go yet not therefore after them." The mistake commonly made in understanding these passages is to limit the reference only to religious and mystical prophets. But these teachers and leaders of the destructive movements, whose dogmas have been received with emotional fervour and propagated with intellectual fanaticism, must not only be included in the reference but even given first place. They have diverted to themselves exactly the same kind of faith ~~and~~ OR devotion as that which is given to Religious leaders ~~men~~ like Muhammed. Their movements are religious

the same kind of faith ~~and~~ OR devotion as that which is given to Religious leaders ~~men~~ like Muhammed. Their movements are religious cults, with the idea of worldly Utopia substituted for the idea of God. Their program of violent change is a moral code turned upside down. Their group hatred is simply brotherly love in reverse. Their propagandists are priests of ill-will without robes. Yes, they are the false prophets of our time just as much as ~~and even more than~~ the knavish heads of charlatanic religious organizations, the mad FOUNDERS ~~leaders~~ of some FOOLISH mystical cults, and the obsessed "Messiahs" of the millenium with pretensions to special holiness.

( )When the instruction of the Gita is followed and the meditators gaze is fixed on the tip of his nose, his eyes will then be half-shut.
( )Unknown to him when working for someone in the secrecy of meditation do not make any attempt to contact him physically until the inner contact with him is felt. It may require several weeks of such preparatory work before this feeling arises Copy outer contact sought before that time is premature and likely to end in failure. (b) Do not concentrate on or pray for more than one person at a single meditation. It confuses the issue to intercede for more.

(101) It is my general custom to caution each student that my relationship with him must remain quietimpersonal and that he ought not to seek to involve me in the consideration of his personal affairs.

The moment you desert the use of reason for sentimentality, emotion or passion, you are lost. For then you are capable of doing anything however silly, saying anything, promising anything. With the result that anything may happen to you, for the ship of your life is drifting on the sea of mere feelings.

(174) He should learn to guard his tongue so that he himself contributes nothing to the armoury of his critics and enemies.

(175) What you say may be quoted; what you do may be copied. Be careful.

(176) Do not reveal your travel or visit itinerary to others. Say you do not make plans ahead of time , so do not know the date or district of next visit.

(177) My decisions must be based on considered judgments.

(178) Of what use is it to make our own plans and then be unable to follow them through because the higher power has other plans for us?

(46) Charity, humility, courage, justice, wisdom are qualities associated with Jade by the Chines

(47) Tibetan Tankas: The picture can be cleaned b by rubbing carefully with dry fresh white bread. (a) Tears in the tankas are repaired in Tibet by cross-stitch.

(48) Brass Chinese Engraved Box, with hinged lid and wood lining, has carved soap stone circle on the lid.

(49) ON USE OF TIBETAN CYMBALS: (a) Each sound emitted by the bell is the voice of Kwannon calling us to purify our sense of hearing, where -by a spiritual experience called "interfusion" will finally take place in us." --Susuki on Zen monastery bells use by monks.

Suranagama Sutra(Zen): "When entrance to the inner sanctuary is effected by means of Wisdom, all the six senses are merged in one. Enter through the auditory sense, and the distinctions of the senses will be effaced. There will take place an experience called "perfect interfusion". All the barriers between the sensory functions are removed; each then functions for the others .... The Essence which functions through these objective mediums or conditions is to be grasped ... not the hearing nor the sound. By contemplat -ion the Mind-Essenceis to be recognised in the functions of empirical mind as well as in the phenomena of objective world. By thus taking hold of it, interfusion constitutes enlightenment.

(50) CHINESE IVORY FIGURE IN SILVER RING: The figure is quite old and chinese. The ring is mod -ern Indian filigree work. The figure is that of Hotei who is the Chinese and Japanese God of good fortune and contentment. He is also represent -s Prince Maitreya who will appear as the Universal Ruler and Buddha in about 2500 years. Hotei is worshipped by the Taoists in China. Hotei was a priest in the 10th century in Ming-Chu)900 A.D.) province of China.

obtain approval. Because of this fact, we are not in position to assure you that anything molded from Styron would be approved by the Underwriters Laboratory, but it will be necessary for you to submit the item direct to the laboratories for testing.

With further reference to our statement that Styron has been used in the case of one electric shaver on the market, we know that this is definitely a fact. The material has been used for that purpose in the past but the writer is not sure at the present time whether it is still being used by the particular shaver manufacturer.

Yours very truly,

D. R. Ebey

D. R. Ebey
Plastics Sales Division

DRE:mw

He was a genial smiling person who used to predict the future. He is depicted with large ears as symbol of divine power. He is regarded as a lucky charm in Japanese art.

(51) BRONZE STATUETTE OF TASHI LAMA: bears on the under side the engraved eymbol of the Dorje(Thunderbolt) Crest which is the symbol of power.

(52) JAPANESE TRAVELLERS LOTUS-FLOWER SHRINE: made of gilt lacquered wood. If examined with magnifier a tiny Buddha will be seen in the Buddha's own head. The hollow ball of rock crystal can be used for gazing and concentration; it formerly held the holy Sarira stone.

(53) GOLD TIEPINS: (a) Lozenge shaped holds a dark blue sapphire, with a pearl below it.

GREAT WESTERN DIVISION
MAIN OFFICE
SAN FRANCISCO

EXECUTIVE OFFICES
THE DOW CHEMICAL COMPANY
MIDLAND, MICHIGAN

GREAT WESTERN DIVISION
THE DOW CHEMICAL COMPANY
634 SOUTH SPRING STREET
LOS ANGELES 14, CALIFORNIA

GREAT WESTERN DIVISION BEAR BRAND PRODUCTS THE DOW CHEMICAL COMPANY

DOW

TRADEMARKS
REG. U. S. PAT. OFF.

January 21, 1948

Mr. P. Bernard Masson
Charms Company
Rancho Las Palmillas
Route 2, Box 559
Tucson, Arizona

Dear Mr. Masson:

With reference to your letter of January 15, the Underwriters Laboratory does not give blanket approval or disapproval to any plastic material, but each application of the plastic has to be tested by th[illegible]ies in order to obtain approv[illegible] Because of [illegible]

(182)In the form of written notes, often got at random, you were given a large number of guidances thru the years. For instance, at Tucson re expecting nothing from St.John Ives. All were correct and all advice was sound. Learn to evaluate these notes more highly.

(183) The arrogance exhibited is the fruit of pride.

(184) I shall discreetly throw afcloak of mystery around his pervious life, a curtain of secrecy around his present movements and a cloud of reticenee over his future activities. I shall avoid praise, reject,blame and shun publicity.

(185) Says wise Solomon in the Bood of Proverbs: "A fool uttereth all his mind, but a wise man keepeth it in until afterwards." Such is the virtue of silence.

(186) The reptutation of a spiritual teacher is more vulnerable to attact than the reputation of any other man. It is not enough for him to begood, in the conventional snese, but he must not even court the risk of not appearing to be good to others' eyes, must not even, by his philosophic indifference to public opinion as to what others think of him, make it easy for them to misunderstand his motives, and ~~xxx~~ misinterpret his conduct wrongly. It is the inevitable result of the fact that such a man is edpected to set an example to others. Because of that and because so many are not possessed of suffxx sufficient intuition or insight to know his true character, he must sacrifice his personal freedom of action at times.

(187) Put nothing in writing whether in letters or notes that you would not like printed and published in the Journals.

(188) This defect in character indicated by Mars square Mercury makes decisions too hastily, too impulsively, hence often wrongly. Allow for it by answering;"Give me time to think this matter over."

Mars Square Sun attempts to rush into a wrong course of action under the pretext of shortness of available time such as Jan, Hermitpub, Grindlay TD. Such a pretext must be guarded against.

Mars in opposition to Moon and square Sun leads to a fanatical extremism as well as to a rash overdoing of good acts that turns them thereby into bad ones.

(189)Experience has shown the error of letting yourself feel tied by pefsonal obligations to any man because you have known him in the past or because he has done some trifling service for you, or in submission to false fears. You are a public figure in an exposed position and Self-Protection must count before getting involved with others.

(190) The vital lesson is to learn to detect and be bold to seize opportunity when it comes or it will not recur again. If unrecognized it is lost for ever.

(191) <u>The time has come for a full break with them</u>. Answer no letters, give no interviews to them. Cultivate only worthwhile persons, assets not liabilities.

(192)Do not allow yourself to become careless about the contacts made, the interviews granted, the friendships formed, the people you associate with, and the friendliness of your letters. Use a sound judgment before advancing closer. Holding the high, responsible and vulnerable position that at you do, you cannot afford to be indiscriminate in these matters.

with the center approximately about level with your nose. Take time to find the focus, so that you see clearly the "N" for the North.

COUNSEL

( )Whenever anyone addressed Jain Guru Shanti Vijaya of Mount Abu in greeting as "Guru" he replied with the same word, but addressed it to his own late Master. This is a useful practice in humility for PB to copy, but I can do it silently, mentally. Whenever anyone says orwrites to me as "Master", I should pass the prostration on to My M.

( )St Francis de Sales kept incessantly busy all day yet never showed haste or hurry. He was always calm. He himself wrote about how to carry the fragrance of prayer into the life of action. He gave clear instruction to layfolk how to have God with them in the world. See his first book,"Introduction to a Devout Life".

( )No problem that concerns a serious situation involving another person should be settled without taking it daily into meditation for one whole week. This suggestion is based on the practice of Jain Guru Shanti Vyaya, of Mount Abu. It enables the situation to be seen in an impersonal light, the inner causes of its ansal to be revealed, and the only solution which is both permanent and considerate of the higher evolutionary interest of the other person as well as of oneself,to be arrived at.

( )Ancient Chinese wisdom prescribes the hour before dawn as being the best for seeking counsel on affairs or coming to important decisions. This is because men's minds are then at their keenest and clearest. (Ancient Hindu)

( ) Turn every problem over to the Overself. The egois incompetant to deal with it anyway for it is ignorant of all the factors involved. Only God can possibly know all of them.

( )For many years I have been receiving written messages from the higher self concerning the conduct of my life. The results of obeying or disobeying their guidance invariably show its correctness. They are couched in a perfectly impersonal style and a divinely authoritative tone What they advocate or command tends to the spiritual gain of those concerned with me in any situation as much as it dows with my own. It is so wise yet so good that the ultimate result is always happiness and benefit, whereas an egoistic guidance will seek immediate satisfaction but bring misery and suffering in the end.

IDEAL RESIDENCE

( )The dream of a perfect country, or perfect district for residence, has faded, like that of a perfect guru. In these cases one must abandon a futile search. But just as one can find a guru who inspires one, more than any other man, so one can find a district and a country which gives more inspiration and less irritation than all the others Such a country for me is the Territory of Hawaii. Such a district is one of the quieter sections of the island of Oahu, better still, of Kanai. This is why I shall shift my centre there.

( )Ecuador is probably the most spiritual land in So. America as Simon Bolivar predicted it would become"the convent of South America."

( )Wherever I have gone I have always been an exotic plant, but this is less apparent and so less felt in the Orient, still less in Hawaii.

( )I know now that my ideal home will never be built except in fancy. But even that is worth the slight attention I give it.

( )

( ) The practice of tantrak leads to hypnotic power.

( )Bangalore Yogi: Light incense. Inhale it while holding right nostril, then utter your mantra as many times as possible on the air in the lungs. Use as little a quantity of air at each utterance as possible. Hold left nostril and exhale through the right one. Do this in asana, sitting on one heel, knees crossed in a kind of pyramid.

( )To inhale deep breaths while holding a great idea or ideal in meditation, is to infuse it with vigor.

( )In Calcutta my servant brought in an old man who told me to wait till sunrise as it was only at that time and also sunset that a cure could be affected,by his claimed "super-natural powers." At daybreak, the old man murmered something for about five minutes and touched my forehead with his finger -s. He advised me to go to bed. This I did and in the morning was cured."

(102)Tony said that it was wrong of P.B.'s students who assist him or serve him to expect any return in the form of his t me or personal counsel. They should serve selflessly, and doing this is not selfless.
(103)Only the warning of a scrupulous conscience and the action of a firm-willpower can prevent weak yielding to the importunate demands of those cures of their physical ailments. Tell one, tell all that I am not a healer. Let them state their problem, however, but promise nothing.
(104)

(215) I could not make my home in England because
XXXX I could not swallow its snobbishness. Where
ste fo birth and possession of wealth are more
emed than height of soul and genius of mind,
place for my wondering feet to stay more
short while.
If my ego is an illusion, then so are all
ersons' egos; if mine is non-existent
s theirs. If, I must regard my own
ay disregard theirs. Let me attend there-
ersownLetrhoofalsalvathimentahitymand ha
ish pressure fromsoutside divert me by pseudo -
servi

service from this path of solitude."
(217)Before he died Yogananda confided to his closest disciples: "I am sorry I ever got involved in the material problems ofthis organization. I wish to be reborn in India, and to spend all my life there sitting by the Ganges, with some of you with me, but with no organisation and no outer activities like these SRF ones."
(218) It would be quite impractical to make work for individual persons my chief occupation. Yet this is what would result if I yield-ed to all the demands which indeed are much greater than any single person could deal with.
(218) I have acquired so many things for my use or comfort, so many books for my study or pleasure, that a great amount of time and trouble have to be given them for care, handling, transport and storing.
(220) Instead of expanding my work, I ought to curtail it.
(221) The idea of home does not exist for me. Destiny has ordained that I have to be free. I live wherever I happen to be. Mexico at the moment but I do not know where it will be next year. As a corollary to this homelessness, I have had to reject the idea of a fixed itinerary for my travels as well as a fixed schedule for my day. It is useless to tie myself down to either of these, whether at the bidding of my own wishes or of those of xxxxx other people for the Higher Self usually unties me again.
(222)George Morely Acklom wanted to know why a man of P.B.'s peaceful philosophy had to travel as much as you did.
(223)

(185) Fenwicke L. Holmes: On Mantra: All great teachers have formulated a way of praying into some kind of spiritual slogan. These slogans have almost magical value. They create conditioned reflexes or automatic action through the subconscious mind. The magical power does not lie in the words but in the emotions which they arouse and in the consciousness of their truth. These slogans, if thoughtfully repeated in the mind and memory or hummed under the breath develope automatic responses and free the power to work for you. This maintains a steady stream of affirmative thought, or fathers emotional feeling.
(186) Sufis use Dhikr, that is, mantra and deems it of highest value, the cornerstone of his practices. It is continual repetition of the name of Allah or some short litany, accompanied with intense concentration on the thought of God.
(b) Sufi Mantram: "Be conscious of your breath, and watch every step ye take, and thus experience solitude in the crowd." This is used by Sufi Dervishes. (c) The practice of moment to moment mantrams should be accompanied by visualizing yourself smiling. (d) The day-long dwelling on the idea of Fana xxxx, in the formula of a Mantra, will continuously send a river of creative force through your whole being. Fana means passing away either of evil qualities, personal will, human attributes or the whole individual self in union with God.

s

( )Kundalini Breathing: Deep intensive breathing can be directed by strong forceful will to so whip up the blood as to make it hot and give it healing power.

( )Karel Kesl of Prague: "The criminals misusing technical telepathy took all measures that he should remain isolated in his flat. Because of the indispensable therapeutic preparation for the enforced telepathic connection it was imerative that no sensitive person should sleep near him. He was aware of this and tried to gain a courageous person to remain near him. But in vain.

( ) The Sufi holds his breath until all sense of personality disappears in a state of trance.

( ) The way to use a guru's photo when in distress is to hold it in both hands and pray or meditate at the time when the guru himself meditates to assist his disciples. He should make the necessary alteration of hour to adjust his local time to the gurus regional time.

( ) My guidance on practical matters as well as spiritual matters comes through written notes. It comes usually after severe concentration on the matter and then abandoning it. Since guidance usually comes to me in this way, would it not help to obtain guidance if every problem or question troubling me were also written down?

(182) Sufi Mantram: "O Infinite Power Of Alla "
(183) The dervishes accompany mantram repeti
by (a) Trying to be conscious of their breat
(b) watching each step taken when walking.
(184) Master of Howrah mantram: "God is ever
smiling on me." or "smiling in me."
(given to B.B. by him in
vision in Dec. 1951.

(173) When talking to someone you wish to influence, concentrate on thoughts of the sun, direct these thoughts and the reflected sun at the person you wish to influence, you will find that i it works wonders to win over persons inimical to you or to win friends.
(174) Vijoy Krishnan: On Kundaliniyog (a) To try and feel that god is every seeing me, is to cause activity in the chakras. I must be conscious of his eye alone and practise seeing Him. (b) Along with every movement in eating walking or working, even in good or bad acts, do not forget God. If you perceive him in everything, you yourself will beceome an illumined and divine man. (c) Begin with the idea: "I am living in God this very moment See God as the vessel, the container of the T. (d) Whenever we stop forgetting him God gives protection. (e) Feel the current flowing to the Guru; feel yourself drawn up to it: Connect your spirit to His.

(Cont. over)

(X) This leads easily to illumination.
(f) The practice will be hard when you try as if you were the master and dependent on your own endeavor but it will be easy if you will feel that the Guru or God is leading you Remember and recall him so that He is always present in person.
(175) Hamsa Guru got his initiation in the cave at Kailas by following instructions not to open his eyes for the three days he was to sit in meditation. Day and Night.
(176) The aim of all your private meditation periods henceforth is to stop thinking. That meditation period which does not achieve this is to be regarded as a failure.
(177) At deepest point of meditation use force to co mand the concentrated power to go out towards the disciple who is being helped. exert direct commanding tone silently.
(178) An importer-exporter whose business took and kept him for long periods in several far Eastern countries, was given a Tibetan Buddha in India with the prediction that if its possession was guarded, good karma would be his lot. He was warned to let nobody touch it; if perchance somebody did, then he was to touch and caress every part of it himself so as to remove the other man's deposit of alien magnetism.
(179) Su Tangpo: "At night my brother regulates his abdominal breathing and is able to hear a rumble in his belly. (This is Bhastriha-PB) Medicinehhad been of no avail for cough in the autumn, this deep breathing and yoga cured him. If one can achieve a perfect circulation of the vital spirit(kundalini--PB) how can ailments attack these human bodies?
--Chinese Yoga.--
(180) Best technique for daily healing kundalini siesta is to re-create Mac's room; Mac himself and the chair, bed and process of falling asleep.

The merchant who thought that his energy alone gained him his chain of stores probably does not know how little his own initial impetus contributed to his multiplied power and how much power the Mind Cosmos gave to him as the result of his Mind Desire. Without desire in him, however, and without a vision of that altitude which he desired to reach he never would have gained the momentum which increased his power and reduced his effort, but would have continued the hard labor of expressing the energy which he himself was content to express while working alone without vision or desire.

Man has no limitations other than those which he sets for himself in the measure of his knowing and the measure of his desire to work with God as God works with him, for desire alone will gain him nothing.

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hard labor of expressing the energy which he himself was
content to express while working alone without vision or
desire.

Lincoln: "Let us not promise what we should not, lest we are called upon to perform what we cannot." Vol.5./12

(181) Begin to apply the warning to make no more personal predictions and no more promises. Make no more statements after Joint Meditations that benefit will be felt later thru the subconscious mind. By making the prediction To Yourself you can check and study the impulse prompting it without exposing yourself to ridicule.

(2) Polio is caused by acidosis condition poisoning the blood stream, thru indulgence in sugars, starches and acid citrusfruits and juices and arthritis and tuberculosis is also caused caused by this. The treatment is to cut out these foods, which includes candy, bread, potatoes, sweet soft drinks, preserved fruits if saturated in sugar syrups, and ice cream. Sugars are the great killers of humanity, starches and sours are it cripplers.

(3) A simple diet that does not require much effort to digest, allows the blood stream to clear of poison, and then the blood builds up vitality.

(4) Because nine out of ten people are not balanced, their digestive organs are unable to create a balanced bloodstream. A diagnosis shows a lack of certain elements, which they are advised to take in concentrated food forms--but on should not eat concentrated food elements of any kind.

(5) There are three basic causes of disease: first, a lack of mathematical balance between the inner Self, Spirit, and the mind. T his results in tension. Secondly, too much starch and sugar, not enough vitalized foods, fresh vegetables and fruits. This leads to over-acidity and devitalizes blood. Thirdly; mental and emotional tension preventing proper relaxation, thus impairing proper functioning of various bodily organs .

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(225) Avoid getting caught up into the karma of those who write to you. Keep away and do not give interviews. If you do give then it becomes difficult to detach yourself. By refraining from doing this, you will have all the delight of really being free to live your own life freely.

(226) It is not too expensive an affair in time energy and thought to allow myself to get entangled in other people's lives and problems. It is wiser to be merely a reflective witness of them.

(227) My mornings belong to myself. I must spend them utterly alone if I am to enjoy them. I have the right to be undisturbed in impersonal meditation and writing and unhindered by the personal vibrations of others. All the hours before lunch are when I can best do spiritual or intellectual, creative work; All those after siesta-time when I can best do executive work involving the presence of assistants.

(228) Cyrano de Bergerac by Rostand: "What! I like all the rest" ..."Dedicate verse to bankers? ...play buffoon." ..."In cringing hope to see, at last, a smile." ..."Not disapproving on a patron's lips. Grammercy No!" ...."Seek introductions, draw petitions up? No! and no! again But --...."Laugh, go lightly, solitary, free" ...with eyes that look straight forward, fearless voice!...."To workwithout onethought offame...."Never to pen a line that has not sprung straight from the heart within..."Be content with flowers-fruit, nay leaves....but pluck them from no garden but thine own!"

(229) Do I need a home, a centre for my activities, a retreat for my inactive meditations, a base for my journeys?

of others, as the time available for it is all-too-short. The time spent on meals can be given for this. Therefore, it is necessary to have meals at home, and afternoon tea alone. When I have guests their aures create tension and nervousness. or eat in public restaurants Trust your impressions of these contacts; your feelings are authentic psychic readings. If they cause un-ease, why eat with them?

PERSONAL MEDITATION: (a) Eyes should be not quite open, not quite closed, and should look 10/20 feet ahead. (b) The deeper the concentration, the quicker the awakening of intuitive insight.

( ) Lie flat on back, head resting on one end of couch, the feet raised resting on the other end. Use this posture permanently for meditation where contact with or intuitive guidance with Masters is desired.

( )(a) Ask interviewee to report in writing the result of his meditation with me. Where report is interesting, useful or favorable, file it in a special large looseleaf quarto binder. (b) Do not ask him to concentrate on his heart but simply within himself. In this way the inner force will find its own appropriate direction. (c) Do not warn him that I will clap hands at end for he will expectantly wait for the sound and thus disturb his concentration.

My temperament requires the fullest possible personal freedom. If I have refused lucrative and honorable posts because of it, I must equally refuse the burdens and bonds of mastership for the same cause.

(224) If I can succeed in keeping my needs few, I will keep the strains and agitations and pressures on me proportionately less.

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Prophet's Council To PB: (cont.) (2) You have made the mistake in the past of putting yourself under obligation through accepting hospitality and living with students. They expect something in return. It becomes an entanglement. Keep free. (3) Do not worry over past errors connected with Maharshee; forget them. They are done with.

( ) M. Advises you it is very important spiritual -y to get your afternoon rest from all activities, even if only twenty to thirty minutes.

( )Maharshi: "Tell PB who I love with all my heart I never left him. His inside life has to be changed. Tell him also I am in his heart even now: I am with him constantly, even when he does not know it. I love him as my son. He will walk with me, for my soul , it wells within him. Behold

( )If you do not put an end to your travels, and settle down, you will die within a few years from the irregularity of diet and from the overwork entailed. For at pres -ent you cannot get continuous secretarial help but you could if you were permanently settled. Moreover it is all robbing you of time that needs to be given to a meditative life -- hours every day and night -- which would take you very high spiritually. All this pressure and strain of correspondence,arrears and work arrears is not for you, makes you a busy"business man", and stops your inner life.

( ) After you have returned from your 1952 travels you should find ahouse and place for permanent residence. Settle down at last a nd stop your wanderings. Arrange for meals and correspondence to be taken care of by others. Then you will be much freer and have more time and be under less pressure. Take up prayer and meditation for long periods daily and nightly and thus advance thru the next phase of your progress. Be in retreat, in a sense, yet you will be able to serve humanity by writings and by praying or meditation for others. Let it be your own private house, with your own furniture. Be careful who you let enter it and avoid useless contacts.

( ) Swamis Prabhavananda and Yogananda mean well but are weak and have yielded ti temptations. The former is a better man than the latter. P.B. is superior to both.

( ) I reached, and anyone else can reach, facility in meditation by sitting down to it and not getting up until it was mastered. Go on, deeper, stick to it -- and success is assured.

( ) All you need to assist the reception of Master's Grace is to devote much more time to the practice of silent prayer and meditation.

( )It is highly important that you should gain a great -er freedom. Such personal contacts, friends, students and correspondents as you have already made from the past, cannot how be helped, although they should be very carefully kept with -in bounds. But you can help making new contacts with strangers There is no need to do this; so be on guard against it as nearly each one makes a relationship and hence a new karma for you. Send them a mimeograph circular instead.

( ) "MasterP.Said: "Tell P.B. further travel is worthless. The master must be sought within, not without. The disciple, and the master must become One. He who travels outside is wasting his time. He who travels inward will alone find the master!

( ) Master wants you to rest at intervals between desk work 15 to 30 minutes, especially during the afternoon. This is very necessary for your health, nerves and inner life.

( )Master says both of us will advance considerably higher provided we are cautious about making new karma, careful about getting involved in other peoples personal lives and sincere in not seeking to gratify the ego's vanity and love of money under pretext of rendering service.

( )You must no longer allow so many people to enter your life. With each one that you get mixed up with, by meetings or by correspondence beyond a first reply, you get also mixed up intheir karma. Be verycautious, and select only a few as friends; let them be spiritual or worldly assets, not liabilities to you. Even so, do not let them get too close or let yourself get into their worldly and personal affairs. Discuss only spiritual matters and their spiritual duties; refuse to advise or decide on anything "practical" below that level. Be doubly careful who you select as assistant.

( )Prophet's Counsel To PB: It is not enough to wait for guidance for your decision as to where to travel next. You must also ask for it in prayer and meditation, both at the beginning of the meditation and the end. If you do not get an answer that day, ask again the next, and the next until you do.

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40. ( ) Such an experience as seeing death face to face as it were is always a great one to sensitive persons. It should mark the beginning of a new period, of a more vivid evaluation of the transient character of earthly life. This in turn should react in a more powerful aspiration to wrest something of an enduring character from the comparatively few years spent in this space-time level.

41. ( ) This event was tragic in a worldly sense, but nevertheless great good will come of it, for it was equivalent to a spiritual initiation. Thus, since they were able to rise to the occasion, it not only worked off a lot of bad karma in one single concentrated happening, but also opened a door for very definite spiritual advancement.

42. ( ) He will act up to his highest ideals when he remembers that the happiness of others is involved.

43. ( ) It is not entirely wrong to concentrate on the brain centre. With many students the first illumination comes that way, but with all students the final contact is with the heart centre,-the brain centre is a link between the personal ego and the Overself.

44. ( ) The mating desire is a perfectly natural one and in most people an exceedingly strong one. Where it is frustrated there is inevitably a vacuum in the heart and miserable loneliness in the mind. Obviously, the cause must lie in the personal destiny, that is why the Orientals teach resignation to destiny so as to avoid the feeling of resentment and bitterness. However, since the student is not in a position to know how long this particular type of destiny will operate, the correct attitude is to keep an open mind falling neither into frustration on the one hand nor agitated desire on the other. He may contribute to an amoralization of his situation by cultivating more love for people, not merely outwardly but also in his thoughts of them to the extent that he emanates a loving atmosphere... ~~kapkrex~~ people will then feel it and be attracted to him and inevitably give their love in return. Among them there could be one who could solve his problem.

45. ( ) The Gita says he must accept blame or praise with an equally serene mind. Thus, when faced with adverse or unjust criticism he has a good chance to try and follow its advice and so further his development.

46.( ) He must ~~regi~~ be resigned philosophically to the inevitable. There is no other way. If he can do this and wait for time to do its healing work, a great compensation will come to him and bring him happiness.

47. ( ) This is a town where I have lived before--alas to end my days in a dungeon! but the years before that were very happy and busy--just like New York in fact with correspondence going out to students of mysticism all over Europe ~~and~~ (America was inhabited by redskins and pilgrim fathers only in those days) Although I was in the Church, the Inquisition got busy on me for propagating too broad a mysticism.

48. ( ) We must be kind to those who cannot understand and so may misunderstand.

49. ( ) Truth is not for lunatics or neurotics; it is for those who can keep their feet on earth. Nor is it for the touch-me-not holier-than-thou saints; it is for the publicans and sinners! Keep away from professional and talked-about spirituality, ~~and you~~ they will be saved!

If they

"DO NOT LOSE YOUR SENSE OF PROPORTION AND ASSUME THAT YOUR ACTIONS ARE GOING TO MAKE ANY DIFFERENCE TO THE WITNESS, THE OVERSELF WHICH ALWAYS REMAINS UNAFFECTED".

Paul Brunton

D O N O T L O S E Y O U R S E N S E O F P R O P O R T I O N

A N D A S S U M E T H A T Y O U R A C T I O N S A R E

G O I N G T O M A K E A N Y D I F F E R E N C E T O T H E

W I T N E S S, T H E O V E R S E L F, W H I C H A L W A Y S

R E M A I N S U N A F F E C T E D.

PAUL BRUNTON

really begins in the after-period when I stop the joint meditation. This is because no conscious effort was made then. The ego did not start it. In fact, the ego plans to end it, but the second stage abruptly comes after one stops trying and relaxes from further effort.

the Cosmos. We are not here onearth to manifest oursel-
e. He who so thinks never passes beyond the boundaries of
action-reaction of this material world of illusion. We are
here to manifest God and thus find that we are manifesting
our Selves!
(498) If you would ask of God the supreme question He would
say unto you: All question are answerable in the Light. Thou
art Light. Thou Canst answer them.
(500) As your understanding reaches full bloom you will kno
-ow the desire to embrace and cherish the whole universe,
for you will Know it and all mankind as Yourself.
That is why we want you to understand the science of God's
great universe, for You are the Universe and the Universe is
You. Without the knowledge of what man Is, how can man
understand man? It is like trying to form words without know-
ing the alphabet. Therefore, learn the "secrets" of the
universe and then command thyself to Live knowingly with
God inall ways.
In these lessons we have endeabored to make clear to
you what Love really means — not just abstractly but dynam-
ically. Rhythmic Balanced Interchage Is love dynamically
expressed.
(501) Remember that all you are seeking and working for
Love, happiness, health, friendship, business success,
fame as inventor discoverer, author, artist, or Statesman --
--lies in your control of that one principle — Balance.
In the measure of your ability to control Balance in your-
self and in your creations, so will you express it in your
works and ways, by which you will be known.
This last unit of lessons is Not "good-bye, for you wi-
ll ever be a part of our great Cosmic Plan. You have but to
rest your thought on us and we shall be One with you now
and forever more.
(502) I have worked indefatigably for thirty-one years to
give The Message of The Divine Illiad to the world in simple,
understandable language. For twenty-six of those years I
worked alone. Then came my Lao right out of the Cosmos. God
knew that I needed another Cosmic Mind to make the pend-
ulum of my own Mind swing truly in balance while doing this
great work, thus He added Lao's knowledge and inspiration to
mind so that we could together find the kind of words which
would appeal to the world, and present it in a human and
sympathetic manner, without having the taint of "textbookishne
in it. In five years of working moment to moment, and so
closely that we got to thinking as one, I have advanced farth-
er than in the whole previous twenty-six years. Besides makin
my work infinitely better, it made work more joyous and less
fatiguing. Hours of conferences, writing and rewriting, des-
troying and joyously beginning all over again with the two of
us in it instead of just one.

PERSONAL MEDITATION

( ) The Ananda Cottage model extra long meditation
ad 3 stages: Sterile: Kundalini aroused: passive emptiness.

(a) Press back against a wall: squat in half Buddha posture. Use a cushion to sit on if on the floor. Stretch the spine until it is erect to allow the passage of Kundalini. Press the chin against the chest. Keep the back of the head and cerebellum also pressed against the wall. This entire posture tends to arouse Kundalini and to still mental activity.

(b) Mind Stilling Method: The activity of thoughts ceases after a time on the slant board if no positive exercises are done andif you lie passive.

(c) When squatting on tile or cement floor in the damp season or locality, it is essential to use a think pile wool rug. But even ordinarily it is much more comfortable than a thin one or a coconut mat.

(d) Ittakes a whole half-hour in the morning meditation to penetrate through to the plane of joy and clarity. So persevere and do not give up the practice even though at first confusion is felt because of the inability to concentrate.

Meditation Regime: Daily center a med. around deep breathing exercises, deliberately directed toward the evocation, of the Kundalini. The depth of the breathing is the active agent which evokes it. Practice the new posture of squatting in an easy chair in the bedroom and bending down to the floor, doubled up like a jacknife; then rising to the full height on the deep inhalation. At the lowest point touch the uncovered tile floor with hands (this is Buddha's earthwitness attitude and affects the base of the spine, and helps evoke the kundalini) The deeper the breathing(which should be alternate rhythm and nostril-closing left and right the stronger will your voice become too. The length of retention of the in held measuring the ease with which the thinking will be brought to a standstill.

(f) Use sunfall to practice daily 15 minute meditation as instructed at Cochin Hotel TMP -- just as if you were at Tmallai, said M. Fix this as an unalterable regime.

(g) Chang's Taoist Rules: Meditate every day and in one year you will regain all early illuminations. . . . Meditate at the best time for you which is 3:30 am/ 4 am. Afterwards return to sleep. . . . : For your good health take a nap at 11:30/12 am for a few minutes. . . . . : Positive force starts at midnight; negative at midday. These junction periods are most valuable.

is of the kind which belongs to the short path. CONT

The foregoing rules are intended for those like you who have to be active in work during the day, whereas most other meditation rules are intended for monks who are free from the necessity of worldly activity.

(h) Practise breath control to get the thoughts still.

(i) Die to the personal self, throw yourself into the Void, praying for merger.

(j) Whenever a meditation period fails to yield results, and it is arid and barren, follow it by the substitution of the physical exercise series. Since both are pre-meal time exercises, they are very convenient to redress the balance. Moreover, if done with prolonged inheld breath and with full mental concentration upon Kundalini evocation, the spiritual results of physical exercise will be similar to meditation exercises.

(k) Rudolf Steiner shows that power is got by prolonging meditation to a $1\frac{1}{2}$ - 2 hour minimum. He writes: "The more we strengthen our souls, the more we find greater and greater reality in our thoughts and it then becomes possible to arrive at a further stage, which consists in suppressing these strong thoughts which have been made so powerful by ouf own efforts; if one in this way exercises the soul as one would exercise a muscle, then the soul grows strong. Methodically, one pursues the exercise further and further; the soul grows stronger, grows powerful, and becomes capable of sight."

(l) Petitions, blessings, prayers and intercessions should not be introduced until the third stage (contemplation) is ended. And between the two there should be an interval of adoration and thanksgiving.

(m) Experiment with Gandhi's method of meditating at dawn or before dawn -- then continuing to sleep again.

(n) I pull all my nerve power and concentrate so that I entirely forget the outer world, impressing upon myself mentally the outlines of the object guruin which I am interested to such an extent that even when I look away it stands before me as though real. In the course of about half a minute I literally see the guru with my eyes, think of his minutest details. Enough! I have memorized them.

(o) The best time to start meditation practice for exercises on the Short Path is immediately on waking up from sleep, and before you have begun to adjust yourself to the world. Start at once, even if you feel hazy and dreamy, even if you are still in that pleasant state of formless drifting which is semi-conscious, between sleep and waking. This is the time which yields the most successful results and allows the easiet and quickest passage to them, provided the theme

(OVER)

( )Kundalini-Yoga: Sit in a backless chair with the spine absolutely straight. Fix the breath on base of spine and draw it up from chakra to chakra. Empty the mind of thoughts and keep it on stillness. Do this morning and evening for at least a halfhour with Kundalini.

( )Guru-Chela: The trained disciple should be able to contact the mind of his master in each situation that requires guidance; he should be able to get an affirmative or negative telepathic answer from him.

( )Yoga Danger: In the deep meditation-trance, when one is projected quite out of the body, the latter is left untenanted. The same thing happens to ordinary people during the unconsciousness of sleep, but not enough to endanger them. In the former case any evil astral entity can come into the vacant body and possess it or lodge in it. To protect oneself against this, it is necessary firs to make the signs of cross and pentagram, second, to make a circle around the seat or bed both with the fingers and the imagination, and vivify it with will.

( )Kundalini Breathing: Deep intensive breathing can be directed by strong forceful will to so whip up the blood as to make it hot and give it healing power.

( )Karel Kesl of Prague: "The criminals misusing technical telepathy took all measures that he should remain isolated in his flat. Because of the indispensable therapeutic preparation for the enforced telepathic connection it was imperative that no sensitive person should sleep near him. He was aware of this and tried to gain a courageous person to remain near him. But in vain.

( ) The Sufi holds his breath until all sense of personality disappears in a state of trance.

( ) The way to use a guru's photo when in distress is to hold it in both hands and pray or meditate at the time when the guru himself meditates to assist his disciples. He should make the necessary alteration of hour to adjust his local time to the guru's regional time.

( ) My guidance on practical matters as well as spiritual matters comes through written notes. It comes usually after severe concentration on the matter and then abandoning it. Since guidance usually comes to me in this way, would it not help to obtain guidance if every problem or question troubling me were also written down?

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Swami SIWANANDA on HATHA YOGA (OCCULT)

( )TRATAK:This is steady gazing at a particular point or object without winking. It develops mental focussing and concentration. Useful for students of of the yogas including Jnana. Sit in Padma or Siddha Asan,or even erect in a chair. Keep a picture of Guru or of OM or a black dot on a piece of white paper on a wall, a candle flame or a bright star before your steady gaze.Or at the tip of the nose and the space between eyebrows. Close your eyes and form a mental picture of the object;this is Visualisation .Practise for two minutes and cautiously increase the period. Tratak improves eyesight so that spectacles may be thrown away after some practice.

( )The lower six chakras are resting places for Kundalini,or stages in its ascent. Each contains a knot or obstruction which prevent this ascent and which must be broken.

( )Kundalini does not stay long in Sahasrara.The duration depends upon the purity, degree of sadhan, and inner strength of the practiser. Many students stay in the lower Chakras only. They are carried away by the happiness they get.It is a falso content. an obstacle in their way. After reaching Sahasrarahe should try his best to prolong his stay there.

)He shouldkeep awareness always. Mind Prana Jiva and Kundalini move together in the upward ascent. The practiser will get help from within as he moves from chakra to chakra.A mysterious voice will guide him,at every step.

( )If one becomes pure and free from desires, Kundalini awakes by itself.If he awakes it by Hatha (violent) methods forcibly when his heart is impure, when desires lurk in his mind, he will come across various temptations when he moves from plane to plane and will have a downfall.He will have no strength ro resist them.Violent methods are Asana, Pranyams and yogic kriyas.Purity must come first

( )There Mudras are 4 routes to Sahasrara for Kundalini. The longest is from Muladhara to S.and back.This is the most difficult route. The shortest is from Ajna Chakra(Pineal-Pituitary in head) to S. If the yogi concentrates on this chakra, the lower ones are automatically opened and conquered.

( )Kundalini can be awakened by hatha yoga method or by the mind concentration of Rajyog;or by the devotion and self-surrender of Bhaktas;or by the analytical will of Jnanins; or by Mantras of Tantra. or by Guru's grace thru touch sight or sankalpa

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PERS MED.

(1) Bhikshu Wai-Tao: "It is difficult for a beginner to stop his diffuse thinking and to hold his mind in purity and tranquility; it is still more difficult to regulate the mind if it is weary from the day's activities and to bring it into quietness and calmness. The brain tissues are very sensitive and nervous; they are like a photographic film. Whatever one sees, hears, smells, tastes, touches, discriminates and thinks about become printed upon the brain film and the mind, being under the illusion of the different consciousness, reflects them, desires them, yields to them, remembers them. This keeps the mind distrubed at all times, not only when he is awake but also when he is asleep. The thinking mind has been under this topsy-turvy condition for age after age and by reason of it has been kept turning about in the cycle of death and rebirth. The next step is to focus the mind on the lower abdomen; this is to first regulate the body and physical brain and bring them into quietness and peacefulness. If a beginner neglects this step and lets his mind stick at the first step for a long period of time without any change, his body and physical brain would become inflamed and excited instead of becoming quiet and peaceful. The beginner, therefore, should notice whenever he feels uneasy or physical or mental symptoms develop. As he takes the second step of focussing his mind on the lower abdomen, he will be regulating these physical conditions by balancing the mind at the right place of the body. As we concentrate the mind on this point, the mind should be kept alert but not grasping any sights, sounds, odours, tastes, touchings, or discrimination of thoughts, emotions or visions of any kind, for they are only reflections in the mirror of our own mind and are only phantasms and blossoms seen in empty space, or as the reflection of the moon seen in clear water. As the mind has for a long time yielded to these delusions, it is not easy at first to regulate it and ignore them but by patient practice after a time the m ind will spontaneously recognize their delusive nature and then the mind can be easily regulated and pacified and brought into quietness and peacefulness."

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PERSONAL MEDITATION

( )The secret controlling success or failure for proficients is to watch at the start that the body's muscles and limbs is not taut, for this creates tension in the nervous system. Whereas by letting the body relax completely the parallel mental state follows soon after and true meditation which is passive is induced.

( )The Second Stage of Meditation really begins in the after-period when the join meditation is ended. This is because no conscious effort is made then. The ego does not start it. In fact, the ego plans to stop meditating, but the second stage abruptly comes on because one stops trying and relaxes from further effort.

(Swami Prabhavananda:"Literally SAHAJA YOGA means "Easy yoga".It is the way of constant recollected-ness.While sitting or walking, think of the presence of God,at all times.You dont have to close eyes or nose to do this.Remember Him always,busy or idle."

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PERSONAL MEDITATION:

(a) (OCCULT)

( ) Rudolf Steiner: The effect of meditation is all the stronger, the moretranquilly, and deliberately this is carried out. (b) Whoever does not call upon both patience and perseverance, and does not continuously carry out his exercises, cannot achieve much. (c) The individual beholds first (in meditation) what he has created, the reflection of his own being.

( )Buddhist Prescribed Meditation:(a)Eyesshould be not quite open, not quite closed, and should look 10/20 feet ahead. (b) The deeper the concentration, the quicker the awakening of intuitive insight.

( ) Lie flat on back, head resting on one end of couch, the feet raised resting on the other end. Use this posture permanently for meditation where contact with or intuitive guidance with Masters is desired.

( )(a) Ask interviewee to report in writing the result of his meditation with me. Where report is interesting, useful or favorable, file it in a special large looseleaf quarto binder. (b) Do not ask him to concentrate on his heart but simply within himself. In this way the inner force will find its own appropriate direction. (c) Do not warn him that I will clap hands at end for he will expectantly wait for the sound and thus disturb his concentration.

( )Make it an essential part of whatever bodily posture you adopt, to purse the mouth in a beatific smile and maintain it.(b)Whenever sitting down at desk to work, purse the mouth in a beatific smile and hold it continuously (c) Do it also when preparing to fall asleep at night.

Rules for Joint Meditation and Group Meditations:

)(a) Seat alldisciples in a crescentagainst the farther wall. PB to sit on a red couch.(b) use only green crystal Buddha lamp or mosque lamps. In this 75% darkness give the "glance" initiation to all disciples. (c)A minimum distance of 9 feet from PB near-disciple to be maintained.

( ) Analytic observation established that attempts to practise meditation while in bed, either during the night or in the early morning, if found sterile and ineffective, will swiftly change into successful and fruitful ones by adapting a simple method. The failure is due to physical posture remaining eitheralying down one or a legs outstretched one, if sitting up. It is essential to fold the legs and squat to bringabout a favorable result.

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PERS MEDITATION

( )It may promotes passage into the second and deeper stage if, while squatting, one bends forward at waist line, keeping trunk and head in a straight line. ( )It is much easier to get started at once with the dawn meditations if one disciplines one-self to sit up in bed on awaking instead of lieing on the back. In the latter case, the mind drifts from thought to thought and fails even to rise to the higher plane. In the former case, there is immediate mental ~~alter~~ alertness and a lift of the mind ~~to~~ above the ordinary plane. It is then possible to attain concentration.

( )A slumped trunk, slouched shoulders and drooped head are hindrances to proper concentration. Many a barren session ~~was~~ wasted because of this cause. If the meditator finds himself unable to achieve any advance after he sits down, let him look to it and if this is the fault, straighten his spine and neck as the first ~~step~~ remedy.

( ) A comfortable chair in which to squat for meditation is one with a straight back that has a top bar to support the middle (not small) of the spine, and that has no padding in the seat

( )Swami Ramdas: "When the mind is filled with contemplation of God, thoughts may enter it and get dissolved again now and then. The blank time that remains between the entrance of one thought and another is a state of samadhi, pure God-consciousness. The struggle consists in trying to remain always in this condition."

( ) It is a good habit to learn to meditate while one works.

( )It is essential to begin by giving positive & comanding suggestions to relax the body progressively and then the mind. This saves wasting the prelim. period in distractions.

( )Mrs. Lindsay, Count Murari, Mrs. Jacquays -- all these said they experienced a strong dynamic force impacting them during meditation with me. The med. in each case lasted only ¼ hour; the shock came soon after the beginning.

( )Meditation Seat: To fit the sitting ~~one~~ bo, place small cushion under thighs and feet but NOT under buttocks.

( ) When squatting in bed assuming a half-lotus posture; this brings quick improvement mentally, an ability to concentrate on the subject. Five minutes later assume full lotus. This banishes all thoughts.

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MY INITIATION INTO THE SHORT PATH Part One

(1) It was based on Short Path; began by resolutely rejecting all that of the ego, its aspiration , development, problems, faults or purifacation. JUst have nothing to do with it in this phase, nor even with the egos of other people! If fact, I not only turned my thought away from myself but also from them and from the entire universe itself.

(2) My meditation was directed toward God, his nature, qualities, and attributes, especially his spacelessness and timelessness, ~~his unfortuanatem~~, his infinitude and fathomlessness. "Al'lah, Al-lah" sounded forth continuously, meaning the beginningless and the endless.

(3) From that it was easy and nautarl to go on to meditate as Mind. "I contemplate Consciousness". I practiced Guru-Nathan's path. It was so direct and so easy to realize during day-long practice.

(4) I was instructed that the Short Path's meditations could be affected only if done with slow deliberate penentration semantic into meanings and lenghty pondering upon on them.

(5) Eventually concentration became deeper and deeper and then thoughts lapsed entirely. I reposed in utter mental silence for a period. After that I must have passed into Yoga Sleep, whence I awoke feeling very sleepy still, but tremendously peacful.

Part Two.

(8) I who speak to you in these revelations, in these mystic experiences, Who am I? ~~My~~ Interior word! There are three parts to this answer; (a) "I am that Which Is". This is the correct name of God, which the Biblical phrase "I am that ~~which~~ I am." tries to convey) The phrase means that I alone am, nothing else is. ~~Th~~ Iam the sole unique reality. All else is unreal, fictious, illusory I appear as your ego but it is not really existance. It is like a role played by an actor. (b) I am the power in you which knows reality. ~~Ewk~~ I am Mind, Conciousness. But I appear as the mind which knows only the Illusory world. (c) I am the ever flowing peaceful Source of all your happy feelings. But I appear as transient joys derived from earthly things.

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NEW TECHNIQUE - INTERVIEWS REQUIRING MEDITATION OCCULT

(1) Hitherto there has been no mention of "sleep" in these explanations to others and no seeking of it in technique practised by you. Henceforth it will enter into both as their most prominent feature, as it wasin the mesmeric phenomena of Edgar Cayce diagnostic clairvoyance, of W. J. Macmillan spiritual healing, of de Puysegur's 18th century discovery of somnambulic clairvoyance, of Andrew Jackson Davis medical clairvoyant trance, deliberately seek to fall asleep as the chief effort of your individual interview or group contact. Do not try to meditate in the old sense or in the conventional. Do not be positive in concentrating, nor sequential in thinking,but drop both concentration and meditation. Simply be passive, and let the state of the'vacuum mind' manifest itself. Allow the subconscious mind to take possession of the conscious one by the dimming out of the latter's lights -- a process of auto-hypnosis often mistaken by spiritualists, as F.W.L. explained, for possession by an outside disincarnate entity. Become a medium for this deeper self which, on its space-transcending plane, can bring through by some mysterious inexplicable affinity, the power and presence of Master.

(2) In these meetings the other person, the sitter or group, need not strive to attain a higher awareness in meditation but need only relax. What he thinks or feels will not be important. You will, if successful, not be aware afterwards of what happened during your sleep. Yet, paradoxically, it is while you are in this state that the other person receives the greater help from you as evidenced by so many.

(3) Just as Cayce and A.J. Davis practised the diagnostic sleep, and Macmillan 'the healing sleep', so you will practice the spiritually-uplifting sleep! Since the attempt to 'meditate' orthodoxically will now be abandoned give no outward semblance of doing so. Hence, do not squat buddha-like in a chair. Instead lie down on a couch and put yourself into the sleeping state of self-hypnosis.

(4) Let your face assume a beatific expression prior to falling asleep, so that it may be maintained during it.

(5) Put a kerchief over face.

(6) As part of regular technique, think of and pray for help to Master before going into the sleep.

(7) Perhaps you do not have to have the other person physically present for him to experience this _____ or uplift. He may be in his home town, a long distance away, but if you think of him before you enter this sleep-state, he may receive the same benefit as if he were present

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(8) You ask why the 'controls' of Cayce, Harry Edwards, Billy Parish, A.J. Davis, refer to themselves in their own announcements explanations and behavior as disincarnate entities and not as self-dramatizing parts of the medium's own subconsciousness. The answer is that this is exactly what is done in dreaming, when different entities appear which are known after waking to be nothing more than the sleeper's own mind.

(9) EDGAR CAYCE'S powers of diagnostic clairvoyance and suggestive healing did not develop under repeated attempts at hypnosis because "he got to the second stage of hypnosis but would not go beyond it to the third stage, where he would take post-suggestion. They developed only after Edgar discovered that no matter what the hypnotist did, it was his own thought that made him go to sleep. So Edgar lay down on a horsehair sofa and tried putting himself into sleep or, autohypnosis. autohypnosis

AUTOHYPNOSIS

(10) Fenwicke Holmes: When faced with problems tell the subconscious mind before going to sleep that it knows the answer and will give it to you during sleep. Then, the first thing on waking, consider the problem again. The subconscious is controlled by suggestion and imaginations. They are a key to psychic states. Whatever holds the attention dominated the subconscious. Ideas planted in the subconscious produce atuomatic reflexes. The creative forces there respond to our ideas and ideals. Nor are these impressions easily displaced.

(11) In Joint meditations it was found that when PB got "charged" with kundalini and then directed positive commands formulated in words and constructive suggestions to the disciple, the latter felt the power and was able to rise to a higher level of being.

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FOR Private Circulation Only

PHILOSOPHIC WORSHIP.

All philosophic devotion should be privately performed. The presence of others, even as fellow worshippers, is a distraction. The aspirant should address it to the Divine Being or to his ~~own~~ higher self but he may also occasionally substitute any human being whom he regards as being a channel focus or symbol for the spiritual forces; a scriptural personage or a contemporary master, for instance. In that case, a picture, a photograph or statuette may be placed at a convenient height before his gaze. He should however be perfectly clear in his own mind that his devotion is being given to the Divine, through a human medium, not to it. That is, he should not fall into the blasphemous error of anthropolatry. Next, the bodily positions in which we silently utter our prayers need to be attended to. There is a serious connection between the two. For instance, a man who prostrates ~~between the tw~~ himself on the floor and touches it with his forehead, stretching out his arms at the same time, is involuntarily forced to think humbly and could not think arrogantly. It is a verifiable fact that if we put the physical body in certain attitudes, these in their turnwill incite the mind to put itself in certain attitudes too. Hence, philosophic worship has devised special genuflections and bodily postures which it makes use of for this purpose. Whilst the student is engaged in these genuflexed attitudes, he should co-operate by deliberately directing his mind to the related mood. There is no fixed period for its duration. It may be anything from five minutes to two hours. The length of time given to it will depend partly upon how much free time is available and partly upon personal inclination.

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4th exercise: Kneeling: Still remaining with bent knees on the floor, he should raise the trunk from the heels and straighten it. Both hands are then raised and brought together in front of and close to the chest. The fingers may clasp and interlace in the styleof medieval Christian Saints, or may merely touch one another, in the style of Oriental greeting. Mentally, the aspirant should begin with a ~~xxxxxxxl~~ remorseful acknowledgement ~~of specific weaknesses in character and~~ follow with an expression of penitence for particular sins committed in conduct. He should ask for help in overcoming them and, if he wishes, for forgiveness. He should humbly admit his helplessness and even tearfully supplicate to the Divine with his need, which should be formulated in definite terms. He may, if he wishes, add a a prayer for material help, but this should be done only under critical or urgent circumstances. He should always pray for enlightenment so that he may ~~may~~ know his own soul. Thus the first stage of his worship ~~xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx~~ should be an adoring remembrance, the second a relaxed approach, the third, a receptive submission and fourth a petition.

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FIVE-POINT MEDITATION PRECEDENCE

1st.STAGE. He should stand upright, raise his arms to shoulder level, stretch them forward and place hands, separated from each other, about twelve inches away from his breast. The palms then are turned inwards facing the body, at the same time bringing the elbows back close to the waist. The head should be uplifted, and face upturned. When no pix is used, the arms may be fully extended upwards, whilst the eyes gaze in the same direction. He should then make a silent affirmative, yearningly and reverently, of the Divine Reality existence and attributes.

2nd.STAGE. BOWING IN RELAXED APPROACH: Still standing he should then lower the head and incline the body forward and place his hands upon his knees. The palms should rest there, with fingers slightly separated. He should then be mentally still and humbly absorbed in nurturing and developing the feeling of his personal relation to the Divine Being.

3rd.STAGE. SQUATTING IN RECEPTIVE SUBMISSION: The worshipper should drop to the floor on his knees and fold his legs underneath the body. Letting them support the body's weight, he should sink downwards so that the chin touches his breast and his eyes look to the floor in self-abasement. His palms should rest on the thighs, a few inches above the knees. Mentally he should be passive, expectant and receptive of the influx of Grace.

4th.STAGE. KNEELING IN PETITION: Still kneeling with bent knees on the floor, he should raise the trunk from the heels and straighten it. Both hands are then raised and brought together in front of and close to the chest. The fingers may clasp and interlock (lace) in the style of Medieval Christian saints, or may merely touch one another, in the style of Oriental greeting. Mentally, the aspirant should silently begin a remorseful acknowledgement of specific weaknesses in character and follow with an expression of ~~specific~~ penitence for particular sins committed in conduct. He should ask for help in overcoming them, and, if he wishes, for forgiveness of them. He should humbly admit his fraility, and even tearfully supplicate the Divine his need, which should be formulated in definite terms. He may, if he wishes, add a prayer for material help, but this should be done only under critical or urgent circumstances. The highest and therefore most philosophic use of prayer is not to beseech satisfaction of wordly desires, but to beseech light into darkness spread by those desires and strength into the fight against animal passions. He should then implore the soul for its strength to enter into him.
He should always pray for the capacity to know his own Soul.

A U M

FIVE-FOLD MEDITATION PRACTICE

1st.STAGE. He should stand upright, raise his arms to shoulder level, stretch them forward and then bend, separated from each other, about twelve inches over the chest. The palms then are turned inwards facing the body, at the same time bringing the elbows back more to the waist. The head should be uplifted, and face upturned. When an air is used, the arms may be fully extended upwards, whilst the eyes gaze in the same direction. He should then take a silent affirmative, reverently and reverently, of the divine Reality existence and attributes.

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A P E

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P.B.'S PERSONAL TECHNIQUE FOR HEALING

(1) Wait for the initial feeling of complete confidence that healing power was at present active. (2) acknowledge that the Power is the curative agent, not P.B.

(3) I silently pray to it, humbly turning the patient over to its care, then wait in stillness for It to take over my mind fully.

(4) It is definitely a descent of grace.

(5)To the patient:"You, must cooperate, I will initiate, and the Higher Power will operate."

(6) I turn the patient and his sickness, or any person with any problem, over to the higher power , and have no anxiety about the matter from that moment.

(7) The technique requires a strong ly willed effort to brush aside all the old attitudes and to recognize the divine presence, to have confidence in the divine power, as being here and now. Then I affirm that there is no disease in the Overself's peffect being, no rheumatism(or whatever the patients specific trouble may be) in the patient's inner being.

(8)From the first moment that I feel myself being taken up to the higher level of consciousness, I know that contact has been established and the possibility of healing has been granted. But if the patient cannot dehypnotise himself just for some minutes from the body's insistence to feel what is being done for him, which he will know only as faith in the visible healer, the cure will be delayed until he can do so.

(9) I do not deny the existence of disease, like the Science, nor ignore it, like the Advaita Vedantin. I admit its existence but set the healing power of the Overself to remove it. I do this by dis-identifying myself and telling the patient that he too, is not the body, following this up by identifying both of us with the Overself. This achieved, the latter's curative force is released upon the patient's ,(and my own) body. Simultaneously, I feel the inrush of power, establish confidence in its victory, d affirm all these things to the patient himself. Then Spirit conquers and cures the flesh, mind asserts its ~~rite~~ MIGHT over body.

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MEDITATION TECHNIQUE

1) Patanjali said the idea is to vacuum thought from the mind.
2) An aid is Bhakti love. Love is essential to meditation; it is a binding force comprised of devotionaand reverence. The aim is to become united. Success in meditation is to become one with the Higher Self (UNITY). Meditation should be a yearning to come home to one's place in the universe.
3) One aid to effective meditation is Mantrim Yoga. This is particularly useful to develop a background of meditation to couple to one's daily activities in the world. It can serve to ally one's outer actions with the inner purpose of one's life. MANTRIM is a means of withdrawing within oneself.
4) If a sage be one who exists constantly in the awareness of the Ove self, then Mantrim can be a short-path technique to emulate his awareness. By putting the cart before the horse and aiming at imitating the sage's awareness we can come closer to his state of being.
5) Mantrim consists of repeating a selected word over and over, soaking oneself in it. There are three stages:

(a) Chanting the word out loutd
(b) Whispering it
(c) Repeating it mentally

Then, when repetition ceases, all thoughts cease. Through this constan concentration, the mantrim becomes a backdrop to one's daily life. Just as one can hum a tune while attending to other affairs, so the mantrim becomes an ever-present accompanient. When one turns full attention onto it and concentrates fully upon it, and then stops--all thoughts stop. This is the purpose of the mantrim. This result may take weeks or months.
6) There are three types of mantrims:

(a) The Musical (or Bhakti) Mantrim. "Jai Ram" The musical intonations in repetition of a word (or two words) create an almost-hypnotic effect as in a Gregorian Chant or Ravel's "Bolero".

(b) The Meaningful Mantrim. One selects a word reperesenting a quality one desires and chants it slowly to absorb its meaning; one meditates on the word and the meaning of the word. Eventually the meaning floods gradually into one and you identify with it. Example: "I am Being."

)c) The Meaningless Mantrim. A useful technique for ntellectuals who wish to surmount the barriers of the 'ellect is to choose a word without apparent meaning--"Krim," n". The word itself becomes a symbol of That which is comprehension. It enables one to go beyond boundaries of ite intellect to relate to That which is infinite. xample is "Aum" pronounced "Aah--ooo--mmm". The first resents waking state, the sendong the dream state, leep sleep, with their wide, then narrow, then closed

( )Both full fast and rawfood diet eliminative work gets rid of toxic old tissue. When the rebuilding work starts upon more nourishing eating the new tissue is purified, not toxic. Hence it can be said to be a process of regeneration, rebirth. The no breakfast plan is of utmost value. The body has fully rested during night and is refreshed and strong enough t to do a whole morning work. Why stuff it unnecessarily and thus clog its efficiency -? People do not realize that the digestion of unneeded food requires energy of whi which the body must be deprived. By having a liquid and therefore easily digestible lunch only--say soup and tea-and then eating as much as one likes and whatever one likes at dinner in the evening, the body is put on a modified fast. This releases its pranic nerve force which heals and strengthens it.

( )Honey is not the same as nectar gathered by the bees. The latter is continually thrown out of the internal sac in which it is collected on to the tongue. The bee drops a tiny drop of its own secretion-formic acit--which mixes with the nectar is regurgitated and becomes honey.

( )UNFIRED DIET:Various grains and vegetables and seeds can be made to sprout and the sprouts made valuable addition to diet. Bamboo shoots, bean sprouts have been used in China, but other forms of sprouted seeds can be developed.

( )During fasts and semi-fasts and rawfood and fruit regimes, the body is extremely sensitive to poisonous substances. 90% of vineyars are sprayed with poisons, which thru osmotic processes enter into the grapevine and the fruit.

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Humility is our only true guide along the spiritual path. If we feel arrogant + feel we have superior knowledge then we know it is the ego being puffed up. The spirit cannot feel superior - it is childlike.

#

You must develope reason to check your emotions + intuition. To do anything we have to first have the objective worked out + by a balance of intuition + reason - then the will has to be applied.

#

To know ourselves we have to first figure out our motives for doing the things we do. That is the first step. ~~Then~~ to change habits is difficult because they go along on their own momentum + just by knowing why you can't stop it, but it is the first step.

Objective - Service - Apprentice to the Master - physical conditions + mental + emotional attitudes here - humility + giving - the [illegible]

"HATHA YOGA" (OCCULT)

(a) Swami Sivananda: a "Retention of the breath produces heat and thereby Kundailini is awakened." (b) Tadan Kriya: Sit in the Padmasan footlock. Keep the palms of the hands on the ground by your sides and raise the body. Keep the posture intact. Return to the ground briskly, striking the buttocks 10 to 20 times in succession. quick When rested, the exercise may be repeated again once more. It soon awakens Kundalini. During the practice do Mulabanda (c) Mulabhanda: Sit in Padma or Siddhasana. Contract the anus and draw the muscles upward forcibly. This exercise, combined with inhalation, is highly useful for maintaining chastity. (d) Uddiyana: ~~This is done after breath-retention and at the beginning of exhalation.~~ The ~~belly~~ is slowly ~~drawn~~ backwards and intestines above and below navel are drawn upward. The abdomen rests against the back, high up in the thoracic cavity. It can be done sitting or standing. Repeat 6 times. If done standing, this ex forms the first part of Nauli. It helps to keep chastity and combats constipation. (e) Banda Traya: This is a combination of c & d with Jalandra, which is done ~~during exhaltion~~ while holding the breath by pressing chin against chest. A heated state is ~~during~~ produced, kundalini arouses with a hissing noise, becomes erect like a serpent and enters the spine.

navel pressed

Release them just as slowly. with its muscles contracted.

(f) STHALA Basti: Sit on ~~the ground~~ a rug with outstretched legs. Take hold of the right foot with right hand, and of the toes of left toes with left hand. Churn the abdominal muscles slowly, with ~~an~~ pressure on the downward motion. Contract the sphincter muscles. This is intended to produce a quick evacuation of the bowels.

add to (d) above Uddiyana: Stand with feet ten inches apart. Clasp each thigh with a hand. Bend upper part of the body slightly forward. Forcibly exhale through the mouth and let the lungs remain empty.

(e) cont. If combined with sitting in Siddhasana, it is more effective.

(c) If combined with holding the breath and the idea of drawing sex energy upwards, it is more effective for this purpose.

(G.) When Kundalini awakes there is a peculiar and powerful vibration in the Muladhara

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navel

Release them just as slowly. with its muscles contracted.

(f) STHALA Basti: Sit on ~~xxxxxxxxx~~ a rug with outstretched legs. Take hold of the right foot with right hand, and of the toes of left toes with left hand. Churn the abdominal muscle-s slowly, with ~~xxx~~ pressure on the downward motion. Contract the sphincter muscles. This is intended to produce a quick evacuation of the bowels.

add to (a) above ~~[illegible]~~ stand with feet ten inches apart. Clasp each thigh with a hand. Bend upper part of the body slightly forward. Forcibly exhale through the mouth and let the lungs remain empty.

(e) cont. If combined with sitting in Siddhasana, it is more effective.

(c) If combined with holding the breath and the idea of drawing sex energy upwards, it is more effective for this purpose.

(+) When Kundalini awakens there is a peculiar and powerful vibration within Muladhara

I quite agree with Professor Szekely that the raw food diet is healthy for cleansing and healing purposes, but after this a balanced diet is needed by those who are leading active lives in cold climates or even during the cold season of warm climates but probably not by those who are

I rarely give interviews as this would mean spreading a Cult or starting a group - which is not my work.

world, to Ind...

(IV) It is a quest to become
conscious of consciousness, to
explore the "I" and penetrate the

52

mystery of its knowing-
power!

(1111 34) That which guides
him to the godwithin his own
being, that slender thread of
intuitive feeling and intelli-
-ence, only at first appear
and disappear at intervals.

3

(MANTRA) "I am a center of life
in the Divine Life, of intelligence
in the Divine Intelligence"

— creative joy

Hon

it, I do n

letter in

shall be c

Belie

Oriental

Mantram: "I see imaginatively, and therefore creatively, the perfect character which is to ~~must be obtained~~ even now latently mine"

ON · THE · SUNNY · SIDE · OF · WASHINGTON · SQUARE · PARK

(Mantra) "I look beyond the troubles of the moment into the eternal repose of the Overself"

(Mantra) "My Strength is in obedience to the Overself"

hundreds of unanswered cor

d a single reply eventually.

belief that after returning to

ou personally and perhaps

the telepathic powers of m

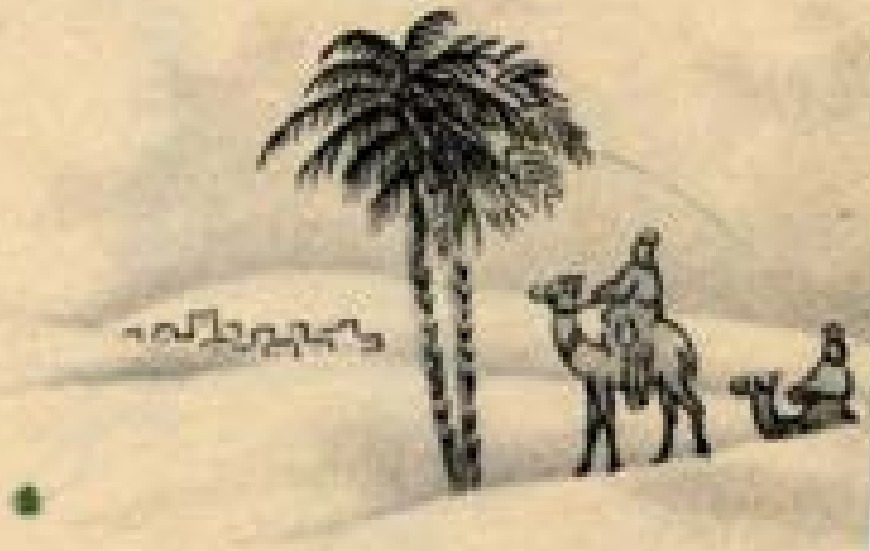
I mean in the deepest p

"PEACE

( ) We can know the Oneself only by being it, not by thinking it. It's beyond thoughts for it is Thought, Pure Mind, itself.

NOT ONLY AT CHRI

BUT EVERY DAY OF T



It helps
marbedly if
you think of
the heart as a cave. You, a
conscious being, have to enter
this cave, pass through its
entire length, until you
gradually see a light at its
other end. This light grows
stronger & stronger as you
approach it. (But this
can be actually done
only after the mind
and emotions have
been sufficiently
quieted, so the preliminary
phase of concentration
must be done first)

"Burning
mad down from
road to heart"

TINY ELEPHANT

Reader Brinton

IS USING

Author Rosenberg

Title

* * *

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(XXV.) ~~If~~ The truth starkly ~~[illegible]~~ lights up certain situations, it is ~~equally~~ valid (BUT) that certain situations light up the truth (TO SAY)

Use my Hilton of America Credit Card for selection of my hotel in August

See Phone Dice for names

make reservation now?

Find one near storage or near lunch

V.
Bloch
Bonwell
EGF.

(c) Just at the
Pshaw whitechapel need to make
his auto start. It refused,
again and again he switched
on the ignition but the car bumbled
and faulted and we remained
marooned in a busy street after
he had made at least a
half dozen attempts, I decided
to intervene. Quite I politely
said that our human [illegible]

OVER

abilities ~~[illegible]~~ had been unable to perform the task, so I turned it over to the higher power. What seemed beyond us, we placed into hands. ~~[illegible]~~ I ceased to depend on the human ego and put my dependence on the infinite power. At the same time, I felt a great faith and declared it was achieving the desired result. (a fact that I did. She can started suddenly