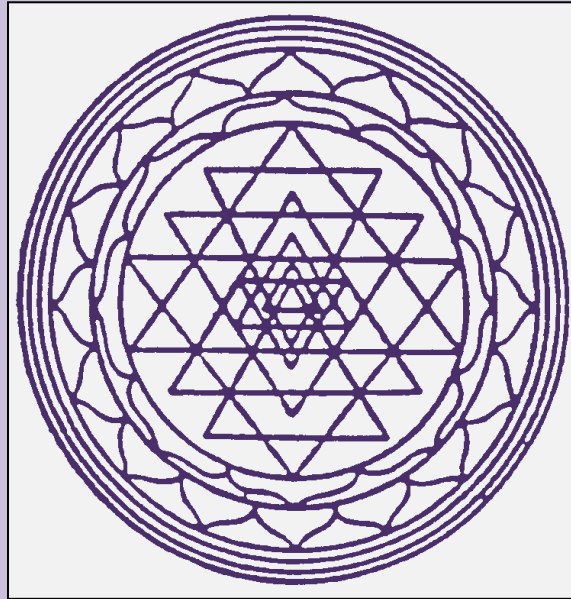


MEDITATION



DYNAMICS

By

Dr. Paul Leon Masters

University of Metaphysics

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FREE BONUS COURSE

In

MEDITATION DYNAMICS[©]

Meditation Dynamics is a “How To” course. The content of each lesson deals with actual practices of meditation, self-hypnosis and related metaphysical disciplines. In sending you these lessons, we presuppose that you already understand the basic philosophy of these subjects through study of the lessons in your Doctoral Program, and/or through other previous study.

Related books are generally filled with the psychology and philosophy of these subjects, but include very little information pertaining to actual practices. Should you decide to teach this course in your local area, its true value to you and others will come from the *actual practices* demonstrated. To test the benefits yourself, *practice one lesson daily* for one week, before going on to the next lesson.

Upon completion of your Doctoral Degree Program, and after studying and personally evaluating how beneficial this course can be for others, you may wish to teach from these lessons in your local area. If you have such an interest, contact us for details.

♦ *May God's Blessings be yours as you benefit from the practice of the Meditation Dynamics course.*

A handwritten signature in black ink, appearing to read "Paul L. Masters", is written in a cursive style.

Paul L. Masters, FOUNDER
UNIVERSITY OF METAPHYSICS

Topic	Page
Practicing Meditation	1
Psychic Thought Control – Principles & Control Practices	3 - 4
Psychic Control – Principles & Control Practices	5 - 6
Principles of Self-Hypnotic Induction	8
Breathing Conditioning and Sleep Synthesis Suggestions	9
Total Body Relaxation – For Self-Hypnotic Practice	10
Awakening Procedure – Utilizing Self-Hypnotic Suggestion	12
Meditation – Candle Concentration I	13
Chevreur Pendulum Test	14
Ideomotor Finger Test	17
Meditation Dynamics – Instantaneous Meditation Technique	19
Meditation Dynamics – Meditational Programming	20
Mantrams – For Specific Areas of Your Life That Need Improvement	21
Mantrams – For Programming Subconscious Release to Higher Consciousness	22
Meditation Testing – Rigid Arm Test	23
Meditation – Test Suggestion Removal & Hypnotic Testing – Handclasp Test	24
Variation – Hypnotic Wording Procedure for Handclasp Test	25
Meditation – Candle Concentration II	26
Contacts with Higher Consciousness – Degrees or States of Universal Mind	27
Sensitivity Contacts	28
Hypnotic Pendulum Induction	29
Hypnotic Eyelid Closure Test	30
Hand Levitation Test	32
Dr. Paul Masters' Method – Waking (Eyes Open) – Hypnosis Technique	33
Vibratory Humming Technique & Outer Sense Closure Technique	34
Inner Vision Expansion Technique & Aum Breathing Technique	35
Metaphysical Self-Hypnosis	36
Creative Light Visualization Technique	38
Inner Sky Visualization Technique	39
The Secret of Daily Thought Visualization	40
Metaphysics and Meditation Dynamics	41
Test for Self-Hypnotic Suggestion Take	42
Comments and Safeguards on Self-Hypnotic Dream Analysis	44
Chevreur Pendulum Testing for Dream Analysis & Testing Circle	44 - 45
Dr. Paul Masters' Deep Sleep Candle Technique	46
Visual Imagery – For Enforcing Self-Hypnotic Suggestion	49
Spiritual Science – Controlling High and Low Cycles in Your Life	50
Spiritual Science – Psychic-Spiritual Energy Healing – Mind, Body, Finances	56
Techniques: Mystical Sensitivity, Meditation Merger, Touch, Energy Mantram, Eye Energy	57 - 60
Spiritual Science – How to Bring About Positive Changes in Your Life	61
Programming Suggestions for Manifesting Positive Changes – Prayer Treatment	64
Meditation Technique for Manifesting Positive Changes & Mandala Candle Technique	65
Psychic-Mystical Money and Prosperity – Mental Magnetism Technique	67
Psychic Thought Control – Positive Follow-Through Method	69
Attuning Yourself to Your Psychic-Spiritual Mind Energy	70

PRACTICING MEDITATION

The following are suggestions for helping you to create the proper atmosphere for practicing meditation at home.

- Pick a place in your home where there is the least likelihood of your being disturbed.
- Have the following items on hand for practicing meditation:
 - A vase of artificial roses of different colors, or one living rose.
 - A white candle and candle holder.
 - Rose or jasmine scented incense.
- Arrange as follows:
 - Candle in front of flowers or flower.
 - Burning incense in front of candle.
- Beautiful music playing in the background is also beneficial for meditation.
- You may practice meditation either sitting up or lying down. Beginners should practice in a sitting position for about a week, and then experiment to see which is better – sitting or reclining.
- If you practice in a sitting position, position your body as follows:
 - Both feet flat on the floor.
 - Hands resting palms up on your lap.
 - Body erect and comfortable.
 - Use a high back chair to support your head. (*There are exceptions to this position.*)
- If you practice in a reclining position, position your body as follows:
 - Have your ankles crossed.
 - Fold your hands and place them over the central upper part of your body. (*There are exceptions to this position.*)

-
- At all times in a meditation period, when your mind is not engaged in meditative techniques, affirmations, or other practices, keep your attention on the interior center of your forehead, i.e., ***YOUR MIND'S EYE, OR EYE OF THE SOUL.***
-

- **Temperature in the room or place where you meditate should be somewhere between 72 and 78 degrees F.**
- **Meditate in the same room each day.**
 - Use the same chair to meditate in.
 - Select a comfortable article of clothing and use it each day to meditate in.
 - Meditate at the same time (or times) each day.
- **Don't meditate when you are hungry, and avoid meditation immediately after a meal (*while your body is digesting*).**
- **If in a reclining position while meditating, place your head to the north and your feet to the south ... *if possible*.**

PSYCHIC THOUGHT CONTROL

P RINCIPLES

- Every thought you think is a **PSYCHIC ENERGY**.
- Every thought you think affects your health and happiness.
- Every thought you think is carried on a psychic level.
- Every thought you think attracts its like on a psychic level.
- Every thought you think attracts both animate people and inanimate objects.
- Every thought you think enters your subconscious or subjective mind, and through the subjective mind, the psychic realm.
- Every thought you think that is **POSITIVE** in nature attracts **POSITIVE** results to you psychically.
- Every thought you think that is **NEGATIVE** in nature attracts **NEGATIVE** results to you psychically.
- Every thought you think has a magnetic property to it on the psychic realm of mind – your mind being the magnet.
- Every thought you think that is **LOVING** therefore attracts **LOVE**.
- Every thought you think that is **PROSPEROUS** therefore attracts **PROSPERITY**.
- Every thought you think fills the **PSYCHIC ATMOSPHERE** of where you work or live. Therefore, think positive, good thoughts.
- Every thought you think starts out *psychically*, but then returns to you in *physical manifestation* ... whether it be as a person, thing, condition or circumstance. Therefore, *as you choose your thoughts, you choose your life*.
- Every thought you think has **CREATIVE PSYCHIC POWER** for good or for ill.
- Every thought you think will make you a **MASTER OR SLAVE** of life.
- Every thought you think is important, for every thought is attracting its nature back to you, via the subjective mind, as it travels into and through the psychic creative realm.

PSYCHIC THOUGHT CONTROL

C CONTROL PRACTICES

- Become aware that *YOU ARE THINKING*.
- Be aware of *every thought* that you are thinking.
- Learn to divide your mind into two parts – that which is thinking, and a *Master Control Awareness* of what you are thinking.
- Through the Master Control Awareness, *CENSOR OR ACCEPT* every thought.
- The moment you think a negative or destructive thought, tell yourself: *“I nullify that thought so that it does not enter my subjective mind.”*
- Every time you find yourself thinking a negative or depressing thought, see how fast you can get rid of it through the above affirmation.
- Every time you think an unkind thought toward someone, catch yourself and say: *“Guide me to understand why they are as they are, and through understanding, I bless them.”*
- If you find it difficult to bless someone due to a great deal of ill feeling, say the following: *“I call upon the Universal God-Head within me to forgive the person whom I, at the moment, do not seem to have the power to forgive.”*
- Take a few minutes each day to give yourself *MEDITATION TREATMENTS* of positive affirmations. Fill your subjective mind with these positive affirmations and they will return to you.
- There is a positive and negative side to every person and thing. If you start to think about the negative, catch yourself, and then immediately begin to think about the *POSITIVE SIDE*.
- Work constantly on trying to shorten the time it takes to censor or reject a negative thought.
- Constantly be aware of the fact that your every thought has the psychic power to either clear up your problems, or keep them alive and attract even more to you.

“And God Was The Word – And The Word Was God.” - Jesus Christ

PSYCHIC CONTROL

THOUGHT POWER ENERGY MAGNIFIED INTO SPOKEN WORD ENERGY

P RINCIPLES

- Every word you speak is a **VIBRATIONAL ENERGY**.
- Every word you speak *fills THE IMMEDIATE ATMOSPHERE* with an unseen but very real psychic vibrational energy.
- Every word you speak **AFFECTS, ON A PSYCHIC VIBRATIONAL LEVEL**, the physical atmosphere in which it is spoken.
- Every word you speak **AFFECTS** human beings, animals, plants, and inanimate objects on a **PSYCHIC VIBRATIONAL LEVEL**.
- Every word you speak is a very real **PSYCHIC, VIBRATIONAL ENERGY** coming forth from your mouth.
- Every word you speak is a **VIBRATION OF PSYCHIC ENERGY** that draws to itself that which is of a like nature – positive or negative.
- Every word you speak is like an **INVOCATION TO THE UNIVERSE** to attract to you the likeness of your words.
- Every word you speak **SETS UP A PSYCHIC VIBRATIONAL POWER** in direct proportion to the intensity of force or volume with which it is spoken.
- Every word you speak either **CLEANSSES OR POISONS** the psychic atmosphere in which it is spoken.
- Every word you speak is a **CREATIVE VIBRATIONAL FORCE** set into motion and attracting like unto itself.
- Every word you speak that is **POSITIVE** creates a healing, harmonious, youthful and beautifying vibrational energy throughout your body.
- Every word you speak that is **NEGATIVE** creates a self-destructive, unyouthful, beauty-destructive vibration throughout your body.

*“It is not what goeth into the mouth of man that defileth the man,
but what issues forth.” - Jesus Christ*

PSYCHIC CONTROL

C CONTROL PRACTICES

- Always be aware of *WHAT YOU ARE SAYING*, and *HOW YOU ARE SAYING IT*.
 - Be aware of the words you are choosing to say what you have to say.
 - Avoid the use of *NEGATIVE WORDS*. They set up and attract negative vibrational reactions.
 - Cultivate the use of *POSITIVE WORDS*, for they set up and attract other positive vibrational reactions.
 - Always be aware of the fact that every word leaving your mouth is a *PSYCHIC CURRENT OF VIBRATIONAL ENERGY*.
 - If you have something unpleasant that has to be spoken of, pause for a moment mentally and try to use words that will take the *PSYCHIC STING* out of what you have to say.
 - Learn and practice *PAUSING* for a moment mentally before speaking, trying to frame your thoughts into positive words.
 - Carefully guard the volume and pitch of your voice when speaking. Try to develop and maintain a *VOICE TONE* that is harmonious.
 - If you smile when you speak, or at least have a pleasant facial expression, you can increase the *POSITIVE VIBRATIONAL ENERGIES* of your spoken words.
 - When thinking or speaking about conditions or others, *AVOID NEGATIVE CURSE TERMS*. Their mental or verbal utilization can only attract to you increased negativity from people or conditions.
-
- If you have the feeling to curse someone or something, out loud or silently, *PAUSE FOR A MOMENT MENTALLY*, catch yourself, and *bless the person or condition instead*. This will not only attract positive psychic vibrations to you, but it will also help clear up the situation.
-

- If a negative (destructive) word slips out, say out loud, *“I nullify the word(s) I have just used,”* and instead bless that person or condition.
- Be silent about your desires and goals. **KEEPING SILENT BUILDS PSYCHIC ENERGY** in your mind, thus giving more magnetism to your psychic thought currents that are traveling into the creative psychic medium of Universal Mind. Therefore, speak only when necessary.
- Do not speak needlessly (*i.e., talk for the sake of talking*). Thus, you build up a **PSYCHIC ENERGY RESERVE** for the vibrational force or power of your spoken words.

PRINCIPLES OF SELF-HYPNOTIC INDUCTION

Fully relax yourself via breathing, physical or other exercises before beginning induction.

- Do not read from instructions as you induct.
 - Memorize the basic wording of the hypnotic induction, but the memorization does not have to be word for word.
 - Use words that are comfortable and natural to you, as long as the ideas that you are conveying to yourself remain the same.
- Do not hurry yourself. Take your time, and drag out induction suggestions by thinking about them thoroughly as you say them to yourself.
- Attempt to feel each induction suggestion taking effect as you are thinking it – such as your arms, legs, or body getting heavy.
- Continuously repeat the induction suggestions to yourself until you feel their mental-physical manifestation.
- After you have brought about a fair degree of hypnosis, concentrate your suggestions on deepening the hypnotic state. *EXAMPLE: “I am now going still deeper and deeper into sleep.” - “I am drifting further ... still further into hypnotic sleep.”*
- If you are giving yourself more than one self-improvement suggestion during the self-hypnotic period, deepen the hypnotic level after each suggestion made.
- If you put a breathing exercise or self-hypnotic induction on your tape, breathe heavily into the mike as you record.
- Should you have access, experiment by playing soft melodies in the background as you make the spoken part of the recording.
- If you put more than one post-hypnotic self-improvement suggestion on the tape, be sure to re-deepen your hypnotic sleep before going on to another suggestion.

▶ *Follow all the instructions given, and you will not only have made a good self-hypnotic tape, but one that would compare quite favorably to professionally made tapes that are sold commercially.*

BREATHING CONDITIONING AND SLEEP SYNTHESIS SUGGESTIONS

YOUR PURPOSE	INHALATION SUGGESTION	EXHALATION SUGGESTION
PHYSICAL HEALING	<i>While I sleep ...</i>	<i>... my body is healed.</i>
PEACE	<i>As I sleep ...</i>	<i>... peace fills me.</i>
SELF-DIRECTION	<i>While I sleep ...</i>	<i>... I am directed.</i>
CONFIDENCE	<i>As I sleep ...</i>	<i>... I am one with Higher Power.</i>
AWARENESS	<i>While I sleep ...</i>	<i>... awareness in me awakens.</i>
MATERIAL NEEDS	<i>As I sleep ...</i>	<i>... I am supplied.</i>
PROSPERITY	<i>While I sleep ...</i>	<i>... I am prospered.</i>
CREATIVITY	<i>While I sleep ...</i>	<i>... creativity surfaces.</i>
LOVE	<i>As I sleep ...</i>	<i>... I attract love.</i>
SECURITY	<i>While I sleep ...</i>	<i>... my needs are met.</i>
IMPROVE CAREER	<i>As I sleep ...</i>	<i>... my career improves.</i>
OPPORTUNITIES	<i>While I sleep ...</i>	<i>... opportunities are drawn to me.</i>
ASSERTIVENESS	<i>As I sleep ...</i>	<i>... my Higher Mind asserts me.</i>
REALIZING POTENTIALS	<i>While I sleep ...</i>	<i>... my potentials are realized.</i>
CAPACITY	<i>As I sleep ...</i>	<i>... my capacities expand.</i>
COMMUNICATING	<i>While I sleep ...</i>	<i>... expression fills me.</i>
SPIRITUAL	<i>As I sleep ...</i>	<i>... my soul as a flower blossoms.</i>
ONENESS WITH GOD	<i>While I sleep ...</i>	<i>... I am ONE with God.</i>
WISDOM	<i>As I sleep ...</i>	<i>... Infinite Mind and I are ONE.</i>

TOTAL BODY RELAXATION

FOR SELF-HYPNOTIC PRACTICE

▶ **PRACTICE THIS TECHNIQUE AT HOME DAILY!**

I now relax every muscle in my body ... I relax the toes of my right foot.

I let them go limp, limp, heavy and relaxed.

I let this relaxation creep up through the ball and the arch of the foot ... all the way to the ankle ... so my right foot is completely relaxed, relaxed and heavy, heavy and limp.

Now I relax the toes on my left foot ... the toes, the ball, the arch and the heel.

My left foot is completely relaxed, relaxed and limp, limp and heavy.

Both feet are now completely relaxed, relaxed and heavy.

I let this heaviness creep up the calf of my right leg ... so I am now completely relaxed from the tip of my right toes to the knee. Now I let the left calf relax in the same manner so that both feet and legs are completely relaxed up to the knees.

Now the relaxation extends up through the large muscles of the right leg and thigh, so that my whole right leg is relaxed up to the hip. Now I let my left thigh also relax so that my feet and legs are heavy, heavy and relaxed, loose and limp. So relaxed, so limp, so heavy.

My eyes are very heavy now, so drowsy and so sleepy. It is becoming difficult for me to keep my eyes open. Soon they will become so relaxed and so sleepy that they will close of their own accord. They are becoming so drowsy and so sleepy with the watching ... watching ... watching.

Now I relax the fingers of my right hand. I feel them getting limp and heavy and relaxed. I feel the right hand relaxing more and more. Getting more and more limp, heavier and heavier. Now the fingers of the left hand are letting go completely, all muscles relaxing, the fingers getting heavy, limp, relaxed. The left hand is becoming relaxed and heavy.

Now I let that feeling flow up the arms, the right forearm relaxed, the left forearm relaxed, the right upper arm relaxed, the left upper arm relaxed, both hands and both arms are relaxed and heavy and limp all the way up to the shoulders.

(By this time you probably notice a slight, pleasant tingling in the toes and fingers.) This feeling will increase until I am completely bathed in a pleasant glow of utter relaxation.

Now I am going to relax my body. The hips, the large back muscles, the abdomen, the chest muscles and the shoulders will relax at once. I am going to take three deep breaths. Each time I exhale I notice the body relaxing more and more. With the third deep breath comes a complete and utter relaxation of my entire body.

Now breathe slowly in ... in ... in ... in a full, deep breath.

Breathe out, and relax completely.

Now a deeper breath in ... in ... in ... in ... in.

Breathe out, and relax completely.

Now the last time ... in ... in ... in ... in ... in ... Out and completely relaxed.

Now I breathe slowly, gently, deeply as a sleeper breathes. Every muscle in my chest, shoulders, back, abdomen and hips is relaxed, and yet my body is heavy, heavy, heavy and limp. I am now completely relaxed. My arms are relaxed, my legs are relaxed, my body is relaxed.

My eyes are so sleepy, so drowsy. The lids are so heavy. All the muscles in my neck are now beginning to relax. My head feels so heavy as the muscles release their tension. I let my jaw muscles relax so that my teeth do not quite touch ... Jaw muscles are completely relaxed. I let all the muscles of the face and scalp relax completely. So limp, so heavy, so perfectly relaxed.

Now I shall relax the eye muscles. I am going to start counting.

- **On the first count I close my eyes.**
- **On the second count I open them with my attention still focused on the third eye area.**
- **On the third count I close them.**
- **On the fourth count I open them.**
- **I continue in this manner.**

Each time my eyes open I have my attention fixed closely on the spiral. I find that each time I close my eyes they want to stay closed. Each time I open them it will be more difficult to do so, each time more difficult than the previous time ... much more difficult. Soon my eyelids will stick so tightly that it will be impossible to open them. Soon they will stay closed.

AWAKENING PROCEDURE

UTILIZING SELF-HYPNOTIC SUGGESTION

- ▶ **WHENEVER YOU WISH TO END A SELF-HYPNOTIC PERIOD, SAY THE FOLLOWING TO YOURSELF:**
-

- ◆ *In a few moments, I will begin to count to five ... As I count, I will give myself post-hypnotic suggestions for my own well being ...*
- ◆ **ONE** ... *My mind is awakening from self-hypnosis.*
- ◆ **TWO** ... *I am relaxed ... peaceful ... calm.*
- ◆ **THREE** ... *My eyes are beginning to open now ... at the count of five they will be fully open ... and I will be fully awake.*
- ◆ **FOUR** ... *I am almost completely awake now ... the moment I say “five” I will be completely awake ... wide awake ... I will feel completely refreshed and relaxed.*
- ◆ **FIVE!** ... *I am awake now, completely awake ... wide awake ... completely relaxed and refreshed.*

MEDITATION

EXERCISE I

CANDLE CONCENTRATION I

1. Prepare yourself for meditation by following the instructions given in PRACTICING MEDITATION.
2. Place a lighted candle no more than two feet away from you.
 - Follow the next procedure exactly as outlined.
3. Project a radiant auric light around your body.
4. Focus your eyes only on the flame of the candle, with a fixed gaze.
 - Keep your eyes fixed on the flame, and don't let them wander from it.
 - Remain as relaxed as possible, preferably motionless.
 - Don't tense up.
 - Remain in the motionless state for approximately 5 minutes, gazing fixedly at the flame.
5. Close your eyes, and for 5 minutes, still motionless, let your conscious attention rest on the interior center of your forehead, i.e., your mind's eye, or the eye of the soul.
6. Open your eyes once more.
 - Again, fix them on the candle flame, but this time simply looking without gazing.
 - Breathe normally and remain relaxed.
7. Do this exercise for approximately 5 minutes.
8. Now, end the meditation period by momentarily closing your eyes, and saying mentally to yourself:

“UNIVERSAL SOUL – MIND, I THANK YOU.”

Fill out a meditation report on anything you may have experienced during the meditation period. Do this immediately – while details are fresh in your conscious memory.

CHEVREUL PENDULUM TEST

This test can be used in conjunction with hypnosis in any of the following ways:

1. To test the depth of hypnosis achieved from one hypnotic period to the next.
2. To test as to whether your subconscious mind has accepted a post-hypnotic suggestion.
3. To analyze yourself as to inner resistances to taking suggestions.
4. To communicate directly with your subconscious, to be able to discern your true motives, aims, goals.
 - To make this test, you'll need a small light object that can be attached to a string or lightweight chain, such as a finger ring, button, or washer.
 - The chain or string should be about 8 inches in length.
 - In larger cities, it is sometimes possible to purchase a Lucite or crystal pendulum from someone who deals in, or manufactures hypnotic devices.
 - A professional pendulum, however, is not really necessary, as the magic of the test is *in you*, and *not* in what you are utilizing to carry out the test.
 - You will also need a small circle divided into four parts by crossing two lines.
 - You will question your subconscious mind, seeking “yes” or “no” answers.
 - The two alternate answers are “*I don't know*” and “*I don't wish to answer.*”

-
- All answers come from your subconscious. In this way, **YOU ARE ACTUALLY COMMUNICATING DIRECTLY WITH YOUR SUBCONSCIOUS.**
-

CHEVREUL PENDULUM TEST

DIRECTIONS

- Hold the string or thread between your thumb and forefinger with your elbow resting on a table, desk, arm of a chair or on your knee.
- Have your pendulum hanging freely, directly one inch above the circle at the point where the two lines cross.
- You will receive answers to questions you pose to your subconscious through any one of four basic movements.

THE FOUR BASIC MOVEMENTS

1. Back and forth along the horizontal line that faces you.
 2. Back and forth along the vertical line that faces you.
 3. A rotating clockwise motion around the circle.
 4. A rotating counterclockwise motion around the circle.
-

- Your own subconscious should be asked to signify which motion is one of the four answers to your questions.
- “Warm up” by first voluntarily moving the pendulum a few times in all of the four possible directions.
- Then hold the pendulum motionless over the circle where the two lines cross and ask your subconscious to do the following:
 - *Move the pendulum in the direction that will be a "YES" answer.*
 - *Move the pendulum in the direction that will be a "NO" answer.*
 - *Move the pendulum in the direction that will be an "I DON'T KNOW" answer.*

- ***Move the pendulum in the direction that will signify "I DON'T WISH TO ANSWER."***
- Give your subconscious a few seconds, being sure you're not consciously forcing a movement. Your subconscious will move it.
- Keep your eyes fixed on the pendulum during questioning, and the pendulum will produce better results.
- After you have established what movement determines which of the four answers you may receive, you are then ready to use the pendulum to ask and question your subconscious.
- Only a very slight movement is necessary to be sure you're getting an answer, providing that it continues for awhile in the same direction.

IDEOMOTOR FINGER TEST

This test is based upon the same idea as the Chevreul Pendulum Test. Instead, however, of using the pendulum, you use the fingers of your writing hand.

- Most people find this test a little harder to accomplish than when using a pendulum; however, this is not always the case.
- It has a definite advantage over the pendulum method, since it can be used when you are in the presence of others – at your work, for example – without anyone detecting that you are engaged in anything out of the ordinary, such as if you were holding the pendulum out in front of you.

DIRECTIONS

- Place your hand on the arm of a chair, or your lap, palm down.
- Stretch out your fingers easily so that they have the freedom to move.
- Ask your subconscious to move any of your fingers upward to signify any of the four possible answers you pose to your subconscious mind, such as in the Chevreul pendulum test – “Yes” – “No” – “*I don’t know*” – “*I don’t wish to answer.*”
- Look directly at your fingers as you ask which finger will mean which answer.
- Movements of the fingers in the test are usually slight, though not always so. You should first notice a tingling sensation in the finger that is about to lift up. You’ll also find that the finger may shake or tremble slightly as it lifts up.
- The finger should finally lift up to a pointing position. As in the pendulum method, make no voluntary effort to help the movement along.

IDEOMOTOR FINGER TEST

GUIDELINES

- When first learning this technique or when using it to question your subconscious, the finger movements may seem a little slow or slight to respond.
- However, if a person uses this technique often, the finger will begin responding quickly.
- This technique also has a definite advantage if one has achieved waking hypnosis, for it could be used even when standing and talking to someone, getting responses from your fingers as your hand rests lightly on the side of your thigh.
- This technique, then, is well worth any time you spend in perfecting and mastering it.

MEDITATION DYNAMICS

I INSTANTANEOUS MEDITATION TECHNIQUE

- **ATTEMPT THIS TECHNIQUE AFTER YOU HAVE PRACTICED MEDITATION FOR ABOUT A WEEK.**

-
- ▶ *The general theory behind INSTANTANEOUS MEDITATION is that you can instantly reduplicate meditation at a moment's notice, by having conditioned yourself to remember what it is like to be in meditation.*
-

- Instantaneous Meditation, then, is accomplished by memory, and not by a step-by-step meditation procedure.

THE TECHNIQUE

- Whenever you want to put yourself into meditation instantly – for whatever reason – do the following:
 - For three seconds, hold back your breath after inhaling.
 - During this time, stop all everyday thoughts by **HOLDING THEM BACK**, much the same way you are holding your breath.
 - Tell yourself, *“As soon as I release my breath and mind, I will recall exactly what it is like, physically and mentally, to be in meditation ... I am releasing my breath, body and mind into meditation.”*
 - Breathe deeply, much the same as if you were asleep in the middle of the night.
 - Program your mind while breathing in this manner.

MEDITATION DYNAMICS

MEDITATIONAL PROGRAMMING

PURPOSE:

- ♦ *Reprogramming your mind*
 - ♦ *Establishing positive thought patterns*
 - ♦ *Sublimating negative thought energies through mystically-based positive thought patterns*
-

GENERAL INSTRUCTIONS:

- ♦ Practice meditational programming twice a day – once in the morning and once in the evening.
- ♦ Programming can also be used when you feel the need at any other time during the day by using the Instantaneous Meditation technique.

PROCEDURE:

- ♦ Enter the meditational programming level of your mind – the personal subconscious or alpha level – through Instantaneous Meditation.
- ♦ You may also program yourself before ending a regular meditation period when your mind is still at a subconscious or deeper level.

MANTRAMS

FOR SPECIFIC AREAS OF YOUR LIFE THAT NEED IMPROVEMENT

■ FOR HEALTH

"In the PERFECT MIND of the UNIVERSE, my BODY is in COMPLETE PERFECT HEALTH ALREADY ... and I give THANKS that SO IT IS."

■ FOR LOVE

"In the PERFECT MIND of the UNIVERSE, I ALREADY HAVE PERFECT LOVE with the PERFECT PERSON for ME ... and I give THANKS that SO IT IS."

■ FOR FINANCIAL PROSPERITY

"In the PERFECT MIND of the UNIVERSE, financial prosperity is MINE ALREADY ... and I give THANKS that SO IT IS."

■ FOR PEACE

"In the PERFECT MIND of the UNIVERSE, my MIND and BODY are FILLED with PEACE and RELAXATION this MOMENT ... and I give THANKS that SO IT IS."

■ FOR CONFIDENCE

"In the PERFECT MIND of the UNIVERSE, my THOUGHTS are INSPIRED THIS MOMENT to CONFIDENT SELF-ASSURANCE in EVERY area of MY LIFE ... and for this I give THANKS that SO IT IS."

MANTRAMS

FOR PROGRAMMING SUBCONSCIOUS RELEASE TO HIGHER CONSCIOUSNESS DURING TRANSCENDENT MEDITATION PERIODS

■ FOR HIGHER CONSCIOUSNESS

"WHENEVER I MEDITATE, my subconscious mind RELEASES me into the HIGHER CONSCIOUSNESS of the PERFECT MIND of the UNIVERSE ... and for this I give THANKS that SO IT IS."

■ FOR SELF-DIRECTED INTUITION AND INSPIRATION

"My conscious mind is OPEN, EVERY MOMENT of EVERY DAY, to INTUITIONAL SELF-DIRECTION and INSPIRATION from the PERFECT MIND of the UNIVERSE... and I give THANKS that SO IT IS."

SUGGESTION STRUCTURE

➤ When formulating the wording of a suggestion, take the following into account:

- BELIEVE YOU ALREADY HAVE OBTAINED YOUR GOAL. State your suggestion in such a way as to say to yourself that you have already accomplished the goal of your suggestion.

▶ *Example: "I am better," instead of "I will be better."*

- USE THE PRESENT TENSE. State your suggestion in a way that says NOW.

▶ *Example: "I am better this instant," instead of "I am becoming better."*

- BE SPECIFIC.

▶ *Example: "I weigh 100 lbs," instead of "I lose weight."*

- EXPRESS POSITIVE WORDS.

▶ *Example: "I am relaxed now ... at ease, and comfortable this moment," instead of "I will not be tense!" – "I will not get nervous!" – instead of "I will never feel ill at ease."*

MEDITATION TESTING

RIGID ARM TEST

- Extend your arm to the side.
- Clench your fist tightly.
- Lock your arm stiffly at the elbow.
- Think of your arm as an inflexible mass, stiff and rigid as a bar of steel.
- Give yourself the meditative suggestion that you will begin to count to *five*, and that when you have reached the count of *five*, it will be impossible for you to bend your arm.
- With each number count, mentally reinforce the test.

MEDITATIVE WORDING PROCEDURE FOR RIGID ARM TEST

"ONE ... My arm is as stiff and rigid as a bar of steel ... I will begin to count to five ... When I reach the count of five it will be impossible to bend my arm."

"TWO ... My arm is tightening ... tightening ... tightening ..."

"THREE ... My arm is rigid ... stiff ... stiff, rigid."

"FOUR ... My arm is completely locked at the elbow ... As unbendable as a bar of steel ... When I next count to five, it will be impossible for me to bend my arm ... Stiff, rigid, frozen ... as a bar of steel!"

"FIVE ... I try to bend my arm now, but find it impossible to bend, as it is as stiff and rigid as a bar of steel!"

- A few seconds of trying to bend your arm unsuccessfully is sufficient for this test. Conclude as follows:

"At the count of three, I will once again be able to bend my arm easily."

- After you have completed the count and bent your arm, use the test symptom removal.

MEDITATION

TEST SUGGESTION REMOVAL

- For at least three days before giving yourself any suggestion involving part of your body which will be utilized to test whether you are in a meditative state, the depth of meditation, or the effect of your meditative suggestibility, give yourself the following meditative suggestions while practicing meditation:

"Any time I test my meditative state using any part of my body for the test, I will return that part of my body back to its normal state by using the following words ...

- ▶ **BACK TO NORMAL ...**
- ▶ **ALL TEST SUGGESTIONS ON THIS PART OF MY BODY ARE REMOVED ...**
- ▶ **IT IS COMPLETELY BACK TO NORMAL.**

IMPORTANT

- When practicing, and after you have given yourself the above suggestion, follow up by telling yourself:

"AS SOON AS THIS PART OF MY BODY RETURNS BACK TO NORMAL, IT WILL ACT AS A SIGNAL FOR ME TO GO INTO A STILL DEEPER STATE OF MEDITATION."

HYPNOTIC TESTING - HANDCLAP TEST

- Fold your two hands in front of you with your fingers interlocked, palms together on your lap.
- Give yourself the hypnotic suggestion that you will begin to count to *five*. With each number count, tell yourself mentally that your hands will be more and more locked tightly together ... that when you reach the count of *five*, it will be impossible for you to unlock your hands.
- After you have tried to unlock your hands, tell yourself that on the count of *three*, you will once again be able to unlock your hands.
- Use the test symptom removal to bring a relaxed feeling back into your hands.

VARIATION

The technique and suggestions are the same, except that instead of having your hands folded in front of you, you lock your hands and fingers behind your head, and then proceed to test.

HYPNOTIC WORDING PROCEDURE FOR HANDCLASP TEST

"My hands are stuck tightly together ... I will begin to count to five ... With each mental count my hands will lock even more ... When I reach the count of five, it will be impossible to separate my hands ...

ONE ... *My hands are locking more tightly together ...*

TWO ... *My palms can only press towards each other...*

THREE ... *My fingers are frozen together ...*

FOUR ... *My hands cannot separate when I say FIVE ... because they are locked tightly ... tightly ... together ...*

FIVE ... *I try to separate my hands now but cannot, even though I try."*

(Try for a few seconds only, which is sufficient for the test.)

"At the count of three, I will once again be able to separate my hands."

- Count to *three*, separate your hands, and follow through with test symptom removal.

MEDITATION

EXERCISE II

CANDLE CONCENTRATION II

1. Prepare yourself for meditation by following the instructions given in PRACTICING MEDITATION.
2. Place a lit candle about one foot from your eyes, and proceed exactly as follows:
3. Project a radiant auric light around your body.
4. Focus your eyes ON THE CENTER OF THE FLAME with a fixed gaze.
 - The center of the flame is where the flame is in contact with the wick.
 - Keep your eyes from wandering from this central point.
 - Do not tense up.
 - Remain as relaxed as possible, yet keeping your body motionless.
 - Breathe heavily as you would if you were sound asleep, KEEPING YOUR EYES FIXED ON THE CENTRAL PART OF THE FLAME.
 - Continue for five minutes.
5. Close your eyes and continue to envision the flame as an after-image in your inner eye.
6. Focus your eyes ON THE CENTER OF THE FLAME with a fixed gaze. *(If, after closing your eyes, the flame is not within your inner vision, then reopen your eyes and gaze at the flame's center for another few minutes.)*
7. When you are successful in keeping the flame within your inner vision, concentrate mentally on it. Watch it as it changes from color to color, from one shape to another.
8. Breathe normally. Continue for 10 minutes.
9. After the candle image has completely disappeared, keep your eyes closed and keep your conscious attention fixed on the center interior of your forehead. Continue for 10 minutes.
10. Open your eyes once more and fixedly watch the flame for a few minutes without gazing.
11. End the meditation by momentarily closing your eyes, saying to yourself mentally:

"UNIVERSAL SOUL - MIND - LIGHT ... I THANK YOU."

CONTACTS WITH HIGHER CONSCIOUSNESS

D EGREES OR STATES OF UNIVERSAL MIND

Visual – Inner Eye – Clairvoyant

- **COLORS** - You perceive cloud-like, or mist-like clouds of color with an accompanying feeling of elevation or inspiration throughout your body.
- **VORTEX** - Funnel type of effect, as color seems to flow from a point closest to you (*in your inner eye*), to a distant point, narrowing to a point at that distance.
- **FLOWERS** - The psyche's symbols of Higher Consciousness. May be viewed as roses, lilies, lotus, petals of flowers. As viewed, it is accompanied by an elevation or inspirational feeling throughout the body.
- **RELIGIOUS SYMBOLS** - Symbols seen may be orthodox religious in nature – such as the cross, or more esoteric – such as an urn of fire, a flaming torch, a diamond or jewels, etc. In most instances, the symbols are accompanied by a feeling of inspiration throughout the body.
- **RELIGIOUS PERSONS** - Persons dressed in religious dress, or persons who emanate a definite religious aura of radiance when viewed. These persons are usually a visual personification of a part of your own Higher Consciousness. Perceptions are usually accompanied by an elevation of inspiration felt throughout the body.
- **BIRDS** - Eagles and doves are the most frequently perceived. These are visual personifications of a part of your own Higher Consciousness. Perceptions are usually accompanied by an elevation of a feeling of inspiration throughout your body.
- **SCENES** - Quite common are streets or ornate gates of gold. These are symbolizations of areas of your own Higher Consciousness. Elevation of feeling throughout the body usually occurs. Other scenes also common of Higher Consciousness include mountains, trees, temples, churches, shrines, stained glass windows, a peaceful countryside, etc.
- **FIRE** - Can be perceived in head area, inside upper half of body, or as if whole body were a flame of fire. After perception, one is left with a feeling as if they are cleansed psychically or spiritually.
- **GEOMETRIC PATTERNS** - Symbols of a part of your intelligence connected with a Higher, Creative part of your Consciousness.

- **AUDIBLE PERCEPTIONS** - Clairaudience.
- **BEE-LIKE SOUNDS** - A humming or buzzing type of sound from within the head. A phenomenon of consciousness, but not necessarily Higher Consciousness.
- **POUNDING SOUND** - Usually starts softly and then increases in intensity. A phenomenon of consciousness but not necessarily Higher Consciousness.
- **OM SOUND** - Sounds either like "OM" or "AUM." Sound is like it is being breathed within one's head. Definitely a contact with Universal Being.
- **MUSIC OF SPHERES** - A very melodious, ethereal, or out-of-this-world type music. Just the music may be heard, or sometimes it is heard with a chorus of voices. A Higher state of Consciousness in which Universal rhythm or motion is contacted.
- **FEELING CONTACTS** - Without either Clairvoyance or Clairaudience.
- **WARMTH** - The body feels as if it is glowing with an inspiring warmth and peace.
- **FLOWING** - The body feels pleasant waves of energy motion passing up or down its length.
- **SUSPENSION** - The body feels suspended, as if in space, and at the same time feels blissful and joyous.

SENSITIVITY CONTACTS

- ▶ **ONENESS** - The body and mind feel nothing but a oneness with life and the universe.

-
- This is beyond intellectual realization.
 - It is a peaceful emotional release.
 - In this state, one may feel as if the universe had stopped for One Eternal Moment, and that Moment was being experienced.
 - It may also seem that one is flowing with the Total Beingness of life.
-

HYPNOTIC PENDULUM INDUCTION

For this induction technique you will need a HYPNOTIC CRYSTAL BALL AND CHAIN.

- If you are not able to purchase one made especially for this purpose, then look around in stores that sell costume jewelry, and try to locate a woman's chain necklace with an ornament that is as round as possible. If it is not crystal-like, it should be made of a clear plastic that would tend to catch and reflect light. Then cut off the chain so that it is about eight inches in length.

PROCEDURE

- Hold the chain between your forefinger and thumb.
- Hold the pendulum so that the crystal ball is about two inches in front of your face, at a level directly in line with the bridge of your nose.
- With a small movement of your hand, start the crystal ball swinging from side to side in front of your eyes. *Best results are obtained if the crystal is kept from swinging no more than about a half inch in either direction, right or left. Just a very slight swinging motion is what you want.*
- As the crystal swings, have your eyes follow its movement, keeping your eyes looking into the center of it.
- Watch this back and forth movement for a few moments, and then give yourself the following suggestions:

"As I watch the crystal ball, I am becoming relaxed and drowsy ... My eyes are tiring ... growing tired watching ... My eyelids are beginning to flutter ... beginning to flutter ... My eyelids feel very heavy now ... very heavy ... It is becoming harder to watch the swinging pendulum ... It would be easier to close my eyes and fall into a hypnotic sleep ... My eyelids are so heavy now ... So much wanting to close that I may fall into a pleasant ... restful ... sound ... hypnotic sleep."

- When your eyelids have become so heavy that you can no longer keep them open comfortably, let them close and say the following to yourself.
- Watch this back and forth movement for a few moments, and then give yourself the following suggestions:

"As I close my eyes now, it is a signal that I am falling into a sound ... deep ... hypnotic sleep."

- At this stage of your induction, follow with the hypnotic eyelid closure test – the challenging part where you give yourself the suggestion that you cannot open your eyes.
- *This judges whether or not you are in a hypnotic state.*
- I would like to point out that not everyone is successful with the eye closure test, though they might be succeeding with other tests, such as the handclasp or rigid arm test.
- If this is true in your case, omit the eyelid closure test and go on to another test.

HYPNOTIC EYELID CLOSURE TEST

PRELIMINARY COMMENTS

- THIS IS THE MOST USED OF ALL TESTS TO ASCERTAIN WHETHER OR NOT A PERSON IS IN A HYPNOTIC STATE.
- Its popularity is based on the phenomenon that once hypnosis sets in, the hypnotized subject does not want to open his eyes; thus, it is a perfect indicator that a person is going into a hypnotic state.
- When the eyes close upon the suggestion that they do so, another suggestion is made that as they close, the person will automatically fall into a hypnotic state.
- Hence, this test for hypnotic suggestibility is the most commonly used, for the closing of the eyes is a natural result of the standard induction techniques for induced or self-hypnosis.
- USE THIS TEST when you note that your eyelids have begun to tire, water or feel like closing.
- This condition comes as a result of a prior suggestion that your eyes behave in this manner after a period of *fixation concentration*.
- *Fixation concentration* results from focused visual attention on the center of a revolving hypnodisc, swinging pendulum, a hypnotic pocket disc, or any other fixation point conducive to hypnosis.

SUGGESTIVE WORDING FOR EYE CLOSURE TEST

- ◆ *"My eyes are beginning to feel tired ... My eyelids feel heavy ... very heavy ...*
- ◆ *"My eyelids are fluttering ... as they continue to tire ... My eyelids are becoming heavier ...*
- ◆ *"My eyelids are becoming watery ... I can hardly keep my eyes open ... I just want to close my eyes ... to close my eyes ... to fall fast asleep."*
- ◆ As soon as you no longer can keep your eyes open comfortably, close them, telling yourself, *"I am now entering into a deep, hypnotic sleep."*
- ◆ *"My eyelids are closed tightly together ... tightly together ... They are stuck together ... stuck together ... locked together ... When I count to three, no matter how hard I try to open them, my eyes will remain closed ... The harder I try to open them, the more they will stick and lock tightly together ...*
 - ▶ *ONE ... My eyelids are stuck tightly together ...*
 - ▶ *TWO ... My eyelids are glued tightly together ... and I cannot open them ... I cannot open them ...*
 - ▶ *THREE ... My eyelids are locked completely together ... locked completely together."*
- ◆ Keep repeating the words *"locked tightly"* as you try to open your eyes.
- ◆ After a few seconds, RELAX ... tell yourself that all strain and suggestion are leaving your eyes ... and as they do, you are falling into a still deeper ... sounder ... hypnotic sleep.

HAND LEVITATION TEST

Have your writing hand resting comfortably on an arm of a chair after you have induced self-hypnosis.

- Place your mind on your entire arm for a few moments. At first, your arm may seem heavy due to the effect of your self-hypnotic state.
- Begin to image that the heaviness is leaving your arm.
- Use the following wording:

"My arm is growing light ... lighter ... and lighter. All the weight of my arm is going ... going ... gone. My arm feels weightless.

My arm is so light that soon my hand will begin to float upward toward my face.

My arm is so light ... my hand wants to float up towards my face and touch it ... My hand wishes to float up towards my face and touch it."

- **MAKE NO VOLUNTARY EFFORT TO MOVE YOUR HAND TOWARDS YOUR FACE. Let your subconscious mind move your hand.**
- Do not become impatient if your hand does not begin to move immediately.
- It will eventually lift upward towards your face.
- If, however, it does not do so within about five minutes, discontinue the test and try it again on the following day.

DR. PAUL MASTERS' METHOD

WAKING (EYES OPEN)

HYPNOSIS TECHNIQUE

- Induce hypnosis as you ordinarily would, closing your eyes as you enter.
- Give yourself a suggestibility test, preferably either the handclasp test or the rigid arm test.
- Pay particular attention to the test that you give yourself.
 - Notice the degree of difficulty experienced in trying to unclasp your hands or bend your arm.
 - Make a mental note of it.
- After the test, re-deepen your hypnotic state by suggestion.
- Following your re-deepening, give yourself this suggestion:

"I am going to open my eyes in a moment ... The moment I open them, it will be a signal to go into a deeper self-hypnotic state ... even though I have opened my eyes."
- Repeat this suggestion to yourself a few times until you feel that your subconscious has thoroughly accepted it.
- Let your eyes open. As they open, reinforce your prior suggestions, telling yourself, *"As I open my eyes now, I am entering into a still deeper self-hypnotic state."*
- With your eyes now open, repeat to yourself a few times ... *"Though my eyes are open, I remain in a hypnotic state."*
- Now give yourself the handclasp test, rigid arm test, or both. *If you succeed with these tests, then you have achieved waking hypnosis!*
- You can judge the depth of this waking hypnosis state by comparing (*via remembering*) the difficulty you had in unclasping your hands or bending your arm when your eyes were closed.
- Because of your conditioned association of opening your eyes when ending your self-hypnotic period, do the following: *When you are through with your waking (eyes open), self-hypnotic period, let your eyes close once more and then give yourself the standard waking procedure.*

VIBRATORY HUMMING TECHNIQUE

U SING SOUND VIBRATION THROUGH MUSIC FOR LUNAR SENSITIVITY

- Have quiet, spiritually inspiring music playing in the background. Music that you can easily hum to is preferable. As the music is playing, hum to it quietly for about three minutes.
 - Try to feel that the vibration of your humming is centered in your heart, and try to feel the vibration of your humming there.
 - As you begin to feel the vibration in your heart area, imagine that your heart is sending the vibration into every part of your body.
- Do this for about three minutes or the length of one piece of music. Then sit quietly for as long as you wish to meditate, looking into your Third Eye.

OUTER SENSE CLOSURE TECHNIQUE

F or approximately five minutes do the following:

- Using both hands, place your forefingers on your temples.
 - Place your middle fingers lightly on your eyelids.
 - Place your ring fingers gently on either side of your nasal passages.
 - Place your thumbs comfortably resting in your ears.
 - Place your small fingers gently in the edges of your mouth.
-
- ▶ *Within a few moments after having positioned your hands in this manner, you should find yourself moving into Higher Meditational Consciousness, with a heightened sense of inner awareness.*
-

INNER VISION EXPANSION TECHNIQUE

Practice this technique to increase the visual area of your Third Eye.

- ▶ *If employed, this technique can increase the inner visual area from just the area of your forehead to the entire inside area of your head.*
-

- IF YOU ARE IN A RECLINING POSITION, imagine that on the ceiling above you there is a circle of about three feet in diameter directly above you.
- IF YOU ARE IN A SITTING POSITION, imagine this circle to be on a wall directly in front of you.
- With your eyes closed, let your eyes travel clockwise around the circle seven times.
- Then reverse the direction and go counterclockwise seven times.
- *Do this very slowly*, moving your eyes under your eyelids.
- The inside of your head will begin to have a radiance around the line that your eyes travel.
- Inside the circle of radiance your inner vision will lighten *to allow you to see more clearly with your Third Eye.*

AUM BREATHING TECHNIQUE

- ▶ *The word OM or AUM is used in deeper practices of meditation as a sound vibration to open Higher Consciousness.*
-

- It may be pronounced out loud in a deliberate repetitious fashion which will produce results.
- Or, it may be done in the following manner, known only to a few advanced mystics for producing maximum results:
 - *Breathe in* with a slightly open mouth, letting the "A" be formed by the sound of your inhaling breath.
 - The first half of your exhalation breath forms the "U" sound with your mouth slightly open.
 - The second half of your exhalation should be done with your mouth closed, letting the breath that is passing through your nostrils form the "M" sound.
- Breathing in this manner about seven times consecutively will allow your mind to be sensitive to Higher Consciousness.

METAPHYSICAL SELF-HYPNOSIS

- I am relaxing my physical body and mind identity.
- My physical body and mind identity are relaxing.
- My human self is filling with relaxation.
- Soon, my physical and mental self will be asleep.
- *I am giving up the power of my human self and its will.*
- My human identity is relaxing ... ready to fall asleep.
- *As soon as my human self goes to sleep, there will be no other identity within me but that of the Divine Presence of God.*
- My physical self is giving up its identity ... is falling fast asleep ... so that my awareness may rest in God.
- Every muscle and nerve of my physical body is relaxed, at ease ... so also is my earthly mind.
- My body is growing heavy and sleepy ... *as a pleasant feeling of God's Presence is awakening in me.*
- My legs feel very heavy ... *as a pleasant feeling of God's Presence is awakening in me.*
- My head and eyes and my entire physical self and earthly mind are heavy and deep with relaxation ... drifting effortlessly into sleep and into submission to the Divine Consciousness of my soul in God.
- The more my eyes close, the more that which surrounds me physically seems distant ... as the distance to physical surroundings increases, *so it is being replaced by the Divine Light of God's Presence.*
- My entire body, mind and will are relaxing *as an inflow of God's Presence is awakening in me with each and every breath I take.*
- My eyes are heavy now ... very heavy ... my earthly self is relaxed and ready to yield itself to sleep.
- Soon I will close my eyes, and when I do, my human self will yield itself to sleep *and my soul will be awake in Infinite Universal Presence.*
- Now my eyes are closed, so let my earthly identity sleep, so let me awaken to Infinity within me ... so sleep earthly self ... so awaken Divine Self ... *so be it.*

- My earthly, worldly identity sleeps now ... sleeps ... sleeps ... all the time into still deeper and more relaxed sleep ... *while a sense of Cosmic Consciousness in God continues to awaken within, throughout and about me ... all the time awakening.*
- The deeper my earthly self sleeps, the more awake is my soul to the Cosmic Consciousness of God's Consciousness in mine.
- Deeper ... deeper ... deeper into sleep is my earthly self entering.
- The deeper into sleep my earthly self enters, the more the Cosmos awakens in God's Presence within me.
- My earthly self is going deeper to sleep ... *my earthly will and my earthly mind are given to God.*
- Let the Power that now controls me be the only creative flow of Cosmic Soul Consciousness in God.
- More and more as I sleep, *I am yielding my whole being to God and to the Eternal Heart Beat of nature and the universe ... A Heart Beat ... A Presence flowing through my consciousness, merging me from within, surrounding me with Divine Light as my physical body sleeps.*
- To measure the degree to which I have surrendered the power of my earthly will, I'll count to *three*, and on saying the number "*three*," my worldly will shall attempt to open my eyes. But, because I wish to remain at *ONENESS* with the creative flow of Cosmic Soul Consciousness, my eyes shall remain closed.
- As soon as I find that I cannot open my eyes, my earthly self will fall even deeper to sleep ... and as this happens, the Cosmic Consciousness of God will flow increasingly through me.

AFTER TEST

- I have given up my earthly self, my worldly self and will. *"Let the Cosmic Consciousness of the Universe in God flow through every atom of my body. Let me now merge into God and Eternity ... Let all the beauties of God and my soul fill me with a vision of Divine Peace, Love and Eternal Life."*

AWAKENING

- When I awaken I shall be thoroughly relaxed in body, and shall remain under the influence of the Perfect Divine Moment of all the universe in every atom of my body and in every internal organ ... *My mind will be completely refreshed, and though wide awake, will remain under the Direction of the Infinite Will of the Universe and Life Eternal ... under the Direction of God.*
- At the count of *FIVE*, my earthly self will be wide awake, *but it shall continue in body and mind to live, to think, and to breathe in the Perfection of God.*

CREATIVE LIGHT VISUALIZATION TECHNIQUE

This technique is to help you visualize and bring forth your desires in materialized physical reality.

COMMENT:

▶ Contained in the Bible is a mystical key which reads, "*... and from Light all things came forth.*" This is the BODY and MIND of UNIVERSAL INTELLIGENCE, or GOD.

- It has its Representation and Presence at the very center or nucleus of your mind.
- It is the Creating Principle of the universe from which all material is created.
- By using the following technique, your desire(s) will be placed into the Creative Cause which is behind all manifestation.
- By using it daily, your desires will be brought forth into manifestation.

THE TECHNIQUE

- Place yourself in a state of meditation.
- Become relaxed and sensitive to the Presence of Infinite Mind as a Creative Light at the Center of Your Mind.
- Imagine and visualize that whatever you desire is being materialized in the glow of this light. SEE, THINK and FEEL THIS AS A REALITY.
- As you do this, use the following mantram:

"What I visualize is already mine through the power of the creative light presence of the Perfect Universal Mind of God."

IMPORTANT NOTE: Visualize only that which will not take away from another person. There is sufficient abundance in this universe for all. If another person is involved, do not try to force your will on his/hers. What is right for you will happen in time.

INNER SKY VISUALIZATION TECHNIQUE

This technique helps you receive answers to questions VIA YOUR HIGHER MIND.

COMMENT:

- ▶ As people meditate, they open a channel from their conscious mind to the universal part of their mind. Through this channel, INTUITIVE DIRECTION from their HIGHER MIND may reach their conscious mind.

- This generally happens in the form of *hunches or inspirations* when meditating without any formal technique.
- However, there may be times when you wish immediate answers to certain questions confronting you in your life.
- When this happens, use the following technique.

THE TECHNIQUE

- Place yourself in a state of meditation and become as relaxed as possible.
- Imagine that as you look into the interior region of your forehead, you are in fact looking into an INFINITE SKY OF CONSCIOUSNESS.
- See this sky as dark, infinite space before you.
- Into it, ask and direct your question(s).
- Ask that the answers to your questions come from the Infinite Mind and be written across your Infinite Sky of Inner Consciousness in white letters.
- Practice starting slowly, asking your name, address, etc., before getting to the more meaningful questions for which you wish to ask direction.

THE SECRET OF DAILY THOUGHT VISUALIZATION

The purpose of this technique is to learn how to materialize your daily thought desires.

COMMENT:

▶ *The greatest secret of visualization is the utilization of your daily thought desires. Each day you should practice a formal visualization*

- In addition, it is recommended that you use the daily thought visualization technique as *thought desires* enter your mind during your daily routine. In this way, you are constantly reinforcing your formal visualization procedures.
- This technique alone is so powerful in its psychic effect, that I have come to believe it to be – at times – more powerful than many formal procedures.
- **USE IT DAILY** and you will be amazed at the results it produces in materializing your desires!

THE TECHNIQUE

- Periodically, during the course of daily activities, your most wanted desires surface to your conscious mind as thoughts. Rather than let them remain only as thoughts, to once again recede back into your unconscious, proceed in the following manner:
 - When a desire thought enters your conscious mind, immediately picture it as already a reality in your life.
 - Mentally picture yourself as *already having* your desire and feel the exhilaration of the emotion of already possessing it.

NOTE: *By living your thought desires as mental pictures with the EMOTION OF POSSESSION, the good that you desire is ALREADY YOURS, and has but to materialize itself in the physical reality of your life. The more constantly you practice this, the greater the results.*

METAPHYSICS AND MEDITATION DYNAMICS

The purpose of this technique is a way of life combining success and awareness. Apply these practices on a daily basis, and assure yourself of experiencing total fulfillment and completion.

DAILY FORMAT FOR YOUR METAPHYSICAL WAY OF LIFE

- During your daily activities, apply the following:
 - **PSYCHIC THOUGHT CONTROL**: Constantly monitor your thinking as you engage in your daily activities. Nullify negative thoughts before they recede into your subconscious and psychic levels. Maintain a positive attitude about everything.
 - **PSYCHIC SPEECH CONTROL**: Constantly be aware of what you are saying and how you are saying it. Avoid negative conversation and foul language. Speak positively and with conviction.
 - **DAILY THOUGHT VISUALIZING**: Every time a negative thought desire enters your mind, immediately visualize yourself, through mental pictures, as *already possessing it*.
 - **INSTANTANEOUS MEDITATION**: Whenever you have a need for relaxation or regeneration, set aside time for instantaneous meditation practice.
 - **MEDITATIONAL PROGRAMMING**: Program your mind, at least once daily, using the mantrams in this course, or others you have created according to lesson instructions.
 - **CREATIVE LIGHT VISUALIZATION**: Practice creative light visualization once daily, after you have practiced meditational programming.
 - **SLEEP PROGRAMMING**: Every night when falling asleep, practice feeding your subconscious mind positive thoughts by giving it instructions to cooperate with your Higher Mind during self-regulating dream states.
 - **FORMAL MEDITATION**: Practice deep meditation, using the techniques you have learned in this course, at least once daily. If you can regulate your time schedule, it would be even more advantageous to practice *twice daily* – once in the morning and once in the evening.

 - ▶ ***To experience a more beautiful, productive and aware life, follow this format daily - for the rest of your life!***
-

TEST FOR SELF-HYPNOTIC SUGGESTION TAKE

Anyone giving themselves suggestions for self-betterment, who is interested in whether the suggestions have *taken root* in the subconscious mind, can perform a test as follows:

WHILE IN HYPNOSIS:

- If you are still in hypnosis, and wish to know if a post-hypnotic suggestion has taken hold in your subconscious, question yourself through IDEOMOTOR FINGER RESPONSES.
 - Phrase your questions so that you can get a simple *YES* or *NO* answer, such as:
 - ◆ *"Have you, my mind, fully accepted my preceding suggestion?"*
 - ◆ *"Will you, my mind, now gear my thinking to act out my preceding suggestion in my daily living?"*
 - If you fail to get a *YES* or *NO* answer, it could mean that your suggestion is not phrased clearly to your subconscious.
 - The same applies if you get a *NO* answer. You may have a deep-seated reason within your subconscious as to why your mind will not allow the suggestion to take.
- If, after self-analysis, you can't find the reason or the psychological resistance, the only alternative is to consult a clinical psychologist or psychiatrist, and let them probe out the resistance factor.
 - *Do not give up* if you get a *NO* answer with just one sitting.
 - Keep repeating the same suggestion to yourself for a few days following self-hypnotic periods.
- Double-check the test. If you received a negative or *NO* answer and continue the same suggestion, you might ask yourself the following:
 - ◆ *"Is the suggestion beginning to take hold in my mind?"*
 - ◆ *"Has this suggestion taken more hold today than it did yesterday?"*
 - If you get a *YES* answer, then keep at it day after day, until either the suggestion has been fully accepted, or you feel you have gone as far as you can on your own, and at this point need the assistance of a clinical therapist to remove any remaining resistance.

AFTER HYPNOSIS:

- Follow the same procedure of questioning yourself, except use the Chevreul Pendulum Test to receive YES or NO answers from your subconscious, as follows:
 - ◆ *"Did my mind fully accept the post-hypnotic suggestion I gave it during my just concluded self-hypnotic period?"*
 - ◆ *"Will my subconscious now gear my thinking to the influence of the post-hypnotic suggestion I made to myself in the self-hypnotic period just concluded?"*
- Should you find you need the assistance of a clinical therapist if you uncover resistances during your self-hypnotic studies, an instruction sheet on how to contact a therapist (*one who also uses hypnosis*) is included in this course.

COMMENTS AND SAFEGUARDS ON SELF-HYPNOTIC DREAM ANALYSIS

- DREAMS DO HAVE MEANINGS. They can accomplish the following:
 - *Give you great insight into the general psychic health of your unconscious,*
 - *Reveal the roots of emotional disturbances, and*
 - *Provide guidance as to what to do to improve your life.*
- Increased dreaming can be stimulated in many people by hypnotic suggestion just before they drift off into their natural night's sleep.
- Recalling the contents of dreams can be greatly increased by the hypnotic suggestion that you remember clearly the contents of your dreams when you awaken in the morning.
- Many fine books are available on dream analysis today. Particularly notable are the works of Freud and Carl Jung.

NOTE:

- *If you do purchase a book on dream analysis, under no circumstances buy one that gives exact meanings of dream symbols and images.*
 - *The content of every dream contains symbols that have particular meanings to the individual dreamer, and with few chance exceptions, do these apply to anyone else.*
-
- ▶ If you have been experiencing great emotional disturbances, do not try to treat yourself using dream analysis. Contact a clinical psychotherapist in your local area. If your dreams are full of strange symbols that dwarf your imagination, contact a Jungian.
 - ▶ The correct meanings of dream symbols can be more easily analyzed by using the Chevreul Pendulum Technique to check for accuracy.
-

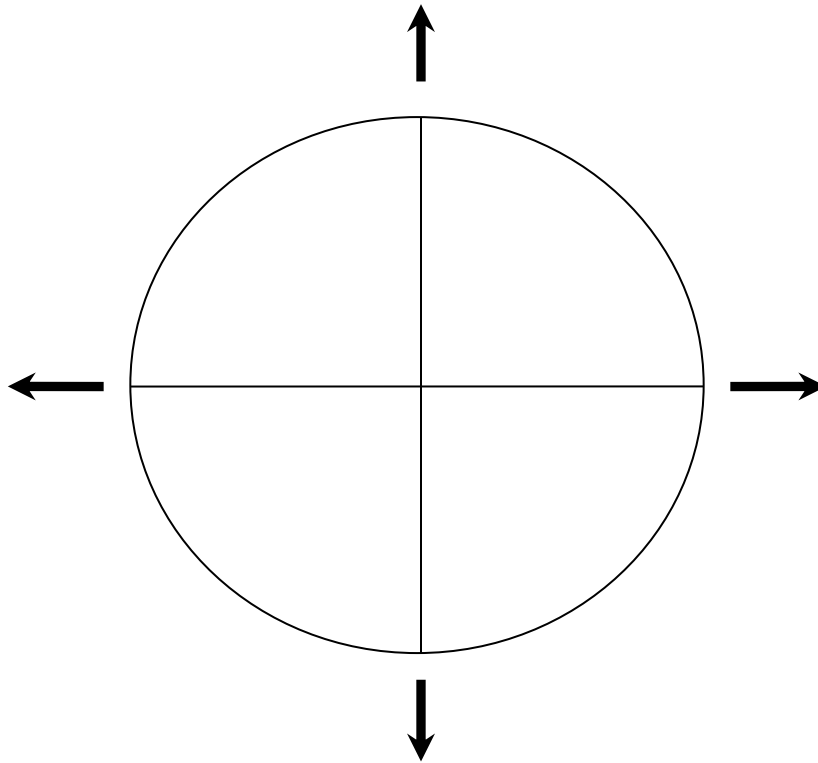
CHEVREUL PENDULUM TESTING FOR DREAM ANALYSIS

The following are questions that you might put to your subconscious mind regarding the content of a dream:

- ◆ *Does this dream have significant meaning in my life?*
 - ◆ *Should I interpret each dream image within its contents literally?*
 - ◆ *Have I correctly interpreted the meaning of this symbol?*
 - ◆ *Having worked on the symbolic meanings of each of the dream images, is the total meaning I am giving the dream a correct one?*
-

- Using the Chevreul Pendulum Method, there are scores of valuable questions that can be put to the subconscious for correct Dream Analysis. However, I feel that my suggesting further questions you might ask would be meaningless unless you had studied Dream Analysis fully.
- Should you wish to study Dream Analysis, I am sure you will be formulating the very same questions that I could have added here.
- Dream Analysis is both valuable and fascinating, so if you have an interest, do follow it up, and utilize the valuable assistance of self-hypnosis and the pendulum method for good results.

CHEVREUL PENDULUM TESTING CIRCLE



- Fill in after your subconscious has responded to which motion means which of the four possible answers.
 - ▶ "YES" is a _____ motion.
 - ▶ "NO" is a _____ motion.
 - ▶ "I DON'T KNOW" is a _____ motion.
 - ▶ "I DON'T WISH TO ANSWER" is a _____ motion.

DR. PAUL MASTERS'

"DEEP SLEEP CANDLE" TECHNIQUE

In past years, I have used this technique successfully to bring about a very deep state of hypnosis, and for my more advanced students, as a gateway into a very high meditative state.

TECHNICAL BASIS OF THE TECHNIQUE

- ▶ The basis of the technique is the creation of a state of monotony which tends to wear the mind down, thus minimizing and/or eliminating conscious resistance.
- Implicit in this technique is the *REPETITION PRINCIPLE* (i.e., the opening and closing of the eyes in conjunction with auto-suggestion), which is utilized in hypnotic induction.
- This repetition causes a psycho-physical coordination that greatly facilitates a total *LETTING GO* into self-hypnosis or meditation.

THE DEEP-SLEEP CANDLE TECHNIQUE

- Place a lit candle in front of you, having the flame as close as possible to your face (*using discretion as to safety*).
- For best results, although not absolutely necessary, the flame should be at eye level.
- For about one minute, stare intently at the flame.
- Let your breathing become heavy and deep ... as in when you are asleep at night.
- With your eyes open, say the word "*SLEEP*" out loud.
- Immediately after you have said the word "*SLEEP*," close your eyes and say the words "*DEEP SLEEP*" out loud.
- As soon as you have said the words "*DEEP SLEEP*," open your eyes and say the word "*SLEEP*" out loud.

Continue in this manner until you begin achieving the hypnotic indicators below:

HYPNOTIC INDICATORS

- ▶ **Difficulty in opening the eyes with each repetition.**
 - ▶ **Heaviness of the eyelids.**
 - ▶ **Growing difficulty in coordinating the words *SLEEP* and *DEEP SLEEP* in conjunction with the opening and closing of the eyes.**
 - ▶ **A slurring of the words as they are said out loud.**
 - ▶ **A very tired feeling in which you want very much to stop and just let go by closing your eyes and entering self-hypnosis or meditation.**
- ***When this happens, DO CLOSE YOUR EYES and let go into either self-hypnosis or meditation.***

SELF-HYPNOTIC MEDITATION

SELF-IMPROVEMENT USE OF THE DEEP-SLEEP CANDLE TECHNIQUE

This is a variation of the deep-sleep candle technique, and should be done only after you feel that you are very conditioned to the technique.

TECHNICAL BASIS OF THE TECHNIQUE

- **Here you are utilizing self-improvement suggestion words in place of the words *SLEEP* and *DEEP SLEEP*.**
 - **Having already been conditioned to the repetition factor of the technique, you are now both inducing self-hypnosis and, at the very same moment, saturating your mind with the suggestions you wish your mind to accept.**
-
- ▶ ***In regard to using the technique to enter a meditative state, it should be noted that the suggestions which you might give yourself will make you very sensitive to an inner state of Higher Consciousness ... once you close your eyes.***
-

DEEP-SLEEP CANDLE TECHNIQUE

VARIATION FOR SELF-IMPROVEMENT OR MEDITATION

NOTE:

- ▶ *The first column is for hypnotic self-improvement.*
- ▶ *The second column is for hypnotic release into meditation or more spiritually-based improvement, and also for release into Higher Consciousness.*

♦ Peace - Deep Peace	Mind - Awareness Expanding
♦ Calm - Complete Calm	Consciousness - Ever Awakening
♦ Love - Perfect Love	Soul - Ever Revealing
♦ Warmth - Radiant Warmth	Oneness - With God
♦ Magnetism - Vibrant Magnetism	Synthesis - Inner Unity
♦ Youth - New Youth	Christ - Divine Self
♦ Complexion - Cell Rejuvenation	Buddha - Universal Self
♦ Health - Perfect Health	Krishna - God Self
♦ Direction - Intuitive Direction	Being - Divine Harmony
♦ Help - Divine Help	Reality - Inner Consciousness
♦ Supply - Universal Supply	Awareness - Inwardly Unfolding
♦ Discipline - Is Mine	Light - Total Union
♦ Control - Is Mine	Identity - Inner Expansion
♦ Happiness - Inwardly Mine	Unity - One Within
♦ Power - God Within	Karma - Divine Freedom

VISUAL IMAGERY

FOR ENFORCING SELF-HYPNOTIC SUGGESTION

PURPOSE:

- ▶ *The purpose of this technique is to try to see yourself in your mind as having already obtained the goal of your suggestion. This is done within your mind's eye.*

EXAMPLES:

- Let's suppose you were giving yourself a suggestion to do something you have been avoiding. Visualize yourself as having just completed it, and as you do, allow a feeling of accomplishment to come over you.
 - Imagine there is someone with whom you have to get along for business or family reasons, but you constantly find yourself becoming irritated with him (or her) whenever you talk to him. Visualize yourself talking to him in a calm, easy manner, maintaining your poise no matter what he says.
 - Suppose you are a golfer and want to improve your game. See yourself on the course, hitting the ball calmly and with confidence – from your stroke to following the ball into the hole.
-
- ▶ *While it is not absolutely necessary that one use visual imagery to supplement suggestions, it has been found that the mind tends to follow through on this method, especially if the same image is constantly repeated over time during self-hypnotic periods.*
-

A LESSON IN SPIRITUAL SCIENCE

NEW DIMENSIONS IN SPIRITUAL UNDERSTANDING AND PRACTICE

C ONTROLLING HIGH AND LOW CYCLES IN YOUR LIFE

▶ *All things are governed by the seasons of nature – man's life included. As there are spring, summer, fall and winter in the cycles of nature, so there are like cycles in the affairs of man.*

- I believe that nature, in her wisdom, has interwoven man's mind with the changing seasons, so that he may grow.

SPRING

- *Thus, the impress of SPRING on man's mind suggests the opportunity for rebirth.*

SUMMER

- *SUMMER indicates a time to assimilate the birth of spring in changes within the mind.*

FALL

- *FALL is a chance to go indoors for introspection on changes.*

WINTER

- *WINTER represents that period in which one finds oneself physically indoors or locked in mentally, with a low cycle, to consider the change(s) that spring may bring.*
- By understanding this, we can better comprehend the *PATTERNS* in our lives, and thus seek to consciously aid nature in her attempt to aid us.
- By studying the characteristics of how cycles work and how to make use of them, we can have, at our disposal, a very positive means of enhancing our upward growth in life.

- In this lesson, I have drawn graphs of various cycles which illustrate how one can go about controlling the cycles in one's own life. We will consider each of them individually.

FIGURE I

- Illustrates the cycles of the average person today, who has little or no understanding of cycles, and therefore is more or less in the grips of a collective psychic energy that binds him to the highs and lows of society around him.
 - If collective society is prospering, he prospers; if not, he lives from day to day.
 - The high cycles generally come only so often, and the low cycles with greater frequency.
 - The highs, therefore, seem higher, and the lows lower.
 - The individual does little or nothing within his mind to control the peaks and valleys in his or her life, leaving them instead to the *COLLECTIVE CHANCE OF SOCIETY*.

FIGURE II

- Illustrates the cycles of a negative person.
 - As you can see, his cycle is a perpetually declining one.
 - Each high is not as high as the one before, and each low is lower than before.
 - The mind vibrates to the energy tune of chronic failure.
 - This person considers the highs as not really all that good, but rather as merely a breather before the coming of the next low period of failure and frustration, which looms inevitably.
- As can be seen, the average person takes his chances, and is more or less a reflection of society around him, while the negative individual, driven by previous traumatic failure patterns, consciously or unconsciously gears his mind for decline.

Unlike other metaphysically-based religious systems, spiritual science takes into account that mental conditions follow the curvature graph of cycles that are inherent in everything in nature – man included.

However, the student of spiritual science need not follow the path of the average person or the negative one, for spiritual science teaches that the condition of the mind is the cause behind all outward manifestations – the effect.

- Other systems teach that if you think positively and maintain a proper state of spiritual mind, only good can come, and/or life should be a continual high.

- Many students of metaphysics have come to me through the years asking why, if they are thinking rightly, do they seem to be going through a low period in life.

-
- ▶ The answer can be found in adding the knowledge of cycles to the field of metaphysical understanding, and then applying metaphysical practices to dealing with the cycles.
-

FIGURE III

- Illustrates what I call the **BALANCING CYCLE** in the life of a student of spiritual science.
- This cycle usually comes in the first six months of study and practice.
- The student, through a combination of maintaining a positive mental attitude about himself and life, positive thought programming and transcendent meditation, tends to balance the high and low cycles in his life.
 - From the graphs in Figure III, it can be seen that the life flow of the student adjusts itself to a psychic equilibrium.
 - When a low cycle comes, it is not much of a psychic dip in conditions.
 - At the same time, the high cycle, when it arrives, is not an over-reaction.

-
- ▶ The student is – for the first time – achieving a **BALANCING OF POLARITIES** in the mental energies of his mind. Thus, a strength or steadfastness of mind emerges.
-

- This steadfastness or balancing of mind then leads to what I term the **PROGRESSIVE CYCLE**, which – provided that the student continues the basic daily practices of spiritual science – should last a lifetime.

FIGURE IV

- Illustrates the **PROGRESSIVE CYCLE** in which the student is on a steady upward climb in his life.
- Each high is higher than the previous one, and each low ceases to be as low as the one before.
- Like the **BALANCING CYCLE**, the student does not fall that far down, even in the midst of a low cycle.

NOTE:

- ▶ I have just presented a guideline for achieving a **BALANCING OR PROGRESSIVE CYCLE** in your life.
 - ▶ As with every lesson in spiritual science, I suggest that you reread this lesson and the outline for seven consecutive days.
 - ▶ This allows these principles to become a part of your consciousness for the greatest possible immediate and future benefits.
-

HIGH AND LOW CYCLES

CYCLES OF THE AVERAGE PERSON

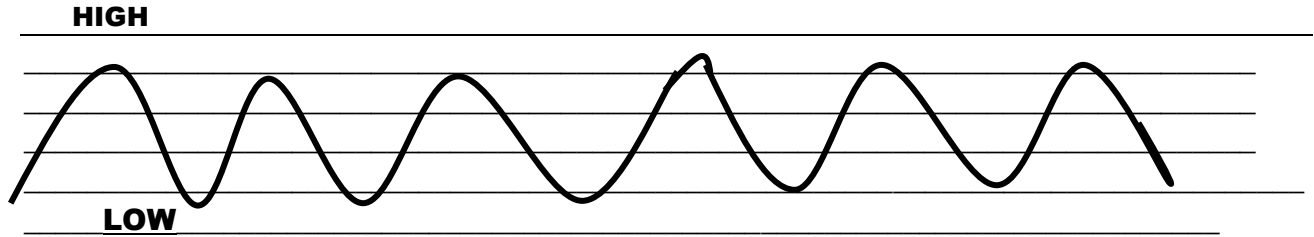


FIGURE 1

CYCLES OF THE NEGATIVE PERSON

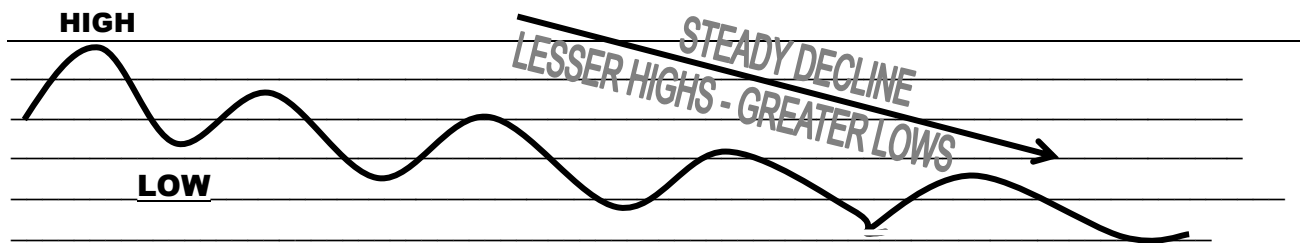


FIGURE 2

BALANCING CYCLE - OF A PERSON PRACTICING SPIRITUAL SCIENCE

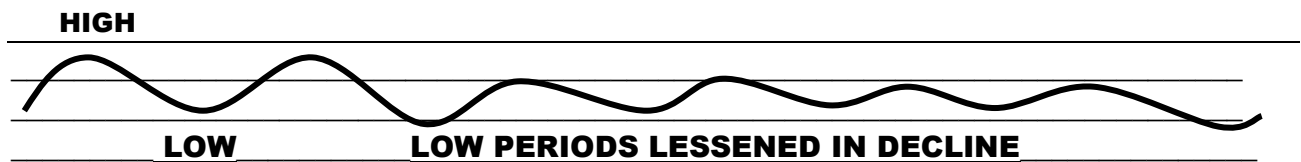


FIGURE 3

PROGRESSIVE CYCLE - OF A PERSON PRACTICING SPIRITUAL SCIENCE

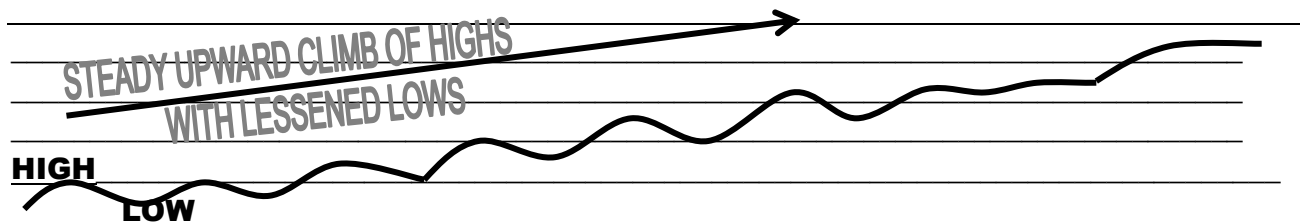


FIGURE 4

GUIDELINES FOR ACHIEVING BALANCING AND PROGRESSIVE CYCLES

Whenever you feel that you are in a *DOWN* cycle, use the time to program your mind with positive thoughts. Monitor your thinking and nullify all negative thoughts.

- This will build a positive psychic energy reservoir in your unconscious; therefore, when you start a high cycle, it will go higher than before.
- Similarly, when you start a low cycle, it will not go as low as previously because there will be no place in your unconscious thought patterns for it.
- Do not take a low cycle as a reversal in your life. Think of it as what it is – a chance to assimilate the results of your previous high cycle and a time to prepare your mind for the next upcoming cycle.

-
- ▶ When you are in an *UP* cycle, *don't relax your spiritual practices*, feeling you only need them when you are down. On the contrary – program positive thoughts and meditate *more often* so that you can obtain the very highest accomplishments in the high cycle you are in.

-
- Consider always that the God-Power of your being is intuitively guiding you in ever-upward growth via the cycles of your life.

THOUGHT PROGRAMMING AFFIRMATIONS

When In a Low Cycle:

- ◆ *"I am assimilating the results of my previous high cycle and am preparing my mind for new growth in my next high cycle through the Presence of the God-Power of my being."*

When In a High Cycle:

- ◆ *"My mind is under the Direction of the limitless God-Mind-Power within me to reach the zenith of my present high cycle."*

From the New Testament we read:

- ◆ *"It is not I, but thy faith which hath made thee whole." ... Jesus Christ*

A LESSON IN SPIRITUAL SCIENCE

NEW DIMENSIONS IN SPIRITUAL UNDERSTANDING AND PRACTICE

PSYCHIC-SPIRITUAL ENERGY HEALING OF YOUR MIND, BODY AND FINANCES

- We live in a world of mind, matter, energy, God, cause and effect. All of these ingredients which comprise reality are interchangeable – one with the other. The control or presence of one affects the others.
- Thus, the power behind the healing of conditions of the body can also heal conditions of the mind.
- In addition, this same power can affect, in a beneficial way, outer conditions ... whether they be financial, social, vocational, etc.

▶ *There is ultimately but one healing power and it operates on all levels of mind and awareness – surface conscious thinking, subconscious influence, psychic level. Because this healing power touches all regions of one's mind, every level should be taken into account when attempting to heal oneself through spiritual means.*

- The subconscious mental attitude must be in accord with and sensitive to the natural healing power that we call *God-Within*.
- In other words, the subconscious mind and the psychic energy levels should be vibrating to those positive conditioning thoughts of "*openness and sensitivity to the healing power*" which have been introduced to the subconscious mind and to the psychic energy levels by the conscious mind.
- To achieve rewarding results from any practice of spiritual healing, all levels of your mind should be grounded in the God-Mind part of you. Whatever treatment is performed, whether on a conscious, subconscious or psychic level, should be moved by the Ultimate Spiritual Level.

- **All substance has a FIRST CAUSE** – a thought within the mind of man or within the God-Mind of nature.
 - Spiritual Science teaches that since all substance has a first cause, it is subject to change, modification or evolution through ultimate first cause.
 - The word "*substance*," as used in this lesson, can mean the physical body, or anything else in the physical world that has physical presence – such as your home, family, car, pocketbook, etc.
- In any practice of psychic-spiritual energy healing, then, we must be sensitive to the workings of cause and effect. We must therefore be aware of the fact that if we are to achieve the best results possible, all techniques must be subject to and motivated by the ultimate first cause of God-Life Presence in our minds, i.e., the Ultimate Spiritual Level.
- The psychic-spiritual healing techniques that follow are based upon the foregoing premise. Thus, the first thing that should be done is to establish both sensitivity and response to the Ultimate Healing Power.

SENSITIVITY AND RESPONSE

MYSTICAL SENSITIVITY TECHNIQUE

- ▶ *Mystics throughout the ages have taught that the upper center of the body, next to the heart, is the spiritual center of man. Sensitivity to this psychic center, referred to as CHAKRA in yoga teachings, brings Mystical Experience or merging of the personal self with the Ultimate Self, or God, as a field of Infinite Light.*
-
- Before beginning any practice of psychic-spiritual healing, you should first sensitize yourself to this Mystical Center by doing the following:
 - Place your hands over this area of your body. The auric energy emanations of your hands will tend to stimulate the energy currents of this Center into greater activity.
 - Close your eyes and imagine that an Infinite Field of Light exists in you at this point, even though your physical body is fine.
 - Next, imagine that this Light, as the Healing Presence of Ultimate Cause, is flooding all parts of your body with its Light. Feel that your entire body is a field of healing God-Light Presence. *At this point, you may proceed with any of the techniques that follow in this lesson.*

MEDITATION MERGER TECHNIQUE

Go into a state of meditation, using any of the meditation techniques you have learned in spiritual science.

- The important factor is not which technique of meditation is used, but rather, that your consciousness merges into a Higher Spiritual State of Awareness.
- After you have reached what you would consider the high point of your meditation period, do the following:
 - Feel that your entire psychic-spiritual being is sensitive to the Healing Presence of the God-head within you, and that in this state, whatever you think or do is within the very grand energy vibration of the First Cause - God.
 - *Proceed with any of the techniques that follow in this lesson.*

FOR PHYSICAL HEALING – PSYCHIC-SPIRITUAL TOUCH TECHNIQUE

After having built up a spiritual sensitivity within yourself, do the following:

- Feel as if the total healing spiritual energy presence of your entire body is one with the natural healing power of the universe, and that this energy is moving into your arms, down the length of your arms and into your hands and fingers.
- Place both hands on the general area of the physical affliction.
- Mentally form an image in your mind of *HEALING WHITE LIGHT* entering that area of your body through your hands ... healing that area as it does so.
- Think of this Light as the Healing Light Presence of God, and therefore perfect and bringing perfection of body to that part of you.

PSYCHIC-SPIRITUAL ENERGY MANTRAM

SPIRITUAL AFFIRMATION

Any physical disturbance or ailment is caused by a malfunctioning of the energies that underlie the physical existence of the ailing part.

- ▶ *When the body is healthy, all underlying energies are functioning as nature and God intended them to function.*
- As we are a psycho-physical unit and because the mind's thought energies can affect the body, the following mantram is extremely effective. It should be repeated to yourself quietly and thoughtfully until you feel a peace settle over your body – which is a signal from *your intuition* that a healing has taken place.
 - ◆ *"All the energy motions of my body are adjusted to the perfect flow of nature as ordained by God. My body energies are in perfect harmony with perfect movement of nature throughout the universe."*

HEALING OF NEGATIVE SUBCONSCIOUS PATTERNS

Much is said in all approaches to spiritual healing about healing the physical body, but little is said about using spiritual healing to heal the mind.

- The Psychic-Spiritual Touch Technique that was taught earlier in this lesson can also be applied to the healing of negativity that has its cause in negative habit patterns in your subconscious mind.
 - ▶ Send all the healing power of your body down into your hands.
 - ▶ Place both hands on your forehead and give yourself the following mantram:
 - ◆ *"The Healing Light Power of God is passing from my hands into my subconscious mind. There, all negative thought pattern energies of my mind, like dark shadows, are healed and sublimated to light and perfect ... positive ... inspired thinking."*

EYE ENERGY TECHNIQUE

An ancient philosopher once wisely said, *"The eyes are the window of the soul."* This, through my own observation, is an accurate statement. Like any window, the eyes may show what is inside, and, like any window, they may be entered.

- Stand in front of a mirror and gaze into your own eyes.
 - Feel that your eyes are literally the windows of your soul.
 - Become fascinated with this thought until you are mentally concentrated on and absorbed with what you are doing.
- Feel that whatever you think now can pass behind and beyond your eyes into your mind.
- Give yourself the following mantram:
 - ◆ *"Behind my eyes this moment, the God of my mind is healing my subconscious mind of negativity. Behind my eyes is the positive God-Mind, Light Ruler of the Universe filling my mind with light."*

FINANCIAL HEALING

THE CHECKBOOK, WALLET OR POCKETBOOK TECHNIQUE

Direct spiritual energy into your hands.

1. Place them on your checkbook, wallet or purse, and give the following mantram:
(Principle: *All substance can be made healthy.*)
 - ◆ *"I direct the psychic-spiritual energy of God's healing wholeness into this substance, and only the ideal energy of wholeness, completeness and thus, prosperity, can abide herein."*
2. Do the same with a stack of unpaid bills, except use this mantram:
 - ◆ *"All spiritual channels are open to me for the paying of these bills, and I have faith that in the mind of God they are already paid."*

"According to your faith, be it unto you." ... Jesus Christ

A LESSON IN SPIRITUAL SCIENCE

NEW DIMENSIONS IN SPIRITUAL UNDERSTANDING AND PRACTICE

H

OW TO BRING ABOUT POSITIVE CHANGES IN YOUR LIFE

INDIVIDUAL AND UNIVERSAL MOVEMENT

▶ *The Law of the Universe is one of constant change, i.e., perpetual self-evolution to ever greater perfection. The Universe never stands still. It keeps changing and refining itself into a still more positive state.*

- Since you are a part of the universe, the laws that operate universally also operate in your life.
- To stand utterly still, without change of any sort, therefore contradicts the nature of how everything else in the universe moves and is.
- When people understand the universal laws and see how they are either working *with them or against them*, they then realize how to find greater inner happiness and outer success.
- **THE MAIN LAW TO UNDERSTAND, IN REGARD TO CHANGE, IS THAT CHANGE(S) REPRESENTS A NATURAL COURSE OF LIFE.**
- Flowing with change, rather than fighting it, creates a state of mind through which such regeneration (i.e., change) results in positive outcomes.

REMOVING FEAR - THE OBSTACLE TO POSITIVE CHANGE

▶ *Fear of the unknown, more than any other factor, is what causes the average person to fight against making any changes in their life. The unknown, in this case, is that which the future would bring if change of any kind were to occur.*

- People tend to become accustomed to a particular life-style which translates itself into a false sense of security.
- By maintaining old, familiar habits and activities, people feel that they are secure.

- In truth, however, because the universe all around them is constantly changing, they really only have a false sense of security.
- To be really secure, a person must *trust in the change taking place in the universe*, which, in the final analysis, is positive in nature.
- When a person practices the principles of spiritual science and meditation, they become sensitive and attuned to the positive energies and vibrations of universal change ... which always result in good.
- By such attunement to the universal vibration of change, fear is removed; the result is good for the universe.

LET GO – TO GO FORWARD

▶ *Clinging to the past keeps you living in the past.*

- There may be many wonderful experiences which you have had in your past, and these will always be a part of your memory – on which you can reflect from time to time. However, living mentally in the past by continually referring to the "*good old days*," does nothing to advance you in the present to positive changes in the future.
- Similarly, there are those who live in the past by clinging to negative memories, such as hateful feelings about others. These memories, too, must be released, for they will poison the mind, and thereby the only thing that could be expected in the future would be more negativity.

POSITIVE CHANGES MEAN POSITIVE NEW MENTAL PATTERNS

▶ *Everything begins and is created in the realm of the mind. You cannot think and feel in the same old mental and emotional patterns, and expect changes to take place in your life.*

- Therefore, to effect positive changes in your life, you must change your mental thinking patterns.
- FOLLOWING IS A GUIDELINE FOR HELPING YOU TO HELP YOURSELF ... BY CHANGING YOUR MENTAL ATTITUDE.

GUIDELINE FOR BRINGING ABOUT POSITIVE CHANGES

- **MAKE A LIST** of things that you would like to see changed for the better in your life, and truly believe that your universal God-Mind-Self can and will actually materialize them.
- **RELEASE YOURSELF FROM ALL PAST NEGATIVE FEELINGS** about anyone and anything. Understand why others were as they were, and ask the Universal Healing Presence within you to *help you forgive* and release them from your subconscious mind.
- **THE UNIVERSE DOES NOT FEAR THE FUTURE.** Each day, put yourself into the fearless state by attuning your thinking and soul to the positive changes of the universe, and by accepting the beautiful truth that your life is under the rulership of the Universal Law of Change. Do this by maintaining a positive conscious and subconscious mental attitude, and by entering into deep meditation *every day*.
- **MINIMIZE CONTACT** with those people who fit your old way of thinking. Mix more with people who are looking to a positive future, and who are building for it in their minds now.
- **DON'T MIX WITH PEOPLE WHO CARRY GRUDGES** and who are thus living in the past. Associate, instead, with those who have the spiritual understanding to forgive.
- **EACH DAY VISUALIZE IN MENTAL PICTURES THE WAY YOU WANT TO LIVE ...** doing the things you want to do. If you make something a psychic reality in your mind, the psychic vibrations of your mind will enter into the Universal Mind and draw that which you want to you.
- **BELIEVE IN YOURSELF** by believing in the universe within you. Know and accept that the Presence of Universal Mind within you is in truth the Creative Power of Life, or God.
- **LOOK TO YOUR INNER HIGHER UNIVERSAL MIND TO GUIDE YOU** and give you the answers as to how to go about making positive changes in your life. These answers may come to you in dreams, inspirations or intuitive hunches. The main thing you can be sure of is that they will come if you maintain a positive conscious and subconscious attitude, and if you meditate daily.

PROGRAMMING SUGGESTIONS FOR POSITIVE CHANGES

Take a little time each day to go into meditation at a subconscious level and program your mind with the following spiritual affirmations:

- ♦ *"Positive change in my life is mine already through my attunement to the Positive Universal Law of Change."*
- ♦ *"My mind vibrates to the positive changes in the universe in individual life."*
- ♦ *"As the universe creates positive new changes, I create positive new changes in my individual life via the universe's working through my mind."*
- ♦ *"My subconscious mind is open to impressions from my God-Mind for the creation of positive new mental patterns for effective changes in my life."*
- ♦ *"I have forgiven all and everyone in my life and therefore my mind is free to move into new positive changes."*

Prayer Treatment

Divine God-Mind of my Higher Consciousness, I affirm that as YOU create positive new changes in Your physically manifesting body of the universe, so Your power that is working through me is creating positive new changes in my individual life. Wherever I travel, wherever I may go, whatever I may do, You are in the midst of me ... guiding and directing me. Through Your power to heal my mind, I have forgiven all in my past. Through Your power to create new life, in me new life is being created. For this I give thanks ... AND SO IT IS.

MEDITATION TECHNIQUE FOR MANIFESTING POSITIVE CHANGES

Enter into a deep state of meditation as follows:

- Take deep but not forceful breaths.
 - As you inhale, mentally say to yourself, *"I breathe in a positive new future."*
 - As you exhale, mentally say to yourself, *"I release the past."*
 - Repeat until you feel a deep state of relaxation coming over you. When this happens, discontinue the mental affirmations and let go into a deeper, higher state of meditation.
- ▶ *As with all lessons in spiritual science, reread this lesson every day for the next seven days, so that it will be fully integrated into your consciousness.*

THE MANDALA – CANDLE TECHNIQUE

PURPOSE:

- ▶ *To promote the experience of Higher Consciousness in the practice of meditation.*
 - ▶ *To concentrate the energies of the mind into a state of psychic wholeness which will bring about a greater state of wholeness, polarity and individuality within your personality and psyche.*
-

PRINCIPLE:

- The symbol that is used on the covers of lessons in Meditation Dynamics is a universal one that comes from a State of Higher Consciousness, wherein the psychic energies of the mind come together and crystallize into a state of psychic wholeness.
- This is the mystical mystery that Plato referred to in reference to Divine Geometry.
- Geometrical patterns, properly formed in the mind, create a state of inner psychic-mystical-spiritual wholeness.
- Mandalas have therefore served as symbols of concentration for students of meditation and the inner mysteries of life and being, as a way to focus and concentrate the geometrical process of mental energies.

The following is my own variation of this method, incorporating a candle for added concentration and sensitization:

THE TECHNIQUE

- If separate sheets, cards or posters are not available at the time that you come into contact with this technique, remove the Meditation Dynamics cover from one of your lessons. Cut away the printing from around the mandala. Then, take the mandala symbol and paste or tape it to a heavy piece of card stock.
- Stand the card straight up in front of you on a table or desk, with the center of the mandala at eye level. Prop up the card onto books or anything else you might have handy to get the desired result.
- Light a candle and position the flame in front of the mandala, so that the candle flame is in front of the very center of the mandala.
- Sit concentrating on the mandala, looking at its center through the burning flame of the candle.
- As you do this, concentrate on the thought that all mental energies of your mind are coming together into a state of psychic wholeness – that your personality is totally integrated into a state of mystical unity with the universe.
- Practice this technique either before entering a lengthy period of meditation, or a few minutes after having entered one.
- Practice for at least three minutes or longer, if the Intuition of your Higher Mind so directs.

PSYCHIC-MYSTICAL MONEY AND PROSPERITY

MENTAL MAGNETISM TECHNIQUE

PURPOSE:

- ▶ *To use psychic-mystical principles to attract money and prosperity to you.*
 - ▶ *To create a mental magnetism on the psychic and transcendent levels of your mind to enable you to attract financial increase and abundance to you.*
-

PRINCIPLE:

- Your mind, having both feminine and masculine energy factors within it, can **ACT AS A MAGNET** if it is regarded as such during the practice of this technique.
- **YOU DRAW UPON THE PSYCHIC ENERGY IDEAS** underlying the physical existence of money or something else that you need.
- This sets up unseen but **VERY REAL PSYCHIC ENERGY PATTERNS** that act in your behalf, setting up conditions or circumstances in your daily physical life for the receiving of increases in prosperity.

THE TECHNIQUE

At all times during this technique, *REGARD YOUR MIND AS BEING A MAGNET*, and having the magnetism to attract things to you from the psychic ethers.

- Think of what you are doing as *COOPERATION WITH THE GOD-MIND* to better open your individual mind psychically to a *DRAWING OF PROSPERITY TO YOU*.
- For best results, this technique should be done in a sitting position.
- *RELAX YOURSELF* for a few moments, entering at least a light state of meditation.
- For about one minute, concentrate fully upon the idea that *YOUR MIND IS A MENTAL MAGNET*, and that you possess mental, psychic magnetism to *DRAW MONEY AND PROSPERITY TO YOU*.
- In your mind and imagination, see yourself sitting in the chair you occupy.
- Imagine that floating through the air toward you are bill after bill of currency.
- As you do, feel that psychically *YOU ARE DRAWING MONEY TO YOU*.
- *DON'T TRY TO FIGURE OUT* by what means it will reach you in physical reality.
- *RELY UPON THE UNIVERSAL MIND OF GOD for that*.
- Do this technique daily for at least three minutes, or longer if your Intuition from your Higher Mind seems to be directing you to do so.

PSYCHIC THOUGHT CONTROL

POSITIVE THINKING FOLLOW-THROUGH METHOD

PURPOSE:

- ▶ *To enforce the psychological power of positive thoughts as they enter your mind during your daily activities.*
 - ▶ *To generate more psychic energy into positive thoughts as they go out into the psychic atmosphere for the purpose of **ATTRACTING CORRESPONDING GOOD TO YOU.***
-

PRINCIPLE:

- Immediate follow-through upon the idea of a positive thought – as you think it – forms a greater seal of its acceptance and influence over your mind.
- The positive thought then becomes a **GREATER REALITY IN YOUR MIND**, and thus, its power is more activated in your life.

THE TECHNIQUE

- Each day, as you engage in your daily activities, do the following every time a positive thought about yourself, your life, your abilities and your possibilities enters your mind.
- Rather than just letting the thought pass through your mind and then enter your subconscious, **ENFORCE THE POWER OF THE THOUGHT** in your mind by adding to it the words ... **"AND SO IT IS!"**
- Repeat these words more than once **FOR EVEN MORE POWER AND ACCEPTANCE** by your mind.
- As you say the words, feel that the positive thought you have just thought has been given added energy as it travels into the psychic atmosphere, **ATTRACTING ITS CORRESPONDING GOOD TO YOU.**
- Do this every day, with every positive thought you think, and more and more, day by day, **YOU WILL SEE THE POSITIVE EFFECT** it is having on your having a positive mental attitude, and in the further increase of good in your life.
- It is a simple method, but **DO NOT UNDERESTIMATE ITS POWER** over your life and mind.

ATTUNING YOURSELF TO AND USING YOUR PSYCHIC-SPIRITUAL MIND ENERGY IN ALMOST EVERYTHING YOU DO EACH DAY

Almost everything you do on a daily basis can be utilized to *KEEP YOU ATTUNED* to the *psychic energy of the GOD-POWER WITHIN YOU*, to better yourself and improve each day.

- ▶ Daily tasks and responsibilities can be improved and made easier.
 - ▶ Positive results can be more readily obtained.
- Following are *SPIRITUAL MIND AFFIRMATIONS, OR MANTRAMS*, which you can use in performing daily tasks. Reread this lesson each day for a week, so that the general idea of each affirmation becomes a natural part of your consciousness.
-

WAKING

- ◆ *"I dedicate this day to God within me, the True Self of my being. It is the power of God working through me that lives in me this day."*
-

BATHING

- ◆ *"The psychic cleansing power in the water I use washes away negative vibrations and I am left in a clean, positive vibration."*
-

CLOTHES

- ◆ *"I project spiritually cleansing psychic light into my clothes, and my clothes are filled with positive vibrational energies."*
-

COOKING

- ◆ *"The heat that I use to cook with is like a psychic-spiritual fire which cleanses all negative vibrations from the food that I am preparing, and it leaves only positive energy vibrations for the well-being of my body."*
-

EATING

- ◆ *"I send forth the thought of blessing into the food that I am about to eat, and the aura of my thought surrounds it with positive vibrations. When I eat this blessed food, therefore, it will produce further positive vibrations of health in the energies of my body."*
-

PAYING

- ♦ *"Whatever money now leaves my hand will return to me many times over via my awareness of the Law of Divine Circulation."*
-

BANKING

- ♦ *"God is my supply, and my account is supplied to meet my every need."*
-

MARKETING

- ♦ *"I bless this place as a physical channel for the nourishment of my body, and bless my pocketbook because God-Power fills it, that I may purchase what I need."*
-

SHOPPING

- ♦ *"I am led by the God-Power within me to the right store, for the right item, at the right price."*
-

CLEANING HOUSE – (Doing dishes and other household tasks)

- ♦ *"As I clean house, I am aware that I am being moved by the Divine Power within me, that I am erasing the negative and putting in its place the positive."*
-

DRIVING

- ♦ *"I bless my car as a vehicle through which I may gain greater experience – thus further wisdom, and through wisdom, happiness."*
-

COMMUNICATIONS MEDIA AND PRESS – (Internet, Newspapers, Television, Radio)

- ♦ *"I am aware and Divinely protected from the lack of evolution of this planet, and my consciousness vibrates only to that which adds to my happiness, awareness, well-being and prosperity."*
-

COURTESY – (When out among people)

- ◆ *"My mind is aware of any opportunity to be courteous to someone, knowing that I put into motion a chain reaction that helps others grow spiritually."*

FRIENDSHIP

- ◆ *"I express warmth towards my friends, and, above all, an understanding of the underlying factors in their lives."*

AFFECTION

- ◆ *"I am open in my expression of affection to those who are dear to me, but I do not try to bind them or imprison them to me through the use of affectionate expression."*

ENCOURAGEMENT

- ◆ *"Whenever I am with someone, I am alert to encourage them through a sincere compliment of one of their assets."*

RETIRING

- ◆ *"Divine Presence of God within me, upon all those near and dear to me, bestow your love and blessings, peace of mind and body, health of mind and body, and your Spiritual Presence."*
- ◆ *"God within me, to you I dedicate the efforts of this day, my soul and my existence, and I thank you for having lived in Your Presence one more day."*

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- ▶ It is not necessary that you use the exact words as they are given here. It is far more important that you grasp and maintain the general idea of what to think in your consciousness as you engage in your daily activities.
 - ▶ By involving your psychic-spiritual practices with your everyday actions, you are creating greater psychic-spiritual energy in your mind. This will telepathically and spiritually **PRODUCE POSITIVE RESULTS AND HARMONY IN YOUR LIFE.**
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