

**Super Science**

And

**Health**

CLASS BOOK



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And

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CLASS BOOK

This class book contains the rudiments of the Metaphysical, Occult and Inspirational Course as taught in SUPER SCIENCE. The student should understand that the methods in SUPER SCIENCE should not be given to anyone who has not been properly prepared and therefore not in the right mental attitude to receive as such knowledge given out promiscuously may work harm.

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# Foreword

## THE LAW OF VIBRATION

THE LAW OF VIBRATION governs everything in the Universe. The entire Mineral, Vegetable and Animal Kingdom is subject to this law. Thru the ELECTRONIC THEORY OF MATTER, which is now generally accepted by all leading scientists, matter has been resolved, in its final analysis, into disembodied charges or electrical units. These electrical units consist of so-called **Negative Corpuscles** in constant motion, called electrons, whose vibrations are controlled by the **Positive Electrons**, sometimes called **ions**.

According to Physical Science the Negative Electrons seem to be the carriers and builders of the Universe, while the Positive Electrons form the **restraining, guiding and directing** influence.

The ATOMIC THEORY OF MATTER teaches that an **atom** is the smallest particle of an element that exists in any **molecule**. Now the **cell** is the **unit of life** while the **electron** is the **unit of matter** or scientifically speaking, of **force**. As the **cell** is composed of a group of **atoms**, each **atom** containing **numerous electrons** in constant and rapid vibration, it follows that ELECTRONIC VIBRATION—according to Physical Science—is the material life of the cell. If this is true of one cell, it must be true of them all.

In the animal organism, there are **group cells** forming the various organs and tissues and a **magnetic field** is generated by the **ELECTRONIC ATOMIC CELL VIBRATION**, which enables these cells or groups of cells thru the Law of Selection and Attraction, to select from the blood the elements needed for their sustenance, growth and repair.

**A normal cell vibration means health; an abnormal cell vibration means disease;** therefore it follows that all the cells or groups of cells in the physical organism **must vibrate normally** in order that they may be **attuned**, one to the other or as a whole to **the same general key**, in order that there may be complete **Harmony of Vibrations**—which manifests itself as perfect health.

To the initiated, the Physical Law of the **ELECTRONIC VIBRATION** and the Occult Law of **PRANIC ENERGY** is synonymous, the terms implying—**ABSOLUTE ENERGY**; however there is a vital difference in **the application of these laws**, the former science recognizing only blind physical or chemical forces, while the latter obeys the Universal Laws because of an inherent knowledge of the existence of a **UNIVERSAL INTELLIGENCE**—Divine in nature—which governs and directs the Universal Forces in all things. Hence a knowledge of the correct application of this **ABSOLUTE ENERGY** to our bodies, our minds, and our Spiritual Development is of vital importance.

The **SUPER SCIENCE Advanced Metaphysical, Occult, and Inspirational Course** teaches the student the

**control** of this PRANIC ENERGY, and the application of the LAW of POSITIVE and NEGATIVE, in order that he may recognize his **Inherent Power**, which, when once recognized, will place the laws governing body, mind and soul under his **conscious control** and lead him on the Path of Attainment to the HIGHER KNOWLEDGE.

EMILY M. HYDE,

Author.

## LESSON ONE

**The Three States of  
Consciousness**

## THE CONSCIOUS MIND

The CONSCIOUS MIND of the individual has been frequently termed the "Objective Mind" because it is the mind of man that cognizes the **material or objective world** thru the medium of the five physical senses.

The voluntary muscles receive a command from the brain, the central office of the human telegraphic system; they carry out the command and send their report back over the "nerve wires" to the brain. The brain and its elongation, the spinal cord, with the nerves that branch off from the various nerve centers, form what is known as the "CEREBRO-SPINAL SYSTEM," thru which medium impressions come from the outside or OBJECTIVE WORLD.

Man is separated from the animal thru the attributes of **speech** and **reason** as far as the physical and mental body are concerned. In the animal there is no reasoning brain but merely the "little brain," which governs the muscles of motion, he being ruled by **instinct** alone. Man's "Instinctive Mind," before he became so overly civilized, functioned for him along **instinctive lines** just as the child to a limited extent is governed by **instinct** today as well as the savage. When we realize

that the SUBCONSCIOUS or "Instinctive Mind" is under the control of the CONSCIOUS MIND whenever we choose to so exercise this control, then we will understand the importance of overcoming our slavery to the SUBCONSCIOUS MIND and the importance of teaching it to obey our will.

### THE SUBCONSCIOUS MIND

Whereas the CONSCIOUS MIND has been termed the **Objective Mind**, the SUBCONSCIOUS MIND is frequently called the "Subjective Mind," referring to the "Inner Consciousness" rather than the Objective Consciousness of man, and whereas the CONSCIOUS MIND governs the **voluntary muscles**, the SUBCONSCIOUS MIND governs the **involuntary organs** or muscles and never rests day or night, being especially active during the sleep of the individual, repairing and rebuilding the body, eliminating the dead cells and constantly building new ones. Circulation, Respiration, the Digestive and Assimilative processes, Nutrition and Growth, are all under the control of the SUBCONSCIOUS MIND.

When the body receives an injury, when a bone is broken for instance, "Nature" at once sets her forces to work, to repair the injury. New cells are formed and the parts knitted together. That this process is under the direction of "Intelligence" is shown by the very fact, that not only are the tissues connected but they are strongly reinforced, so that, as in the case of a broken bone, a sort of ridge is formed at the break, making the

part knitted together even stronger than it originally was.

When we speak of the wonderful "Intelligence of Nature" in governing these processes so that automatically the body is kept in a state of repair, we must not forget to give the credit to that INFINITE INTELLIGENCE, which planned and executed the human machine, placing it here under **our conscious control**, when once we cognize the BASIC LAWS governing the Universe.

- a. The SUBWAY OF MEMORY; the seat of **habit and desire**.
- b. The INSTINCTIVE MIND controls all involuntary processes.
- c. **Create constructively and make the SUBCONSCIOUS MIND your slave.**

### THE SUPER CONSCIOUS MIND

In speaking of the THREE STATES OF CONSCIOUSNESS or the CONSCIOUS, SUBCONSCIOUS and SUPER CONSCIOUS MIND, we do not wish to imply that man has three minds but that there are **three states of mental vibration**. The SUBCONSCIOUS MIND, known as the "Subway of Memory," vibrates below the CONSCIOUS MIND and is the lowest vibration

in the Human Consciousness, while the SUPER CONSCIOUS MIND is that fast rate of vibration which brings us in tune and harmony with the vibration of the COSMOS, thereby bringing about "at-one-ment" with the UNIVERSAL MIND, for the EGO, our Spiritual Counterpart, is of one and the same substance.

The Methods of SUPER SCIENCE develop the **Spiritual Sense Centers** in the body, thereby bringing about an ILLUMINATION OF CONSCIOUSNESS as the result of which the individual is able to cognize things beyond the manifestation of the five physical senses. Man has been educated along material lines and has been taught to cognize only that which he can see, hear, smell, taste or touch so that he has failed to take into consideration the sixth sense known as "INTUITION" and the seventh sense known as "INTELLIGENCE" or Cosmic Contact, both of which are found in the human being tho outside the physical anatomy.

### THE SOLAR PLEXUS

The SOLAR PLEXUS, the **Sun Center** in the body, is the storehouse of PRANIC ENERGY or THE VITAL FORCE, and under the direct control of the SUBCONSCIOUS MIND.

In this course the student is taught the **control of Prana**, and learns how to send or direct it to any part of the body that is depleted—to restore the balance.

See "Physical and Mental Rejuvenation," page 79.

## II. THE SOLAR PLEXUS

- a. Science—The Abdominal Brain.
- b. Occultism—The God Center.
- c. The central storehouse of energy.
- d. Governs the functions of the involuntary organs.
- e. The medium of communication between the Sub-conscious and Super Conscious vibrations.

## PRANAYAMA

## Rhythmic Vibration

Everything in the Universe is in a state of motion and the different forms of activity are expressed thru different RATES OF VIBRATION. Thus, heat is one rate of vibration; light, another; sound, another, and so on. To breathe rhythmically is to create a RHYTHMIC VIBRATION in the body. This in turn **creates harmony** and brings about a sense of "balance" in the system, both physically and mentally. The method of RHYTHMIC BREATHING as taught in SUPER SCIENCE has a wonderfully soothing effect upon the nervous system; relaxes the tense condition of nerves and muscles and brings about harmony in the functions of the internal organs, thru its influence upon the Sympathetic Nervous System, which governs them from a physical standpoint.



### The Life Currents Or Vital Force In The Body

The LAW OF VIBRATION mentioned above also governs the human body. Every cell is a "little life" in itself. The cells express ENERGY and INTELLIGENCE, and this Energy of the cell, a group of cells, or a combination of groups of cells, is the LIFE FORCE or VITAL FORCE in the body, under the control of the EGO or the Spiritual expression of man, which in turn is governed by the Universal Mind of which it is a part. PRANAYAMA teaches the control of the PRANA, the LIFE CURRENTS, the LIFE FORCE, or the VITAL FORCE as it has been variously called.

The term PRANA is a Sanskrit term that has long been used by the Masters of the Far East, and SUPER SCIENCE employs this term because it conveys an intelligent idea of the **Force** or **Energy** stored in and working thru all things in the Universe. We take in PRANA from the air we breathe, from the food we eat and from the water we drink, yet it is not a chemical constituent of any of these but a subtle form of LIFE ENERGY which is taken into the system and stored there.

By learning to control the breath, the student in SUPER SCIENCE gains control over the PRANA in the body and thru the exercise of his WILL and the development of the **Positive Center** or Pineal Gland, is able to direct it to any part of his body that is depleted in LIFE ENERGY or VITAL FORCE, and to so dis-

tribute this PRANA that every portion of mind and body will receive its rightful share, thus creating **perfect balance** in the system which in turn brings about that **harmony** which is manifested in a state of perfect mind, perfect body, or perfect health.

## PERFECT CONCENTRATION

### Breath Control

To concentrate perfectly is to have **perfect breath control**. The method of CONCENTRATION as taught in SUPER SCIENCE gives the student perfect control over his thots so that he can focus his attention on the one thot he wishes to create. It is a scientific fact that the thot or idea precedes the physical manifestation. For instance, an inventor first has a **mental image** of his invention which evolves mentally in every detail. Then he makes out his plans from which finally a working model is constructed,—the **physical manifestation** of the mental image evolved thru the process of thot.

While we are willing to concede that the process as outlined above is the logical process in such a case, we frequently fail to realize that any manifestation in the physical, such as disease, financial reverses, lack of success, disharmony, limitation and so forth, is brot about likewise **by the thot that precedes it. Thot is powerful, more powerful than human beings realize, for thots are living forces.** When the student of SUPER SCIENCE has learned to control the process of “mentation” he will

realize his **creative power** and will come into a new **Understanding** of his destiny and his heritage as a child of the Universal Creator, for man was meant to rule the Universe, not to be subjected to the will of others or to be a slave to his desires.

### The Complete Breath

The Preparatory Health and Metaphysical Course of SUPER SCIENCE acquaints the student with THE COMPLETE BREATH, but because of the importance of **deep breathing**, as well as **rhythmic breathing**, in order that the student may realize the best results with the methods given in the Advanced Course, the subject is briefly touched upon here.

The process of breathing can be divided into three steps, as follows:

1. **CLAVICLE** breathing, which expands **the upper chest cavity**.
2. **INTERCOSTAL** breathing, which expands **the middle thoracic cavity**.
3. **ABDOMINAL** breathing, which expands the **diaphragm**, thereby enlarging the **lower chest cavity**.

First of all the student must learn how to take a **COMPLETE BREATH**, then he must learn how to inhale and exhale **rhythmically**.

### The Rhythmic Breath

- a. Inhale to the count of eight.
- b. Hold four, with breath in.
- c. Exhale to the count of eight.
- d. Hold four, with breath out.

See Exoteric and Esoteric phase of breathing—  
**Physical and Mental Rejuvenation**, pages 102 and 110  
respectively.

## LESSON TWO

## The Law of Positive and Negative

Thruout Nature we find the POSITIVE and NEGATIVE principle expressed and manifested. In the human family, man represents the POSITIVE PRINCIPLE and woman the NEGATIVE PRINCIPLE. In the vegetable kingdom we find the **positive** or MALE PRINCIPLE expressed; sometimes the **negative** or FEMALE PRINCIPLE predominates, and so thruout the Universe.

The POSITIVE PRINCIPLE represents **tension, strength and creative power** or the male characteristics; the NEGATIVE PRINCIPLE represents **relaxation, and receptivity**, the female characteristics. While a human being, when considered physically, belongs to either the POSITIVE or NEGATIVE TYPE, mentally he is both **positive and negative**. SUPER SCIENCE teaches that every individual can develop that side of his nature which is lacking in development thru the use of the proper methods, so that, if he is too **positive**, he will become **negative** enough to be receptive, and if he is too **negative** that he will become **positive** enough to create what he desires.

### BOTH POSITIVE AND NEGATIVE LAW REQUIRED TO CREATE

In order to create a perfect thot or idea, that it may manifest in the physical as a perfect creation, it will be

necessary to employ both POSITIVE and NEGATIVE THOT FORCE. In the center of the brain lies the Pineal Gland, the POSITIVE CENTER or **Male Center of Spirituality**; at the base of the brain and located a little lower than the Pineal Gland is the Pituitary Body or **Female Center of Spirituality**. Now the human being is thinking constantly; in fact, such a "flood" of thots is surging thru his Consciousness that he will find it difficult to focus his mind on one thot, inhibiting all other conflicting thots. To test this out, go into the Silence and try to make your mind a blank, thinking of nothing, as it were.

The object of this course is to so train the mind of the student that **he will be able to control his thots**, and employ POSITIVE and NEGATIVE THOT FORCE to create what he wishes to receive.

If an individual is more **positive** than **negative** he is frequently too **positive** to receive the good things in life. If on the contrary he is too **negative** he is too receptive to the many influences around him and is **frequently dominated by the mental attitude of others**. Being too receptive he is a regular "Receiving Station" for many things that **he does not want**, being non-resistant or **negative** to sickness and so-called evil influences.

The POSITIVE INDIVIDUAL when normally balanced is the "Go-getter." He knows what he wants, goes after it and gets it. He is the natural "Leader" while the NEGATIVE INDIVIDUAL never can think for himself but is influenced and dominated by others. Many

otherwise POSITIVE INDIVIDUALS have become **negative** thru illness, financial reverses, and their accompanying expressions, fear and worry—man's worst enemies.

## METHOD

### Positive and Negative Thot Force

- a. Breathe rhythmically and think of taking in Prana.
- b. Visualize the drawing in of Prana and storing it in the Solar Plexus.
- c. Draw the Positive Current up the right side of the Spine.
- d. Draw the Negative Current up the left side of the Spine.
- e. Think of the Positive Current as under control of the Pineal Gland, the Negative Current under control of the Pituitary Body, the directing Centers in the Brain.

### The Positive Concentration Method

- a. Use **Positive Thot Force** to create.
- b. Use **Negative Thot Force** to receive.
- c. Be Positive against destructive influences.
- d. Be Negative to constructive thots and influences.

e. When the contact has been formed between Positive and Negative—**Finger-tip Exercise—control breath**, and will to control the **Prana**. The stronger the **Thot Force** during Concentration, the stronger the current. Hold the thot of “Perfect Concentration!”

## REJUVENATION

### To Drive out Fatigue

To drive out fatigue the student assumes the position as outlined in the REJUVENATION POSTURE. Beginning with the head and working down over the chest and abdomen, then down each side of the body, he concentrates on each part in turn, using the POSITIVE CONCENTRATION METHOD as taught in SUPER SCIENCE, to drive tiredness, soreness, pain or fatigue out of each part respectively. This is a wonderful exercise to take after returning home from the day's work. A few minutes spent on this exercise before eating, if possible, **will drive out all fatigue**, and leave the student refreshed in mind and body, ready for whatever the evening may bring in the form of recreation.

### Fatigue Poisons

Medical Science has long since recognized that the tired sluggish feeling at Springtime, commonly termed “Spring Fever,” is but a manifestation of the FATIGUE POISONS in the system. We know that the cells of the



human body are constantly undergoing a change; that, during the day, mental or physical labor tears down the cells and that, at night during sleep new cells are constantly forming to take the place of the worn out tissue. If the human being is normal, mentally and physically, the SUBCONSCIOUS MIND takes care of all the rebuilding, assimilating and eliminating processes, keeping the individual in a state of health. However, man has become so civilized that the subconscious processes **no longer function normally**, having become impaired thru wrong thinking and consequent wrong living, to the detriment of the health of the individual.

In most instances it is the **eliminating and purifying processes** which have become so impaired that the blood or "Life Stream" becomes clogged with the worn-out tissue, and instead of bright red, healthy blood being carried to the cells, only a semblance of the pure "Life Stream" remains, and the blood being in an impure, dark colored state, is not able to give nourishment to the parts that so badly need it.

The student of SUPER SCIENCE, thru the control of the VITAL FORCE, diverts the Prana thru the blood stream, cleansing and purifying it, thereby driving out all traces of fatigue. In order to accomplish this, the student must devote some time each day to this purifying process, which in turn will keep the body in a constant state of repair, the SUBCONSCIOUS MIND, after awhile, becoming so trained that it will react instantly to the thot without the use of the method.

## METHOD

### Rejuvenating The Body

Use the POSITIVE CONCENTRATION METHOD to overcome fatigue and pain in all parts of the body.

### The Rejuvenation Posture

- a. Sit on floor, place soles of feet together, grasping the ankles with both hands.
- b. Concentrate and send PRANA to each part of the body; beginning with the head, take each part of the body separately.
- c. Will to drive out all traces of fatigue, tiredness or pain.
- d. Use the **Positive Concentration Method on each part.**

## EYES, EARS, NOSE AND THROAT

### The Eyes

The following exercises are for those who wish to eliminate glasses as well as for those who wish to retain **perfect vision** without ever resorting to glasses. The commonly accepted dictum—that glasses must be worn when the individual reaches a certain age, because

of a change in the structure of the lens of the eyes—is like many other death sentences pronounced upon human beings, by the medical profession—a fallacy.

It is true that at the age of forty most people find themselves in need of glasses because of impaired vision, but **age has nothing to do with this**. This fact can be proven by anyone who wishes to make the investigation—for thousands of children attending school are afflicted with poor eyesight, while the writer has personally known a great many people of advanced age who boasted of perfect eyesight, never having worn glasses.

The truth of the matter is that **we neglect our eyes**, abuse them, never giving them the slightest attention until they begin to fail us. Then when the inevitable comes, we resign ourselves and blame it to “approaching age.” Is it a wonder that the individual of today is a disheartened, disillusioned person who feels the “hand of fate” resting heavily upon him, plodding thru life with a spirit of resignation that would put to shame, the meek lamb led to slaughter?

Rouse yourself, O Disciple, and know that you were not meant to lose your normal sight while still in the prime of life because of a Universal Law, but rather because of the undisputable fact that **you broke the law** and are now reaping what you have sowed. This fact once recognized, should teach you **to adjust yourself to the law** when automatically your troubles will cease.

## METHOD

Place a chair in the center of a room. Sit erect, chin drawn in, eyes straight ahead.

a. Roll eyes to the right until you see the wall, then to the left.

b. Roll eyes up towards ceiling, then down towards floor.

c. Roll eyes diagonally—upper right hand corner, then lower left hand corner.

d. Reverse—upper left hand corner, then lower right hand corner.

e. Now roll eyes completely around, first towards the right, then towards the left, describing a complete circle while trying to make your eyes appear as round as possible.

f. Fill an eye cup partially with cold water and take the above exercise under the eye cup at least once a day, but practise the above method a number of times daily, as this exercises eight pairs of muscles, strengthening these as well as stimulating the circulation.

g. Finish by using the POSITIVE CONCENTRATION METHOD to direct PRANA to the eyes, holding the thought that the optic nerve is being stimulated and that the VITAL FORCE is being distributed thruout the network of nerves to restore the balance and to insure **perfect vision or normal eyesight.**

### The Ears

Eye, ear, nose and throat troubles are directly traceable to a catarrhal condition of the body and those who have sinus troubles usually experience deafness and vice versa, therefore the first step the student must take to correct this trouble is to so adjust his diet that all acid-reacting foods are eliminated from his daily fare.

The student's daily practise should include the REJUVENATION METHOD for the purpose of eliminating all toxins from the system. Finish with the special treatment for the ears, sending PRANA to restore the balance of the Auditory Nerve.

### METHOD

- a. Inhale deeply.
- b. Close both nostrils with fingers.
- c. Force air against ears, until you feel them open.
- d. Concentrate on sending PRANA into the ears to restore the balance.

### The Nose

Sinus troubles can easily be overcome by observing first of all the Basic Law of Foods and using the Corrective Diet; see Physical and Mental Rejuvenation page 130. Then the student should direct PRANA into the nasal cavities—three on each side—with the thot of

eliminating congestion and stimulating all the cells into activity to restore the balance.

A very effective method is to send the "Inward Breath" into the nasal cavaties to heal the condition; see **lesson ten**.

The writer wishes to reiterate here that all methods are given as a **means to an end**.

The DIVINE POWER within each and everyone of us, will heal all physical and mental conditions as soon as the student has reached the state of DIVINE REALIZATION. Thru the technique of CONCENTRATION as taught in SUPER SCIENCE the contact with that DIVINE POWER is brot about, which, having been accomplished, brings the student to the realization that he no longer requires the method.

### **The Throat**

For the vocal chords and manifestations of hoarseness, sore throat, etc., observe **corrective diet** and use the method of the "Inward Breath." Likewise use hands on front and back of neck after generating PRANA in the palms and finger-tips.

## **THE CIRCULATION**

### **Stagnant Blood**

The following method is given for the purpose of forcing the blood that so frequently lies "stagnant" in

the abdominal region, back into the general circulation. Science has discovered that in many people, especially those of **sedantary habits**, fully one-third of the blood stream becomes "stagnant" in the abdominal region, congesting the blood vessels in the abdomen, this resulting in a general manifestation of neurasthenia.

### METHOD

**Caution!** Take only three times to begin with as the reaction is powerful, but the results are very beneficial. Gradually increase the number of times to five or six.

a. Stand with hands on knees, feet contacted or slightly apart.

b. Flex knees; inhale coming up, exhale forcibly thru mouth, going down.

c. Do this three times. The fourth time with breath inhaled rise to your full height and throw head as far back as possible, holding breath.

d. Support yourself by placing your hands at the small of your back or by gripping the back of a chair as a feeling of dizziness may manifest.

The student will experience such a rush of blood to the face, head and neck as to be almost blinded and every cell in the face will tingle with renewed vitality. If dizzy, open your eyes and sit down; this condition will soon pass off.

## LESSON THREE

**The Mental Faculties**

## WILL POWER

Most individuals do not cognize their mental weaknesses, for if they did, they would set about to overcome them, knowing full well that their **depleted energy** or **VITAL FORCE**, their lack of **EXECUTIVE ABILITY**, was directly traceable to a "Weakness of Mind, for it is in the brain that we find the **Centers of Control** which in turn govern the **Negative Centers** in the spine. The student of **SUPER SCIENCE** is taught how to develop the dormant cells of the brain, stimulating them to new activity until once more they assume control of the functions of mind and body, governing and directing the physical and mental processes.

An individual with strong **WILL POWER** rarely gives in to disease or to outside influences. Therefore, when the student of **SUPER SCIENCE** learns to develop the dormant cells in the brain, he will be able to govern and direct his affairs, where before he doubted himself and was not able to follow out a plan constructively to the end.

## EXECUTIVE POWER

The seat of **EXECUTIVE ABILITY** is in the forehead and by sending blood and **PRANA** to this center



with the **positive suggestion** to awaken every dormant cell for greater EXECUTIVE POWER, the student will begin to show an increased desire to carry his plans into execution. Many a genius falls short of achievement because of this lack of EXECUTIVE ABILITY. This center once stimulated will literally force the individual to execute his plans so that he will become a "doer" instead of a mere "dreamer" as heretofore.

It is a well known fact that many inventors fail to find a market for their product because they lack the EXECUTIVE ABILITY to carry out a connected plan of action to bring this about. With an increase in WILL POWER and EXECUTIVE ABILITY, there is manifested a **determination to succeed**, and nothing short of success will satisfy the student, once having gained just an inkling of the TRUTH as taught in SUPER SCIENCE.

Man was not meant to be a grovelling creature on this plane, but was placed here to have dominion over the fowls of the air, the fish of the sea and all creatures within the world. He was meant to rule and not to be ruled except thru DIVINE WILL. **No human being has the right to impose his will upon another.** We were all created free and equal, and, as true citizens of the Universe, we should function normally; **conscious** of our powers; **consciously directing ourselves** to our ultimate destiny; **consciously controlling and operating** the BASIC LAWS OF THE UNIVERSAL MIND. In order that we might do this, the Creator has given us our **Mental Powers**, and has placed these UNIVERSAL

LAWS under our control. If we do not use them it is because we are ignorant of this fact or because we have been told that it is wrong to exert our MENTAL FACULTIES, particularly our WILL.

Now if God created man in HIS IMAGE, it is the Universal Mind who has planned and created this physical body of ours; who has, thru the SUBCONSCIOUS or "Instinct-Mind," given us the power to regenerate and revitalize it, and thru the **mental powers** of the CONSCIOUS MIND has given us control over Nature's Laws. It behooves us to use these GOD-GIVEN POWERS so that we may function **physically** as the most perfect physical mechanism ever created; **mentally** as the DIRECTING POWER of our physical self, and **Spiritually** as the IMAGE of our Lord and Creator, thus complying with the Physical, Mental and Spiritual Laws of this Universe or with the laws governing man's development on the PHYSICAL, MENTAL and SPIRITUAL PLANE.

### THE MEMORY FACULTY

If you were to be told that you had one or more "Mental Weaknesses," you might scoff at the idea. At the same time we meet individuals each day who are weak in WILL POWER, who have a weak MEMORY and who are not able to put force enough behind their plans to make their "dreams come true." If this is the case, then the weaknesses do exist, whether the individual will admit it or not. A good MEMORY is very

essential and it is strange how many people are encountered who have a **faulty memory**, who cannot follow a line of reasoning or the thread of an argument without becoming confused.

In SUPER SCIENCE, we have a method for the development of the MEMORY FACULTY, using **both blood and Prana** to develop all the dormant cells in this center. This method should also be used at night, just before practicing the method given in lesson five, viz.: "To create in the SUBCONSCIOUS MIND while asleep."

#### THE ATMA OR SPIRITUAL MIND

The ATMA or Spiritual Mind, the seat of Spiritual Power, is located in the crown of the head. The same method, used for the development of the MEMORY FACULTY, is used to develop the cells in the ATMA, with the **positive suggestion** that you are developing every dormant cell in the ATMA for **Spiritual Power**. As before stated, it is impossible to contact God, a Spiritual Being, while bound or fettered by the five physical senses. It will be necessary to so raise your vibrations that you will contact with the COSMOS and be in a state of SUPER CONSCIOUS VIBRATION, the only state where there can be **at-one-ment** with the UNIVERSAL MIND.

The Bible is filled with accounts of "Visions that appeared" and "Voices that spoke," and in each instance you will find that the Prophet or Seer, as in the case of John the Revelator, was "In the Spirit," signifying a

SUPER CONSCIOUS STATE OF VIBRATION whereby he had lost contact with the outer or material world and was living in the INNER CONSCIOUSNESS.

STIMULATING THE DORMANT BRAIN CELLS  
WITH BLOOD AND PRANA

**Will Power**

- a. Stimulate the dormant cells in the seat of WILL POWER.
- b. Put WILL POWER back of your thots to make them Dynamic and Creative.

**METHOD**

- a. Develop Positive and Negative Prana—Finger-tip Exercise.
- b. Send the Positive Current into the right temple and the Negative Current into the left temple.
- c. Will to awaken every dormant cell in the seat of WILL POWER.

**Executive Power**

Stimulate the dormant cells in the EXECUTIVE CENTER.

**METHOD**

- a. Develop **Positive and Negative Prana**—Finger-tip Exercise.
- b. Control breath and send **blood** and **PRANA** to center of forehead.
- c. Will to develop every dormant cell for greater **Executive Power**.
- d. Relax and feel current growing stronger.

**The Development of The Memory Faculty**

- a. Stimulate the dormant cells in the Memory Faculty.
- b. Learn to remember your "Astral Experiences."
- c. Problems are solved and **INSPIRATION** developed, subconsciously, during sleep.

**METHOD**

- a. Generate **Positive and Negative Prana**—Finger-tip Exercise.
- b. Control breath and send **blood** and **PRANA** to the top of the head.
- c. Will to awaken every dormant cell in the **Memory Faculty**.

d. Use this method to develop memory of your ASTRAL experience in connection with the method on page 45.

### The Atma or Spiritual Mind

a. Stimulate the ATMA and set up cells of strength to combat every weakness.

b. The seat of the SPIRITUAL MIND thru which the EGO expresses in the physical body.

### METHOD

a. Develop **Positive and Negative Prana**—Finger-tip Exercise.

b. Send **blood** and PRANA to the crown of the head.

c. Will to develop every dormant cell in the ATMA for Spiritual Power.

d. Relax and feel the reaction—a feeling of peace and harmony flooding the entire body.

## LESSON FOUR

**The Mental Faculties---Cont'd.**

## THE IMAGINATIVE FACULTY

The IMAGINATIVE FACULTY is one of the most important in the process of human "Mentation." "To imagine" means to form MENTAL IMAGES. He or she "just imagines it," is what we hear so often, for to "imagine" has come to mean the casting of images that are untrue or not based upon Truth. If we cast "Images" that are not true, or "imagine" things, the student can see the importance of training the IMAGINATION to cast "Images" that are true or based upon Truth. Scientific investigation proves that the casting of MENTAL IMAGES is vitally connected with the process of MEMORY and therefore a part of the past experiences of the human being.

Since the casting of images is but the forerunner of the idea manifested in the physical, it can be seen that any "Image" cast in the IMAGINATION CHAMBER will sooner or later express itself in the physical. If one imagines that a calamity is about to overtake him, if one casts "Images" of fear, worry, lack or disease—unless a strong Counter Suggestion obliterates these **Mental Pictures**,—the results are sure to manifest in the physical. By training the IMAGINATIVE FACULTY to imagine or cast "Images" of things that are true, that

conform to the higher principles in man, or to DIVINE PRINCIPLE, these "Images" will in turn react and produce the very highest expression in the physical.

### METHOD

The method for training the IMAGINATIVE FACULTY, as taught in SUPER SCIENCE, is very effective. In this method the student develops the **Positive Current**, sending it from the right temple to the back of the head. He then develops the **Negative Current**, sending it from the left temple to the back of the head. When the contact is formed in the back, the student will notice a peculiar sensation of **power**. This method should be accompanied with a strong **Positive Suggestion** to the SUBCONSCIOUS MIND, that you will to imagine only that which is true and good and which conforms to DIVINE PRINCIPLE.

Every deed that has ever been committed was first cast as an "Image" in the IMAGINATIVE CHAMBER. When children and human beings as a whole are taught how to control the IMAGINATION, there will be less of crime, disease, and wrongdoing in the world.

### THE VITALITY CENTER

The MEDULLA OBLONGATA is an elongation of the **Spinal Cord**. It spreads out like a fan and reposes in a fluid, being connected with the rest of the brain by filaments. In this way a blow on the head will not be



transmitted to the MEDULLA OBLONGATA or the **Spinal Cord**, as the fluid breaks the vibration. The body need not break down as long as the required amount of **energy** is sent to the different centers of the body and by stimulating this VITALITY CENTER the individual can so revitalize himself, that he can be young at seventy instead of old at thirty-five, as we find so many people are today. Sickness, disease, a run down condition, lack of physical and mental power is due to the depletion of this VITAL FORCE in the system, and the methods of SUPER SCIENCE develop this energy within the student so that he can **successfully combat all physical and mental weakness.**

All manifestation of power is a manifestation of PRANA, the VITAL FORCE, the ABSOLUTE ENERGY that pervades the Universe, thru which the human being can reach **at-one-ment** with the UNIVERSAL MIND. If we disgress and do not always mention this, it is because the student has been impressed with the fact that this is so ; that all of Nature's Forces are but an expression of the UNIVERSAL MIND, and that when we contact the **power back of all things manifested in the Universe**, we may realize the power **with-in ourselves.**

### THE THYROID GLAND

For information on this gland see Physical and Mental Rejuvenation, page 85. The method given in lesson two, under the title of "Circulation" will also stimulate the Thyroid. If the method is used for this pur-

pose, hold the throat that the blood as it rushes up, is bathing and stimulating the Thyroid, or relaxing it, as the case may be.

### METHOD

- a. Place right hand over Thyroid.
- b. Place left hand at back of neck.
- c. Exhale POSITIVE CURRENT thru neck until you feel the vibrations in the left hand.
- d. Use the POSITIVE CONCENTRATION METHOD and will the POSITIVE CURRENT into the Thyroid with the throat that the PRANA will restore the balance.

## LESSON FIVE

**The Re-Education of the  
Subconscious Mind**

## THE SUBCONSCIOUS MIND MUST BE TRAINED

Many Psychological and New Thought Sciences of today do not give the individual much constructive help because they fail to take into consideration man's development on the PHYSICAL, MENTAL and SPIRITUAL PLANE. They either begin with the CONSCIOUS MIND and extend their science merely to include the SUBCONSCIOUS MIND, which they term the "Soul" or they begin at the other extreme and attempt to develop man Spiritually by taking into consideration only the "Soul" of man, forgetting that man's Soul reposes in a physical body, which functions on a physical plane. While the former keep their "nose to the ground" the latter "float in air," thereby bringing about a disruption of the PHYSICAL, MENTAL and SPIRITUAL PROCESSES of man, which must be taken into account and developed simultaneously, if man is to function as a normal being.

**The Subconscious Mind Knows not Right  
from Wrong**

To begin with, the SUBCONSCIOUS MIND knows not right from wrong, therefore it cannot represent

"The Soul" of the individual. **It is the seat of memory, of desire, instinct and habit.** It will take up any impression that is made upon its plastic surface and harbor it until such a time as the conditions are ripe, when it will manifest this impression in the physical. Medical Science has been forced to recognize that disease or lack of health is the result of **wrong thinking** and that to get at the root of the trouble it is necessary to probe the SUBCONSCIOUS MIND to discover the cause. Psycho-Analysts work on this theory and as Freud himself states, it is appalling what the Metaphysician uncovers in the SUBCONSCIOUS MIND of the patient, for this is the seat of **the lower or animal instincts.**

In contrast to the animal, which is governed entirely thru instinct, man has been given REASONING POWERS and STRONG WILL POWER to combat any and all influences that may lay claim to the body. Thru his REASON and the exercise of his WILL POWER, he can train the SUBCONSCIOUS MIND to obey his WILL and can put into the SUBJECTIVE MIND constructive material to counteract destructive thots that may be harboring there. He can so direct it to obey his WILL that it will automatically react to the slightest **conscious suggestion** and bring about the desired results.

Now this is perhaps not new to the reader, but we wish to impress upon the student that SUPER SCIENCE, thru its methods, has found a way of making **lasting impressions** on the plastic surface of the SUBCONSCIOUS MIND, by sending the thot thru the channels of POSITIVE and NEGATIVE THOT FORCE,

and thereby training the SUBCONSCIOUS MIND to supply the PRANA or VITAL FORCE wherever and whenever it is needed. The more **positive** a suggestion, the stronger the impression made. Therefore the student is directed to go into the **positive state** that he may create what he desires; then into the **negative state** that he may receive what he has created.

## METHODS TO TRAIN THE SUBCONSCIOUS MIND

### The Glass of Water Exercise

This exercise should be taken night and morning, holding the thought that the VITAL FORCE or PRANA is being extracted from the water you drink. The Hindus, even when not thirsty, frequently fill their mouth with water, passing their tongue thru the water several times, after which they expell the water again without swallowing it, the glands and cells in the tongue having taken up the PRANA which was in the water. By consciously breathing in, drinking in, and absorbing the PRANA of the air, the water and the food we eat, we can keep the normal supply of VITAL FORCE in the system, for this method is wonderfully successful in training the SUBCONSCIOUS MIND to extract the PRANA from the air, water, and food, and keep the body constantly supplied with the necessary amount of VITAL FORCE so that every cell in the body will vibrate in harmony with every other cell, all attuned as it were, to the same general key.

### METHOD

- a. Drink in "PRANA" each night and morning.
- b. Drink eight to ten glasses of water each day.
- c. "Prana-ize" the water.
- d. Use POSITIVE CONCENTRATION METHOD with **Glass of Water Exercise** to create health, strength, determination, etc.

### The Lunar Circle

This center, located between the shoulders, is a **negative center in the spine** and therefore very receptive to **negative vibrations**. As this center governs the **organs of respiration**, it follows that when the student has obtained control of the LUNAR CIRCLE, he will automatically have gained control of the **respiratory organs** and, vice versa, when he has learned to breathe rhythmically, he will have gained control over this center. This means a **general control over the entire nervous system**, because of the control this center exercises over the other sense centers in the spine.

### METHOD

- a. This exercise is taken to create "Within One's Self."
- b. Clinch fists and throw back shoulders until shoulder blades meet at the **Lunar Circle**.

- c. While in a state of high tension **concentrate** and will to create health, success, harmony, etc., in the body.
- d. Relax but still retain breath, and will once more as you bring your hands back to their original position.
- e. As you relax, feel the reaction sweeping the entire spine.

## HABIT AND DESIRE

### Overcoming Destructive Thinking

Medical Science has long since conceded that **fear** and **worry** are the cause of many diseases of the body, as for instance kidney, stomach and liver troubles. If that is true, it is equally true that any thot entertained by the individual that conforms to the principle of his lower nature will have a destructive influence upon the body. **Habit** is but the result of the same thot constantly repeated until the impression made upon the SUBCONSCIOUS MIND is so deep and lasting that this trend of thot is hard to break. If a habit of smoking, drinking, or the habit of using drugs or medicines for any ailment of the body has been formed, it will be impossible to break this **habit** until the trend of thot has been changed. This must be done by a strong COUNTER-SUGGESTION, which in turn stimulates new cells into activity, which "counter-act" the activity of the cells in the DESIRE CENTER.

The student must recognize first of all that his body must be his slave and that MIND must be master, before

he can succeed in the study of SUPER SCIENCE. Much has been written about "Mastering the Body," about the power of "Mind over Matter," about "Mental Control," and so forth, but few sciences have given the student a practical method for the "overcoming" of **bad habits and desires**. SUPER SCIENCE teaches that there is a center in the body called the **CRUCIFIXION CENTER where all bad habits and desires can be "crucified."**

With this method it is easy to overcome a **habit** because the student overcomes the **desire** for the particular thing that has enslaved him. To deny ones self a thing that ones whole being craves is not to "overcome," but to overcome the **desire** so that the particular thing, once desired, **no longer interests or has a claim on one** is in reality to "overcome."

### Crucifixion Method

Whether the **habit** is a physical one or a mental one, like **fear** or **worry**, this **habit** can be crucified with the **CRUCIFIXION METHOD** as taught in **SUPER SCIENCE**. In this method the student is taught to generate the **Positive Current**, then the **Negative Current**, after which both **Positive** and **Negative Currents** are sent to the **CRUCIFIXION CENTER** in the back of the neck, with the **positive suggestion** that you are "crucifying" the particular **habit** or **desire** to which you are a slave. **When the desire is overcome you are mentally free; until then you are held in MENTAL SLAVERY**



and can never arise to the heights of **Self-Mastery**, nor can you be a "leader of men."

a. Use **POSITIVE CONCENTRATION METHOD**; be **positive** and send both currents to the **CRUCIFIXION CENTER** in the back of the neck, holding the **thot** that they cross and fail to reach the centers in the brain.

b. Will to overcome the **habit** or **desire** by crucifying it—"short circuiting the **thot**."

c. Concentrate on each **habit** separately.

USE SAME METHOD AS ABOVE TO CRUCIFY  
FEAR AND WORRY

### To Counteract Desire and Habit

In connection with the method for "crucifying" **desire** and **habit**, the student is taught a method which develops the dormant cells in the **ATMA** or **Spiritual Mind**, so that these awakened cells will **counteract** the action of the weak cells in the **DESIRE CENTER**. In this manner the **habit** or **desire** is attacked in two ways, viz: the **desire** or **habit** is "crucified," and then strong cells to **counteract** the weakness are set up in the **ATMA** or the seat of **SPIRITUAL POWER**.

a. See page 32.

b. Will to develop **strong** cells in the **ATMA**, to **counteract** the **habit** or **desire** you wish to overcome.

## THE ASTRAL PLANE OF CONSCIOUSNESS

**Creating in The Subconscious Mind while Asleep**

This method should be taken while in bed and just before going to sleep, for it is given for the purpose of directing your CONSCIOUSNESS to work constructively for you while you sleep. It is a known fact that our CONSCIOUSNESS leaves the body, leaving it under SUBCONSCIOUS CONTROL during the process of sleep. Many people at that time experience "Dreams" which they recall upon awakening in the morning. Frequently these dreams are of such violent nature that the "Dreamer" is suddenly awakened, a feeling of fear or panic possessing him. This experience is then termed a "Nightmare." More often one awakens with a feeling of oppression, of exhaustion or mental disturbance which one cannot account for.

To the initiated or the one who "knows," this means an actual experience on the SUBCONSCIOUS or ASTRAL PLANE of life; a **Mental Experience** which may react upon the Physical Consciousness in such a manner as to resemble a "shock," which in turn produces a like effect upon the physical organism. When memory has been retained of such experiences, the individual will be surprised to find that his CONSCIOUSNESS has gone to places and has experienced conditions that he would never seek out consciously or while in possession of his CONSCIOUS FACULTIES. **A dream of this kind can produce a shock as well as an actual physical or**

**mental experience can.** Therefore it behooves the student to so control his CONSCIOUSNESS while asleep, that he can direct it into constructive channels.

### How To Contact Consciously On The Astral Plane

Before going to sleep, the student is instructed to develop the POSITIVE CURRENT to a high state of vibration, then to will positively that his CONSCIOUSNESS shall go where he directs and that he will retain MEMORY of what he sees or hears at that time. Next he develops the NEGATIVE CURRENT, going to sleep in this manner. If the mental attitude was right and the suggestion was **positive enough**, when one awakens in the morning, the first thought that enters the mind will be the one that was on one's mind at the time of falling asleep. In like manner, after the proper development along Spiritual lines, one can direct one's CONSCIOUSNESS into the COSMOS to gain all knowledge.

Those who do not remember their ASTRAL EXPERIENCES, should take the Memory Faculty Exercise given on page 31, first, willing to remember upon awakening.

### METHOD

- a. Just before going to sleep and while flat on your back develop the **Positive Current**.
- b. Will positively that your Consciousness shall work **constructively during sleep**. Direct it to any place

or to any person you desire to contact on the ASTRAL PLANE, using the POSITIVE CONCENTRATION METHOD.

c. Relax and go to sleep with this thought on your mind, using the **Negative Current**.

d. Upon awakening in the morning, what you have seen or heard will be revealed to you.

e. After this has been accomplished and you have gotten results, direct your Consciousness into the SUPERCONSCIOUS vibration. Send it to the COSMOS to gain all knowledge.

f. To attain the highest results, students should always seek knowledge on the SUPER-CONSCIOUS PLANE.

## LESSON SIX

**Vital Energy**

## THE KUNDALINI

## Solar Energy

SOLAR ENERGY is just another manifestation of PRANA, the ABSOLUTE ENERGY. This energy is stored in the KUNDALINI CENTER at the base of the spine and manifests itself as **heat energy**. By awakening the KUNDALINI, one can feel waves of heat flowing up the spine. This heat, directed over the sense or nerve centers in the spine, has a tendency to **relax the entire nervous system**, is very soothing and possesses **great healing power**. As the student progresses in SUPER SCIENCE, he will learn the importance of awakening this center, in order that the "Spirit Fire," coiled up in the KUNDALINI, will ascend thru the canal of SUSHUMNA, which runs thru the center of the Spinal Cord and into the brain.

The awakening of the KUNDALINI will bring great SPIRITUAL POWER to the individual, according to the degree of awakening and the distance it travels up the CANAL or SUSHUMNA. Those who can release the SOLAR ENERGY stored in the KUNDALINI, can develop **healing power** within their own bodies and can also transmit this power to the bodies of others.

### METHOD

- a. Focus Consciousness on the KUNDALINI CENTER at the base of the spine.
- b. Think of uncoiling this energy and sending it up thru the CANAL OF SUSHUMNA to the brain.
- c. Lock hands and place them at back of neck with thumbs pointing down and touching side of neck where pulsations are.
- d. Use POSITIVE CONCENTRATION METHOD and will to draw this energy up the spine.
- e. Relax and feel the heat rolling up in waves.

#### To Develop Healing Power

- a. Use method given above but will to develop SOLAR ENERGY for **healing power**.

### MAGNETISM

#### Another Form of Pranic Energy

HUMAN MAGNETISM must not be confounded with "Personal Magnetism" as it has been generally understood for while the former represents the Electrical Force or Energy in the body, the latter has reference to the Mental Attraction that one individual has for another. HUMAN MAGNETISM has frequently

been called "Animal Magnetism," but the term is misleading, as MAGNETISM is a manifestation of energy in the human body being but another form of PRANIC ENERGY. Like all living things, be it plant or animal life, the human body draws its MAGNETISM principally from the Sun and the Air. The Method as given in SUPER SCIENCE shows the student how to draw this MAGNETISM into the body, and thru it attract to himself what he desires. **Vibrating rhythmically with the sun** from NEGATIVE to POSITIVE, you can feel yourself literally becoming a Magnet, and throwing out "Magnetic Circles" which will draw to you the thing you have focused your attention upon.

### The Human Aura

The VITAL AURA is a manifestation of this MAGNETIC ENERGY that pervades the body, and according to the degree of health and energy manifested in the individual, this AURA will extend out from the body a greater or lesser distance. This HUMAN AURA can frequently be seen around the body of people by those who are Clairvoyant, and varies in color according to the energy and Mental or Thot Waves of the individual. It is egg shaped, narrowing towards the head and feet. People whose AURA is surcharged with MAGNETISM, can readily influence those who come within the range of their MAGNETIC VIBRATION. Whenever WILL POWER and the CONCENTRATED EFFORTS of the mind are put behind a thot, this thot not only gathers momentum but intensity, and the emana-

tions from such **positive** **thought** waves, color the AURA and literally charge it with **positive vibrations**, so that an individual that is **positive** and **vital**, is surrounded by a CREATIVE ATMOSPHERE, that leads him on to success. Right here the writer wishes to mention that any power so acquired, if used for selfish purposes or to harm another, constitutes BLACK MAGIC, and will work ultimate harm on the one who uses his power to further such ends.

## METHODS

### Development of Magnetism

- a. Generate PRANA—Finger-tip Exercise.
- b. Vibrate rhythmically moving from left to right, describing a circle.
- c. When taking the exercise at home, move from West to East.
- d. Feel that you are drawing MAGNETISM into the body from the sun.
- e. Feel the MAGNETISM vibrating thru you.
- f. Relax and feel the energy flooding the body.

### Developing The Aura

- a. Use method above until the MAGNETISM vibrates thru you.



- b. Feel the **MAGNETISM** charge your **AURA** and make it **vital** and **magnetic** to attract friends, happiness, success, etc.
- c. Visualize yourself spinning a **MAGNETIC WALL** about yourself for protection.

### Method of Attraction

- a. Use Method No. 1.
- b. Feel yourself becoming a magnet.
- c. Visualize **magnetic circles** vibrating in and thru everything until they vibrate beyond that which you desire to attract.
- d. Control breath and will to attract what you are concentrating upon.
- e. Relax and visualize this coming to you.

Use Method No. 1 to draw **SOLAR ENERGY** from the sun for **Healing Power** and feel the vibrations manifesting as **heat energy** in the body.

## LESSON SEVEN

**Healing****Absent Treatment**

After the student has learned how to control the PRANIC ENERGY in his body and is able to direct it to any part of the body that is depleted, by means of the POSITIVE CONCENTRATION METHOD, he should practice using this power for **healing**, beginning with absent treatments. This practice will soon demonstrate to him that time or space have nothing to do with the transmission of this VITAL FORCE, and instantaneous results can be obtained if the mental attitude is right: The success of the student in sending absent treatments depends upon the **sense of nearness to his patient** that he can acquire, and the reaction he gets to the treatment sent, for the one who knows feels intuitively when the healing has been accomplished. When concentrating on an absent patient, focus your attention on the SOLAR PLEXUS, and hold the thought that you are sending the VITAL FORCE to him, using the POSITIVE CONCENTRATION METHOD to direct the PRANIC ENERGY. As you relax, a mental picture of the exact result obtained should come to you.

**The Positive Healing Method**

In the treatment of patients with whom you come in contact, the POSITIVE HEALING METHOD as out-

lined below should be used. It is always well to prepare the patient's mind for the **healing**, by talking to him about his **inherent power**, impressing upon him that the power to heal must come **from within himself**; that he must make himself **receptive** to the Universal Power which flows in and thru everything, and, that if he was always in such a **receptive state**, his vitality would not now be depleted, nor would there be any discordant condition manifested in mind and body. Proceed then to tell him that you are acting as an instrument thru which this Universal Power flows, that you know how to consciously contact this power, and project it thru his body. Instruct him to breathe deeply, and hold the thought that as he breathes in he is taking in this vital energy, the purpose of which is to **re-establish the balance in the body**, so that every cell in the body will vibrate in harmony with every other cell, for **harmonious cell vibration means perfect health**.

### The Developed Healer

When the student has developed to the point where he can intuitively sense the condition of the patient and feels the Divine guiding and directing power functioning thru him he should use this power for the good of all concerned, by doing his share **to alleviate the sufferings of humanity**.

The true healer always recognizes the **DIVINE POWER** as the source of Absolute Energy and so does not limit the supply, which is **limitless and ever available**.

## THE POSITIVE HEALING METHOD

**The Patient**

- a. The patient must be receptive.
- b. Patient holds that that he is taking in the VITAL FORCE with each inhalation and breathes deeply.
- c. Patient should think of sunshine, flowers, pleasant scenery, etc., to divert his mind from his troubles.
- d. Feet contacted; hands open, palms up, or folded lightly.

**The Healer**

- a. The healer must be positive.
- b. Divert patient's mind.
- c. Give affirmation: "I am alive because of the Universal Life, and I open myself to its full manifestation and inflow."
- d. Instruct patient to hold the thot with each inhalation.
- e. Generate PRANA in finger-tips.
- f. Project the VITAL FORCE thru the patient's body each exhalation by contacting the temples.
- g. After seven breaths, use POSITIVE CONCENTRATION METHOD, and will the VITAL FORCE thru the body. Use affirmation: "Perfect mind, perfect body, perfect circulation." Suggest "Power!"

h. Alternate breathing thru hands and using the POSITIVE CONCENTRATION.

i. Relax patient—say, Relax perfectly, etc.

### Treating The Vital Centers

a. Place right hand on forehead; left hand on back of head; treat the other centers in the same manner.

b. Inhale Positive Current thru head until you feel the vibration in the left hand.

c. Treat the SOLAR PLEXUS; will the current thru the body, using the POSITIVE CONCENTRATION METHOD.

d. After treating the centers in the spine, treat that part of the body where a pain or discordant condition is manifest.

### The Stroking Method

a. To relax patient stroke down from head to waist; shoulders to fingers; hips to feet; and down the back with fingers extended. Say "Perfect Relaxation."

b. For CIRCULATION use same method but say, "Send the blood down into the fingers, into toes, etc."

## LESSON EIGHT

## To Create a Balance in the Nervous System

### TO RESTORE HARMONY IN THE BODY

In lesson one the student has been told how much depends upon **rhythmic breathing**, but in order to realize the **power** of the RHYTHMIC BREATH, it will first be necessary for the student to get **in rhythm** or **in tune with the vibrations in his body**. As it is, the physical body is being ruled by all the coarser vibrations, which reach the body thru the five physical senses. Not until the student can go into MEDITATION and raise his vibrations above his physical self, will he cognize the **finer vibrations** within the body itself. When this has been accomplished, however, a great step towards the liberation of the body from its slavery to the manifestations of the five physical senses will have been taken. When once in tune with the vibrations of one's own body, the student can learn to **breathe rhythmically**, inhaling to the count of eight, then retaining the breath four counts; exhaling to the count of eight, and stopping the breath for four counts, and so on, until he can gradually extend the counts.

RHYTHMIC BREATHING has a very stimulating effect upon the center, called the LUNAR CIRCLE, which governs the Respiratory Organs. This center in

turn exercises an influence upon all the other sense centers in the spine; therefore, the student can readily see that the effects of RHYTHMIC BREATHING are far reaching.

## METHODS

### Nerve Tonic

- a. Draw Ida thru left nostril, 8-4.
- b. Exhale thru right, 8-4.
- c. Draw Pingala thru right nostril, 8-4.
- d. Exhale thru left, 8-4—seven times.

### Odic Force

- a. A powerful method of **body control**.
- b. Find the rhythm of your body.
- c. Breathe rhythmically in tune with the rhythm of your body, 8-4, 8-4; feel the body vibrate rhythmically as you breathe.
- e. Hold the **thot**: Thru **Odic Force** I am strong, or thru **Odic Force** I control my body.
- f. Learn to use "OM" with the **rhythmic breath**.

## THE GOD CENTER

## The Solar Plexus

The SOLAR PLEXUS, called by physical science "The Abdominal Brain," has long been termed the "GOD CENTER" by the Eastern Masters. Thru it as a medium we are able to cognize the EGO or Higher Self and reach out into the COSMOS to gain all knowledge. The SOLAR PLEXUS, situated in the midst of the Sympathetic Nervous System, is composed of the same matter and substance as the human brain. The SOLAR PLEXUS EXERCISE for inhibiting all harmful thots from the human CONSCIOUSNESS is outlined in this lesson. The following exercise is given to be used in the Silence, as a prayer.

## The Unspeakable Word or The Soundless Sound

The word AUM, pronounced "OM," is a secret Occult Prayer. Americans can think of it as signifying "Almighty Universal Master." In reality it is an appeal made to the GOD-BEING to hear our prayer. The Bible tells us to go into the closet and close the door behind us if we would commune with the MOST HIGH, therefore, the student of SUPER SCIENCE is asked to go into the Silence with this Occult Prayer, for many words are not needed, if the Mental Attitude is right.

In using this prayer the student should think of sending the sound beyond the Physical until it becomes



soundless, then beyond the Mental, and beyond the Spiritual Plane until its vibrations extend to the COSMOS, where it will reach the throne of the MOST HIGH. With mind focused upon the SOLAR PLEXUS, the student should feel the vibration there as well as the connection between the SOLAR PLEXUS and the ATMA, the Spiritual Mind. Upon relaxing, the student should feel a wave of peace and contentment sweep over him, resting assured that his prayer has been heard and will be answered.

## THE LOWER IMPULSES

### How to Inhibit Destructive Thots

“Flesh waves” are thots coming from man’s lower or **flesh nature**. It has frequently been stated that **man is his worst enemy**, and this can readily be understood, when we stop to realize that so frequently man expresses the principles of his lower nature, tho he often is not consciously aware of this fact. The SUBCONSCIOUS MIND is the seat of **memory**, of **desire** and **habit**, and many individuals still live in their Subconsciousness. Psycho-Analysts work on the theory that man’s lower impulses, the thots from the lower nature of man, are back of, or the cause of all manifestations of physical and mental discord, and probe the lower or INSTINCTIVE MIND to unearth these **destructive influences**; but there they stop.

He who would gain mastery over his **flesh self** must master his **FLESH CONSCIOUSNESS** and undertake a mental house cleaning. Few realize their physical and mental short-comings. Many a so-called Christian would be surprised to find that he was harboring thots of **malice, hatred, envy or resentment** in his **SUBCONSCIOUSNESS** which thots, however, will be disclosed to the student who is honest with himself, and who will go into silent meditation in order to uncover his short comings. **Only when one faces the situation** can the condition be overcome, and a student in **SUPER SCIENCE** must first of all be honest with himself; then and then only can he find the seat of the trouble and correct it.

While frequently bad influences come to an individual from without, **flesh waves** come from the lower nature of the individual himself and he must guard himself against these **inner influences** as vigilantly as he must guard against influences from the outside. This he must do by recognizing his higher self, the **EGO**, the **INTELLIGENCE** which expresses itself thru the Spiritual Mind of man, and place his body under the subjection of this higher expression in order that **matter** may become subservient to **Spirit**.

The method as used in **SUPER SCIENCE** for **inhibiting harmful thots from within and harmful thots from without** is every effective for the overcoming of flesh impulses and outside influences. In this method the student concentrates on the **SOLAR PLEXUS** called by the Eastern Masters the "God Center," at the same time

feeling its connection with the ATMA, the seat of SPIRITUAL POWER in man. The affirmation used with this method is: "I inhibit all thots from entering the SOLAR PLEXUS not in accordance with DIVINE PRINCIPLE."

### Overcoming Thots of Disease and Weakness

All thots of **disease** and **weakness** of body and mind can be overcome by using the method as outlined above. In this case one should inhibit all thots **contrary to health and strength, vitality and energy**. If thot is creative—and we know that it is—then all thots that would tend to bring to the mind of the individual the idea of disease, weakness, lack or limitation, failure, disharmony, etc., must be inhibited from entering his CONSCIOUSNESS. By so doing these thots will never materialize or be manifested as a physical or mental defect, in other words the thot is **overcome before it is created**.

### METHOD

#### To Inhibit Harmful Thots from Without

- a. Generate PRANA—Finger-tip Exercise.
- b. Sound "Unspeakable Word" and send inwardly to the SOLAR PLEXUS. Concentrate on the SOLAR PLEXUS, with breath controlled.
- c. Use Positive Suggestion to the SUBCONSCIOUS MIND that you will allow no thots to enter except thots

from the Universal Mind. Will to inhibit all **destructive thots from without.**

d. Relax and feel connection between ATMA and SOLAR PLEXUS.

#### To Inhibit Flesh Waves from Within

a. Use same method as above.

b. Use Positive Suggestion to the SUBCONSCIOUS MIND that you will receive no thots coming from your lower nature, such as malice, hatred, envy, etc.

c. In both of these exercises relax to a **receptive state.**

Feel peace and harmony sweep from the ATMA to the SOLAR PLEXUS.

## LESSON NINE

**Spiritual Illumination**

## The "Spirit Fire"

The Positive Centers in the brain, control the Negative Centers in the spine. From these sense centers in the spine extend a network of nerves thru which the senses communicate to the brain and thru which the brain sends its command to the voluntary muscles. For every physical sense center there is a Spiritual sense center in the human body. The Masters of the Far East call them Lotuses. The Thousand Petalled Lotus in the brain—the Sahasrara—and the lowest sense center, the Muladhara Chakra located at the base of the spine, form the two extremes between which there are the other Lotuses corresponding to the physical nerve centers.

By awakening the KUNDALINI and causing it to flow up the CANAL OF SUSHUMNA, the physical sense centers become "Spiritualized" and the degree in which the KUNDALINI has been awakened and the distance it has been made to travel up the CANAL OF SUSHUMNA will determine the degree of **Spirituality** the Disciple has attained.

### The Ego Center

The EGO CENTER, called the **Svadhithana Lotus**, by the Yogis, is the center in the spine next above the KUNDALINI. It is here, according to the Occult Teachings, that the EGO enters the human embryo (before birth). When the Kundalini Energy rises and strikes the EGO CENTER, it is the beginning of man's true realization of his higher **Spiritual Self**. As there is a very close connection between the EGO CENTER and the ATMA, or **Spiritual Mind** of man, the method to develop this center will produce a corresponding reaction in the ATMA, the effect of which is felt all over the spine, a feeling of peace and relaxation flowing thru the entire body.

### METHOD

#### The Ego Center

- a. Concentrate on the KUNDALINI.
- b. Exhale down the spine.
- c. Use Positive Concentration Method.
- d. Send the "Spirit Fire" up the Canal of Sushumna to strike the EGO CENTER.
- e. Feel the connection between the EGO CENTER and the ATMA.
- f. Feel the reaction in the spine.

## LESSON TEN

**The Voice of the Silence****How to Get a Mental Reply from Your Ego**

Upon entering the SILENCE, sound the UNSPEAKABLE WORD, praying mentally that your problem will be solved and that you will receive a reply to your query. Concentrate positively on receiving this answer from your EGO. The moment you relax and take in a breath you should receive this reply mentally, for as you breathe in, you are taking in the answer, which manifests thru the ATMA where you will experience a decided reaction.

**METHOD****The Voice of The Silence**

- a. Vibrate the God-Center (See Lesson Eight).
- b. Concentrate and ask question mentally.
- c. Relax and get your mental reply as you inhale.

**How to Contact the Ego**

- a. Concentration with the crystal.
- b. Be positive and creative.

- c. Be negative and **receptive**.
- d. Focus attention on one point.
- e. Hold that of "Perfect Concentration" without blinking eyes.
- f. Vibrate the SOLAR PLEXUS with "OM."
- g. Use "Inward Breath" to contract abdominal muscles.
- h. Concentrate on what you desire to create.
- i. Relax and vibrate rhythmically to receive.



## LESSON ELEVEN

**Phenomena**

Just as the physical body contacts the outer or material world with the five physical senses, so does the ASTRAL BODY contact the ASTRAL PLANE thru the five ASTRAL SENSES. Every physical sense has its ASTRAL COUNTERPART, which can be trained to function on the plane next above the physical and beyond that according to the degree of development the student has reached.

There are two methods of development followed by all seekers after the knowledge beyond the physical realm. Some, and these form by far the majority, having had a glimpse of the ASTRAL PLANE, spend all of their time in the endeavor to develop PHENOMENA, not realizing that this is not the ultimate aim of the Disciple who desires the Higher Knowledge, but only a stepping stone, as it were, on the path to Higher Attainment. Those that fall by the way, side-tracked by PHENOMENA, will realize in time that they will have to retrace their steps and strive for the "at-one-ment" with the INFINITE before the real PHENOMENA can manifest, which, however, comes then to him, who desires the SPIRITUAL DEVELOPMENT, as a reward, rather than as the result of much practice and straining for some particular demonstration.

The above is written for the benefit of those students, who may have entered the course because of a

desire for PSYCHIC or PHENOMENA experience, for while PHENOMENA plays a part in all Occult Teachings, it is likewise true that all Masters use it merely as a means to an end, a proof as it were, of the existence of a Higher Power, but never as an end in itself, to be used for the mystification and amusement of the laity or to be sold upon the market of **ignorance and superstition.**

A true Disciple knows and feels that any **phenomenal power** so acquired and misused, will be taken away from him and therefore does not indulge in public seances and the like. The student should be warned that over ninety per cent of such public performances are "**faked.**" Those who know claim that there is less than two per cent of true PHENOMENA produced by those who advertise themselves as mediums and Masters.

The real experience usually comes to those who are not seeking it, who, if but for a moment, have been **in harmony with the law**, consciously or unconsciously vibrating beyond the physical and living for a brief moment in the INNER CONSCIOUSNESS, that part of man which moves and has its being in **ETERNITY.**

Many who have never studied along these lines have had such an experience and these lessons are given for the purpose of acquainting every student with his **real self** and the powers hidden therein. To the one who contacts this power nothing is impossible, but the student should never lose sight of the **fact that the desire for this knowledge** should be actuated by the **highest impulses**

—the thirst for TRUTH and SPIRITUAL DEVELOPMENT.

## PHYSICAL PHENOMENA

### Mental Telepathy

While the Astral Senses belong to the ASTRAL BODY, the so-called "Sixth Sense," known as MENTAL TELEPATHY or THOT TRANSMISSION, is operated thru the mental channels, the **transmitter** being the positive element, while the **receiver** must be in a **receptive** state to contact the vibrations sent.

Physical Science in its research work, has admitted that tests have proven conclusively that THOT TRANSMISSION is possible; that the thot is conveyed by the transmitter thru the medium of an **electro-magnetic wave**. Students of SUPER SCIENCE can easily see that this is nothing else but the PRANIC ENERGY, which they have learned to control in this course.

### METHOD

a. Blindfold the **receiver** and instruct him to obey the impulse conveyed to him, viz.:—to walk forward, backward, to the right, to the left, to turn around, to sit down, etc.

b. Mentally transmit to him, while using the POSITIVE CONCENTRATION, what you desire him to do, after you have directed him to the correct place. Hold

the thot, for instance, that he should raise his arm and touch a person or an object.

c. Make him feel what he is to do.

d. Take hold of his hand or let him take your hand and place it upon his forehead.

e. Have him reproduce upon paper some simple geometrical figure, or drawing that you are concentrating upon.

The above method contains a few simple suggestions as to how to proceed. Practice with some one along these lines and you will soon be able to demonstrate TELEPATHY that will astound your friends. **It is all a matter of practice.**

## PSYCHIC PHENOMENA

### Intuition and The "Hunch"

Many people have a "hunch" once in a while but seldom act upon it. If they recognized this as INTUITION and that this was an **Inherent Faculty** of man, they would be more prone to obey the VOICE OF INTUITION. This faculty is the sixth sense that functions **outside of the human anatomy.**

### Mediumship

The Medium receives vibrations thru the SOLAR PLEXUS from the SUBCONSCIOUS MIND of other

persons, and always vibrates on the **Negative Plane**. Information obtained in this manner is **not always authentic** and students are warned not to place any dependence upon such PHENOMENA.

## THE ASTRAL PLANE

### Clairaudience

ASTRAL HEARING is less common than ASTRAL VISION. Frequently, however, we find students who have developed both. It is difficult to explain to the beginner just how the Astral Senses function, but suffice it to say that to the operator the sense manifestations are so like those of the physical senses that often after such an Astral experience it is hard to believe that the occurrence did not actually take place then and there.

### Clairvoyance

CLAIRVOYANCE or ASTRAL SIGHT, can be developed by concentrating with the crystal or a glass of water to focus the eyes upon a given point with the thot of projecting the **Astral Tube** or "Telescope" thru which the student then can draw the picture to him.

### The Astral Body

The more advanced student is able to separate his Astral Consciousness from the physical, after projecting

his ASTRAL BODY thru space, directing it to any part of the physical or Astral Plane, according to the degree of his development. In this manner many students have entered ancient Temples of Learning or contacted other minds, receiving instruction and knowledge of actual happenings at that time. The separation of the ASTRAL BODY from the physical should never be undertaken however until the student has developed sufficiently to have gained absolute control over his Astral Self, and never without proper instruction along these lines.

## METHODS

### Astral Vision

- a. Concentrate with the crystal or a glass of water.
- b. See thru the "Telescope." Close eyes and will to draw mental picture to you.

### The Astral Body

- a. To project your ASTRAL CONSCIOUSNESS begin with the Creative Exercise given in lesson five and direct your ASTRAL SELF to function on the ASTRAL PLANE during sleep.
- b. When you begin to retain memory of such Astral experiences, concentrate in the daytime, until you can mentally separate yourself from the physical, standing apart as it were and looking down at your body.

**Hearing The Cosmic Vibrations**

- a. Close ears with the thumb and forefinger.
- b. Tune in on the COSMIC VIBRATIONS until you hear COSMIC MUSIC.

## LESSON TWELVE

**Spiritual Phenomena****The All-Seeing Sight**

The student has been told elsewhere that the PINEAL BODY registers the Cosmic Vibrations and that the degree of SPIRITUAL ILLUMINATION the Disciple acquires, depends upon the distance THE KUNDALINI or "The Spirit Fire" has been made to travel up the CANAL OF SUSHUMNA. As this Spiritual Energy travels up along the spine, it spiritualizes the various sense centers and upon reaching the PINEAL BODY, located just above the spinal column, in the center of the brain, the energy so illuminates the disciple's Consciousness that the "White Light Center," known to the Yogis as the THOUSAND PETALLED LOTUS, begins to manifest. The student then is no longer a disciple but a Master, having attained the degree of initiation into the "Illuminati" the BROTHERHOOD OF SPIRITUAL ILLUMINATION, for Ojas, the highest form of Intellectual and Spiritual Energy, is now his.

**Cosmic Consciousness**

Cosmic Consciousness, the seventh sense of man, enables one to establish "at-one-ment" with the Infinite. One so attuned to the vibrations of the COSMOS can



read the AKASIC RECORD or the "book of God" where, since time began, vibrations have been stored as "memories" of past deeds and events. Here the student can contact the highest Spiritual Intelligence and obtain his own instructions, according to the degree of his development and his desire for **Spiritual Growth**. One who has reached this stage, has contacted the EGO and functions on the SPIRITUAL PLANE thru the medium of the ATMA, The Spiritual Mind.

## METHOD

### The All-Seeing Sight

- a. Send PRANA to the forehead.
- b. Stimulate the White Light Center or the Thousand Petalled Lotus.
- c. The Pineal Body.

### Spiritual Illumination

- a. Stimulate the KUNDALINI. Exhale down spine.
- b. Cause it to rise thru the CANAL of SUSHUMNA, using the POSITIVE CONCENTRATION METHOD.
- c. Stimulate the PINEAL BODY. Close eyes and see the "White Light."

**METHOD****Inspiration**

- a. Vibrate the God-Center. (Lesson Eight.)
- b. Concentrate and ask positively for **INSPIRATION** on subject.
- c. Relax and take in thots.
- d. Use this method to gain **INSPIRATION** in any vocation.
- e. For Spiritual Development send the **KUNDALINI** up the Spine.

**Inspirational Writing and Drawing**

- a. Same as above.
- b. Send **POWER** into right arm.
- c. Will to have arm move automatically.
- d. Write what you receive mentally.

**NOTICE!**

Never lose sight of the fact that **the power comes from within**. Never allow an entity or outside influence take possession of you. Remember that **MASTERSHIP** implies **perfect control** over one's self and never forget that **YOU** are "The captain of your Soul."

## OCCULT ANATOMY

PINGALA	Positive Current
IDA	Negative Current
SUSHUMNA	Canal running thru Spinal Cord
KUNDALINI	Base of Spine
MULADHARA CHAKRA	Center at Base of Spine
SVADHISTHANA	Ego Center
PRANAYAMA	The Control of Prana
PRANA	Vital Force
LOTUS	Sense Center
SAHASRARA	Thousand-Petalled Lotus