

MANUAL ON OCCULT DEVELOPMENT

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By YACKI RAIZIZUN

BY THE SAME AUTHOR

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A discussion of what we want from
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By YACKI RAIZIZUN

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By YACKI RAIZIZUN

INTRODUCTORY

This little manual is a response to thousands of my students; who desire these instructions in a clear, concise and constructive manner.

This work has been purged of all unnecessary or superfluous sentences, they are highly condensed—much information is given to the Earnest Student—Think deeply over them.

YACKI RAIZIZUN,
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THE CONSTITUTION OF MAN

CHAPTER 1.

Man is a unity of soul, body and spirit, or as it is sometimes called Earth, Fire and Water. Spirit is the prevailing principle of the universe. His Infinite presence is in the Atom the plane the animal, and man is the highest manifestation of his divinity.

SOUL is the original principle of all forms, everything is endowed with soul principle, even the atom, it embodies all forms, and utilizes matter for its expression.

Matter, in its primordial state is called Akasa which is Omnipresence all penetrating and from which all forms are evolved.

By the inherent activity of the above named elements four intermediate principles are expresses, forming seven principles.

We have seven colors in the rainbow, seven tones in the scale, seven series of atomic weights, and seven principles in the scale of human being.

These are again divided into four lower and three higher grades, representing the seven principles of man. These seven principles are not separated, they are seven principles of one element, just as seven notes of one octave are modifications of one vibration which produces sound.

The names given to these seven principles are as follows:

- | | |
|--------------------|-----------------|
| (1) Physical body | (4) Mental body |
| (2) Astral body | (5) Causal body |
| (3) Life principle | (6) Buddhic |
| (7) Atma | |

These principles represents the constitution of man and also that of the universe. Each of these worlds have their various planes and sub-planes of relation to each other. All

nature is interdependent and physical man is a copy of the universe. The microcosm of the macrocosm.

Each principle of nature corresponds to a principle in man. The planets, stars, etc., effects man, because the same principle of heavenly bodies have a corresponding principle in man.

The seven principles of man and that of the universe may be symbolized thus. Imagine a sponge, this will symbolize our physical body plus the objective universe, now fill the sponge with sand, this will represent the astral body, then saturate the sponge with water, the water will represent the life principle, the air permeating the water will represent the mental body, the oxygen in the air will represent the Causal body, permeating the water is Prana which is separated from the oxygen and represents the Buddhic principle.

Spirit is that something which permeates Prana, but since finite mind cannot symbolize the infinite we can only state Spirit is. Each of these principles permeates the other, the finer permeating the grosser.

THE PHYSICAL BODY.

The physical body constitutes the vehicle of consciousness which enables man to take cognition of the physical plane activities. Physical matter manifests on seven sub-planes representing seven notes of the physical octave. All matter on the higher planes being etheric, the two lower represents the electric and magnetic principles of nature, constituting the quarry of Earth, Fire, Air and Water, or Carbon, Nitrogen, Oxygen, and Hydrogen, the remaining three constitutes the triad, the tertiary the positive and magnetic principles of magnetism and electricity.

The physical body acts as a transmitter of vibrations from the four lower sub-planes and thus brings the Ego into conscious recognition of the activities on the four lower planes.

The sensory and motive nerves being the vehicle which enables this activity to manifest.

The sensory nerves are the conductors which convey to the consciousness, the sensation resulting from vibrations on the lower principles. The motor nerves communicate the nerves stimula sent forth by the mandate of the consciousness to the muscles in order that they may perform their physical activities. These activities being brought about by the above mentioned sensation.

THE ETHERIC DOUBLE.

The etheric double-envelopes the dense physical body and extends beyond and over the entire surface, it is the finer part of the physical, and cannot be seen with the ordinary physical sight, but can be seen by the Clairvoyant. The spleen is the physical organ which draws its vitality from the Sun. Physical health depends largely upon the vitality of the etheric double.

It is also the vehicle for the higher principles of the physical octave. The three higher sub-planes of the physical plane is manifested through the etheric double.

In the etheric double it is not the dense ethers of physics, but the Luminiferous ether conveying light. The Gustiferous ether conveying taste. The Oderiferous ether conveying smell. The Tangiferous ether conveying touch, the Sounderiferous ether conveying sound.

The combination of these finer elements descending on the physical plane are manifested in the eighty-seven gases known to modern chemistry.

The four lower is manifested through the dense body.

The sense organs of the etheric double are:

1. Top of the head.
2. Between the eyebrows.

3. Throat front.
4. The heart.
5. The spleen.
6. Solor plexus.
7. Base of the spine, and in the lower pelvis there is also a center.

These organs are sometimes called chakers, (wheels) by development they may be aroused into activity thereby forming a bridge between the physical and astral bodies.

At death there is a complete withdrawal of the etheric double from the physical body, in conjunction with the higher bodies. It remains around the physical body for a certain period of time, generally twenty-four hours, it is now only a shell of its owner resembling him in every detail.

By the laws of magnetism and attraction it is drawn to its physical counterpart and can be seen hovering over the grave of its owner. It is this etheric double which produces the grave yard ghost.

THE ASTRAL BODY.

The Astral body is the vehicle of emotion and desires.

All energy vibrating on the astral octave, is astral matter, it is the vehicle in which man functions in sleep, also at death.

While the astral body leaves the physical nightly, the etheric never does, only at times when a person is under an anaesthetic or sometimes when a medium is producing materialization, the etheric may slip through from the physical body, thereby producing the material for materialization, (this naturally saps the vitality of the medium.)

The heart is not only the organ for the circulation of the blood but it is also the physical organ for the astral body, and it is for this reason emotional states have an effect on the blood and heart action.

THE LIFE PRINCIPLE.

The Solar plexus is the center through which prana, the life force circulates. It is the Ominipresent manifesting power, which makes the evolving of Akasa, (matter) possible. It is the life energy and essence of motion. Prana is the cause, motion the effect. It acts on the bones and muscles, and produces the substance out of which thoughts are created, it is in the air, water and foods.

THE MENTAL BODY.

In order for us to comprehend the nature of the mental body let us elucidate upon the nature of mind.

Mind is one of the planes of nature, if there was not a living being upon this planet there would still be mind, for it is a universal principle of nature, manifesting and expressing through all life activities, in plant and animal life it is called Instinct. The circulation of the mental body is in the brain. Mental matter acts through the tissue of the brain.

The mental body is formed of mental matter and permeates both the astral and physical body. Its seven sub-divisions of four lower dense sub-divisions and three subtle.

Two bodies belongs to it. The mental composed of the combination of the denser, and the casual composed of the finer.

Thought is an instrument of the mind. The mental is formed of Concrete thought, and is composed of the lower principles of the mental octave. The Causal is formed by the activities of abstract thinking and represents the Traid.

The three higher notes of the mental sphere. All concrete thoughts strengthens the mental. All abstract thoughts act through the Causal body.

THE CAUSAL BODY.

The Causal body is a collection of three permanent atoms. Physical and astral bodies and permanent unit. In the case

of group soul fragments of the instinctive, mental unit, producing the group soul.

In the process of evolution the mental unit of group soul attaining a state of semi-animal man, becomes a permanent atom.

Physical and astral bodies and permanent unit. In the case of group soul fragments of the instinctive mental unit producing the group soul.

In the process of evolution the mental unit of group soul, attaining a state of semi-animal man, becomes a thinking entity. When his physical body is sufficiently co-ordinated, and his emotional nature is guided by instinct, his instinctive memory developed into a germ of mentality.

His higher spiritual self takes possession through coalition with the three permanent atoms. The transfer of polarization from the higher to the lower personality, the two meeting forms one. This contact is called individualization thus forming the Causal body.

The Causal body begins as an oval shape film of subtle matter encased in the mental astral and physical bodies. The permanent atom of the Causal body radiates a delicate network around and in the permanent of the three lower bodies. With each successive earth life the permanent atom of the Causal body preserves the experiences of each life, hence its name, the Causal body.

As man engages in useful work in unselfish actions and constructive thinking, the consciousness in the mental, astral and physical bodies absorbs these experiences.

At physical death he retains these experiences and transforms them into qualities in the heaven world. These qualities are drawn into the causal body, becoming a part of it.

In his next earth life his spirit enriches or otherwise, according to his past actions, forms and the permanent atom of his causal body another astral body best

adapted for his development. By the laws of attraction and similarity he is attracted to his physical parents who provide the physical permanent atom.

At the moment of conception the entity realizes that he is to pass through a new earth life. During the state of conception and birth he overshadows the fluid body. At birth he is united to said body. Between the age of five and seven he takes full possession of his physical body. Any idea that has been implanted into the mind of an infant before the entity has taken full possession of the body will be manifested in its life. There is a certain religious faith well aware of these truths. There is a statement often made, "Give me the child until he is seven years of age, then you may have him."

Again and again man passes through the transformation of life and death and every time he returns upon this planet he comes at a point higher.

BUDDHIC.

Buddhic, or intellect receives its stimulus from the forth principle. The causal acts as its vehicle. Intellectual activity is the power of the spirit acting through the mind. Its development may be hastened by searching for eternal truths.

ATMA.

The Christ principle or intuition. The clear insight into the nature of things, when the human and Divine will becomes one. When in seeing another one sees himself. This principle is in the dawn of awakening and the seventh the Divine spirit is unmanifested.

The Solar Logos of our system through his three aspects is the carpenter and builder of our planet, in his first aspect. In the beginning of a day of creation. The first ensouls matter.

The second imports principle. The third causes the human monad to unite with the form prepared by the second.

Thus forming the blessed Trinity, which is so little understood by the average theologians of our day. Jacob Bohem, in his three principles explains the first cause as a trinity of will intelligence and action.

“He states that by the activity of the will fire at the center. The etherical consciousness of the latter was reflected in space as in a mirror, and from this activity life and action was born. He then describes how by the action rotating from the incomprehensible center radiating the element of matter, and the subsequent reaction from the periphery toward the center. Rotation was caused and how in the ether the world of form came into existence.”

CHAPTER 2.

MEDIUMSHIP.

Nothing in the objective universe is Super-natural. There are planes of Super-physical nature, which are beyond our sense of preception and manifestations, emanating from super-physical planes should not be termed or considered as super-physical. WHY? For the simple and logical reason that nature included all, from the imperishable atom, to the gigantic planes under and are all in subordination of a universal natural law.

The commonest phase of phenomena is manifested in ordinary mediumship. One may become a medium without any conscious effort on his or her part.

Outside the dense physical body, extending just a few inches from it, is the etheric double. Low vitality or physical illness will sometimes cause a disassociation of the dense physical body and the etheric double, thereby producing a lack of cohesion between the two, as soon as this condition exists a person may become a medium.

The vibration of the lower internal world playing upon the sympathetic nervous system are carried over this system of nerves to the physical brain. This state of mediumship when encouraged is very dangerous as it may cause all kinds of obsession, hallucinations, etc. For a person practicing this phase of mediumship, does not and cannot consciously choose who he will get en-rapport with, for the simple reason, that he or she, is not in control of their faculties and therefore come en-rapport with any and all kinds of influences, (good or otherwise).

It should be remembered that the influences of the lower Astral world, the plane upon which this type of medium usually works is generally occupied by the lowest type of our humanity. Very often mediums are accused of cheating but it is those who are visiting them who are at fault. Honest

mediums never cheat, because they realize that if they do they are not only violating the natural laws of mediumship, but their messages will not be correct.

A good medium will not only reflect thoughts and emotions, but will often describe the features and general characteristics of his visitor's forefathers in the spirit world. This, however, does not prove that they are communicating with loved ones.

From childhood up, every thought harbored in the mind remains in minute form in the (Chitta) or thought wave in the mind. When two minds harmoniously come en-rapport, and while this harmonious condition exists, the negative mind of the medium, may reveal all the known traits of the visitor's forefathers, it is not even necessary that the visitor to think of his ancestors for the vibrations coming from his subconscious mind will reveal all subjective memory.

These facts may be easily verified by visiting a good medium, with whom you are in harmony. Many past experiences of your life may be given you, but if you maintain a very positive attitude, an intelligent message of your life cannot be given.

The dangers are very great for the medium for the reason that seldom they know, or can they control the influences that make for these channels of expression.

If the medium is positive, maintaining full control over their faculties (a condition, let me say in passing, they have not attained, for when the higher faculties have been developed one ceases to be a medium) then and only then, is it possible to discern the difference between a good and evil influence. Even if the medium is a spiritually minded person there is always danger of obsession.

TRANSC

When a medium surrenders to the subconscious will to their physical surroundings a trance becomes possible.

It may also be induced by self hypnotism. In cases of deep trance the medium is often out of his body in a semi-conscious state.

In the first state the spirit control enters the body and utilizes the organs of the medium, as a rule the control is only an ordinary person, he cannot impart much knowledge of the general condition of spirit life. Therefore communications given at seances, even of genuine are of little value to the earnest investigator.

During the time these messages are given the medium is more or less unconscious of his surrounding in the subtle world. Not having consciously developed their faculties in physical consciousness, the inner knowledge of the higher worlds is closed to them. While in this state he is seldom conscious of the spirit control who occupies his physical organism. This state may be likened to fish drifting apparently helpless or asleep in a glass tank of water.

In the second state of trance, when the medium is not entirely out of the body, the message may be traced to the subconscious mind of the medium.

When such messages are given, they will be found to be of the same degree of intelligence as that of the medium. In this state a medium will only be able to give such knowledge as they themselves have acquired. This state may be rightly termed self hypnotism.

AUTOMATIC WRITING.

There is less danger in this method of communication than any other. In order to accomplish this, a pencil is held in the right hand while the medium goes into a passive state, and the spirit control guides or directs the hand.

In my investigation I have found many amateurs and professionals who were able to produce many manifestations of a high intelligence as long as their eyes were open, and the nature of the messages given were always in accordance with

the degree of intelligence of the person producing the phenomena, but when they were told to close their eyes, the messages given were hardly decipherable and could be easily traced to the subconscious mind of the operator.

TRUMPET.

This phase of phenomena may be produced by placing a trumpet of light material on a table or suspended from some convenient part of the ceiling or chandelier. Sometimes it is placed on the floor in the middle of a circle formed by those who are expecting to get communication, from the spirit world. Often a basin of water is placed near the trumpet, as it is supposed to help the spirits to materialize. Generally a prayer, in the manner of an invocation is offered. As soon as the condition is right the spirit is supposed to speak through the trumpet.

However, this seldom happens, in order not to disappoint the sitters the medium will often place the trumpet to his mouth and speak through it himself, claiming that spirits' voices are speaking through it.

This phase of mediumship is nearly always produced in the dark and the sitters are seldom conscious that the medium is the one who is speaking through the trumpet, changing his voice at times to make it sound like different spirits.

Many trumpet mediums are expert ventriloquists and use this method to produce different sounds and voices. Sometimes different languages are spoken, making it appear to the sitters as coming from the spirit world. But most of it can be traced to the medium and his accomplice, who is conducting the seance.

CRYSTAL GAZING.

Staring at a crystal ball, the tip of the nose, or at a white spot on a black background, looking into a bowl of ink, etc., are some of the modern methods for developing mediumship, the purpose of these artificial means is to produce a trance condition.

When one gazes into a crystal or any obstacle for a period of time without winking, the optic nerve is deadened, and the brain becomes more or less paralyzed, causing a state of self hypnosis. When this state takes place visions may actually be seen, but what is seen is not in the crystal, or object, but in one's own mind. This condition only lasts as long as one is in this trance state.

Usually the knowledge given is of little value, and the dangers are great, as the brain may become completely paralyzed. The eye-sight dimmed, and the eyes might lose their power of adjustment and become crossed.

CHAPTER 3.

OBSESSION.

The causes of obsessions are many, one may become obsessed by unwise methods of meditation and the promiscuous use of mantrams without the instructions of a competent teacher. The mind whereby an entrance is effected is always open, consciously or otherwise, by the individual. Obsession may be physical, mental or emotional. It may last for one day or an entire life span.

Physical obsession may be caused by physical weakness, or low vitality of mal-adjustment of the etheric double. If the possessor of such a body is a low intellectual type and emotionally strong the dangers of becoming obsessed are greater.

The cure for this kind of obsessed is to leave all subjects of an occult and metaphysical nature alone. Develop the intellect and cleanse and strengthen the physical body.

The question may be asked, how is it that there are millions of such types and they are never obsessed? The answer is that they do not dabble in the occult, and those that do and are not effected are searching along proper lives.

EMOTIONAL OBSESSION.

People who are subject to emotional obsession are persons with strong emotion. They are often subject to fits while asleep and out of the body, upon returning to waking consciousness they may scream as if frightened, have hallucinations and distorted dreams.

The condition may not always be caused by some extraneous entity but may be due to some suppressed emotion, in the personality of the individual, and when out of the body as in sleep these suppressed emotions which is under control in making consciousness are released.

The method of cure is to give self suggestion upon going to bed, and to know that the suggestion given will have its effect. A suggestion of this nature should be given, "I am wrapped in the Divine essence of my Creator, where all is peace." Whether the obsession is of an entity or suppressed emotion, the above affirmation will be found to be helpful.

MENTAL OBSESSION.

In a mental sense one may become self obsessed or self hypnotized, continually brooding upon any subject, or any mental condition, that reaches the subjective self may cause it. People who become mentally obsession are generally poor reasoners. They analyze all problems from their one angle. However, there are cases of mental obsession which is very often caused by disembodied spirits.

The cure of mental obsession is the development of reason, to have a broad outlook and be active in the affairs of daily life. In the case of spirit obsession it is best to consult a reliable teacher of the occult science.

The best protection from all cases of obsession is to free the mind of fear. Nothing has power over you unless you admit it. The recognition of weakness is in itself sufficient to open the door.

Realize that the GOD within is your protector and guide at all times, and will overcome all fear.

Keep the mind free from tension and anxiety of all kinds and endeavour to cultivate a joyful spirit at all times. Work! yes, but do not over exert the body. Continuous physical exertion reacts upon the mind, causing mental fatigue, keep the body clean, get proper sleep, and be emotionally and mentally calm, and there will be no danger of obsession.

CHAPTER 4.

PSYCHOMETRY.

One of the most important phases in psychical research is the development of Psychometry, for it is the development of this phase that leads to the evolving of clairvoyant faculties. This is based on the knowledge that everything in nature is continually throwing off an emanation or aura, even in plant and mineral life this aura is to be found. Subtle, yes but the sincere investigator will find it.

It is this etheric emanation which enables the Psychometrist (when the nerves of tactility are sensitized) to sense the conditions of things or people. The nerve of tactility is connected with the Tangiferous ether in our bodies, which convey the sensation of touch.

When holding an article in the hand, such as a key ring, or letter, the emanation coming from it can easily be sensed. When you meet certain people that you do not care to associate with, it is not their physical presence dreaded, but it is the emanation coming from them. When coming in contact with persons suffering from diseases it is not the disease that you dread, but the emanation coming from it, and it is this emanation wherein lies the danger, if any, of contacting disease.

The aura coming from all physical objects is not only found upon the plane of physical ether, but includes all planes in manifested nature. It is the Akasa of the HINDU and the ether of the Greek. It includes all inanimate and animate nature.

This emanation comes from the energy out of which all things are created. All objects in nature are septenary if they have passed through certain manifestations of life. These vibratory emanations may be read by the Psychometrist. A good Psychometrist can locate diseases of the body, read character at a glance, describe scenes on a battlefield in every

detail, locate articles, etc. The auric emanation coming from articles imparts the conditions of things as they really are.

To illustrate, a man goes into a home to commit a robbery, when he enters the place, he harbours the thoughts of stealing. If he knows what he is after he unconsciously creates the picture in his mind, plus his method of getting away, if not, he consciously thinks of the object sought. His thoughts set up in his aura the vibrations connected with the act. The room as well as any article he may touch will be charged with his auric vibrations, and when the psychometrist touches an article, or enters the room the picture is instantly conjured up in his mind, due to his ability to sense the emanation.

HOW TO DEVELOP PSYCHOMETRY.

The development of psychometry deals exclusively with the physical touch. The Tangiferous ether, the ether of tactility is the channel by which we come into contact with the nature of things Psychometrically.

1st—exercise. Sit down, be perfectly calm, relax, close your eyes and allow a friend to touch your hand, then wait calmly for the impression received. The mind must be very calm and quiet, it is not necessary to be in a negative state.

2nd—exercise. With the eyes closed, place an unopened letter to your forehead, and calmly desire that you will psychometrise the contents of the letter, at first there will be only confusion, but with practice the impressions will be received.

When practicing it is best to have an article which has been handled by only one person, as the blending of different auras will make it more difficult to receive impressions. An important phase in development is when you come en-rapport with persons, endeavour to sense their conditions and general characterist. At first you may be wrong in registering impressions, this will in time sensitize the faculty of touch and will develop your Psychometric powers.

CHAPTER 5.

THE AURA.

There is an Auric emanation coming from the pores of the skin of every individual, protruding at least an inch to two feet, or more from the physical body. According to the thoughts and physical constitution of a person this aura varies in color, shape and density.

The force which makes the aura is radiating force or energy coming from the sun. The breath acts as a vehicle for conveying this force to the different parts of the body. With every inhalation of the breath, and as the abdomen is protruded, it is drawn through the etheric spleen, located on the left side of the body. With every exhalation, and as the abdomen slowly recedes, it is drawn to the Solar Plexus, and from this main center of the body it traverses the various centers, until it comes out through the pores of the skin enveloping the physical body in an oval shaped halo.

The same halo which we see surrounding the heads of Saints in Holy pictures, is also around individual thought not quite so pronounced as it is around more spiritually inclined people.

This auric emanation is continually leaving the body and by breathing the body is constantly recharged. This aura makes the science of Psychomancy possible, and enables the sensitive to read the character of others by sensing their auric emanation.

By these physical plane particles it is possible for a dog to follow his master and to identify him by the garments he has worn. A bloodhound, in trailing a criminal follows this, but if the criminal crosses a stream of water the animal will loose the scent, why? Because the water either absorbs the aura or it carries down stream with the current, but as soon as the dog crosses the water, it is possible for him to again pick up the scent.

This is sufficient physical proof of the reality of the aura, and by cultivating and developing certain inner faculties the aura can readily be sensed.

The senses which enables one to sense and see the aura are not physical, hence it is not always possible to see it with ordinary physical sight. Never the less there are certain physical exercises which enables the student to sense and see it. Holding a piece of black velvet in the left hand, placing the palm of the right hand on the velvet and while holding it up with a level with eyes, squint the eyes, and with the eyes squinted, look through the slits, and it is possible to see the aura, this should be done in a semi-dark room.

HOW THOUGHTS COLOR AURA.

The color of the aura is changed by the thoughts of an individual. The primary colors red and blue and yellow. From these all other colors are formed. Destructive and impure thoughts throw off a red aura, varying in color from dark muddy red to light red. Intellectual and constructive thoughts color the aura from grades of light yellow to golden color. Deceitful and hateful thoughts, black, brown. Fear, gray, jealousy and mischievous thoughts, green, white, lavender, bright purple, indigo of a light hue is an indication of spiritual growth.

These auric emanations may not always give the true character of a person, but they are fairly good indication of the habits of an individual. A sensitive person can often sense the mental and physical conditions of another while en-rapport with them, by proper development the traits of character may be sensed before the aura is seen.

To cultivate first how to sense the physical and mental conditions of others, this will give you an insight into the working of the human nature, this step is essential as it gives one the necessary faith.

"Out of my aura pours the love
Which angels breathe from heights above
Out of my aura pores the power
To strengthen me each day and hour
Out of my aura shines the light
The Christ-child brought to flood the night.
Touching my aura hearts do sing
And winter's frosts melt into spring
Like the sweet Hyacinth's perfume
My scented aura fills each room.
Light moonlight on a restful sea
My aura does encompass me
Breathed forth by GOD'S on angels breath
My aura knows not fear nor death
Reacting in its protection clear
I draw around me heaven here."

—Whitell.

CHAPTER 6.

TELEPATHY.

Telepathy or thought transference is a well known and established fact. The connection of minds is based on that knowledge that every individual unit is a center in consciousness in which the universal mind is manifested.

Thoughts are things, and may be seen by the Clairvoyant and felt by the Psychometrist. Being composed of mental matter and owing to their minuteness and high rate of vibration they are not visible to physical sight.

Each thought, as it automatically leaves the mind vibrates at a certain rate of vibration according to the power of concentration which has brought it into being. The ordinary thought wave, having no concentration power, is usually dissolved on the mental plane. All thoughts, whether they are directed to any channel, or dissolved, have a tendency to form a circle, just as all motions from circles, so does all vibrations, physical or otherwise.

Thoughts usually travel a short distance from where they were projected. The greater the degree of concentration, the greater the circle, thoughts follow the law of attraction and repulsion, in the thought world, just the same as physical objects follow physical laws.

Daily we may be influenced by the accumulated thought waves of the masses for good or otherwise. As long as man has not attained self-knowledge, he is not conscious of the power which makes him act.

Telepathy is a power that is not only manifested in the human kingdom, but also in the animal kingdom. Daily we are influencing our domestic animals with our thoughts. A dog or other domestic animals will often show the reaction of known mental traits of its owner.

Mr. Atkinson in "Mind Power" tells of an ant taken prisoner and confined on the inside of a building sixteen

inches thick. The ant's friends congregated on the outside of the building opposite to where it was, and when it would go to different parts of the building they would always gather outside exactly opposite to it. Atkinson also cites the case of two foreign moths introduced into England, one escaped many miles from the resting place of the other. The latter was taken away on a railway journey: This one, a female, was put into a small cage and left out that night and in the morning the lost male was found clinging to the cage.

Telepathy may be divided into two classes, spontaneous and positive. Spontaneous Telepathy is occurring at all times and it is the direct cause of thousands of phenomena in the lives of the masses.

Spontaneous Telepathy is manifested when two or more of a family is living congenially. Often a Mother will know when her child is taken sick at school.

During the late war there were many cases of thought transference recorded. Many of the boys who were injured or who died on the battlefield, their thoughts were received by their Mothers and sweethearts almost at the very instance the boys were disabled or passed on.

Positive proof of telepathy may be demonstrated by the simple method of one person acting as a sender while the other acts as a receiver. The sender thinks of a certain subject selected before hand, writing it down on paper will help him to keep his mind concentrated upon the subject he wishes to send to the receiver. The person acting as the receiver endeavors to make himself as receptive as possible, with his mind calm he will then take note of the impressions he receives coming from the one sending the message.

If you desire to send a helpful and uplifting thought to another person it is best to have a photograph of that person.

Calmly relax on a couch or chair, placing the picture on the table a few feet from you, and make strong powerful

suggestions, just the same as if the person was in the room with you. If you have no picture, then you will form a tube and with the eyes closed, imagine you are looking through a small tube about three feet in diameter. In the end of the tube there is a light, and in the light you will picture the person as clearly and vividly as if he were standing before you. With this image held vividly in the mind, a message may be sent along the tube, see it written in clear white letters, every letter must be perfect, if you can keep the entire sentence before you, your success is assured. If you are desirous of reaching a person whom you have never seen, endeavor to register the first impression you receive concerning them and adhere to the image you have created. Once the picture is created in the mind, you must not change it. Then you may proceed as above.

Mental Telepathy, if you analyze your thinking mind you are at once aware of the radius of your mental activity. You will find yourself apparently hemmed in by a mental wall. In this state you may realize how mentally insufficient you are, and while you appear mentally insulated, you will now turn the consciousness on the sub-conscious self, and you will become conscious of tremendous latent power.

Mental Telepathy may be utilized in different ways, following are a few suggestions.

Endeavor to get in a calm mental state, sit at a table and write on paper or slate something you wish someone to do, while writing make a strong mental suggestion.

As an example write, I will that John Smith will pay his account, or I will impress so and so favorably, or I will that so and so will be impelled to do as I desire.

While writing you desire relax and mentally see the message going to the person. Realize and know that the message will reach its destination. After sending the mental message, there must not be any doubt in your mind of its reaching

them. The theory is that powerful mental currents are directed to the person you are desirous of reaching. It is always best to start with something simple at first, such as sending a courageous or helpful thought to someone you know is in need of it.

If you feel that you are attracted to, or being influenced by someone, and you wish to find out the source of the influence or attraction, create a mental picture of that person and analyze them from a physical, mental, moral, or spiritual angle, by analyzing them very carefully, the source of attraction or influence can easily be found. If the reaction you receive is a physical one, then the source of attraction must be either physical or mental. If the reaction is a moral or spiritual one then the attraction must be either moral or spiritual. If you are desirous of getting an answer to some mental problem, you will mentally go over the problem, while picturing it in the mind. The picture must be clear and vivid in every detail, while mentally affirming it. In time you will receive impressions, concerning your problems. Coming from the higher mind. These impressions may be received many days after you have gone through the exercises.

If at any time you are being wrongly influenced by someone, realize that the Christ in you is your protector and your guide and that nothing has power over you, and your aura will act as an armour against discordant influences.

CLAIRVOYANCE.

Clairvoyance or clear seeing. There are many phases and degrees of this phenomena, such as seeing the past, the present, and the future. Clairvoyance becomes possible by sensitizing the optic nerve, which registers subtle vibration and this in turn transmits these vibrations to the brain.

Many fakers of the Orient are able to produce this state of sensitivity by using Hasheach and other drugs. Morphine and alcohol will sometimes produce the same temporary results. We often hear of a man who has been on a drunken debauch, who claims to have seen snakes, etc. This cannot be attributed to imagination, because the individual in question never thinks of snakes while on a drinking tour.

It simply shows that the person has become so degraded during his drunken orgie that the brain and optic nerve have become so sensitized by the excess alcohol that he registers the vibrations of the lower Astral world, and this produces what is known as delirium tremens.

One should try to realize the fact that there are certain colors and lights which cannot be seen with fleshy eyes, because they vibrate at a higher rate of vibration than that which the nerves are able to register.

The optic nerve of the average individual only responds to a certain vibratory rate of light and color. Below that range there is a minimum and above there is a maximum range of optic response. They who deny the existence of these higher faculties are quite justified in so doing for them they have no existence. A blind man is not expected to see, nor a deaf mute to hear, but seeing and hearing are perfectly natural to all persons of normal faculties.

HOW EVENTS ARE SEEN.

Every thought created or harboured in the conscious brain produces a form in the Akashic records, the book of nature

and there remains for a certain period of time. According to its density and effort put forward in creating it, it is attracted to thoughts of a similar nature by the law of vibrations and attraction.

Just as we find people who are in mental harmony associated with certain concerns, so do these thoughts by the inherent laws of vibration and similarity congregate. Some of these thoughts vibrate on lower mental level, others on higher.

Everything that has ever happened was first recorded in mental matter before it became physical. Every physical manifestation is first created on the mental plane before it can be expressed in physical life. Every event that has occurred in physical life was first created in mental.

A man without money may have a desire to build an institution which would be of help to the poor. The desire becomes so intense as to take form and be manifested on the Astral plane, a person whose higher faculties are developed may see it, supposing this person should be a wealthy philanthropist, it would be possible for him to be influenced by the desire created by the other man and build such an institution. He would then receive credit for that which was made possible by the other man's desire. If no one benevolently inclined, is able to register this desire created, the force which made it possible will gradually dissolve on the astral plane.

In the early stages of development it may be possible to see snow, rain, sleet, or fire, several days before it happens, however measuring the time and location can only be made possible by much practice.

SEEING THE PAST.

Every thought and action of the past is recorded in the Akasha records. All books that have ever been written, are there, records of wars, disaster, famine, etc., are all recorded

in the book of nature. These records are not infallible but merely represent the mass mind of the past.

It requires a little higher vision to read the record of the distant past. The clairvoyant must develop what is known as objective consciousness of the mental plane. This requires intense training, discrimination and subjective attention. This is a very tedious faculty to acquire but with patience it can be developed.

The best method to develop clairvoyance is by daily meditation and unselfish service to your fellow man.

The reaction of unselfish service aid more in your development than anything else.

CHAPTER 8.

CLAIR-AUDIENCE.

Clair-audience, literally speaking, means clear hearing, just as there are color waves of light that cannot be seen with ordinary sight. There are also sound waves, that cannot be heard with ordinary hearing.

Throughout manifested nature, the modification of the Great Breath is expressing, not only on the five tatvas of physical senses, which corresponds to the lower senses, but also on all planes. Just as it is possible to attain Super-physical sight, so is it possible to register finer sound vibrations which are beyond the range of ordinary physical hearing.

The lowest vibration of sound is that of physical hearing. As the lower sound waves reach the etheric double they are transmitted by the physical ear to the Auditory nerves, causing physical hearing. But in Clair-audience, dealing with higher vibrations, the Auditory cannot respond to these vibrations.

The organ of hearing in the Etheric double can be trained so as to register the subtle sound vibrations coming to it from the Sonoriferous ether. This etheric center may be developed by listening through sound vibrations. For example if you listen to harmonious music, or to a lecture, listen through the sound waves coming from the music or the speaker, listen through the words that are spoken.

Similarly if the astral body during the process of development becomes sensitized, it is possible to register the vibrations of the sonoriferous ether on the astral plane, also all activities on the astral plane that comes within its radius may be felt. This comes usually as Clairsentience or clear sensing. The greater the development of the faculty of perception the greater the scope of Clairsentience.

The emotional states of others can also be felt in your body which at first may not always be a very pleasant experience, however in time the reaction will not be noticeable.

Spirit mediums have at times unconsciously attained this state, they often feel aches and pains in the bodys of their clients. They often make a statement saying that "I have a pain in the abdomen," etc. To cultivate this sense enter into the emotional state of others. If you meet a sick man feel for him, or a person in a state of hilarity, endeavor to feel their conditions, but in so doing you must not allow their conditions to effect you, you must taste but not assimilate for by assimilating the emotional states of others it will prove to be a hinderance rather than a help.

MENTAL CLAIR-AUDIENCE.

Mental Clair-audience means sensitizing the sonorerous ether of the mental body. Whereby responding to the activities of the mental plane. In this state all mental ideas of others may be felt. Thoughts may be heard not as a thought wave but as a spoken word.

To develop the intuition must be cultivated to a point where one's life is entirely guided intuitively. This will bring the student into the realm of abstract thought.

CHAPTER 9.

MEDITATION.

Meditation means to raise the consciousness to higher mental and Spiritual levels, and to merge the state attained into the consciousness of daily life. Too much emphasis cannot be placed upon the importance of meditation, as it is the best method for reaching the higher consciousness.

The primary requisites for proper meditation is physical purity, emotional and mental control.

Physical purity means that the physical vehicle must be nourished on nature's natural foods, and the student will find it to be of greater advantage to live as much as possible upon raw foods.

By adhering to strict vegetarianism enables the particles of the physical body to raise a higher rate of vibration, and by so doing enables the co-ordination of the physical and mental easier.

The earnest seeker will not only utilize his mentality, but also his entire personality, in his search for truths, no one has ever become a Saint because he abstained from eating flesh, but is of greater advantage to those who are desirous of rapid progress, besides it is well to adhere to the Commandment, "Thou shall not kill."

"Health and strength we can sustain
Without resorting to death and pain
Take not away the life you cannot give
All beings have a right to live."

The emotions are forces working in and through the organism of man, they cannot be destroyed, nor shall they be subdued, they should be harmonized, transmuted and directed into higher channels.

An extremely emotional person is nearer to the spiritual life providing, he directs them properly, than a person without any emotions, for an unemotional person is only luke-

warm. The powerfully emotional person has a greater advantage over his luke-warm brethern provided he knows how to direct his emotions.

Control of speech and regulation of diet, is the initial step in harmonizing and controlling the emotions. You will find the same truth clearly exemplified although in Mystical language in the treatise "Light on the Path." "Before the eyes can see they must be incapable of tears." This Levation means that we must pass from a life of sensation into a state of inner tranquility. The eyes are the windows of the soul and those windows must not be blurred by the impulses of physical sensation, hence emotional control is imperative.

MENTAL CONTROL.

The art of mental control may be acquired by practice of subjective concentration which enables one to become conscious of his inner self.

With the purification of the physical body, the emotions calm and quiet, and being in a state of mental poise, the student will now begin to meditate upon some virtue, such as purity, etc., and will that it shall become embodied in his character. Analyze the word from different angles, and meditate upon it, what man meditates upon, that he becomes, therefore meditate upon Brahma (Bhavad Gita) but we all, with open face beholding as in a mirror the glory of the Lord, are changed into the same image from glory to glory (Bible).

As man continually reflects day by day on the various higher principles of life, he must realize them in his consciousness until they become a part of his life.

The student will find it to his advantage to sit at the same hour daily and in the same place if possible. Soon the law of repetition will make its impression upon the sub-conscious mind and you will be drawn automatically to your meditation each day at the same appointed time.

SPIRITUAL AND MORAL POWERS.

When spiritual and moral powers are cultivated, the higher region between the brain and forehead are developed. A few principles are following.

Conscience—An intense desire to do right, this may be said to be the highest power of the soul. It always precedes an act, and does not function unless we have acted or thought of doing something. To develop, do what you know and feel to be right in the light of reason and justice.

Intuition—The sixth sense or tuition from within. If the intuitive impression received prove to be inaccurate it is because you have allowed doubt or some preconceived idea to take root in your mind, and thus fail to register the first impressions. To develop, analyze human nature by registering the first impressions you receive when you come en-rapport with others. Also the impressions you receive concerning your affairs of daily life.

Spirituality—Faith in yourself, and belief in the Unseen. To develop, read books of a spiritual nature and meditate upon what you have read. Have reverence and respect, for all beliefs, and see the good and beautiful in all.

Truth—The understanding and perception of the heart of things. To develop, daily discriminate between truth and falsehood and cleave to the former. At the close of every day, mentally review all your thoughts and actions, if your thoughts and actions have not been in accordance with your ideals, resolve that they shall not manifest in your life the following day, and adhere to the resolution made.

Perception—In its lower state begins with sensation or feeling, if an object bears any relation to our consciousness, the perception interprets it accordingly. This is sometimes called passive imagination because the sensation is conveyed to our consciousness without effort on our part.

In its higher phases it requires the power of will by which we may enter into conscious relation with any object by attaining a conscious relationship between an object and ourselves, we become conscious within the sphere of our mind where that object exists. To develop, spiritual will and conscious visualization.

Beauty—Seems to be a lost art in our civilization. In the world of ancient Egypt and Greece, the cult of beauty was placed on a level with the true and just, and it played an important part in the lives of men. The Occultist recognizes beauty as the law of manifestation. In our study of nature we are able to perceive that she is continually striving to cover the ugly with the beautiful. She adorns fields and meadows with daisies and violets, the ditches and swamps with water lilies, the forest with wild roses of a delicate perfume, on the discarded houses and walls she trails her creepers. Everywhere in nature we are able to see beauty expressed as the law of manifestation. To develop, see the beautiful in everything and everyone. Without beauty truth is not born, without truth love is but an illusion.

LOVE—Is the power in which GOD sees himself in everything. It is the power which holds the world together. All religions that are worthy of the name, are based on love. Their ceremonies may differ, but at the root of all beliefs is love. To develop, look for and see the highest and best in everyone and everything.

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and

HOW TO DEVELOP THEM

By **YACKI RAIZIZUN**

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Synopsis

LESSON I

Introductory—Concentration—Healing by Magnetism. Drugless healing not a new art, though long lost in our materialistic age. Requisites of the ideal physician or true healer: First, conscious knowledge of natural forces and how to use them. Second, intense desire to be helpful to humanity. Third, purity of living. Fourth, knowledge of anatomy. Fifth and Sixth, clairvoyance, and clear seeing. Seventh, intuition.

Magnetism: An entirely original explanation. Low vitality due to lack of magnetism. How to cure headaches, asthma, colds, etc., by magnetic healing, and by use of concentration and constructive imagination. Beware of hypnotism or mesmerism for healing purposes unless by a competent operator.

LESSON 2

Conscious and Unconscious Mind, Super-conscious, Self or Awakening Consciousness, Sub-consciousness.

The sub-conscious is the healer. How to train the sub-conscious.

LESSON 3

Mental Therapeutics. The part Mental Therapeutics plays in healing disease borders on the miraculous. Man's mind and the Great Universal Mind are one. All living in a great sea of vibrating mind. A living force of energy in thoughts. The power of affirmation. Absent treatment.

LESSON 4

Suggestive Therapeutics: Suggestive Therapeutics given by means of verbal or mental suggestion; not to be confused with hypnotism. How to apply treatment. Never make a negative suggestion. Auto-suggestion. Method of self-treatment.

LESSON 5

Scientific Fasting: A scientific reason for fasting. Many deep-seated diseases cured by scientific fasting, such as cancer, diabetes, chronic dyspepsia, paralysis, stomach trouble, rheumatism, permanent relief for foul and painful menstruation. Fasting is not starvation—no weakness from fasting scientifically conducted. Detailed instructions of how to conduct a scientific fast.

LESSON 6

Science of Proper Breathing Exercises: Deep Breathing essential. Detailed explanation of the importance of deep breathing. Breathing exercise for happiness, peace and magnetism.

LESSON 7

Meat and Its Effects: That meat is unfit for human consumption has been scientifically and religiously demonstrated. Meat is decayed animal matter. Vegetarians longer-lived and stronger specimens than meat-eating brothers.

LESSON 8

Drugs—Their Effect on the Human Organism: Drugs admittedly a poison. Any substance present within the organism which is not a nutriment for tissue building is foreign substance, a poison, and as such can only damage the organs.

Opinions of many prominent physicians regarding futility of drugs.

LESSON 9

Healing by Prayer and Disincarnate Intelligence: Healing by prayer has many authentic instances on record in all ages. Healing by prayer is simply another form of concentration. Comprehension of this law of prayer is wholly beyond the understanding of the materialist.

LESSON 10

Miscellaneous Subjects: How to Cure Stuttering, Epilepsy, Indigestion, Constipation, Cancer, Catarrh, Female Ailments, Asthma, Tonsilitis, Sciatic Rheumatism, Nervous Troubles, etc.

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(The above statement is an excerpt from a letter received May 3, 1922, from Mrs. T. Lewis, 11012 Indiana Ave., Chicago, Ill.)

St. Louis, Mo., Dec. 26, 1921.

Dear Dr. Raizizun:

Being one of your absent patients, although a very negligent one, I am writing a few lines at this time to express my appreciation of the treatments you have given me and which have been most beneficial.

You have enabled me to escape the severe head colds and headaches, which I used to get at this time of the year, and for which I was previously unable to secure any remedy.

After such a quick and thorough demonstration of absent healing, I really should not have delayed so long in writing, but I have been so busy I couldn't seem to find time.

Assuring you of my appreciation of your kind aid, I am,

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