

The Garden of Allah

—BY—
FRATER VIII^o



Monograph No. 2

VG New Age \$45

THE GOLDEN GATE TO THE GARDEN OF ALLAH

(Monograph No. 2)

— by —

FRATER VIII^o

THE GOLDEN GATE TO THE GARDEN OF
ALLAH is for the use of Budding Indi-
viduals only.

This copy is for the private instruction
of the person who purchased it, and
must not be loaned or given to others.

The information contained herein must
not be communicated to any other person
except privately -- by word of mouth.

Reproduction of any portion of this
monograph in any language, or by any
process is strictly forbidden.

1944 Edition

THE GOLDEN DAWN PRESS
1044 South Olive Street
Los Angeles 15, California

Copyright 1933

THE GOLDEN DAWN PRESS

Printed in the U. S. A.

013897

R 4/12

THE GOLDEN GATE TO THE GARDEN OF ALLAH

by
Frater VIII

Part One -- "QUICKLY PREPARING YOURSELF FOR THE NEW GOLDEN DISPENSATION"

Once in a period of about 2,100 years, a new age or dispensation takes place, and great changes are the result, not only to the earth itself, but also in and among human beings of every caste and color. These great changes are brought about by the precession of the Sun from one Grand Sign into another.

Millenniums ago, when the earth passed into a new sign, changes came about very quickly -- so suddenly, in fact, that the people were often caught in terrible earthquakes or floods, or were snowed-in in regions that had formerly been highly tropical. This, of course, was due to the fact that the earth had changed its polar position, in its rotation around the Sun.

Towards the end of the "reign" of one of these Grand Signs, human beings always find themselves living in a "cusp," or a place where two signs overlap. In other words, the people of the world are in the midst of a "tug-of-war" between the old and the new dispensations. We are today living under these conditions. The future dispensation -- the Aquarian Age -- is now vibrating powerful influences into the present era. The old age is constantly trying to pull us back in conventionalism, and at the same time, the new age urges us onward and upward. That is why there is so much uncertainty these days; and that is why men and women everywhere are searching for something solid and substantial and not finding it. The only way to find the substantial these days, is to know as much as possible about what is to come and put the information to use at once.

Each succeeding grand change or dispensation comes less suddenly. In entering the coming Aquarian Age, which will be the greatest change so far experienced, there will be less violence in a physical way attending it, than in many of the others. The earth's poles will shift gradually. This will give everyone ample opportunity to move out of on-coming frozen areas, and make it possible for those who cannot thrive in the new tropical regions, to move to cooler climates. Of course, there will be earthquakes, tornadoes, and floods, in certain areas, but these will be of minor consequence, in comparison with the terrible catastrophies that the primitive

peoples of the earth in the path experienced.

The question is asked: "What am I to do about these strange, new things or happenings that are about to take place and are taking place?" The answer is simple -- YOU CAN'T DO A THING ABOUT THEM. They are scheduled to come, and they will come ON TIME. The greatest change this time will not be so much in the earth itself, but IN and among the people. In order to live in the New Age, people will have to make a tremendous change in their life, their thoughts, and their affairs, in order to be in harmony with the high vibrations of the New Age. You cannot prevent any of these changes from taking place, but you can prepare yourself to vibrate so perfectly with the New Dispensation of things that they will not bother you; you will welcome them. You can start immediately, living up to all of the present incoming RADIATIONS OF AQUARIUS, and as these vibrations increase in vigor and activity, you will enjoy life in ever greater and expanding circles.

If you are not enjoying good health, or increasing financially at the present time, you are not, by any means, keeping apace with the increasing influence of the New Dispensation. You are not living up to your opportunities and vibrations.

A SPIRITUAL change will also be very necessary. People are becoming more Spiritually-minded already; this is the reason why so many new churches and "isms" and "cults" are being formed. When the poles of the earth begin to shift, things will change rapidly. It will be much more difficult to change Mentally than physically, unless we have a "head start." But, by "tuning West" -- tuning the mind to the high vibrations of the New Age NOW, you will have a good start, and you will make the change a simple and easy matter, and freely enter a new, abundant, and more radiant Life.

The thing for each of us to do right now, for we are the ADVANCE GUARD, is to move upward and forward SPIRITUALLY, MENTALLY, PHYSICALLY, FINANCIALLY, SOCIALLY, as rapidly as possible. When I say, move physically, I do not mean move the body from one section of the earth's surface to another -- you can do that later -- but I mean move from ill-health to good health. By proceeding along these lines, you will be constantly far ahead of the coming "events and elements."

THIS COURSE IS, THEREFORE, GIVEN FOR THE PURPOSE OF MAKING IT POSSIBLE FOR YOU TO CHANGE FROM THE OLD DISPENSATION TO THE NEW WITH THE LEAST POSSIBLE INCONVENIENCE.

There are several very necessary things that you should do, and all of the things that are suggested here are positively within your power, regardless of your ability, education, or environment. There will positively be nothing impos-

sible in it for anyone who desires to start forward now and enter the new, Golden Dispensation

There are four important things to remember:

1. You must fully realize that we are in the midst of a great change (this is not hard to realize).
2. Next, you must ENTHUSIASTICALLY strive constantly for self-improvement -- you must do everything with zeal, fervor, and enthusiasm.
3. You must be constantly on the alert, so that you will be advancing as fast or faster than the FORCES and ELEMENTS are moving.
4. You must know what you can take with you, and what you can't take along.

THINGS YOU CAN'T TAKE ALONG. Some of the "baggage" that won't be admitted into the NEW EMPIRE is hate, envy, jealousy, superstition, malice, covetousness, poverty, or anything of a NEGATIVE NATURE.

THINGS YOU WILL TAKE ALONG. It is very important that you know that there are a number of important qualities which you must possess in order to enter the "land flowing with milk and honey." The first thing, your "passport" must have indelibly stamped on it an abundance of good, common sense. Then, you must be spiritually-minded, to the extent that love, joy, peace, happiness, and purposeful activity are absolutely a part of your nature. One more thing is required, and it is the hardest of all: you must possess MIRTH. You must be able to laugh wholeheartedly at every difficulty, and trouble and affliction. Here's a little secret -- pain, sorrow, and all your miseries are very sensitive; if you laugh at them they will become embarrassed and flee from you.

Please do not misunderstand me; you do not have to become perfect to enter the new "promised land" -- absolute perfection is so remote that a billion years from now, we still will be climbing and EXPANDING -- but it does mean that one must be constantly and enthusiastically moving, and while moving MUST BE FACING IN THE RIGHT DIRECTION -- "traveling West."

By following along these few simple lines, you need have no fear anywhere along the path, not even when the "stars start falling," nor when things become exceedingly dark and chaotic for the mass-minded. Move forward constantly with the GREAT PLAN and you will find that conditions and things will be of a very rosy hue, as far as you and all the other progressive individuals are concerned.

Many people will find that passing from this dispensation

to the next, will cause them much agony and turmoil. This will be due to the fact that they still possess negative traits. These evil tendencies will have to be eliminated and eradicated before they can pass through the Golden Gate. If the removal of negative qualities is sudden, then this violent tearing-out will cause much suffering.

It should be remembered that hatred, fear, malice, etc. are really part of you. For example, if someone has done you an injury, you hate that person for the misdeed -- but did you ever stop to think that you really do not hate the person? All you hate is a mental picture of that person, which you have IN YOUR OWN MIND. One section of the brain is devoted to memory pictures, and if you hate someone, you simply hate the picture that you have in mind of that person; in reality, you hate a group of your brain cells, in which that picture is embedded. Every time you exercise your "hate faculty," it is simply a case of one set of cells in one part of your brain, hating another set of cells in another section of the brain. Remember, even in this old dispensation "a house divided against itself, cannot stand," and this is much more true in the New Age.

Of course, if one does a great deal of hating, he will eventually form a hate aura about himself. But even if this negative force did contact the persons or persons to whom it was directed, it would be so weak that the ill effects would amount to nothing as far as others are concerned.

The positive emotions, such as love, joy, enthusiasm, and happiness, form a tremendous aura of light, power and force, and when they are at their height, extend out and out and out. They are constructive, positive, and everlasting.

In "Outwitting Tomorrow," you are taught exactly how to eradicate hate, as well as all other miserable complexes -- such as fear, timidity, bashfulness, selfishness, ill-health, etc. Go into your inner life, and literally root out (write out) everything that is not consistent with the high vibrations of the new age. In their place build in all the positive things that will be required in the New, Golden Dispensation.

LOVE, of course, will be a predominating influence, and love can so easily be multiplied. Everyone has someone that he loves. The way to proceed is to quietly "enter the silence" and love a person ardently in your own mind, then switch off suddenly, while the love sensation is glowing brightly, and turn it on someone else you do not love quite so well, and hold a mental picture of that person, thrill with love over him, letting your love become more and more intense, until it equals or exceeds your "first love." By proceeding from the one you love most, to lesser loves, and raising each one to the same

high level, you soon make it possible to love the unlovely. Did you ever stop to think that people are often unlovely, for two reasons: (1) because they do not love enough, and (2) because they are not loved enough. In order to be loved, you must, quite naturally, know how to live, especially how to EXPAND love in your own inner being.

I know of a woman who was the most unlovely person you could have the misfortune to meet; but by changing her vibrations from negative to positive, and by loving intensely, she has not only completely changed mentally, but she has so changed physically, that she is beautiful. She is one of the ADVANCE GUARD teachers.

There is a love secret that few know about. If you can love those who do not love you, you are rapidly becoming a Budding Individual. You do not have to know a person's name to love him, you do not need to know anything about him. Furthermore, the people you love need not even know you. For perfecting yourself in these matters, it is best to select those who do not know you. In this way, you just can't be disappointed by a lack of response. Remember, nothing is quite so negative as having one's love returned, unwanted at this stage of your five-fold EXPANSION into life.

Practice this exercise of pure love -- that is, to love ardently without response -- and before long everyone capable of loving will be loving you.

"YOUTH UNDER AQUARIAN VIBRATIONS" Part Two

The on-coming age is one of YOUTH. Before the grand dispensation of Aquarius began pouring out the WATER OF LIFE, the Fountain of Youth was not open, except to a few High Initiates. From the moment that this new solar sign began to send forth its youth-giving radiations, people who were by nature inclined to be youth-minded began to think health, feel younger and act younger to a much greater degree. They not only had their own inclinations to help them along, but the new youth vibrations stirred within them the smoldering embers that can now be so easily fanned into a flame.

In the Piscean dispensation, old age was looked upon with great favor. Look through any of the old bibles of fifty years ago, or longer, and you will see God portrayed as an old, old man. Artists, like all others, were under the impression that God and Methuselah should appear about the same age, and they always attempted to portray Methuselah as looking his full age -- nearly a thousand years.

Only the inhabitants of the earth and the spirits of the "nether world" believed in or are afflicted with old age. HEAVEN IS A PLACE OF ETERNAL YOUTH, and nothing old ever can enter any part except the very lowest level of the celestial realms. Until one discards the last trace of old age, one must remain almost "earth-bound."

This means that when sojourners of the earth pass out of the physical body and into the next world, they remain, so to speak, in the "outskirts of Heaven" (Scripturally known as Paradise). They do so until old age, both physical and mental disappears. Old age is just a little short of death, whether in this world or in the next.

In the writings of the mystics, we find that after death, people have to spend about one-third of their earthly lifetimes in this rejuvenation process. It means that if a person lives to be three score and ten years old, he has to spend about twenty-three or twenty-four years getting himself adjusted and youth-i-fied for the new LIFE.

According to science, the age of a human body never is more than seven or eight years. That is, the bones, which are the hardest substance of the body, constantly renew themselves and never are older than that number of years. Cartilages, tendons, and sinews renew themselves completely in much less time, while the muscles and especially soft tissues seldom live to be older than eighteen months to two years. Therefore, the oldest person could be physically only eight years. Some scientists claim that the body is completely renewed every

SEVEN YEARS. That would mean that when you were twenty-one years old, you had passed through three entirely separate and distinct bodies; or when one is forty-nine years old, he actually has lived through seven bodies. Likewise, when one has lived to be seventy years old, he has had the pleasure of building in and tearing out TEN different bodies.

If the material from which our bodies is made never can be more than seven or eight years old, then there isn't any good or valid reason why anyone should be older, physically, than he or she desires to be, after reaching adulthood -- say somewhere between twenty-one and thirty-five. THE FIRST IMPORTANT STEP IN REGAINING YOUTH IS TO KNOW THIS.

The next step is to root out the idea of old age from the subconscious realm of mind. Old age is a complex, and should be treated in the same way that we treat all other bad complexes. At the same time, youth should be built in as a good complex. (See your copy of "Outwitting Tomorrow.")

The third step is using various means and methods of actually making the body appear younger. Of course, real youth is radiated from within, but it is perfectly permissible, at least for a little while, to use external methods. These aids are not permanent, but they give the subconscious realm of mind a good PICTURE of what you desire.

In the larger cities, men are beginning to realize that a youthful appearance is a tremendous asset. Men who look "past forty" are not wanted in the Aquarian trend of things. For this reason, they are using many means and methods of youth culture that would have been frowned upon by men a few years ago. These modern men are doing such things as getting rid of excess weight, especially in the region of the abdomen; they pay considerable attention to their diet; they are eliminating nicotine as rapidly as possible and no longer are indulging in things alcoholic. They are doing everything necessary to regain and retain a splendid, well-kept head of hair. The smooth shave gives additional impressions of youth.

The eating of certain kinds of food, of course, is either beneficial or detrimental to youthfulness. We have found that live food, such as UNCOOKED fruits and vegetables has a tremendous tendency to keep the body young and full of life. It also has been discovered that when one is quite well along in years, and already is afflicted with hardening of the arteries, the drinking of real, churn buttermilk at the noonday or evening meal will have a marvelous tendency to tear out the lime deposits which clog the walls of the arteries and arterials. One other food also has the same tendency and that is the juice of dark grapes. Of course, the juice must be absolutely "sweet." If it is even slightly fermented, it is worse than

nothing at all. Alcohol, in any form, is the producer of OLD AGE and DEATH. Like buttermilk, grapejuice should be taken only at meal time -- it is a food, you know.

Milk is another splendid food when it has not been killed by pasteurization. But it is a fact that milk is intended as a food for infant animals and therefore, it contains a great deal of LIME, or bone-building substance. When one is grown up and needs very little bone material, this excessive amount of lime has a tendency to lodge in the walls of the arteries and bring about premature old age. Because of the acid in buttermilk it acts just the opposite -- it dissolves lime. Once a person has reduced the blood pressure to that of a person of twenty-five, he or she can indulge in the use of milk to a considerable extent. However, one must be careful to keep the quantity consumed low enough so that there will be no danger of causing the arteries to become lime-clogged again.

It was only in recent years that science discovered that milk had to be soured by the acid in the stomach before it would break down to the point where it could be digested and assimilated. One can quickly change milk into a highly digestible food by mixing an equal amount of fresh orange juice with it. One can drink them separately. Or better still, pour them together and mix thoroughly with an egg-beater. Flavoring, such as vanilla, nutmeg, or cinnamon, can be added if you wish.

The yolk of an egg is a splendid nerve and brain food. The white part of the egg, whether cooked or raw, is excellent for men who are doing very hard, manual labor. But the average person should never use the whites of eggs in any shape or form. Two raw egg yolks a day is a good tonic for the average person. However, if one is nervous and short of nerve energy, then two raw egg yolks, twice a day, would be highly beneficial. After a month or so the quantity can be reduced to only two a day or less.

Eliminate as much as possible white bread, white potatoes, and ordinary white sugar. If one feels the need of meat, it should be the flesh of young animals so that it will not have a tendency to cause excess lime deposits in the system. Remember, old animals, like old people, have a lime-clogged arterial system.

I have been asked from time to time, if one lives correctly and regains youth constantly, could he live on and on indefinitely. The answer is: absolutely no. I am informed from very reliable sources that there are a great many mystics who have so complied with the requirements of nature that they have lived, and are still living, to the age of four or five hundred years. However, our idea of retaining youth is not to live on

and on in the physical body to a great age, but for the purpose of being able to accomplish a great deal in a single life-time, and to always thrill with life while living. Then too, after death one does not have to spend a great many years in the outskirts of Heaven, eliminating a lot of inconsistencies which do not harmonize, either with the here or the hereafter.

One of our principle reasons for an extended life now is, of course, to enter the New Golden Age in the flesh. Youth requires an exertion of energy. All energy is drawn from the UNIVERSAL. Practice the Foot to Head Tension Exercise, as found in this course. This puts into action great quantities of Universal or Pranic energy, which has a powerful influence in bringing about youthfulness quickly.

In another section of this course, is given the secret of listening-in on the UNIVERSE. Remember, this tremendous sound is nothing more than the activity of UNIVERSAL YOUTH. Just the listening-in on this tremendous vibration, if the mind is holding youthful thoughts and mental pictures, tends toward marvelous youth. By all means, be in company with young people as much as possible. Learn to feel young, act young, and look young. Do not, by any means, be "kiddish" or juvenile. Remember, it is not a case of going back, but of rising constantly higher and higher into youth.

"THE MYSTERY OF THE SPIRITUAL PROTOTYPE" Part Three

If you could look into the future, you would be amazed at the tremendous and marvelous change that will take place in you, not only in the mind, but in your BODY as well.

There are no two individuals who are exactly alike in every way, shape, or form. This is as true of the body as it is of the mind. There can be absolute perfection of human beings without any duplication of each other, just in the same way that roses and lilies can be perfect blossoms, and yet, on close examination, you never can find two that are exactly alike. The same holds true with human beings. There never have been two that are alike, and there never will be, even in the perfect state.

At present, few can visualize what this marvelous physical form of perfection would be like, for it is too far beyond our feeble imaginations. However, a perfect physical pattern is located in your Super-Conscious realm of mind. From this, occasionally you get a glimpse of what you are to be in the perfect state. This "glimpse" of what you eventually are to be physically, usually takes place when you meet some person or persons between the ages of 21 and 25 and who have physical qualities that harmonize with your ideal or pattern. That is, their height, shape, color of their skin, eyes, or hair appeal to you. This is a good indication that they already have worked out qualities that are very similar to what you are to be eventually -- what your PATTERN call for.

The thing for you to do regardless of your age is to start visualizing yourself as becoming more and more like these ideals. Enthusiastically see yourself growing into a more handsome or more beautiful physical form. By being enthusiastic, and at the same time getting your picture from the Super-Conscious Mind of what you are to be and handing it over to the subconscious mind, this last realm of mind will start building in these desired new shapes and forms of delightful youth into your body.

Remember, your pattern is perfectly pictured in your Superconscious realm of mind, but before you can use it for rapid reconstruction, you have to consciously visualize at least a part of the form and give it to the subconscious realm of mind. The Super-Conscious mind gives freely. You ask, and you will receive. All you have to do, then, is to enthusiastically give the picture to the subconscious mind and demand that it bring about the desired qualities. Don't make the mistake of looking for an improvement the very next day. In fact, keep away from the mirror entirely. The time to begin to take notice of yourself is after your friends remark how fresh, young,

and youthful you appear. As soon as you begin to see a difference, thrill with the improved face or physical form.

After a little practice, you will realize that your first pictures of perfection were rather crude in comparison with your later ones. Start bringing down still more perfect pictures from the Super-Conscious realm of mind. Of course, there is nothing but perfect pictures in your Super-Conscious mind, but as you are not an art student and consciously do not know (at first) what the perfect form is like, it will take some time before your conscious mind can comprehend what is beautiful and perfect.

When one passes out of the physical body and into the upper realms of the Next World, he marvels at the wonderful changes that have taken place in his old-time friends -- they have become young. After a while (sometimes only after much persuasion) he begins to take himself in hand; and before long, sees the first sign of a change toward youth. This is indeed quite thrilling. From then on, he can change quite rapidly, but not in the average case any more so than one who still inhabits the body of flesh can.

Don't make the mistake of trying to make changes at first in the hard substances of the body, such as the bones, or tendons. Let your change be in the softer tissues. That is, youthifying muscles, organs, glands, nerves, skin, and especially the brain. Remember, these parts of the body seldom, if ever, get to be two years old. Cell by cell, they are torn out and new ones built in. But the average person takes no interest in the building in, nor does he ever surmise that he could aid in the reconstruction. Being rather lazy, the subconscious mind has a tendency to shirk its work. Naturally, each set of muscles that it builds in, after a person reaches adulthood, is just a little inferior to the previous ones. After a period of about fifty years of this, the body becomes sere and yellow, with ungainly amounts of fat clinging to it. Or the opposite extreme may result, causing the body to be scrawny, thin, and unhealthy looking.

Remember, visualize as much as possible, your perfect, youthful body. It must be fully grown and young. It must have rosy cheeks, red lips, bright eyes, youthful skin, and a marvelous head of hair. The body is to be visualized as young, strong, supple, without an ache or a pain; no excess flesh, and without the slightest sign of an enlarged abdomen. Visualize with fervor and enthusiasm, and youth constantly will be built into your body. Remember that people older than you, and in much worse condition, are doing these things and obtaining results, and you can do likewise and undoubtedly receive much quicker results.

In order to exist well physically, grow constantly stronger and more healthy, become ever more youthful, you must have something more than, food, water, and enthusiasm, although these things are indispensable in this physical world. You must build for yourself UNIVERSAL HEALTH, YOUTH, and ENERGY.

THE FOOT-TO-HEAD TENSION EXERCISE

This Foot-to-Head Tension Exercise can be done any time from before you get up in the morning until just before the evening meal. It never should be practiced at night, as it is very awakening. The ideal time for practicing it is about ten minutes after you awaken, or just before arising in the morning. One is rather "low" upon awakening, and for this reason, it is a very wonderful awakening exercise.

It is a very simple exercise and can be practiced without anyone knowing it. The procedure is as follows: gently massage the back part of the head and neck. This causes the thoughts to proceed to the back of the head. After massaging for a minute or even a little longer, then concentrate quickly (with hands now at side of the body) on the back of the head. Now imagine Universal Energy in the form of a bright, radiant light (let it be any color that comes to you naturally) is being generated in the rear part of the head.

Imagine that Power is forming from within, getting brighter and more radiant. See this force becoming brighter, until the whole back part of the head is filled. Then you release a stream of it, and let it flow down the spine and into the left foot. See with the mind's eye the energy going into the foot. At the same time, tense the foot; continue to let the energy flow and fill the left leg, until the whole leg is filled with the bright light. Every muscle in the leg should be tense.

Next, fill the right foot and leg. Then proceed to fill the abdomen with this light, gradually letting it fill the body, and tensing every muscle as it strikes it. Continue to flood the body with UNIVERSAL ENERGY until it is filled to a level with the arm pits. Then start tensing the left arm from the fingers to the wrist, then to the elbow, and then up on the arm to and including the shoulder. Do the same with the right arm and hand. Then continue filling the body from the chest up the left side of the neck and face, then the right side, until the whole body is tense and filled with glorious Universal Energy.

Do this exercise slowly enough so that it requires about sixty seconds' time to accomplish it. After holding it for a minute, start thrilling with health and power. Remember; UNIVERSAL YOUTH completely fills your body. Next, relax the left

foot to the hip, then the right foot to the hip, then the body, arms, hands, neck, and face in the same order you filled them.

Completely relax, but continue to hold the thought of the bright Universal Light and Energy filling your being. Don't turn off the light -- let it and the Energy remain, but no tension.

After this has been done a few times, you are awake and thrilled. After some time, this can be practiced for ten minutes in the morning.

There is only one time you are to tense at night, and that is ONCE before going to sleep, or just as soon as you go to bed. Tense from foot to head ONCE and then completely relax every muscle in the body. In this one tensing, you do not work up energy at the base of the brain, nor do you attempt to visualize or feel power. You simply do it in order that every muscle in the body will be completely and entirely relaxed before going to sleep.

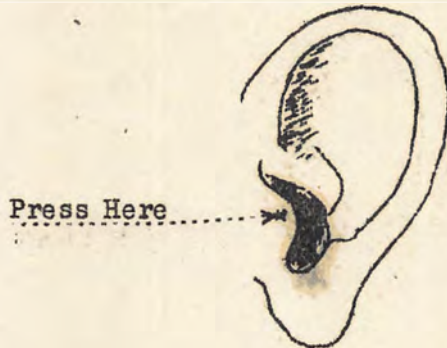
To go in for renewed Youth and Universal Energy, and then dissipate it in riotous living is exceedingly detrimental. If the negative things of life appeal to you, then just forget about this exercise. You will be far better off without it. But if you are a Budding Individual, then this exercise of becoming one with ETERNAL ENERGY is going to do wonders for you, mentally and physically, as well as in every other way.

"LISTENING-IN ON THE UNIVERSE" Part Four

Surrounding you on every side these days are radio vibrations from dozens of different stations. Yet you are not conscious of the fact that the ether all around you literally is alive with music and voices. If you have the proper instrument for receiving these vibrations, you can listen in and be absolutely conscious that such a phenomena actually exists.

Now, suppose you have a radio and the vibrations are coming through perfectly -- there is music and songs and speeches. But if you and your radio were in a boiler factory, where there was a constant noise much louder than the sound from the radio, you wouldn't be able to hear a single thing from the radio.

The same holds true with the SOUND OF THE UNIVERSE, which takes place constantly. Due to the fact that there are so many physical sounds and noises, you do not hear anything but the things that came from outside sources. Fact is, even when there apparently is no sound, you could hear nothing, unless you were in a dead silence, which is not possible.



Now, if something you do not want to see takes place, or if a light is too bright, or you want to rest and be quiet, you simply close your eyes. If it were only possible for you to listen-in on the sounds going on in the physical body, then by forgetting the physical noises, you could listen-in on the tremendous roar of the UNIVERSE, which often is referred to by the mystics

as the MUSIC OF THE SPHERES.

This proposition of closing one's ears is very easily accomplished. All one has to do is push in on the small cartilages located on the front side of the ear, which are known as the Tragus. By gently pressing in with the fingers on these cartilages, you close the ears as completely as you close your eyes, when the lids are down.

When you close your eyes, it is easy to turn your thoughts inward and receive mind pictures, or to form pictures in the mind. By closing the ears, you can hear two distinct sounds. The first is the sound of the heart in action. This sounds like the action of a tremendous pump. Then there is a higher sound which comes to you only after listening to the heart

sound for a while. Listen to the heart sound, but do not concentrate on it. Listen for the higher sound. You will be surprised at how easy it will be for you to "tune out" the heart sound and listen to the tremendous roar of the UNIVERSE. This UNIVERSAL SOUND reminds one of distant thunder or the breaking of waves along the seashore. You must remember that the UNIVERSE is everywhere present. It includes the farthest planet away; consists of our own solar system and the earth we live on; the house we live in; and ourselves. It is no wonder that when we close our ears to the noise of the streets we can listen in on the high vibrations of the UNIVERSE.

One should sit up straight enough so that the head does not lean forward too much. To prevent this, it may be necessary for you to place some books or other objects under your elbows on the table in order that you will be entirely comfortable and can sit erect.

Some folks use their thumbs for closing the ears. By this method, one can cover his eyes with the fingers, shutting out the light. If the room is not too light and you are not facing the window directly, the light through the eyelids will not disturb you. Under these circumstances, use the second finger of each hand to close the ears, while the other fingers can rest gently against the side of the head. If you prefer, you can rest the chin on the thumbs.

To listen-in on the vibration of the UNIVERSE be sure that you listen-in positively. This means listen-in with the right ear. The left ear, like the left side of the body, is negative. You only want the best, so be sure that the right ear is the one which is receiving the vibrations. It will be slightly difficult at first to concentrate on the right ear, but in a short time you will have no trouble in "cutting out" the left one completely. It is as simple as listening to two people talk to you at the same time. With a slight effort you can give full attention to one person, hardly aware that the other one is present. The same holds true with the right and left ears. When you finally close out the heart sound or any sounds caused by the body, you are listening-in to the awe-inspiring sound of the UNIVERSAL VIBRATION. Remember, now, you are completely within yourself, and the center of the Universe for the time being, as far as you are concerned, is within you. Thus this particular exercise should be practiced with considerable reverence.

Listening in on the Universe a little each day, or even every other day, will EXPAND you into a much greater person, putting you far on the Path of Budding Individuality in an amazingly short time.

ooo000ooo

I have given you sufficient information in THE GOLDEN GATE TO THE GARDEN OF ALIAH that, if used, even to a very small degree, will make the most noticeable change in your life and affairs. You already have an abundance of information along these higher and tremendously vital subjects. Now, with this additional information at your command, there isn't a reason in the world, regardless of who you are or where you live, why you cannot commence at once making tremendous changes in yourself, and starting at once vibrate in complete harmony with the ever-increasing vibrations of the Aquarian Age.

The first of the big change will be made in secret -- that is, within your very self. When the transformation has worked to the surface, your friends, your relatives, and acquaintances will say that you are a changed person, that something has made you different.

Never tell anyone that you are doing something positive or mystical for yourself. Just let people wonder about it, and day by day, realize more and more that something has changed you. Even after you begin to feel younger, look younger, act youthful, and have made other transformations, you positively must say nothing.

Someone has said, "If you wish to have the world at your feet, or to be a leader of mankind, WEAR A VEIL." By this I do not mean that you have to go about, never uttering a word, or acting odd or strange, or dress peculiarly, or anything of the kind. But I do mean that you must not tell of your progress to anyone. Don't tell people anything at all about yourself. You can be talkative and sociable, jolly and perfectly human, but the moment the subject of you comes up, get off it immediately. You can even make it quite noticeable that you do not wish people to talk about yourself to you. When they ask some question about yourself, your increasing youth or beauty, you can just say laughingly, "Let's talk about something interesting -- let's talk about you." This adds intensity to the mystery, making you all the more mystifying, magnetic, charming, and fascinating.

With even a small part of this information put into practice in your life and affairs, you can be a teacher, but regardless of who you are, you must start in a small way. You must remember that the mightiest oak was once upon a time an acorn. So begin at the very bottom -- at the "acorn" stage -- and be satisfied with just one pupil, at first, to "sit at your feet." Teach students privately for a while. Then on certain occasions, get two or three of them together and learn to teach groups. As you expand your circle of knowledge, your usefulness to the same extent increases. As your knowledge and your dealings with people broaden, your usefulness multiplies. You quite naturally will be more and more sought after.

Having been in this interesting line of work for a number of years, I know from past experience how people hear of you through friends and come to you. Many of them will very boldly and brazenly say to you, "I want to take treatments," or, "I need your service," or, "I need your teaching -- what are you going to charge me?" The answer is a simple one. You can tell them you make no charges whatever, that your time is entirely too valuable to be devoting it to people who think they can "buy their way into health, happiness, or Heaven," with a few paltry dollars. Tell them, however, that if you can be of any service to them, they, too, may, if they wish, make a LOVE OFFERING. That will be an entirely different matter.

All love offerings must be accepted, with the exception of those given by people who are very poor, and who, out of their deep appreciation, are giving more than they really can afford. In that case, you very diplomatically can tell them that "just half" will be best at this time.

Remember, that what one receives for nothing, even though it be a vast amount of money, is positively worth nothing. This law applies to everyone -- to you, to your student.

Now that you have the information given in THE GOLDEN GATE TO THE GARDEN OF ALIAH there will be a marvelous opportunity to start at once, to do great things for poor harassed and bewildered humanity. Everyone who uses this information and teaches it will be a messenger of light.

From now on harmonize yourself, your attitude, your ambitions and your vibrations to the new and ever-increasing AQUARIAN VIBRATIONS. Let everything you do be done with zeal, fervor, and enthusiasm. Remember, now you are an apostle of Aquarian principles and ideals, a minister of all things beautiful.

SPECIAL ATTENTION: The understanding of the term, BUDDING INDIVIDUALITY, is of such great importance to the Neophyte -- the Budding Individual just recently to "set foot on the PATH" -- that this chapter has been included here so the Neophyte will have a better and clearer understanding of who he is, where he is going, and the nature of the requirements for traveling the PATH that eventually leads to full-blossomed INDIVIDUALITY.

B U D D I N G I N D I V I D U A L I T Y *

by
FRATER III

Between mass-mindedness and full-blown INDIVIDUALITY there is a "cusp." A cusp is nothing more than an overlapping place between the old and the new, usually between an old dispensation and a new dispensation. Today, mass-mindedness in a human being definitely marks him as being of the "old dispensation." A person is known as a Budding Individual during the time he is passing through the "cusp" to INDIVIDUALITY. After he has passed through the "cusp" entirely, he then is a full-fledged INDIVIDUAL.

You as well as every other human being, belong to one of three stages -- mass-minded, Budding Individual, or full-blossomed INDIVIDUAL.

The purpose of this chapter is to discuss Budding Individuality, for this "budding" period can be one of the greatest trials of your life; or it can be a bright, joyous, and thrilling event.

Budding Individuals divide into two groups. In the beginning they all are Budding Individuals. But some loiter along the way and finally cease budding -- EXPANDING. They are then known as stagnant, Budding Individuals. A true Budding Individual is a person who passes entirely through the "cusp" in a few years' time, and becomes a full-fledged INDIVIDUAL.

A stagnant Budding Individual may be unfortunate enough to spend ten, twenty, or even thirty years of his or her life in this deplorable and damnable condition. It could be even worse than that. He may spend the entire remainder of his life in the unpleasant "cusp" world.

Allow me to explain this: If the Budding Individual takes more than a few years to negotiate the journey through the "cusp" he has stagnated. On the other hand, if a Budding Individual crosses the "cusp" in less than two years, he is a very fortunate person.

The Forces of Darkness do everything possible to retard the Budding Individual in his journey through the "cusp." But if the Budding Individual is an enthusiastic and persistent soul who progresses directly through the "cusp" period without being delayed by the Sinister Forces, then they reverse their action and do everything possible to hurry him through. If at all possible, they rush him through within a few months. He is then puffed up with pride and conceit. You are well aware of the fact that no INDIVIDUAL can have within his new nature these two destructive "powers" -- pride and conceit -- and remain an INDIVIDUAL. He would fall back into the "cusp."

Sometimes these "unfortunate" throw-backs must remain for years in a most miserable condition in the "cusp" before they learn their lesson and emerge into real, full-blown INDIVIDUALITY, this time, minus all pride and conceit.

If the journey through the "cusp" between mass-mindedness and INDIVIDUALITY is clear to you, then the next matter of interest to you would be: How does one pass through the "cusp" period (the period of Budding Individuality) in record time?

The answer is simple: This is accomplished by consistent EXPANSION into all FIVE Departments of Life -- Spiritual, Mental, Physical, Social, Financial.

No Budding Individual can ever leave the "cusp" while there is one Department of Life that has been neglected. If one is neglected the Budding Individual will pass from a "budding" stage to a barren, stagnant condition.

Many a fine person is in a barren condition because the Spiritual Department of Life has been given little or no attention. Or, conversely, this Department may have been accorded so much attention that it is developed out of all proportion to the other Four Departments of Life.

The Spiritual Department should be allowed to flow out and brighten you Mentally, improve you Physically, aid you Socially (to help others), and be an ever-present assistant Financially. Spirituality definitely affects and EXPANDS all of the other Departments of Life when the Budding Individual, like the full-fledged INDIVIDUAL permits it to do so.

The Mental Department of Life also can be a great hindrance to the progress of the Budding Individual through the "Cuspidian Swamp." A Budding Individual who possesses much formal education most certainly is going to spend many an unpleasant year in the "cusp."

Without proper use of the mind, especially the use of reason, will, and judgment, no human being can pass from mass-

mindedness, through the "cusp" to INDIVIDUALITY. Therefore, it is important that you give the mind special attention. Don't allow it to prevent you from passing through the "cusp" as rapidly as possible.

The Social Department of Life also is very important. It, too, must be developed if it is weak and ineffeicient. On the other hand, the Social Department of Life may be far overdeveloped in comparison to the development of the other four Departments. This may be true to the extent that the unfortunate amateur or Budding Individual will be stagnating in the "cuspidian Jungle" for years, often because he is doing for others that which they should be doing for themselves. Remember this: Never do for others what they won't do for themselves.

The Physical Department of Life can be a great hindrance to the Budding Individual while he is crossing the "cusp." This is so because a great many people are handicapped by weak and afflicted bodies. Due to the fact that they live so incorrectly in the Physical Department, they are far below normal in health, and the Physical is the weak link that holds them "cusp-bound."

Then there are those who have their Physical Department of Life EXPANDING far beyond any practical purpose. The Physical Department must receive every reasonable attention, yet no more care than is necessary to normalize the body and to keep it in as clean, healthy, and handsome a condition as is possible.

Before we continue, there is one point to make clear. Even though your body is in a weak condition, if you have done everything within reason to normalize it, then you have done your part for the Physical Man. Even if your body is not in the condition you would like it to be, you can be assured that it will in no way retard your progress out of the "cusp." Allow your body reasonable attention and let it go at that. Later, when you become a full-blown INDIVIDUAL, you will find that often times many bodily afflictions will pass away by themselves.

The Financial Department of Life also is badly neglected by the average Budding Individual. I do not wish to place undue emphasis upon money -- upon "the wealth of this world" -- but I must be conscientious and inform you that the Financial Department of Life is only a little lower than the Spiritual Department. It often is through the Financial that the Spiritual Department is enabled to bring about great blessings to all the Departments of Life.

Building up the Financial Department of Life, then, is of great importance. But do not misunderstand this fact. If you

give the Financial Department of Life more attention than it deserves, you will be held in the "swamp" for many a long year. If you don't allow it sufficient attention, the same thing will take place.

If the Financial Department is well-balanced, it is, to a certain extent, a mirror of the Spiritual Department. It also mirrors what has been accomplished in all the other Departments. Remember this: No person can be truly Spiritual, fully up to par Mentally and Socially, and normal Physically unless the Financial Department of Life has been given due attention.

Too little wealth causes the other four Departments to be in a poor condition. More wealth than what the Budding Individual is able to use profitably brings about identical results.

An all-round, even, symmetrical, and constant development of ALL Five Departments of Life will send you through the "cusp" in the most direct route, and in the shortest possible length of time.

PRACTICAL ACTIVITY

Two things must be done in order to build up any afflicted Department of Life: The first thing to do is to remove that which causes the affliction. The second thing that must be done is to EXPAND the afflicted part. The removal of the cause and the building up must take place simultaneously. For example, you want health in place of ill-health. You must remove the cause of ill-health, and at the same time, you build in real, red-blooded, good health.

The same thing holds true in the Financial Department of Life. You remove the cause (or causes) of poverty and at the same time, you build in prosperity.

What applies to the Physical and Financial Departments of Life is true in the other Departments as well. First, remove the cause of the affliction, then build in that which is good.

While a person is still mass-minded, and especially during the time he is in the "cusp" of Budding Individuality, the Mental Department of Life often acts like a fiend. This is due entirely to the sub-conscious realm of mind.

On Page 38 of your copy of "Outwitting Tomorrow" the conscious, sub-conscious, and Super-Conscious realms of mind are discussed. It would be an excellent idea for you to read this section again and familiarize yourself with the three realms of your ONE mind.

It really is the sub-conscious realm of your mind that plays the part of the "devil" in all of your undertakings and

activities. This statement contains much more truth than you suspect. It is through the sub-conscious realm of the human mind that discarnate entities, as well as those evil beings who never wore a human body, are able to contact you and all other Budding Individuals.

These sinister forces of evil are entirely too intelligent to attempt to influence you through your conscious realm of mind. You immediately would become CONSCIOUS of their influence in this way, and would avoid them as you would the plague. They also never try to contact you through your Super-Conscious Realm of Mind. If they attempted to approach that threshold, they would be "blasted into Kingdom Come" by the White Forces. The Forces of White reserve your Super-Conscious Realm of Mind entirely for their own contact with you.

As we continue our discussion, I can hear you ask: "If that is the case, then why is it that the White Forces do not help me and work with me?"

That is a very good question, but it also is a question that contains a great deal of "dynamite." If you fully realized what you were saying you might receive such a reprimand from the Forces of White that never again would you ask such an irreverent question.

The truth is this: The reason you ever left the mass-minded and became a Budding Individual is due entirely to the fact that the White Forces made it possible for you to take the initial step. Not only did they do that, but it is the White Forces which keep the path through the "cusp" open for you. Without their assistance, neither you nor any other Budding Individual ever would get through. You would immediately be stagnated by the Black Forces.

The work of the Forces of White is first to keep the path across the "cusp" open for you, then to exert as much good influence on you as the Forces of Darkness do against you. In this way, you become a free agent, and not a puppet.

Each member of the White Forces is an entirely free agent. That doesn't mean that an INDIVIDUAL member does not take orders from Higher Sources. It means that he takes orders of his own free will, because within himself he desires to do so.

If the White Forces were of the nature to despise anything, it would be mass-mindedness. This is because mass-mindedness makes the mass-minded mere lackies, puppets, and "zombies" of the Forces of Evil.

The Black Forces loathe INDIVIDUALITY in any being other than themselves. The more powerful members of the Forces of Darkness deal harshly with the less powerful members of the

Black Fraternity whenever they can; that is, whenever those less powerful display signs of thinking or acting for themselves. Also, each one despises the authority placed over him.

In our own America during the past few years, there has been a great deal of contempt shown for "rugged Individualism," as well as for all lesser forms of individualism. Do you know why this is so? It is due to the fact that INDIVIDUALITY in human beings thwarts the Black Forces in their fiendish desire to completely control, dominate, and annihilate the human race.

Whenever you contact a person, a group of persons, or an organization that rails against "rugged Individualism" or speaks with disrespect in any way against INDIVIDUALISM, know for a certainty that that person, group or organization is backed 100% by the Black Forces.

INDIVIDUALS are the only people in all the world who can work together harmoniously. This is because every INDIVIDUAL and every Budding Individual is being influenced and guided in his actions and activities by the White Forces. This influence does not in any way take away from the INDIVIDUAL or the Budding Individual his free will, his right to act as he chooses, or his individuality. This, of course, is due to the person's willing desire that the White Forces work with him, work through him, and, in addition, that he (either the Budding Individual or the full-fledged INDIVIDUAL) be permitted to work with the Forces of White in their marvelous effort for humanity. INDIVIDUALITY IS THE ONLY OPEN DOOR TO THE FUTURE. Avoid everything which teaches, preaches, or practices the works of the Black Forces -- mass-mindedness.

Stagnation in the "Cuspid Swamp" between mass-mindedness and full-blown INDIVIDUALITY is the cause of every Budding Individual's afflictions. The Forces of Evil heap affliction upon him in order to prevent him from progressing on -- on to INDIVIDUALITY. Affliction of a different nature is brought upon the Budding Individual by the Forces of Light (if he slows down) in order to force him to continue. However, the stagnant individual must decide of his own free will whether he will go forward or will remain in his present deplorable condition. The Forces of Light would have the stagnant individual get through the "cusp" just as rapidly as is expedient.

No matter in what condition you find yourself in the "cusp" at the present time, do not feel discouraged. Remember this: The moment you start forward you will be amazed at how quickly many of your afflictions will begin to fall away. Just the moment you start forward again, no longer are you a stagnant individual. At once you become a BUDDING Individual. Anything that is budding has a new lease on life, and this applies to you.

Resume your journey across the "cusp." Do this by first taking in hand the activities of the Mental Department of Life. It is in the Mental Department that the sub-conscious realm of mind is located. It is there that most of your afflictions in practically every Department of Life originate.

And so we start right in on the sub-conscious in the Mental Department of Life. Instead of allowing it to keep us earth-bound and stagnant, we put forth every effort to overcome its evil tendency to influence our lives. Your effort in this direction, together with the powerful assistance from the White Forces, make the chance for your EXPANSION two to one against the Forces of Evil.

Turn to Page 39 of your copy of "Outwitting Tomorrow." Under the heading of "Physiological Afflictions and Their Psychological Causes," you will find a whole list of physical afflictions and ailments that have been caused by the wrong use of the mind.

We haven't the space here to take up each of these psychological causes and effects separately, but that is really not necessary, as they all respond to the same kind of "treatment."

The second affliction on the list is a very common one. It is BACK LAMENESS. You will note that the cause (the mental cause) of back lameness is BURDEN-BEARING THOUGHTS.

Now let me ask you a question. Who, in all the world, would be more liable to be afflicted with BURDEN-BEARING THOUGHTS than a Budding Individual?

As a rule, a mass-minded person isn't inclined to have any burden-bearing thoughts. He's too busy "going places and drinking things" to be bothered very much in that direction.

And all full-fledged INDIVIDUALS wouldn't have that problem either. They are not thoughtless of the afflictions of others, but they know for a fact that worry, anxiety, apprehension, and fear are nothing more than the subtle, psychic activity of the Black Fraternity. For that reason, they refuse to indulge in burden-bearing thoughts of any sort, regardless of how "kindly" or "pious" those thoughts may be outwardly.

And so it is the Budding Individual, or rather, the stagnant, Budding Individual who indulges in burden-bearing thoughts. By so doing, he makes himself physically ill (as in back lameness). This reacts upon his mind, and he becomes negative mentally. This, in turn, retards the action of the spiritual Department of Life and shuts off the energizing forces to the social and financial departments of life. The result is a Budding Individual degenerates into a stagnant one.

The sensible thing for every Budding Individual to do is to reach the other side of the "Cuspid Marsh" as quickly as possible. Then when he has reached the solid ground of INDIVIDUALITY, he will be able to reason intelligently, for he will see everything clearly. And so for the time being, as far as YOU are concerned, just start expanding -- EXPAND Spiritually, Mentally, Physically, Socially, and Financially.

Turn to Pages 45 and 46 in your copy of "Outwitting Tomorrow" and study the "writing out" exercise. You probably have read over these pages a number of times, but did you ever use the writing out exercise? If you haven't, then you have a big surprise in store.

Sit down today (right now, if possible) and for fifteen minutes, using pen and ink (never pencil or typewriter) write down on paper all those burden-bearing thoughts you hold for others. Do this fifteen minutes every day for a week, and you will begin to realize a most remarkable change is taking place in yourself. Just the moment you begin to FEEL a change (no matter how long you have been a stagnant individual) you will know for a fact that you are again BUDDING and pressing forward to the bright shore of complete INDIVIDUALITY.

If you write every day, in a week's time you will have so acquainted your sub-conscious realm of mind with this method of eliminating negative thoughts that they will flow from your pen-point without effort. The fascination of this mode of emitting negative expression is so great you will be tempted to continue to write long after the required fifteen minutes have expired, but never, never yield to this temptation.

Although I warned you in "Outwitting Tomorrow," it is wise for me to caution you again. You must write out only that which is negative and unprofitable in your life and affairs. It is the easiest thing in the world to make a mistake and write out good things. The Black Forces would enjoy nothing so much as to ASSIST you in doing just that.

Remember, everything that is unspiritual, negative mentally, unhealthful physically, anti-social, and of a poverty-stricken nature is of the damnable Black Forces. These are the things you are to write out. Everything you put down on paper must be BAD -- something unpleasant, something you want to dispose of.

Feeling very, very sorry for people who are in miserable circumstances sometimes seems like excellent thoughtfulness. Perhaps you would be inclined to "hate yourself" if you didn't spend a little time each day feeling sorry for these unfortunate folks. Instead of being sentimental, why don't you be practical? If it is food, clothing, medical attention, or a

new automobile they need, why don't you attend to these little matters for them?

Immediately I can hear you say: "Oh, but I haven't the money."

Well, if you haven't the money, you can't do anything about these problems, so they positively cannot be yours. Therefore, stop thinking about these things. Stop sending these sick, hungry, or poverty-stricken people your damaging, sympathetic thoughts. Nothing in this world is as negative to both sender and receiver as a sentimental sympathy thought. If not for your own, at least for their sake stop this terrible practice at once.

Please understand that I am not trying to make you "hard-boiled," thoughtless, unkind, or anti-social. I simply wish to explain the fact that unless you are able to remove another person's problem directly, it is not your problem.

Under the sub-division BILLIOUSNESS (Page 39 in "Outwitting Tomorrow") you will notice that this affliction is caused by "revengeful, traitorous, mutinous" thoughts. At first glance it is rather difficult to see just how revengeful, traitorous, or mutinous thoughts would afflict the Budding Individual. Well, the truth is, they don't, but just the moment the Budding Individual begins to slow down, it is then that these terrible thoughts begin to afflict him. And the moment the Budding Individual has stopped EXPANDING -- ceased his journey across the "Cusp" -- then the most terrible forms of revengeful, traitorous, and mutinous thoughts begin to spring up in his life. At the start, they come into his life very subtly, and they are well-developed and "lusty entities" by the time the unfortunate stagnant individual is aware of the fact the he possesses them.

At first he may be quite shocked when he realizes their presence, and may attempt to fight against them. But the more he fights, the stronger and more overpowering they become until he finally succumbs to them and sinks to the place in the "Cuspian Swamp" where he is almost glad that he has these terrible "thought-entities."

Once a Budding Individual has left the masses. he never, never, NEVER can return to the masses again -- his eyes have been opened. He may stay off the path of Budding Individuality, but try as he will, he never can forget it and again become one of the mass-minded.

You have heard of Black Magicians. What is a Black Magician? A Black Magician is a White Magician who has stagnated. Once a being becomes a White Magician, he can only become a

Black Magician by stopping in his progress. He can even turn backward in the Path, but try as he will, he never can be anything else but a Magician.

The same thing applies to Individuality. A mass-minded person becomes a Budding Individual; he stagnates, but he still is a Budding Individual. If he stagnates to the extent that he takes a delight in being revengeful and traitorous to the cause of Budding Individuality, then he becomes a "Black" Individual.

Under the heading of CATARRH, you will observe this revolting affliction is psychologically brought on by "disgust, disdain, and false superiority." The temptation to yield to any one of these soul-afflictions is made very alluring to the Budding Individual by the Black Forces.

After the Budding Individual has left the masses and has progressed, very satisfactorily, a distance through the "cusp," naturally, he is delighted with the hindrances which he has overcome. He then turns around and views with pride the marvelous progress he has made since he left the masses. Immediately, he becomes disgusted with the masses. The Black Forces whisper in his ear, "See, they are nothing but swine -- unwashed and filthy. See how clean you are."

Unless the Budding Individual is forewarned, he will agree with this at once, for it is the truth. But it is not the whole truth. The truth is, once the Budding Individual was exactly the same as the mass-minded, no better, but perhaps a great deal worse. If the Budding Individual is forewarned, he will not look back.

Anywhere in the "cusp," as well as on the Heights of INDIVIDUALITY, if a person becomes inflated with his achievements, he at once is afflicted with false superiority. A Budding Individual may be very superior to everything that is behind him, but just the same, the moment he becomes "puffed up" with the thought of his superiority over others, his superiority instantly vanishes.

I realize that it is a little difficult to understand how anything as real as superiority could vanish in a moment's time, but that is a fact, once you become either a Budding Individual or a full-fledged INDIVIDUAL

Under the subtitle, DEAFNESS, (on Page 39 of your "Outwitting Tomorrow") you will note that psychologically, it is caused by "unwillingness to listen, judge and accept."

Reason, will, and the ability to judge are the three faculties of the conscious realm of mind. No one, except the true

INDIVIDUAL needs to reason, judge, and accept (or reject) more than does the Budding Individual. Nothing will stagnate a Budding Individual quicker than the refusal to listen to advice. But nothing will "ground" a Budding Individual quicker than to listen and accept without first judging the matter.

First, the Budding Individual must LISTEN; then he must JUDGE; and then if he judges the matter to be of consequence to him, he must ACCEPT it.

Immediately, I can hear objections to this statement. Some will say: "My ability to reason is very poor. If I start to reason about things, the chances are I will judge them good when they are false, will accept them, and that act will cause me to become stagnated."

You are entirely wrong about that. After you have reasoned to the limit of your reasoning ability, then act. If your reasoning has been faulty, almost the moment you act, you at once will see clearly where your reasoning was wrong. Then make the change as quickly as possible. And believe it or not, your reasoning ability will be increased a hundred-fold.

Reason, will, and judgment are the THREE great aids to the Budding Individual. Use them in everything you do, and you will constantly EXPAND into all Five Departments of Life.

If you use reason, will and judgment during your writing out exercise, you will write out all the evil things and none of the good. Of course, you are not going to write out BACKLAMENESS, but you will write out the things that cause it -- burden-bearing thoughts. You will not try to write out BILLIOUSNESS, but you will write out the cause -- revengeful, traitorous, mutinous thoughts. Certainly you will not attempt to write out CATARRH, but you will write out the cause -- disgust, disdain, and false superiority. No intelligent individual will attempt to write out DEAFNESS, but he will write out the cause -- unwillingness to listen, judge, and accept.

If you are desirous of being an INDIVIDUAL, put away the things that hold you in the "cusp" as a stagnant individual. As I have informed you repeatedly, the best way to achieve INDIVIDUALITY is for you to WRITE NEGATIVE THOUGHTS OUT. WRITE OUT EVERYTHING that retards your expansion in every Department of Life -- anything that holds you back from full-blown INDIVIDUALITY.

