

The Secret School of the Masters

—BY—
FRATER VIII^o



Monograph No. 20

THE SECRET SCHOOL OF THE MASTERS

(Monograph No. 20)

- by -

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"THE SECRET SCHOOL OF THE MASTERS"

Is an Educational and Inspirational
Course of Study, especially writ-
ten and intended for BUDDING
INDIVIDUALS everywhere.

NOTICE: Statements in this Monograph are based
on Scientific Findings, the Delineations of the
Great Pyramid of Gizeh and Prophetic Scripture.
No claim is made as to what the information ci-
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SPECIAL ATTENTION

This Monograph -- THE SECRET SCHOOL OF THE MASTERS -- is especially intended for Budding Individuals everywhere who have not, for any number of excuses, made the progress into their FIVE-FOLD EXPANSION into Life that they should and could have made.

THE SECRET SCHOOL OF THE MASTERS is not intended to tell you anything new. You already have the NINETEEN Monographs. You, therefore, possess a wealth of knowledge that no previous group of Aspirants on THE PATH has ever been so blest by having. This information is so extensive that with it, no matter what environment or condition you may be in, you will find ample opportunity to make fast EXPANSION into the Five-Fold Life.

Lack of EXPANSION into the Five Departments of Life at the present time is a most serious thing. For those of you who know what to do and how to do it, and yet do nothing about it, there is certainly nothing remaining for you but a most unpleasant future....and that is putting it very mildly.

On the other hand, for those of you who will start at once and make sincere and enthusiastic EXPANSION into Life, you will find, before very long, that you will have a burning DESIRE to travel THE PATH -- THE FIVE-FOLD PATH -- to the greater LIFE. From then on you'll be constantly climbing higher and still higher on the sun-lit trail that leads to ever-increasing joys.

You see, you asked for Exoteric and Esoteric knowledge which is not permitted the mass-minded. In the nineteen Monographs you received that for which you asked. For those of you who have applied it to your lives and affairs, even in a small way, you are to be commended. For those of you who have not applied it, this is a WARNING -- you have not kept faith with DESTINY....there is trouble ahead.

However, we feel that this Monograph -- THE SECRET SCHOOL OF THE MASTERS -- will cause you, and thousands more Budding Individuals like you, to start at once and make increasing and ever-increasing EXPANSION into the Five-Fold Life. Do this, begin at once, and your future will be a most bright and thrilling one.

THE AUTHOR

THE SECRET SCHOOL OF THE MASTERS

Part 1

You are one of a great number of Budding Individuals who have received all of the NINETEEN Monographs of this series of Exoteric and Esoteric Teachings. These NINETEEN Monographs actually contain more Master Methods, teachings, practices and information than any other set of lessons in the entire world on the EXPANSION of the Five Departments of Life -- Spiritual, Mental, Physical, Social and Financial.

This information comes to you from the four quarters of the globe. It is the Wisdom of the Ages gleaned through the millenniums -- it is the teachings of the MASTERS and INDIVIDUALS. It has been gathered together for these last perilous times, and especially for Budding Individuals who have started traveling THE UPWARD PATH since the turn of the present century. It is especially intended for Budding Individuals who have entered upon THE PATH in this decade.

This Monograph is particularly intended for getting Budding Individuals everywhere, who are marking time or making little or no progress in their Five-Fold EXPANSION into Life, interested in a real, ever-increasing EXPANSION into the GREATER LIFE.

In order to do this effectively, we shall put this Monograph, at least a part of it, in semi-narrative form. This will take this very important work of EXPANDING into Life out of the abstract and place it in the concrete where it belongs.

The narrative runs like this: In a certain city where there are more than a thousand Budding Individuals who have studied through "OUTWITTING TOMORROW" -- the FOUNDATION COURSE for all mystical teachings -- and the NINETEEN Monographs that follow it, a group of INDIVIDUALS and Budding Individuals far on THE PATH, have come to conduct an "Institute" for all the lagging Budding Individuals in that city who wish to attend.

If this group of Teachers had been Black Magicians they would have given their "School" some long, high-sounding name; would have secured pretentious quarters in which to hold meetings, and then with much in the way of "trumpets and fanfares" invited everyone -- mass-minded and all -- to come. Not so with this group who were to conduct the Institute -- they were the White Forces.

The group of Mystical Instructors engaged an auditorium that seated approximately three hundred people. They sent out invitations to the one thousand Budding Individuals. These were unpretentious invitations. About two hundred fifty Budding Individuals responded. The others weren't far enough on THE PATH to INWARDLY

KNOW that they had received a most important invitation.

It would have been easily possible for those conducting the Institute to have sent out such glowing invitations or announcements regarding the Mystery School that 95% of the Budding Individuals of that city would have attended. Not only that, but they could have conducted classes almost infinitely and charged enormous fees -- and gotten them. Of course, in the end, the Budding Individuals would have been disillusioned, and it would have taken some of them a long time before they attempted again to travel the MYSTICAL PATH. Most of them would never have lived that long.

The Black Occult Schools do this constantly. If they can't get a Budding Individual to travel actively on the Downward Path they can so disillusion him with everything Mystical that he'll not travel The Upward Path, either, which works wonderfully toward their nefarious interests.

The two hundred fifty "trainees" for the GREATER LIFE were, quite naturally, from all walks of life. There were common laboring men, white-collar workers, men and women from the middle financial brackets, and a few from the upper financial world.

Each of the group of students had some one Department of Life tremendously well EXPANDED. In some, two or three Departments would be partly EXPANDED, while at least one Department would have practically no EXPANSION at all.

A few of the Budding Individuals who attended were fairly rounded-out persons as far as the Five Departments were concerned, but their EXPANSION in all Five was not very great.

The INDIVIDUALS conducting the Institute purposely appeared no more important or imposing than does the average, well-dressed business man of forty-five.

As far as age was concerned these Instructors actually possessed the secret of entirely throwing off old age, mentally and physically, and returning to full-blossomed youth. In fact, each had done so. In order for an INDIVIDUAL to become a MASTER, and these men were MASTERS, they had to successfully pass the test of becoming youthful again, so youthful in fact that no one would suspect that they were any more in their early twenties. This in itself is no great feat, neither is it considered in itself much of a TEST. The real test comes when the INDIVIDUAL aspiring for MASTERSHIP and all of the privileges that go with such a high calling, must go out and mingle with the mass-minded world for a season.

You can understand what a temptation it would be for a man

past seventy, eighty or even ninety to become a brilliant youth in appearance. It would mean that every woman, young, old, rich, poor, attractive and otherwise would "set her cap" for him.

The same test applies to women. Every woman who has passed from Budding Individuality to INDIVIDUALITY must subject herself to the return-to-youth test and successfully pass it before she can become a genuine MASTER.

The three men -- Mr. Grayson, Mr. Brown (Frater Xavier), and Dr. Newman -- conducting the Institute for lagging Budding Individuals, had each passed the return-to-youth test very successfully. Like all others who have passed the test they agreed that full-blossomed youth is a tremendous thing to return to, but it can be a tremendous handicap when dealing with the mass-minded, or with Budding Individuals only a little distance on THE PATH.

One would think it a tremendous inspiration to a Budding Individual to be addressed by a man or woman that appeared to be in their early twenties but who was actually in their late seventies or eighties. One would think it would be a tremendous inspiration for Budding Individuals to do likewise, but such is not the case. All they want to know is: "How can I become young again, (so I can have another fling at riotous youth)?"

We have indicated that the return to youth is one of the tests that an INDIVIDUAL must successfully pass in order to become a MASTER. A somewhat similar test is required of Budding Individuals who are about ready to become INDIVIDUALS. They, too, must show that they are capable of mastering old age. This is not too hard to do. Once a Budding Individual ceases his loitering on THE PATH and begins enthusiastically to make progress in each of his Five Departments of Life he at once ceases doing many of the things that bring on old age. In a little while, if he is beyond middle life, he begins to look and feel much younger. Then as the Budding Individual actually begins to perform NEW AGE practices, he further finds old age gradually slipping away, and in its place a delightful feeling of renewed youth begins to manifest itself. Just the thrill of feeling younger seems to remold one's appearance into a more youthful countenance.

It is not uncommon among men and women who are well along in life when they begin to TRAVEL THE PATH ardently, to drop from twenty to thirty years off their appearance in that many months' time. These, of course, are the Budding Individuals who, once they start on THE PATH, waste no time. These people require no instructions in an "Institute" to interest them in EXPANDING into Life. They saw the opportunity; they had the necessary information (as given in the NINETEEN Monographs), and proceeded to apply it with fervor and enthusiasm.

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THE SECRET OF APPLYING THE SECRETS YOU KNOW

Part 2

The first study class for the some-250-loitering Budding Individuals began. One of the MASTERS, none other than the illustrious Dr. Newman, conducted the first evening class.

Dr. Newman began by saying: "This evening we shall begin our lessons by first reviewing some of the highlights found in 'OUTWITTING TOMORROW'.

"'OUTWITTING TOMORROW' is, as you know, the FOUNDATION COURSE to all Mystical and Occult study. No matter what school of philosophy you have studied in times past, the information you have gleaned there is of little or no consequence unless you have mastered the principles found in this unusual, unique and invaluable course -- 'OUTWITTING TOMORROW'.

"This superlative course contains information that can be had from no other single source in the entire world. Nowhere in the writings of man, past or present, do we find Life and everything associated with it made so plain and simple as we do in this one priceless book.

"In 'OUTWITTING TOMORROW' you are informed that there are FIVE Departments of Life, and that is all there are. In what other book, course, or study do you find all of these FIVE Departments plainly and simply listed? You'll not find them in any other. Each of you please turn to page 33. Here are the FIVE Departments -- Spiritual, Mental, Physical, Social and Financial.

"They are represented by the FIVE points of a star. Each Department of Life joins two others at the side, yet in the center of the star they are all joined together -- all UNITED.

"On the next page (page 34) it is shown how each one of the Five Departments of Life is often EXPANDED at the expense of all the others. On page 35 we see the true beginning of a Budding Individual. Here you will note that while the points of the star are by no means filled out, yet each of the Five Departments of Life are evenly EXPANDED. This means that the person is well balanced, that he is beginning to become a success in everything he thinks or does. Before long he will have a fully EXPANDED Star of Life, as illustrated on the next page.

"Now note the Star with the elongated points. This is the Star of the INDIVIDUAL. He has gone beyond the usual EXPANSION into the Five-Fold Life. Please understand that there is no limit to the extending of the points of one's Star of Life. The Great MASTERS have extended theirs to such an extent that each point of

their Star of Life would extend out, so to speak, into Infinity.

"Now let us turn to page 38. Here we have a diagram of the Conscious, Sub-Conscious and the Super-Conscious Realms of Mind, as to their relations to each other.

"Each of us have but ONE mind. Certain metaphysical teachers have informed you that you have 'three minds'. This is NOT true. You have ONE mind, but it functions in three realms.

"The Conscious Realm of Mind has three functions -- Reason, Judgment, and Will.

"The Sub-Conscious Realm has nine functions. These we shall take up a little later. Let me say right here that Memory is the first and most important of the nine mental functions.

"The Super-Conscious Realm of Mind is of tremendous importance to every Budding Individual who is desirous of making rapid progress on THE PATH. The Super-Conscious Realm and the Spiritual Department of Life are one and the same. It is through this Realm of Mind that man is able to contact the Spiritual, and be guided by it.

"On page 39 of your 'OUTWITTING TOMORROW', you will find a most unusual 'table'. It is called 'Physiological Afflictions and their Psychological Origin'.

"Now I am going to state a truth that will startle most of you: Every physical affliction, regardless of what it is -- pain, disease, flesh wounds, or broken bones -- is caused by your Sub-Conscious Realm of Mind.

"Here is something that you should know about your Sub-Consciousness: It is forever trying to please you; and you should also know this, the Sub-Conscious cannot feel pain. It feels your pain as a thrilling sensation, not as an unpleasant one. For this reason, when it causes you to become ill, and you are filled with agony, the Sub-Conscious 'thinks' that it has done you a great favor -- it feels that you are experiencing a most delightful sensation. The Sub-Conscious, remember, has no Reason or Judgment.

"The Sub-Conscious is not entirely confined to your brain and body. Fact of the matter is, one part of it can leave your body and go from a few feet to thousands of miles away from you. In this way it is able to arrange a 'nice' accident for you, an accident that may break bones, lacerate flesh, and land you in a hospital for months, all of the time in great pain.

"The Sub-Conscious will then be in a constant state of great

ecstasy over the thrill it 'thinks' you are receiving from the 'great favor' -- accident -- it so carefully arranged for you.

"Actually, every physical affliction, and this regardless of whether it is Psychological or Physiological in origin, has been brought about by the wrong use of either your Conscious or Sub-Conscious Realm of Mind. All accidents are brought about by the Sub-Conscious. You have heard the phrase 'accident prone'. People who are accident prone are forever having accidents, and these are not careless, indifferent people either. They are simply ones cursed with an over-active Sub-Consciousness that is doing everything it can to give them a 'thrill'.

"Life and accident insurance companies were the first to discover the fact that some people are accident proners. Once the insurance companies discover an accident prone person they will not insure him. If they did it would mean that the insurance rates would have to be greatly increased on people who have no accidents, or only only once in a great while.

"In a little while we will discuss how to write out phobias and complexes; we will then explain how you can write out other damnable Sub-Conscious afflictions, including accident proneness.

"Now, please turn to page 43 in your 'OUTWITTING TOMORROW'. Here we have 'THE SECRET OF SILENCE'. In looking over this fine group of Budding Individuals, even though you are not too far on THE PATH, I see any number of you who have not put to use the Secret of Silence. I mean by that, that you are not Silent about the wonderful changes you are planning to make in yourself.

"Remember, if you so much as mention to one person the EXPANSION you are planning in any Department of Life, you at once begin to lose desire for doing the wonderful thing. Always remember, talking about what you desire to do is the same as doing it.

"Thousands of times unsuccessful men have said to me: 'I do not believe it is right to keep secrets from my wife, therefore isn't it alright for me to tell my wife about the plans I am making, or about the things I desire to do'?

"The answer is 'NO'. You can't tell a single soul and retain your desire for doing great things. Of course, where two or more people are engaging in a new undertaking it is necessary to discuss the matter, and to have a thorough understanding of it, but once all of the details are worked out and a contract drawn up, no enthusiasm should be wasted by talking about what a successful undertaking it will be, or how much money each expects to make out of the venture."

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ALL SUCCESS IS BASED ON SECRETS

Part 3

Dr. Newman continued his discussion after pausing to clear up some statements he had made that were not entirely clear to all of the Budding Individuals present.

"Now," said he, "please turn to page 45 of your 'OUTWITTING TOMORROW', and there you will find the SECRET OF MASTER SECRETS. It is called 'The Writing-Out Exercise'.

"All great secrets are simple. That is why it is so easy to keep great secrets away from the mass-minded. The mass-minded labor under the delusion that anything worth while must be tremendously profound. The reason a secret or anything else is great is due entirely to the fact that it is simple.

"'The Writing-Out Exercise' is extremely simple, and it is for the purpose of writing out everything in your life and affairs that is not Positive and Constructive.

"A few minutes ago I was speaking of accident-prone people. If you happen to be one of those unfortunate souls, you can write out your accident-prone complex with the greatest of ease. All you have to do is to take paper, pen and ink and start jotting down, as fast as you conveniently write, all the miserable things that your Accident-prone complex brings upon you.

"You can not only write out all of your complexes, but your phobias, regardless of what they are, as well.

"You can write out poverty, ill health, fuzziness of mind, and a thousand and one other afflictions.

"This is important! First select your worst 'curse', then write it out 15 minutes each day until it no longer bothers you. Only write out one affliction, complex, phobia, etc., etc., at a time. When that one has been so reduced in potency that it no longer bothers you, then go on to the next worse one.

"At first it may require as much as two or three months to write out a single, serious affliction such as accident proneness, or a casualty syndrome. However, after you have written out your first serious affliction, you will find that the others can be dissipated in much shorter time. Again remember, only work on one affliction at a time, and it is best not to run over 15 minutes per day in your Writing-Out Exercise to start with.

"After you become more proficient in letting your phobias, complexes, fear and afflictions flow out through your pen you

can increase the time to 20 minutes per day, then to 25, and finally to 30, but never any longer. Again remember only write on one thing at a time, and only once each day.

"Now let us turn to page 59 of 'OUTWITTING TOMORROW'. Here are FIFTEEN important points, suggestions or statements.

"The first one you know. The only suggestion I shall make regarding it is to VISUALIZE a perfect star (see page 33), and be able to KNOW instantly whenever you see a five-pointed star which Department of Life each point represents. It is very important, anywhere on THE PATH, to know the position of each Department of Life, as to its importance.

"In the second statement you find the three secrets to great success in a Five-Fold Life. They are zeal, fervor and enthusiasm. A friend of mine wrote ZFE on a card and placed it where she would see it often. Every time she saw it she would redouble her zeal, fervor and enthusiasm, not only for the thing she was doing at the moment, but also her enthusiasm for the Greater Life.

"Dozens of people asked her ~~what~~ 'ZFE' meant. 'It's a great secret', she would reply. 'I can't tell you'. This caused her zeal, fervor and enthusiasm each time to greatly EXPAND. If she had so much as told one person it would have taken days for her to replace and replenish her ardor.

"We have already discussed the third point -- 'The Secret of Silence'. In number four we know how to write out or talk out anything that is unwanted. Talking a thing out is good, providing you can get some poor, unsuspecting soul to listen to you. No. You can't 'talk to yourself' and talk out an affliction. In order effectively to talk out anything of a negative nature you must be CONSCIOUS of someone listening.

"Let me call your attention to paragraph seven -- constantly living in a STATE OF EXPECTANCY. You must cultivate this state of mind to such an extent that when the good things come, you'll not be at all surprised, but you will be exceedingly thankful.

"In paragraph thirteen we are to eliminate from our minds all fear, hatred, revenge, jealousy, bigotry, etc., etc. These cannot be carried over from the old you to the NEW YOU that you are now becoming. However, we must not become negative regarding these negatives. We must never be so naive -- stupid -- as to say they don't exist. They do exist. They exist in people all about us, and if we say they do not exist we are throwing ourselves wide open for their entrance into our lives and affairs.

"Paragraph fourteen correctly states that LOVE IS THE GREATEST THING IN THE WORLD. Love, remember, is in the Sub-Conscious

Realm of Mind, that division of our Mind that has no reason and no judgment. Love, therefore, must be constantly guided and guarded by reason, judgment and will, otherwise we will become so negative that we will constantly be the victim of this sentimental emotion. Love is the greatest thing in the world, ONLY when it is guided, guarded, and at times restrained.

"I like paragraph fifteen -- 'Always remember to work with the "construction gang" and never with the "wrecking crew".'

"The 'construction gang' is, as you know, everything that is good and positive. It especially means working with the White Forces. It is not hard to work with the White Forces, for a long time before you ever knew that there was such an INFALLIBLE ORGANIZATION they were working with you. They are still working with you, and the more you work with them the greater will be your EXPANSION into Life. Their only interest at this time is to see you progress, and to assist you in becoming the wonderful being you were, even before birth, destined to be.

"Also here on page 59 of your 'OUTWITTING TOMORROW' is the symbol of every Budding Individual. You will notice that it is made up of the Five-Pointed Star, representing the Five Departments of Life, the Circle which is the mystical sign for silence -- silence about that which you are attempting to accomplish -- and the Triangle, which stand for Zeal, Fervor and Enthusiasm.

"Let me say here, the Circle also has another meaning. It means ETERNAL LIFE -- ever-increasing ETERNAL LIFE to Budding Individuals. Of course to the mass-minded the circle means the 'wheel of misfortune'. It acts as a grindstone, grinding them down to the condition where they no longer can tolerate their miserable existence. When this takes place, the White Forces are then able to interest them in 'turning West' -- becoming Budding Individuals -- and to travel THE PATH.

"The reason most of you are here tonight is due to the fact that the 'grindstone' has so ground you down that you are anxious to find a way of being relieved of your miseries. If you weren't miserable, or miserable enough, you would not have attended this series of lectures. Let me hasten to inform you that if you start moving forward, beginning right now, it will not be very long until your 'grindstone' will become a golden circle of ever-EXPANDING Life.

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THE BALANCED BREATH OF THE MASTERS

Part 4

After a short recess Dr. Newman continued with his discussion of highlights from several Monographs.

"We will now," he commenced, "point out a few very important practices in your Monograph 'SUPERCHARGED MINDS'. This course, like 'OUTWITTING TOMORROW', is filled from cover to cover with NEW AGE practices. 'Life Begins in Three Breaths' can undo in a very short time the terrible afflictions you have cast upon both brain and body through the years of your ignorance of the vital things of life.

"Chapter 3, 'The Complex Former' is a practice for building into your Sub-Conscious Realm of Mind good complexes. When you write out an evil complex the place it occupied in your Sub-Conscious should be filled with a Positive complex, one that is the exact opposite in nature -- if at all possible -- to the one you are disposing of. This is a wonderful practice. It is only recently that the practice was permitted publication in print.

"The most important chapter in this Monograph is, however, Number 4, 'The Lion and the Lamb Breaths -- Which?' Here you are instructed as to the importance of right and left nostril breathing.

"As you know, each normal person breathes first through one nostril for a given length of time, then breathes through the -- other nostril for the same length of time. This is called balanced breathing, or the balanced breath.

"Most normal Budding Individuals breathe through one nostril for about one hour, then through the other nostril for an hour, then back to the first one again. In other words, their breathing cycle is one hour long. Other Budding Individuals have a longer breathing cycle. It may be two hours through one nostril and then two hours through the other. Some only change every three hours, others every four. It make no difference how long you breathe through a nostril so long as you breathe through the other one the same length of time. By the same length of time, -I mean within five minutes of the same length of time. It is permissible to breathe just a little longer through the Right or Lion nostril than through the Left or Lamb nostril. It makes us just a little more Positive, and each of us these days needs a little extra positiveness, even though equal nostril breathing in itself makes us very positive.

"Any more positiveness than that, however, makes us erratic, will warp our good judgment, and make our reasoning or judging

faculties so faulty that we will be in error about everything.

"On the other hand, too much Left, or Lamb Nostril breathing makes us negative in all Five Departments of Life. This causes us to be uncertain of ourselves Mentally, brings about weakness in body, makes people want to run over us socially, causes us to despise material gain, and in the Spiritual Department it makes us very sanctimonious -- nauseatingly sanctimonious.

"One thing more, that I know will interest you. When you get further along on THE PATH your Breath cycles will increase from what they are now to twice that length, then twice that. They'll continue to increase until you will have but two Breath Cycles in 24 hours, each 12 hours long. All during the day you will breathe through the Left or Lamb nostril -- this is also called the Moon Breath. Then for twelve hours at night -- 6 p.m. to 6 a.m. -- you will breathe through the Lion or Sun Nostril.

"This is why the Budding Individuals who are far on THE PATH, the INDIVIDUALS and THE MASTERS, are always cool in the day time, physically, and are warm and comfortable during the night.

"Now, for one more thing in 'SUPERCHARGED MINDS'. Every Budding Individual must increase -- EXPAND -- his mind, his Mental Department of Life, in order to travel rapidly on THE PATH. On page 22 under the heading of 'Memory Magic' you are given invaluable information on how to do just this. Memory is something that each of you must start increasing at once. It will help you greatly in escaping from the old dispensation that is soon to crash down, AROUND, each of us. It will help you to enter the New Dispensation with the least amount of unpleasantness.

"The next Monograph in this series is 'THE GARDEN OF ALLAH'. Of the several exceptionally fine chapters regarding your EXPANSION into Life the third one, 'The Mystery of the Spiritual Prototype' is very important. While I'll have to admit you are a fine looking audience, nevertheless none of you even remotely approach your DIVINE PATTERN in Physical appearance.

"In this chapter you are shown how to begin reshaping your body, by the use of the Mind; how to start becoming the wonderful person Physically you will eventually be. You can greatly speed up this youthifying process if you begin this wonderful undertaking now.

"Here is a little warning. The world is 'full' of Black Masters -- men and women who got just so far on THE UPWARD PATH then backslid onto the Lower Path. These Black Masters on the Downward Path take great delight in showing a Budding Individual his Spiritual Prototype. This can be done -- the Black Master know how to do this. Once a Budding Individual is allowed to view his PROTOTYPE,

actually see the being he was destined to be, he is so thrilled about it that he can think of nothing else. Then, after a little while, the Black Master will inform him how long it will be before he can attain to his PROTOTYPE and remain that way. This time, of course, they set for milleniums in the future, 'after many, many reincarnations'. The statement is a down-right lie. A lie to so discourage the Budding Individual that he will no longer attempt to improve the Physical Department of Life, and in that way remain stagnant on THE UPWARD PATH, or perhaps decide to travel the Lower Path.

"The truth of the matter is, if each of you, and this goes for Budding Individuals everywhere, will consistently EXPAND each of your Five Departments of Life, beginning right now, you are going to so increase your life span that you'll attain to the size, shape and beautiful form of your Spiritual Prototype while yet in this Physical Embodiment. The Millenium is actually much nearer than 2,000 A. D., through the 'shortening of time'. There is every reason to believe that any and all of you here, if you will start at once becoming younger Mentally and Physically, will experience the joy of entering the Millenium in the flesh. Not in this old, dying, decrepit body you now have, but the one you will have a little later on if you start building it now.

"Remember this: Every seven years we completely dispose of an old body and build in an entirely new one. I have disposed of so many old bodies in my life time that I have lost count.

"On page 18 of your 'GARDEN OF ALLAH' there is a whole chapter on BUDDING INDIVIDUALITY. This is invaluable information. Until you understand Budding Individuality thoroughly, you can't make the progress that you should toward INDIVIDUALITY and MASTER-SHIP.

"Your next Monograph is 'SUPER-CHARGED LIFE'. It contains most valuable material. There are chapters on 'Monotony', 'The Stream of Life'. 'The Substance of Miracles', and 'Leading the Double Life'.

"Monotony is one of the most damnable things with which a Budding Individual can be cursed. Nothing keeps him so stagnant on THE PATH as monotony. In this Monograph you are taught how to quickly overcome monotony and speed rapidly in your way to the thrilling Life. Let me say right here that any Budding Individual who is cursed these days with Monotony isn't very far on THE PATH. These are the most interesting days of all history, and this regardless of what we are doing at the moment."

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SHORT-CUTS TO THE THRILLING FUTURE

Part 5

"And now," continued Dr. Newman, "let us see what our next Monograph -- 'SPECIAL PRIVILEGES' -- has for us.

"The first chapter is entitled 'Vril'. 'Vril' is, as you know, a discovery of the Chinese 3,000 years ago. I have been informed that 'Vril' was also known to the race of beings that inhabited the earth long before the Adamic race came upon the scene.

"'Vril' is nothing more than a contraction of the word 'virile'. In this case we mean young, positive, ever-increasing physical and mental life. Here in 'SPECIAL PRIVILEGES' you are actually informed how to make 'Vril'. A pan, some sand and water, and you are ready to sprout an abundance of life-giving 'Vril'. In the warmer climates it is necessary to add just a little disinfectant to the water to prevent molding. A little iodine --one drop to the pint, or a small amount of 'purex', 'clorox' 'sani-bleach', or any other disinfectant or bleach will serve perfectly. Only add a small amount, just enough to prevent molding. These chemicals are not poisonous. After all, you are only going to eat the sprouts, not drink the disinfected water.

"'Acting Your Way to Success' is a practice that really makes a different person out of you, and just as soon as you start becoming a different person you find that you are called to a new and brighter environment. Don't ask me how this is done, it will be different in its way for each of you. Remember this, changes in your life and affairs these days can be amazingly quick. I know of a Budding Individual who had worked thirty years in one establishment in an eastern city; he expected to remain there the rest of his life. One week later he found himself fully established in an entirely new line of work in a Pacific Coast city at three times his former salary.

"Chapter three, of 'SPECIAL PRIVILEGES', is 'Magic Door'. If you desire a change from present life's routine here is how you can start making it. 'Magic Door' helps you to quickly free yourself from your present environment, makes it possible for you to be worthy of a more thrilling one.

"'Mind Over Pain', lesson four, is a practice that each of you should begin at once. Each of you wish to be of the greatest possible assistance to mass-minded relatives and friends when the 'going' for the mass-minded really gets tough. You'll want to demonstrate to them that you can DEMONSTRATE OVER PAIN, that you can light-heartedly 'suffer' their pains without the slightest discomfort. Do this, and you'll be able to do more good in awakening the masses than preaching a thousand sermons.

"'This is Your Last Embodiment' is a tremendously important chapter. No matter how much you may believe in reincarnation, do you know, if you die now or in the next fifty years you can't possibly reincarnate again for a thousand years, which would be in the next Millenium, at the very end? Therefore, forget all about reincarnation. Forget about putting off your EXPANSION into Life for another 're-embodiment'. Take the attitude that this is the last time you are going to inhabit a flesh-and-blood body, and that if you do not take advantage of the tremendous opportunities offered you now that they will never be offered again, and this is the truth. Yes. THIS IS YOUR LAST EMBODIMENT!

"No matter how deplorable a condition you may be in Physically at the present moment, don't give up. Remember, miracles are taking place every day among Budding Individuals that EXPAND each of the Five Departments of Life as fast as they are able. If the Physical Department seems to be all but lost don't give up, the EXPANDING of the other four Departments will lead you to the miracle that will restore the Physical.

"As I said before, there is a shortening of time, everyone of you here, if you do the right thing by yourselves and others, can enter the Millenium. There isn't a Budding Individual among you that is anywhere near as old as I am, and I, I can assure you, fully expect to enter the Millenium in a flesh-and-blood body. No. It will not be this particular physical body, it will be a new one. Like you, I, too, am changing my old body for a completely new one every seven years.

"Our next Monograph," continued the Doctor, "is 'ESCAPE INTO LIFE'. I see that a great deal of it is about me. For modesty's sake I am not going to make comment on this particular Monograph other than to call your attention to the 'Resume' in the back of the Monograph, which contains a wealth of Mystical information for you, and it is in the shortest possible form.

"Time is short in this old dispensation. For this reason each of you must use every possible short-cut to a rejuvenation of mind and body. I put the rejuvenation of the mind ahead of the body in importance, because you can't rejuvenate an old, tired, sickly, decrepit, sere-and-yellow body as long as you have just such a mind. Remember, your body is a reflection of your mind. Youthify the Mind, and the body starts to make the same changes. Of course, the body is of a much more material substance than is the Mind. It can't make changes nearly so fast. But changes in the body and brain, especially in the latter, do start taking place within less than twenty-four hours after you have made a Positive change in the Mind.

"Zeal, fervor, and enthusiasm, and ardent desire are the forces that make thrilling changes in Mind and Body. No one except

Budding Individuals can put to use these tremendous forces.... none of the masses can possibly do this, because they think they haven't a thing to live for.

"Now let us proceed to the next Monograph -- 'STRANGE FORCES THAT HEAL'. There is nothing really strange about them," commented Dr. Newman, "other than that these forces or methods are so little used in the Western World; that is the strange part.

"I realize that it would seem terribly 'unethical' for any medico to prescribe carrot juice, and calcium 'extracted' from the shell of an egg, to treat such a dread affliction as tuberculosis. In the second place, any doctor who would prescribe such things wouldn't remain on a case very long -- the afflicted patient would discharge him and engage another doctor, a doctor who would treat the case more 'scientifically'.

"Please understand that I have no quarrel with any physician who uses so-called modern methods of treating tuberculosis, and I do not intimate that the patient is at all foolish for engaging a physician who is versed in the most modern methods for treating the affliction. However, we are not of the mass-minded, and so if any of you wish to supplement the treatment that your physician prescribes with the juice of carrots, and with 'lemon-egg', I will highly compliment you.

"There is but one difficulty in effecting a healing in that way. The healing may take place in a very short time if the case is not a severe one, and the physician will labor under the delusion that it was his particular form of treatment that effected the cure. And then, when the same splendid results are not forthcoming on a similar case that did not have the supplementary treatment of carrot juice and calcium, he can't understand it, and comes to the erroneous conclusion that every case is different. Of course, every case is different, but not that different.

"Part four of 'STRANGE FORCES THAT HEAL' contains a very wonderful treatment for certain afflictions. It is, let us say, a scientific form of 'laying on of hands', to cause the afflicted to recover. It is only intended for you Budding Individuals to use, although any one can apply it with excellent results if he does it correctly. No one applying it, however, will get excellent results unless his Breath Cycle -- 'Lion and the Lamb Breath' -- is normal, that is, of equal length. I realize that this sounds strange, but it is a matter of Magnetism, and a person who does not have a normal Breath Cycle is not overly blessed with Magnetism."

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SECRETS OF EVERGREEN YOUTH

Part 6

This was class night again of THE SECRET SCHOOL OF THE MASTERS. Dr. Newman had taught the previous classes. This evening Mr. Brown -- Frater Xavier -- was the instructor.

"It gives me great pleasure," he commenced, "to say a few words to you Budding Individuals. I know what it means to be a Budding Individual because it wasn't so many years ago that I started on THE UPWARD PATH myself. Due to the fact that I was well along in years, my health in a deplorable condition, worse than I had any idea it was, and my mind just about as immobile as a piece of lead, I at once realized that if I was going to accomplish anything for myself in this life I certainly would have to make haste. I literally didn't have a moment to lose.

"When I fully began to realize with the little conscious mind I had remaining that mental darkness was beginning to encompass me on every side, and that even if I did remain in the flesh a few years longer that I wouldn't be conscious of it, I can truthfully inform you that it so frightened me that it actually awakened some of my long-dormant brain cells, and I determined to do something very drastic about it.

"I had in times past been interested in self-improvement, and so I had come into possession of the information found in 'OUTWITTING TOMORROW' and 'SUPERCHARGED MINDS'. With this invaluable information I began to practice with great determination. And then, joy of joys, I began to see a little improvement in my poor, old, tired-out mind.

"I also knew something about food and diet and started putting that information to use. Right away, in less than a month's time, my body began to take on a little youthfulness. Even a little youthfulness meant a great deal to me. It had been so long ago since I had experienced a feeling of well-being in the body, that the thrill of it was almost a shock.

"The diet wasn't much of a diet. All I did at first was to eat less food, and masticate it to a liquid. Gradually I began to lose excess weight. Eventually, over a period of two years I lost about fifty pounds, in the next two years I lost thirty-five more, which brought me down to normal weight. Every pound I lost in the first two years caused me to be lighter on my feet, so when I had lost the fifty pounds I felt as young as a spring lamb.

"It was about that time that I began to acquire more information regarding the Five-Fold Life. It was the same information that you've had in the Monographs for a long time.

"As I received information I put it to use, and by the end of five years, I had really made remarkable strides in EXPANDING each of the Five Departments of Life. I realize that for you younger men and women the EXPANSIONS I made would not seem very impressive but you must remember that I was a very old man, and only had a shred in each of the Five Departments of Life to build on. Fortunately I had the desire to EXPAND, and that carried me through, but even at that I had to INCREASE my desire from time to time.

"Let me tell you how I did it. Whenever I began to lag in desire, I would let the air out of my lungs, and as I desired air, so I would think to myself that this was a desire for the things I wanted. In a little while I could, in this way, work up a wonderful desire for the right things. And once I got under way, zeal, fervor and enthusiasm came to my aid and then real progress was made. Well, that is enough about me. Now for the evening's lessons.

"In your Monograph, 'SECRET SCIENCE OF LIFE', there are many wonderful suggestions. The one I want to point out to you is the 'Elixer of Life -- Single and Double Strength'. This you will find on page 5. As I was making my return to health and youth I used both of them to wonderful advantage. There is something highly occult or mystical about them, therefore you that need them, start as soon as convenient and put this wonderful life-giving food to use.

"Next, I will suggest that you turn to page 15 in this Monograph. There, under the title of 'Evergreen Youth', you'll find information that the Budding Individuals who are some distance on THE PATH use constantly, and not only the Budding Individuals, but the INDIVIDUALS, and MASTERS as well.

"Each of you has a literal FOUNTAIN OF YOUTH within you. All you have to do is to use it. This FOUNTAIN OF YOUTH never dries up, never ceases flowing, but the older you get the less it flows, and so your return to Life is naturally slower when you become sixty, seventy or eighty than it would be if you started to use the FOUNTAIN OF YOUTH at fifty, forty, or thirty.

"Time in the old dispensation is so short that unless you start your work of youthification at once you are not going to have time to complete the task before the NEW ORDER OF THINGS is fully upon you ... and you'll have the sickening experience of not being ready for the most wonderful change in Life.

"Now let us discuss the next Monograph -- 'INVISIBLE DICTATOR'. It contains some of the most valuable and unusual occult information that has ever been put into print for Novices.

"In this Monograph you learn about time. Time, to you newer

Budding Individuals, seems very real, in fact just the thought of the passing of time has been making all of you very old. Once you cause time to stand still, as far as your Mental and Physical ages are concerned, you'll certainly not get any older. That is, if you are not doing anything in the other Departments of Life to cause you to age.

"I am confident that you will agree with me that one of the principal secrets of living an EVERGREEN YOUTH Life is to stop the inroads of time in the Mental and Physical Departments. The moment you begin to grow younger, you have actually caused time to 'march backward' in your Physical and Mental Departments of Life. Time doesn't affect the Social, Financial or Spiritual Departments adversely whether it is moving forward or backward.

"Only since 1942 has it been permissible to openly teach Budding Individuals about the 'INVISIBLE DICTATOR'. Nowhere in the past, to the best of my knowledge, has this amazing wealth of mystical and occult knowledge been revealed to any but Budding Individuals far on THE PATH, and then only by word of mouth.

"And now, ladies and gentlemen," remarked Mr. Brown, "I want to introduce to you another speaker. Although you have never seen him you all know him. With his aid and experience two very, very important Monographs -- 'THE WHITE FORCES REVEALED', and 'THIS IS THE LIFE' -- were written, He is none other than our young friend, Bob Workman."

The audience had no idea that they were actually going to meet Bob Workman. They were so surprised that it took them quite a few minutes to regain their equilibrium, then they welcomed Bob with much applauding.

After a few appropriate remarks, Bob began his discourse: "I feel," he said, "that the information given in 'THE WHITE FORCES REVEALED' is of tremendous importance, not because I had anything to do with its being put into a manuscript, but because it gives a Budding Individual very real and practical information about the Other World, and its direct influence upon this one.

"Not only this, it gives you the reason for the Evil or Black Forces coming into existence, and why they are permitted to continue their existence.

"The White Forces, it should be remembered, are with us constantly. The fact of the matter is, each of us has a Guardian Angel constantly protecting us from the evil Black Forces, protecting us to the extent that we are free at all times to choose good or to choose evil, to travel on THE UPWARD PATH, or to travel the Downward Path. Remember, this FREE WILL that has been given every human being, is our greatest inherent right and privilege.

"Due to the fact that we are right in the end of time -- in the end of the old dispensation -- if we choose to travel THE UPWARD PATH we are given great assistance. This doesn't mean that we won't have to travel every step of the way ourselves, but we are given sufficient assistance to make the UPWARD JOURNEY more quickly and surely.

"Even though we do not consciously contact the White Forces in our waking state, they are about us constantly, not always for the purpose of protecting us from the Evil Forces, but for the purpose of inspiring us to EXPAND into a greater and still Greater Five-Fold Life.

"Certain members of the White Forces are highly proficient in assisting us to EXPAND Mentally. Others, although never having possessed a flesh-and-blood body, know the quickest and best way for us to regain and retain good health. You may think this amusing, but every youngster with a pair of barbells who is attempting to build up his physical body, is actually inspired to continue by certain of the Angels -- the White Forces.

"There are those who help us to become more EXPANDED Socially, and, strange as it may seem, since there is no money in the Other World, assist us in EXPANDING Financially.

"Each member of the White Forces that contacts us is anxious, or rather desirous, of seeing us INCREASE Spiritually. In this way we are drawn closer to Them, and they can be of much greater assistance to us, and incidentally, we to them.

"In 'THIS IS THE LIFE' I have told you considerable of the conditions of the HIGHER OTHER WORLD. That WORLD is so much more beautiful than this one, that I have purposely not brought back too many memories of it, although like most of you who are able to do so, I visit it every night after going to sleep.

"Before very long, I can assure you, if you start your EXPANSION into the Spiritual Department of Life and keep increasing it along with the other Departments, you will be going there, and returning each morning with just enough remembrance of the Higher Other World to make your day a most joyous one. This will cause you to apply fully the Secret of Evergreen Youth."

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THE MAGIC OF THE MAGI IS YOURS

Part 7

After Bob Workman had spoken to the audience, Mr. Brown then introduced Mr. Grayson. Mr. Grayson spoke of a number of interesting things that had caused him to become a Budding Individual, and how he had continued on from there. He made mention of a number of men and women he had known who had gone on from Budding Individuality to INDIVIDUALITY, with no more mystical knowledge than that possessed by his listeners. The only difference, he tactfully informed his audience, was that these, now INDIVIDUALS, once they began to know about the 'mysteries', started to employ them for their Five-Fold EXPANSION into a Greater Life.

Immediately following this talk he spoke briefly on the two remaining Monographs of the Set of Twelve.

"This evening," began Mr. Grayson, "let us take for a brief discussion, the Monograph entitled 'OTHER SELF'. This is most unusual information and is especially valuable as you begin to travel THE UPWARD PATH with greater speed.

"One of the first things that you are aware of after you are some distance on THE PATH is that you have TWO selves. A Greater Self and a little self. The farther on THE PATH you go the greater becomes the Greater Self and, of course, the smaller and more dwarfed becomes the little self. In this very valuable Monograph you are taught how to rid yourself of the little self so that you are no longer retarded by it in rapidly EXPANDING into Life.

"The information regarding the 'Casualty-Syndrome Self' is information that you are not going to find in any other single book. This is important information. It tells you how to tell whether or not one of the little selves is attempting to cause you to have an accident, so that in some way or other 'it' -- the little self -- will be benefitted.

"You know exactly how to write out a phobia or complex. Let me inform you that whenever you have any difficulty with the little self, and this regardless of what it is, the thing to do is to begin immediately and write out the thing or things 'it' desires you to do, or perhaps is preventing you from doing the wonderful things for yourself that your Greater Self has long planned for you. This, of course, as I indicated before, would completely annihilate the little self.

"Now let us turn to the Monograph entitled 'RE-CREATION'. In the first place it has a great deal of prophetic information which pertains to these very days we are living in. Next, every step of the way from mass-mindedness to Budding Individuality, then on to

INDIVIDUALITY and to MASTERSHIP is plainly charted with a number of line drawings.

"THE MASTER RE-CREATION CHART" is found on page 23. Here is something that will mean much to you as you get just a little bit further on THE PATH. At the present moment the 'square, compass, and trowel' mean positively nothing to you, but once you begin to enthusiastically EXPAND into the New Life, then you'll begin to realize that these are the 'implements of the Master Architect'. One day you will use them skillfully, and then when you look back upon this, your present existence, you'll wonder how you could have endured such stagnation and misery so long. You'll be amazed at why you didn't travel THE PATH to the New, Thrilling Life the very moment you first heard of it.

"Now, before the storm of universal chaos begins, is the time for you to make your start into the Greater Life. If you will start now I can assure you you'll make wonderful strides. On the other hand if, for any reason, you are not interested, and you do not put forth any effort to become that Great and Wonderful Person you were destined to be, then just go your way. It will not be for long. Destiny will take a hand in the matter. Not only Destiny, but the mass-minded, will also take a hand. Especially when they find that all along you knew the WAY OUT OF THE COMING CHAOS, before it arrived, and that if you had TRAVELLED THE PATH even a short distance you could have been instrumental in causing them to 'turn West' and travel THE UPWARD PATH out of chaos and destruction. You'll find that the people that are your friends now, will be enemies to you then, and the worst part of it is that there will be no getting away from them.

"This is the dark side of the picture, but it is necessary that a certain small group among you this evening be warned of the impending danger of the masses. If you are wise you most certainly will take advantage of every opportunity to make great improvements in yourself at once. In this way, before so-called civilization begins to crash down, you will have assisted many a mass-minded one onto THE PATH. Needless to say, every such person you have assisted onto and along THE PATH will in some way be of tremendous aid to you when you are making rapid EXPANSION into Life.

"It is through the Social Department of Life that we assist others. It is through this same Department of Life that they assist us. But if we are anti-Social to the extent that we refuse to progress, and in so doing we hold others back, then we must suffer the consequences.

"To those of you who really wish to make progress on THE PATH, let me say that the 'Magic of the Magi' is yours. By that I mean the natural and supernatural assistance of the INDIVIDUALS, INITIATES, MAGI, and MASTERS is yours. Not only all this, but the WHITE

FORCES will do everything in their power to assist you in becoming the WONDERFUL PERSON Destiny intended you to be.

"Tonight's class is the last, as you know, for this session of THE SECRET SCHOOL OF THE MASTERS. However, in one month, you are all invited to return to this same place for further instruction. For further instruction providing, and this is a serious provision, providing you have put forth at least a reasonable amount of sincere effort for EXPANSION into those Departments of Life in which you are most deficient.

"Psychically your individual auras have been noted by those here who are well qualified in this particular method of determining the EXPANSION that a Budding Individual has made. I am now permitted to inform you that your auras have increased wonderfully in the few evenings we have had classes here. The thing to do is to continue the good work, and then in one month you'll return here, each one showing many bright colors instead of a predominance of drab ones.

"There is a little surprise in store for you this evening. You have all heard of the Secret Monastery of this August Fraternity, in the high Andes of South America. It is generally known as the Abbey of Aquarius.

"This evening we have with us the Senior Chaplain of the entire world-wide Fraternity. He has been traveling in many foreign lands of late. He has completed his visit to Canada, has just about completed his work here in the United States, and is soon to be on his way home through Mexico, Central America and then on to the Abbey of Aquarius in South America. We have prevailed upon him to give you a few words of encouragement and instruction. I have the honor and privilege of presenting Frater Gregory."

"Good evening, ladies and gentlemen -- fellow Budding Individuals," the Chaplain responded.

"It makes me very happy to find so many Budding Individuals in one place, interested in the Great Work of becoming INDIVIDUALS. Years ago, when I first began to EXPAND into Life, to have seen a dozen Budding Individuals in one group would have been almost an awesome sight. I am still impressed by numbers, especially when they show the splendid enthusiasm for the Great Work that you are displaying by your EXPANDING auras in bright colors.

"As you all know, we are right in the end of the old dispensation, and there is so much to do and so little time to do it in. In just a few months now we will have completed the first half of this present century. Then, only fifty years later, comes the Millenium. Not only this, but there is to be a 'shortening of time', which means still less time for the masses to awaken into Individuality, or rather, BE AWAKENED into Budding Individuality.

"At the moment there is every indication that the whole world is in a lull before the storm. Soon the most awe-inspiring happenings -- acts of Destiny -- will take place. In fact, we have been informed, they will take place regularly right up to the beginning of the Millenium.

"Approximately every seven years a new awesome means for awakening the mass-minded will come upon them with tremendous fury, and as can be expected during each one of these fierce and cruel awakening experiences, thousands of the mass-minded will SEE THE LIGHT, and become Budding Individuals.

"However, it is no compliment to become a Budding Individual this hard way, and for this reason not many of them will make much progress on THE PATH unless driven along by the Lash of Destiny, for at least a distance. After that they will begin to see the Greater Light and will proceed of their own volition.

"When it becomes apparent that certain great groups of the mass-minded will not 'turn West' under any circumstance, quite naturally they will be removed from physical existence. The greatest group that will pass out of physical existence at one time will be during the Battle of Armageddon, when more than 165,000,000 will be removed from physical embodiment.

"What I have just said concerns the masses only. You are not of the mass-minded. None of this applies to you. Your part in the future is working with Destiny, working with the WHITE FORCES to bring as many of the mass-minded into a knowledge of the wonderful things of Life as possible.

"If you will but EXPAND just a little more you'll be able to comprehend all of this, you'll understand how you are to be used in this Great Work of rescuing souls from mass-mindedness and to place them on the thrilling UPWARD PATH that leads up and up into the Golden Sunlight of a Life so marvelous and thrilling that with only your partial awakening at this time you can comprehend almost none of it. But start EXPANDING into Life at once, and a year from now, some of you only a month from now, you'll be experiencing joys so thrilling that the very thrill of your joys will 'turn time backward'.

"Then every Department of your Life will begin to radiate EXPANSION and YOUTH -- the kind of youth that never fades!"

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