

THE FIVE-FOLD-LIFE
EXTENSION
COURSE



HARRY J. GARDENER

The Five-Fold-Life

EXTENSION COURSE

by

Harry J. Gardener

This is an Educational and Inspirational Course of Study especially written and intended for ADVANCED BUDDING INDIVIDUALS everywhere. Statements in this Course are based on Sacred Scriptures and Scientific Findings. No claim is made as to what the information cited may do in any given case.

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FOREWORD

There are EIGHTEEN Lessons in THE FIVE-FOLD LIFE EXTENSION COURSE. Some of the longer Lessons have, for your convenience, been divided into two or more parts.

THE LIFE EXTENSION COURSE originally was to have consisted of EIGHTEEN separate Lessons. One Lesson was to have been mailed out every ten days or two weeks, making the time required to receive all the Lessons from six to nine months.

We had thought of making THE EXTENSION COURSE a correspondence Course, and of issuing an appropriately-worded certificate when the Student completed the Course, after perhaps one or two years. But when we calculated the cost of such a Course, the idea was definitely dropped. While we would have liked to get better acquainted with our many Students, and the longer Course would have afforded us just such an opportunity, the cost to you of such a much more elaborate course was prohibitive.

In the face of coming events, one or two years is entirely too long -- "anything can happen in that length of time". And if anything of a serious nature took place during that period, many of the Students in some of the more remote parts of the globe would not receive their Lessons for a long time to come -- probably NEVER.

While we were meditating on the matter a happy thought came our way: "Why not increase the size of THE LIFE EXTENSION COURSE, putting in fuller details, so the Student need not write in for help, and then bind all the EIGHTEEN LESSONS under ONE cover, so the Student would receive ALL the Lessons NOW, instead of some indefinite time in the future?" Thus we could produce a COURSE every Student could afford.

This is what we did. I say "we" advisedly, because of the many minds that have contributed to the creating of the FIVE-FOLD LIFE EXTENSION COURSE.

I wish it was possible to give credit to all those who made contributions. But the list is far too long, and in the second place, many of the CONTRIBUTORS are far too modest to desire recognition thus publicly. To all of you who so generously contributed to the making of this COURSE, I want you please to know that I and my many Students wish to extend the most sincere thanks.

THE FIVE-FOLD LIFE EXTENSION COURSE is MYSTICAL, but is an exceedingly practical form of Mysticism. By practical I

mean something that you can apply right here and now to make your Life much more worthwhile. So rewarding, in fact, that you will be delighted to follow THE PATH, all the time experiencing more and more of your dreams COMING TRUE.

I do not expect you or any other Student to put into practice at this time all the LIFE EXTENSION COURSE has for you. But as time passes, you will know INTUITIVELY what is best for you -- what is the next step for you to take THEN.

But you will never know INTUITIVELY or by INSPIRATION what the next step is, if you do not put into practice some of this vast wealth of information THE EXTENSION COURSE has for you.

Some of the INDIVIDUALS and the MASTERS had great difficulty in getting onto THE PATH, and when they were finally on THE PATH they took about as much time as the average Budding Individual takes when he first enters upon THE PATH to move forward. But something within started each of them TRAVELING, and as they TRAVELED they began to TRAVEL faster and faster, and have been increasing speed ever since.

It is that something within that starts you and every other Aspirant to TRAVEL THE PATH. Regardless of who you are or what your age, environment or the condition of your physical health, all you have to do to TRAVEL THE PATH is to DESIRE to TRAVEL, do something about it, and in an amazingly short time you are on your way.

THE FIVE-FOLD LIFE EXTENSION COURSE is intended for men and women of all ages. You might think that the COURSE is mostly for men by the number of times that the word "he" occurs. But that is not true. "He" is used for convenience only. Every word in THE EXTENSION COURSE applies to women just as much as it does to men.

Needless to remind you, time is very short in this old dispensation. And so, what you do to improve yourself in a FIVE-FOLD WAY, do with DESIRE, ENTHUSIASM, ZEAL and FERVOR, and you will be FAR ON THE PATH before this age comes crashing down.

A joyous, healthful and prosperous JOURNEY ALONG THE UPWARD PATH to you.

The Author.

THE FIVE-FOLD LIFE EXTENSION COURSE

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Lesson No. 1 ONLY DESIRE CAN DO IT

It has often been said: "Back of every successful man there is a good woman". If that statement is true, then in back of every unsuccessful man (and there are millions and millions of them) what kind of woman is there???

I don't want to be too hard on the women whose husbands are failures. But if you women take credit for being the direct cause of the success of your husbands, you must absorb some of the blame when he is a failure.

The old saying: "Back of every successful man", etc., etc., is not entirely true. Thousands of men have become successful in spite of wives, mothers, and other female kin-folk.

Let us turn the saying around and substitute "successful woman" for "successful man" (and there are tens of thousands of successful women in the business world). Let us say that "Back of every successful woman there is a good man". That sounds sort of revolting, doesn't it? No successful woman would admit for a moment that back of her was a "good man".

Actually, success is all a matter of DESIRE. DESIRE success strongly enough and it comes in spite of what you do or don't do about it ... and this applies to both men and women.

DESIRE is not the only quality required for success, but if DESIRE is strong enough a person will quickly develop the other necessary qualities.

However, in the case of a single man who is bound for success, he may not achieve success until after he is married. Not that his wife will have anything to do directly with his success, but she will have considerable indirect influence in causing him to be successful.

She will influence his life for success in this way: she will have just enough steadying influence to keep him on the job, and by keeping him on the job he will become successful.

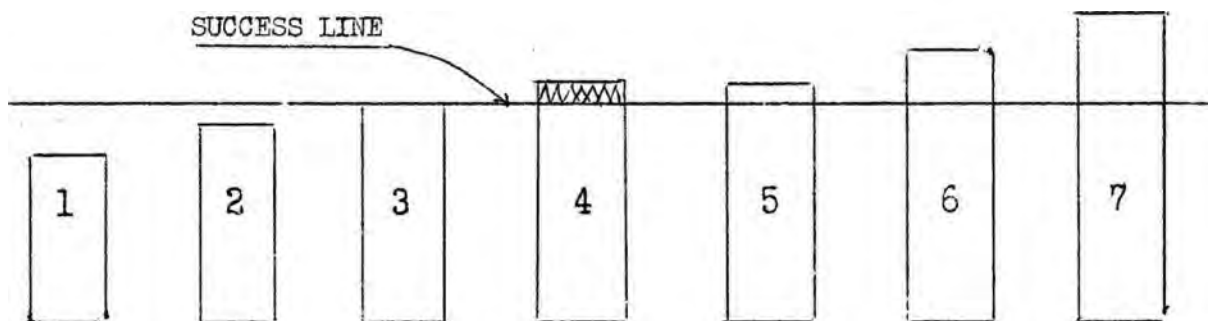
You see, the average man, without the steadying influence of a good woman, cannot hold a job down long enough to achieve

success. Not that he is a "rolling stone" or "ne'er-do-well", but he has a certain amount of pride (false) and he realizes he is good. So good in fact that he will not take "guff" or "small talk" from his superior. Thus he changes jobs at frequent intervals; so frequent he cannot go places and do things in the business world. His desire to be "superior" is much stronger than his desire to be successful. But all of this is changed when matrimony sets in, and especially after the arrival of his first little "Income Tax exemption".

He becomes a changed man(?) after matrimony. He finds out that "the boss's guff" isn't "guff" after all. The boss was simply trying to show him how he could become more worthwhile to the organization, and incidentally, how to realize salary raises in the shortest possible time.

There is a thin line. The line is "golden" on the top side, but shades to "gray or black" on the underside. The top or golden side of the line is called SUCCESS, the under side of the line is called FAILURE.

Let us illustrate what we mean by a "line" drawing:



The fellow we have just been talking about is "Key" No. 3. His DESIRE for success is not great enough to be successful in his own right -- he must have an extra DESIRE like a wife to hold him firm. Business men call it "anchored" when he is married, or in the case of two or more offspring, "well anchored".

When our No. 3 successful(?) man is "anchored" or "well anchored", he takes on the appearance of "Key" No. 4, which means his natural DESIRE (which just barely comes up to the Success Line), plus his extra DESIRE, caused by wife and family, will make him a success as long as the "anchors" hold.

"Key" No. 5 has not as much DESIRE as the No. 4 man, but his DESIRE is all natural -- genuine. It is not built up, or

"fabricated" with anything outside of himself. He will succeed without "benefit of matrimony", or in case of an unsuccessful marriage, in spite of it.

"Keys" No. 6 and No. 7 represent men and women who are Highly Successful, and Eminently Successful, in business. These will be successful in spite of lack of education or health, of foreign birth, or a thousand and one handicaps. They have the DESIRE for Success so deeply ingrained within that nothing outside of passing out of physical embodiment can keep them from success in their chosen field.

But not every one is so fortunate as to be in these top three "Key" groups. Not even in the No. 3 "Key" group where matrimony (responsibility) causes enough "extra DESIRE" to bring them up and place them well on the Golden side of the Success Line.

There are men (and women, too) who fall into the "Key" No. 2 group (the short, black "keys" on the piano). If they marry well, some understanding soul who doesn't nag at them but lets them take all the credit for Success (even though she is really the cause of their success), they can rise to the Golden Success Line, and compare favorably with "Key" No. 4 men. These are the men to whom the adage "Back of every successful man there is a good woman", applies.

Of course, if the "Key" No. 2 men are TRAVELING Budding Individuals, they will of their own accord EXPAND by themselves to where they will become No. 3 men. They will skip No. 4 entirely, and become No. 5 men. Eventually they will EXPAND further and further into Life, becoming INDIVIDUALS, which is indicated by "Key" No. 6, and then they will go on to MASTERSHIP, which is represented (financially) by "Key" No. 7.

Those represented by "Key" No. 1 are not devoid of DESIRE, but it is a negative desire -- they desire all of the wrong things. They may be university graduates, and extroverts to boot, but their DESIRE is "the way of all flesh", not financial DESIRE.

Of course, among the No. 1's are the introverts. They are so thin-skinned that they "bruise easily". But a little toughening up of their "sensitive nature", and there is no telling where they may go, or what they may accomplish. The introverts are "down" because they are so sensitive that they are fearful of venturing out, but once they do venture out, and find that it is not as bad as they thought it was, who can tell where they may go? They may become INDIVIDUALS on

THE PATH in far less time than the "Key" No. 2 people, and the No. 3 (and No. 4) folks who are forever "backsliding" at every adverse turn of fortune.

DESIRE DOES IT. Whenever a person changes his position in Life, DESIRE -- directly or indirectly -- does it.

A person without DESIRE might have his hand placed on a red-hot stove, and the pain might be terrible, but he could not remove his hand without first desiring to do so.

DESIRE is not a Faculty of the Conscious Realm of Mind, even though it expresses itself there. We look over the six Faculties of the Sub-Consciousness, but we fail to find it. In some people it is exceedingly strong in negative Emotion.

In the SUPER-CONSCIOUS Realm of Mind it is especially strong in Genius if the DESIRE is turned Upward. It is very strong in Intuition and Inspiration if they are well developed.

DESIRE is neither good nor evil, "but thinking makes it so". By that we mean Imagination (Visualization) is terrifically negative when the Imagination of the heart is evil.

Affection -- true Affection -- does not confine itself to "me and my wife and my son John and his wife", but reaches far afield and embraces a multitude. As the Budding Individual EXPANDS on his way to INDIVIDUALITY, his circle of Affection greatly increases.

Emotion in the average person is negative rather than Positive. The best actors and actresses in Hollywood are the ones who can "emote" (negatively) the most effectively.

DESIRE is good when it is used Positively. In fact, it is the only influence, force or power that will make you become what you DESIRE to be. This course is intended to show you how to INCREASE your POSITIVE DESIRE, and travel upward into the Golden, sun-lit heights.

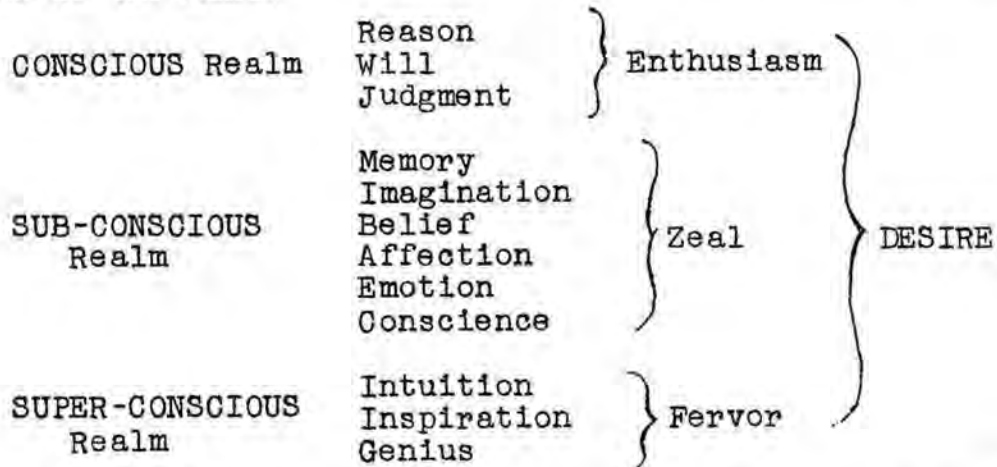
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THE FIRE OF DESIRE IN ALL OF LIFE

Lesson 2

We learned in the previous Lesson that matrimony, a form of indirect DESIRE, caused the No. 3 "Key" men to become No. 4 successful men, of which there are millions.

Now, let us take the three phases of Mind -- Conscious, Sub-Conscious, and SUPER-CONSCIOUS -- and see how DESIRE can work wonders in all twelve Faculties. Here are the sub-divisions of the Mind:



We note that at the far right is DESIRE. Then we note that DESIRE has THREE influences -- Enthusiasm of the three Conscious Faculties of Mind. Zeal in the Sub-Conscious Mind, and Fervor in the SUPER-CONSCIOUS Realm of Mind.

I should inform you at once that this is an ideal Mind. It is the mind of the Budding Individual just about the time when he crosses "the line" into INDIVIDUALITY. It is, of course, the Mind of the INDIVIDUAL, and it is more perfected in the MASTER; it is highly perfected in the GRAND MASTER.

But let us quickly descend from GRAND MASTER to Budding Individuals. In the Conscious Realm of Mind the average Budding Individuals, not too far on THE PATH, constantly permit their DESIRE, through Enthusiasm, to warp their Reason and Judgment. When Reason and Judgment are out of shape by the fire of Enthusiasm (DESIRE), they see things in a false light. They see everything in fiery shades of pink, and thus they do the most foolish things -- marry the wrong person, "bet on the losing team", invest in "gold-brick schemes", etc.

Instead of looking at "the bright side" of a business proposition, they should deliberately (using Will Power En-

thusiastically look at the "gray" side of the plan, scheme, or undertaking.

Of course, do not be so rationally cold to the new undertaking that you fail to see its possibilities. When the "gray" of Reason turns to "black", you have gone too far in the opposite direction.

Always keep Reason and Judgment so cool that you "see" them as "gray" in your Imagination. Do not freeze your Reason and Judgment. Keep them liquid, but when they rise too much above "33 degrees F." (that is, one degree above freezing) they tend to get badly out of hand.

Enthusiasts, "hair-brainers", and crackpots, are all "good people" -- at least, they mean well. But do not "fall for their line". They have their Reason and Judgment and Will, not at 33° F., but at 212° F., the boiling point.

On the other hand, no Minister of the Gospel, no politician, no salesman, ever got anywhere by keeping his Reason and Judgment and Will at "33 degrees F.".

In these professions, and in some others, Enthusiasm must overstep bounds a little, lest the DESIRE in the listener lie so dormant that no action is taken. But, by all means use Reason to determine the correct amount of Enthusiasm to use to get the DESIRED results. Do not "go off the deep end".

Of course, we are all salesmen, even if we do not have a material product to sell. We are at all times SELLING OURSELVES, through the Social Department of Life, to the other fellow. Budding Individuals, when they first start on THE PATH, quite often are unaware that they must SELL SELF all along the way. They do not TRAVEL far, however, before they suddenly become aware of this most important aspect of their Journey.

Let us go on to the SUB-CONSCIOUS REALM OF MIND, and view the Magic the Sub-Conscious holds for us.

There are SIX Faculties in the Sub-Consciousness, and the most amazing thing is, they do not know good from bad. But, of course, how could they? They are not "rational". They haven't the slightest ability to Reason, and none of the SIX have one iota of Judgment. While Enthusiasm (DESIRE) was the motivating force in the CONSCIOUS Realm of Mind, the SUB-CONSCIOUS Realm is motivated by Zeal (DESIRE). Zeal is an ardent DESIRE for action -- any kind of action -- in the Sub-Consciousness.

Let us give the SIX Faculties of this Realm of Mind over again, so that we can have them spread out before us in an orderly manner. Here they are:

SUB-CONSCIOUS Realm	Memory Imagination Belief Affection Emotion Conscience	}	Zeal	DESIRE

DESIRE motivates Zeal, which in turn motivates the SIX Faculties of the SUB-CONSCIOUS Realm of Mind. They do so when we are as far along on THE PATH as INDIVIDUALITY. This is also true of higher Budding Individuals who are almost, but not quite, ready for the next Higher Step.

Among the mass-minded, DESIRE often swallows up Zeal, and goes directly to the SIX Faculties, themselves. When this is done, Imagination becomes a "jungle", or a "snake pit". The most outlandish things may be Imagined; Belief in the unnatural runs rampant; Emotion degenerates into "hatred-of-others" of the most violent type, or becomes snivelling self-pity. As far as the Faculty of Conscience goes, it is warped completely out of shape.

Now for the brighter side:

Memory, which we will take up in Lessons 17 and 18, can be trained to do the most phenomenal things, and especially in o-l-d-e-r people.

Imagination -- Visualization -- taken up more fully in the next Lesson, "Your Magic Pattern", is a Positive worker of miracles when you DESIRE it to be so, and are Zealous for its EXPANSION.

Belief, in the Positive and not in the negative, can become a real asset to the Budding Individual. As the Budding Individuals nears the "half-way mark" through Budding Individuality, his Belief is no longer the static thing he has always experienced it to be, but becomes a living reality. When that happens his Belief sprouts wings -- the wings of Faith -- and he is ready to "move mountains" (just small mountains at first, of course). But best of all he has Be-lief -- F-A-I-T-H -- in himself that he, too, can EXPAND into Life, and eventually accomplish great things SECRETLY.

It isn't hard to do all of this, because AFFECTION is the easiest Faculty in the SUB-CONSCIOUS to influence. Once

you practice the "Affection Exercise" -- see Lesson No. 5 -- you will never be quite the same again. For one thing, those who do good work increasing their Faculty of Affection, will never want to be the same. Do you suppose that an ugly caterpillar, climbing laboriously up a tree, when he does get to the glorious butterfly stage, soaring in the golden sunshine above the tree-tops, will ever be content to again "come down out of the clear blue yonder", shed his wings, and become a grub again?

The fifth Faculty of the SUB-CONSCIOUS is Emotion. You would think that human beings could get along very well without this Faculty. Well, you are partly right. When it is used negatively, it is the cause of all our grief and sorrow. But when Emotion is used Positively, that is a different matter. We could not enjoy the slightest bit of music without the Faculty of Emotion, and the more developed and more Positive our Emotion, the greater the thrill we get from music.

The greater one is EXPANDED in all Five Departments of Life and, of course, the Twelve Faculties of Mind, the greater he enjoys not only music, but thrilling, Positive Vibrations.

Of course, the Budding Individual does not get too far on THE PATH before he takes his negative Emotions in hand, and changes them from "down beat" Emotions to the more lofty variety.

Men are, as a rule, not as emotional as women -- not in their negative Emotions. A woman, therefore, has a bit more struggle when she attempts the first time to control her negative Emotions, and to reverse them into Positive Emotions.

Men are quite often pretty much devoid of all Emotions, except anger, envy and jealousy. They have not only to struggle with these negative Emotions, but they have to cultivate new, Positive Emotions for the first time, where Positive Emotions are practically non-existent.

Conscience in the human race has greatly increased since the time of Adam. It works well where Reason and Judgment are EXPANDING. Without the steadying influence of Reason and Judgment, it become entangled with Emotionalism. Belief, as far as Conscience is concerned, can do great harm when Belief is negative and has not yet been awakened into Faith.

The SUPER-CONSCIOUS Realm of Mind is attuned to HIGHER MIND. Of course, the motivating force is DESIRE. It works through Fervor, and influences the SUPER-CONSCIOUS through

THREE Faculties, as follows:

SUPER-CONSCIOUS REALM	Intuition Inspiration Genius	} Fervor	DESIRE
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While the Faculties of the SUPER-CONSCIOUS are all independent of each other, they work together flawlessly. This is because the THREE Faculties are "from above", and not from "below".

Intuition and Inspiration are from the Higher Other World, and together they make Genius active. A person known as a Genius depends upon Intuition and Inspiration for his Genius.

Every Budding Individual, on nearing INDIVIDUALITY, has these THREE Faculties partly awakened. When he crosses over into INDIVIDUALITY they are awake. He may not know just how they were awakened into action, but he is thankful for that blessing, and will leave well enough alone until the time he becomes more ADVANCED on THE PATH, and has earned the right to know this marvelous secret.

A "natural-born" genius does not know how he came by his gift. All he knows is that at an early age someone discovered his unusual talent, and began to exploit it. This is especially true if his gift is along musical or mathematical lines, or along the lines of a phenomenal memory.

The people who are born with Genius usually lead a most unhappy life. When they are old enough to demand their rights they are apt to be so tired and worn out from being exploited that the other Faculties of their minds are never fully EXPANDED.

A Budding Individual is most fortunate when his Faculties of Intuition, Inspiration and Genius are yet to be EXPANDED. He has something very thrilling to live for.

He already knows, Intuitively, that as he gets his Nine Faculties -- THREE in the CONSCIOUS, and SIX in the SUB-CONSCIOUS Realms of Mind -- under control, that one day he is going to be a full-blown Genius. This will come by easy, natural EXPANSION, as a result and as a reward for constant EXPANSION of the NINE lesser Faculties of the Mind.

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YOUR MAGIC PATTERN

Lesson 3

Just twenty-one years ago I published a manuscript that had for its subtitle, "The Perfect Pattern".

I was not aware of it at that time -- 1936 -- but much of the material was far too advanced for my Students of that era. Not that they were not well-enough educated to understand the subject -- many of them were college-trained men and women -- but they simply were not yet interested.

We were just coming out of the financial depression in those days, and most of the Students of that period, while they were definitely on THE PATH, were much more interested in the Department of Finance than they were in any of the other four Departments of Life.

There has been a complete revolution since 1936. Money is not now uppermost in the Students' minds. Students everywhere are now giving the other four Departments of Life -- the Spiritual, Mental, Physical and Social -- much more attention than ever before.

Due to the interest Students are now taking in the Mental-Spiritual-Social Departments of Life, we believe it is time to give that 1936 information over again, with a certain amount of additional information we could not (for various reasons) give at that time.

The Magic Pattern, or as we called it twenty-one years ago, "The Perfect Pattern", is both Magical and Perfect. If you can Visualize -- Imagine -- what you will be like a number of years from now, after you have passed through INDIVIDUALITY, through MASTERSHIP and into GRAND MASTERSHIP, then you will be able to Visualize what your Perfect Pattern will look like.

Not being too far, probably, into Budding Individuality, you may not be able to Visualize your Perfect or Magical Pattern completely at present. But it is high time that you should know something about this marvelous PATTERN of yours.

The PATTERN is your Prototype or Archetype. Each human being has one.

Our Prototype has magnificent shape and proportions, but it is almost as clear as crystal. So crystal clear, that it is almost invisible to the observer who has psychic sight.

and even when our Archetype shows considerable Fire -- Color -- if the observer with the gift of psychic sight is not well posted on the matter of Archetypes, he or she will invariably mistake it for our Guardian Angel.

This is an excusable mistake. Our Prototype or Pattern looks for all the world like a Guardian Angel. It is about six feet tall, regardless of how tall we are in the flesh. It is very beautiful, regardless of what we look like. It has all of the perfect qualities of a Guardian Angel, but in the average Budding Individual it has very little Fire -- Color -- flashing from it.

It -- the Perfect Pattern -- is always close to the human it "belongs" to. But the Pattern is so perfect that few human beings in the flesh can actually be clothed by their "Wedding Garment". But that is not necessary at all. It would not aid us one bit, even if we could put on our Perfect Archetype -- Pattern.

Whenever we work in any Department of Life POSITIVELY, we add Fire to our Prototype. The Blue of Mentality in this day of education, is coloring the Prototypes of millions of people, regardless of whether or not they are actually on THE PATH.

The Yellow or Golden Fire of Spirituality is now coloring the Patterns of millions of people. This is due to the fact that while all throughout the years men and women have been religious, more people today are Spiritual than ever before.

Church joining, or just going to church, does not produce any Golden Fire in our Prototypes. But when we sincerely take part in church work, with the idea of what we can contribute to the Spiritual, and not what we can "get out" of church-going, then it does add greatly to our Golden Fire in our Archetype.

Sunday School teachers, Bible Class teachers, and even teachers in secular schools -- if they are interested in the subject (if it is a Positive one), and in their Students -- add much Fire to their Prototypes. The Teacher of Spiritual subjects adds to his Prototype the Golden Fire; the secular teacher adds the Blue Fire. And teachers who teach in a secular school on week days, and in Sunday School on Sundays -- add both the Blue and Gold to his or her Prototype regularly -- but only if they are truly interested in Positive studies, and in the Mental and Spiritual Advancement of their daily and Sabbath Day Students.

In our past publications we have said considerable about the colors that correspond with the various Departments of Life. So that you will not have to look up this material, we give below the Colors that correspond with each of the Five Departments of Life.

Please remember the Colors in your Prototypes are Living Fire. They are very beautiful, and none of the colors in our material or mundane world can equal for one moment the Fires of your Archetype. We give here the colors that correspond with each of the Five Departments of Life:

SPIRITUAL - Golden Yellow Fire
MENTAL - Blue Fire
Physical - Pink Fire
Social - Orange Fire
Financial - Light Green Fire

While Reason and Judgment in our CONSCIOUS Realm of Mind are to be kept (at least for the time being) in the "gray vibration", the CONSCIOUS Mind actually vibrates to the Blue Flame or Fire.

Whenever we get Enthusiastic about Reasoning and Judging well, or when we Enthusiastically use Will Power, we are building up Blue Fire in our Archetype or Pattern.

In the SUB-CONSCIOUS Realm of Mind we build up ALL of the FIVE Colored Fires.

Memory, when we use it constructively, adds Blue Fire to our Prototype, because Memory is more or less a Mental process. But when Memory is dealing with Spiritual matters, the Golden Yellow Fire is built up in our Prototype or, we should say, the Blue and the Golden Fires are both permanently increased.

Let us state right here, that once a color -- Fire -- is added to our Pattern or Archetype, it remains there always. It can be added to, but it cannot be decreased or diminished. Therefore, what one adds to his Prototype -- Pattern -- is definitely his permanently. But this is not true with your "Psychic Double" (see Lesson No. 4.). That will eventually pass completely out of existence.

Imagination can be all of the "colors of the rainbow". It can and does take on the Five Colored Fires of the Five Departments of Life. Usually this is done in turn -- one of the colors at a time -- but it is not uncommon for Imagination to create one, two or ever three colors -- Fires -- at

one and the same time. An Initiate Psychic Observer is one who knows the difference between a Pattern or Prototype, and a Guardian Angel.

When Imagination is turned downward, as it is in millions upon millions of the mass-minded, it is very real, but it radiates "dirty" fire. It is a sickening brown color in certain instances, or a lurid red fire much of the time. These fires do not add anything to one's Spiritual Prototype, but they do add to one's "Psychic Double".

Belief also has its colors. It changes its colors with what we believe. In the savage it is very strong. The savage believes in many dreadful and fearful things. Therefore Belief may be a sickening green, a bilious brown, or a fearful, lurid red in him.

In the fear-filled, long-faced Christian belief there is a "lead" gray. In the not-so-austere Christian, Belief has partly turned to Faith, and radiates brighter Fires. In the Christian who is well along on THE PATH, where Belief and Faith have become inseparable partners, they take on all the rainbow colors, but are at home mostly in the Golden Yellow Fire and the Blue Fire.

Affection (just the opposite to lust) is "at home" in the brilliant Pink Fire. Where Affection is allowed to EXPAND under the direct supervision of Reason, Will and Judgment (of the CONSCIOUS Realm of Mind), it quickly colors the Pattern or Prototype with the most beautiful shade of pure Pink Fire.

Affection harmonizes with all of the Fires in the Five Departments of Life, without changing its color. Affection is always Positive, and never loses its identity. But only the Budding Individual some little distance on THE UPWARD PATH is able to use it effectively and intelligently. So important is the use of Affection that we are devoting an entire Lesson to it a little later on in this Course.

Emotion, when used negatively, takes on the most revolting shade of brown, "jungle green", and "witchcraft red". When Emotion is negative it is very destructive, both to the victim of emotion, and to others. It is easily radiated to others if they are on the same "wave length" as the sender. Due to the fact that negative Emotion has such a "broad band" it is easy to become afflicted with the other person's fits of Emotion. Repressed Emotion is very harmful to a person given over to negative Emotion. When Emotion is given "vent" -- "telling the other person off", "flying into a rage", or

just "pure cussing" -- it is not nearly as bad as the repressed variety, which builds up and up, and all the time the victim is broadcasting his Emotion to others who are on the same "beam" he is on.

The only way to escape negative Emotion is not to be negatively emotional. As we Travel only a short distance on THE PATH we learn how to transmute negative Emotion into the grand and thrilling Positive EMOTIONS.

Music, as we suggested before, is a perfect substitute. Whenever you feel a destructive Emotion brewing, rush for the phonograph or the tape recorder or radio, and play your most thrilling music that will build a Positive Emotion in you. Or work with your "Alphabet" (as given in the last Lesson of this Course).

At every turn, at every opportunity, treat yourself to just as much Positive Emotion as you can. There is nothing like Positive Emotion for getting you over the "line" and into INDIVIDUALITY. And then you will find there is nothing like Positive Emotion for EXPANDING you over the "line" into MASTERSHIP.

Positive Emotion, as we mentioned before, is always connected with a change of the Color of its Fire. When your Emotion is Spiritual, its color is Golden Yellow. When you are thrilled by something that is purely in the Mental Department of Life, it is Blue. When Affection is engaged in, it adds Pink Fire to your Pattern. Become very Emotional in a POSITIVE way, and you will, before long, not know what an unpleasant day is like. Even the most drab days will have much Emotional C-O-L-O-R for you.

Conscience is the last of the SIX Faculties in the SUB-CONSCIOUS Realm of Mind. It is like Emotion -- it comes to us in several colors.

Conscience, in most of the mass-minded, and those who have not ventured -- Traveled -- too far on THE UPWARD PATH, is usually full of regret. Therefore it is usually of the "lead gray" color.

"We have done the things that we ought not to have done, and left undone the things that we should have done" is the negative experience (as far as Conscience is concerned) of practically everyone entering upon THE PATH.

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TROUBLE WITH THE "PSYCHIC DOUBLE"

Lesson 4

The average person, either on THE PATH or never having set foot on it, hasn't a very colorful Pattern or Prototype, as we indicated previously. Neither has he -- and this is most fortunate -- a "Psychic Double".

Of course, everybody has a rudimentary "Psychic Double" or "Sin Body". But it is not well enough developed for him to command it to go out and do evil. It does a certain amount of vampirizing, that is true, but the owner of this patternless "Sin Body" is usually the victim.

There is a tremendous difference between our Pattern -- Prototype -- and a "Psychic Double" or "Sin Body". The Prototype is everlasting, and can only be filled with good and Positive deeds and thoughts.

The "Psychic Double" is very appropriately called the "Sin Body", because it is built up from all our evil thoughts and practices.

Even though a Budding Individual before entering upon THE PATH, has built up quite a powerful "Sin Body", one that is beginning to take on a certain amount of form, as he Travels THE PATH, the evil "Sin Body" begins to lose power, lose form, and starts to disintegrate.

As the Budding Individual builds up all FIVE of his Departments of Life, he dissipates his "Sin Body" in each Department. But if the Budding Individual neglects any one Department, he will awaken one day to the fact that while he has made good progress in EXPANDING three or four of his Departments of Life, the one neglected Department will eventually hold him Path-Bound.

No Budding Individual ever builds up all of his Five Departments of Life evenly, as the drawing shows on Page 35 of "Outwitting Tomorrow". Of course, as he nears INDIVIDUALITY, his FIVE Departments will be quite evenly developed -- he will most certainly see to that.

All forms of selfish love build up the evil "Psychic Double". Where a husband is insanely jealous of his wife (or vice versa), he is adding, day by day, a great deal of energy to his "Sin Body" -- his "Psychic Double". Such a man may have a great many other good qualities, as he so often has, but he is, nevertheless, building up strength into his evil,

"Psychic Double". This, of course, he will some time, some where, have to dissipate; have to get rid of the evil accumulation. If he passes out of physical embodiment, his insame jealousy will be seven times stronger -- he will go about in the lower Astral World a raving maniac, especially when he has received his psychic sight and views his wife "going out with other men", as he calls it.

Mother love, or father love, when it is excessive or inordinate, is a form of jealousy and greatly adds to the evil "Sin Body". It adds so much to the "Psychic Double" that almost nothing Positive is stored away in that person's Prototype.

Jealousy is very evil. It has for its center a lurid, fiery red "cave" in the Fifth Faculty of the SUB-CONSCIOUS -- Emotion.

All of the Black Masters are adepts in this evil emotion -- jealousy. In fact, they got their first start on their Downward Path through jealousy.

Black Magicians -- Masters -- were once upon a time the same as you and I. But their excessive jealousy opened the door to the nether psychic world, and they willingly stepped through it. Once through the door, they were taught how to employ their "faculty" of jealousy for gain in the baser things in this material world.

They shortly graduated from amateur magicians, to Junior Black Magicians, and then on into the more evil practices of the "Black Brotherhood".

Hatred and revenge, among the members of the "Black Brotherhood", are two other "faculties" in negative emotions, that rapidly build up the evil strength of the Black Magician. Of course, he does not hesitate for a moment to use them.

"Black Brotherhood" is a misnomer. Actually, every one of the members of the "Black Brotherhood" is out to "do in" all other "members" of the "Brotherhood".

Every Black Master, worthy of that name, has to be on constant guard to keep his emotions under control, except the emotions of jealousy, revenge, hatred and lust. If he ever, for a moment, let doubt, fear, timidity, etc., etc., creep in and get a foothold, he would be a "goner". He at once becomes a victim of the more powerful Black Masters, and then the less powerful ... and then death.

Of course, the Black Master has built up a very powerful "Psychic Double". It is quite tangible in a low, psychic way. It has shape, a horrible shape to be sure. Whenever the Black Master begins to doubt himself (as most of them do sooner or later), that is the signal for his "Psychic Double" -- "Sin Body" -- to attack its own creator. That, again, means death.

Not every Black Master dies young. We know of a powerful Black Master who lived beyond three-quarters of a century, and then died "a natural death".

Now, all of this leads up to a WARNING for the Budding Individual. The warning is this: Don't ever be afraid of Black Masters. If you are not insanely jealous, not revengeful, not a victim of inordinate mother (or father) love, the Black Masters just haven't any use for you. In other words, they just cannot use you.

Furthermore, if you have been Coloring your Prototype with Fires, the Black Masters will avoid you "like the plague". They just cannot tolerate for one moment the various Colors of Fire with which you have endowed your Pattern -- your Prototype.

Just the other day we received a letter from a lady who was terribly upset about a "black man" who was "casting a horrible spell" upon her. The only "spell" that the "black man" could possibly cast upon this woman would be in her own Emotional Faculty -- and she would have to "cast the spell" herself by ardently thinking that the man was casting such a spell upon her.

This is a form of self-hypnosis. The woman did not know how "the black man" cast a spell upon her. She only knew she "ran all the way home" (he did not follow her), and "couldn't sleep a wink that night". Of course, to her Emotional Faculty the lack of sleep that night was "a sure sign that the man had cast a spell upon her".

No, the Black Magicians do not go about "casting spells" upon people -- even if they could. They have something far more interesting and important to do with their time -- they are "casting spells" upon each other.

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AFFECTION -- THE MIRACLE POWER

Lesson 5

In chapter six of the 1957 MILLENNIAL EDITION of WHAT'S NEXT, under the title of "Use Aquarian-Age Power Now", I spoke of the Power of Affection -- the Fourth Faculty in the SUB-CONSCIOUS Realm of Mind.

Of course, I spoke of Affection tactfully, as I did not want any stray readers accusing me of advocating "free Love". There are a great number of "stray readers" -- Students have a habit of letting everybody who is interested, read each issue of WHAT'S NEXT ... and that is as it should be.

Do you know that many thousands of people have become interested in the Five-Fold Life, and are now TRAVELING THE PATH today just because you, and you, and you, loaned them a copy (of the various editions) of WHAT'S NEXT?

In First Corinthians, the thirteenth chapter, first verse, St. Paul says:

"Though I speak with the tongues of
men and of angels, and have not charity,
I am become as sounding brass, or a
tinkling cymbal."

All the older versions of the Scriptures, including the Douay (Catholic Version), translate the Greek word for Love, as "Charity". In the newer versions of the New Testament, "charity" is translated as "love", making the above verse read as follows:

"Though I speak with the tongues of
men and of angels, and have not love,
I am become as sounding brass, or a
tinkling cymbal".

All the older versions of the New Testament rendered the above verse correctly, because charity in those far distant days did not mean "a hand-out" or "going on relief", but it did mean love -- love without the slightest taint of selfishness.

Nowadays even the word "love" does not give a too correct meaning to the ancient Greek term. The word "love" borders too much on selfishness to give a correct meaning to the obsolete word "charity". Of course, there are different and varied forms of love, such as "true love". But this kind of

love is found principally among husbands and wives, to the strict exclusions of all others.

There is a higher form of "true love", and it is called "mother love" -- the love of a mother for her offspring. But that kind of love, while it is the highest form known among mankind, borders a little on the selfish. It is biased and partial, although serving a very high and noble purpose.

I am very much afraid that all those renderings of the words "charity" and "love" in our modern English do not come up to what St. Paul had in mind.

Let us use a more satisfactory translation of the words "charity" and "love". The verse from First Corinthians, the thirteenth chapter, would then read thusly"

"Though I speak with the tongues of
men and of angels, and have not Affection,
I am become as sounding brass, or a
tinkling cymbal."

Notice how Affection changes the rendering of the verse from a "hand-out" on the one hand, and a selfish "true love" on the other, to an exalted plane far above all sorts of love -- love at its very best?

Affection is definitely a SUB-CONSCIOUS Faculty. It is very real among the other Faculties of the SUB-CONSCIOUS, but it is seldom used by the mass-minded, and only a little used by Budding Individuals.

Sometimes the Budding Individual has to be quite well EXPANDED in several of the other SUB-CONSCIOUS Faculties before he realizes that he has this Faculty -- Affection.

Once he realizes that he has the Affection Faculty, he has such a joyful time applying it that he increases amazingly all of the Faculties of the SUB-CONSCIOUS.

The amazing thing about Affection is that it does not have a negative pole or side. Therefore it cannot be tainted, as Imagination, Belief, and Emotion often are.

"Mother love", "true love", and all the lesser forms of love, are not Affection, because Affection is never small -- never "we four and no more".

At the present time Affection cannot be directed. By that I mean, Affection cannot be forced upon any one. Affec-

tion only goes out "to whom it will". In the MILLENNIUM our Affection will go out to everyone, although it will go out to some more than to others.

We said in the Milennial Edition of WHAT'S NEXT that "Affection is a very powerful Faculty, and is quite dangerous when confined -- confined to too few outlets". Once the Faculty of Affection starts INCREASING, do not confine it, but discreetly direct it. Remember, Affection depends on your Reason and Judgment (it has none of its own) for proper and discreet dissemination.

In the article on Affection in the 1957 WHAT'S NEXT, I used the word "love" quite often for Affection. This was so people who read the article, other than Budding Individuals on THE PATH, might not be confused. The average mass-minded person knows what higher love is (or thinks he does), so I used the word "love" to bridge the gap from what he knows to a knowledge of "Affection".

I also used the phrase "true love" (as opposed to carnal or mundane love), and capitalized the word Love to make the mass-minded aware there was something much higher than "love" or "true love", and that something was AFFECTION. You who have TRAVELED even a short distance on THE PATH can tell almost instantly the difference between love and Affection. Even the higher forms of love are always ardent for a return.

When a person loves someone whom he knows does not love him he says, "Marry me now, and in time you will learn to love me". Love is such a fickle thing it cannot learn anything. Love is a SUB-CONSCIOUS "sub-faculty" that will be completely done away with in the Millennium. All our higher loves will be transmuted into Affection. The lower forms of love will have to be completely rooted out of our nature before we enter the MILLENNIUM, or shortly thereafter.

We are so nicely poised between Good and Evil -- between the White Forces and the black forces -- that it is very simple to be swayed a little "to the left", and then our Affection "would become tainted with love".

If this should happen it might be some time before the Work would go on again, building into our Prototype the beautiful Pink Fire. Of course, we would retain that which we had actually built into our Pattern, but a rent in our beautiful garment of Affection might be the cause of discontinuing the GOOD WORK for many months.

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AFFECTION -- THE MIRACLE POWER (Part 2)

The important thing to do at this time is to give your Affection your zealous blessing. But be careful the evil forces do not substitute love for Affection, and go a bit further and substitute lust for love.

Right below Affection, so to speak, is the Faculty of Emotion. Emotion in the average person is an unstable thing, and we will have Traveled quite a distance on THE PATH before we get it under our control. We will not get it fully under our control until we are well into the MILLENNIUM. This is as it should be. Every time we curb our Emotions -- and there are thousands of them, both small and great -- we add Color to our Prototype.

Fortunately, Affection is always close at hand and when sentimental Emotion has the slightest tendency to get out of control, we can swiftly change our thinking over the dividing line to Affection, and adore someone whom we have "met on the street" but do not know, and will probably never see again this side of the MILLENNIUM.

In the days to come, as we get nearer and nearer to the SEVENTH and LAST MILLENNIUM our Affection, if it is not yet tainted with "love", will stand us in good stead. The more Affection (love-free Affection) we possess, stored away in our Pattern or Archetype, the easier it will be to enter the MILLENNIUM, and the greater we will be at the time of our entering.

Of course, Affection will work wonders for us now. It will make us much nicer people to be around. Much more considerate of others (Social Department of Life). Our minds will be greatly improved, and instead of growing older, we will shortly begin to throw off old age -- "the years that the locusts have eaten". After all, it was our negative Imagination, Belief, Emotion and Conscience that blighted our life ... all our lives.

This is a word to the WISE: keep your Affection constantly increasing -- EXPANDING. If you will take a little "time out" each day and urge your Affection to EXPAND, it will increase, and INCREASE, and INCREASE. By the time another twelve months have come and gone, you will have set foot in the Millennium -- your MILLENNIUM.

Of course, you will increase and INCREASE in every Department of your Life, and in every Faculty of your Mind -- all three facets of your Mind.

I realize that your EXPANSION in Affection is not too great at the present time. You have read about Affection being one of the SIX Faculties of the SUB-CONSCIOUS. You have read about it for years, but you have done very little about EXPANDING it.

You might even complain, "Heretofore, Affection was not interestingly 'written up'. Therefore I saw no need of employing it in my life and affairs."

You are partly to blame for not employing Affection. If you had been more interested in EXPANDING all your SIX SUB-CONSCIOUS Faculties, you would have known innately what a power for good Affection was, and would have at least experimented with it. Experimentation always increases our knowledge of a subject.

The old-time Budding Individuals of centuries ago did not have any printed lessons on the Six Faculties of the SUB-CONSCIOUS, but they became so interested in the SUB-CONSCIOUS Faculties that a "particle" of Inspiration, like a small flash of lightning, (Inspiration comes from the SUPER-CONSCIOUS) gave them to understand that they were on the right trail, and that is how they learned about Affection.

Of course, the Budding Individuals of that day employed every bit of knowledge they could gain, and it was not too long before they became INDIVIDUALS, and in time they became MASTERS.

Once they had mastered the three Faculties in the CONSCIOUS Realm of Mind, and had mastered the six Faculties of the SUB-CONSCIOUS Mind to a considerable degree, then, of course, their SUPER-CONSCIOUS Realm of Mind was opened to them. They no longer had flashes of Inspiration, but were constantly Inspired. From this they built up Intuition and Genius.

These old-time Aspirants on THE PATH learned that Affection was not to be curbed or guided. "Affection was to go out to whom it would." Affection, unlike love, did not attempt to possess any one. Therefore Affection was as gentle and harmless as a dove.

The modern Budding Individuals will find that until Affection increases a little, they will constantly confuse it with love. Keep working with Affection, and one day you'll find that Affection has divorced itself in your mind from love, and you can thrillingly send it out to others with no thought of reward or return.

Rich rewards will come. You will be rewarded handsomely in all the other Five Faculties of the SUB-CONSCIOUS Realm of Mind very, very shortly. And the day will come when you will possess Intuition and Inspiration and the Genius to put your whole, wonderful Mind to work for you.

A maiden lady of quite a few "summers" (and no small amount of "winters" -- whenever we feel sorry for ourselves it is "winter time" in our minds) was leading a lonely life. She really felt sorry for herself. All her brothers and sisters were married ... and how she secretly envied them.

One day she was made conscious of the transforming power of Affection. But she had no one among her sisters, brothers, nieces or nephews, that Affection went out to of its own accord, although she loved them all after the manner of a human being.

While downtown on business one day she started home but just missed her bus. There would not be another for twenty minutes. The thought occurred to her that she could stand just out of the way of passersby, and view each of them.

It was several minutes before her Affection for any of those who passed became "conscious". Then it sprang into action. It somewhat startled her for a moment, but she did not let that affect her "practice of Affection". Soon another person passed, and she felt Affection going out to him. A lady was next to receive the attention of her Affection.

After the first little embarrassment of feeling Affection for strangers wore off, her Affection really became on fire. She was having so thrilling a time she missed the next two busses.

When she arrived home her kin folks noticed a wonderful change in her. One of them remarked, "What happened to you? I never saw you so happy before?" Of course, she could not answer their questions. To talk about a thrill you have just had, especially if it has to do with Affection, is to lose the thrill.

Well, "Aunt Hattie" went back to her favorite place on "Main Street" about once a week, and built up her Affection by not confining it. Within just a few months she was so improved in Mind and Body that she was a new being.

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HEALING THE BODY WITH AFFECTION

Lesson 6

Emotion, when it is negative, as it is most of the time in the mass-minded, and among Budding Individuals until they are a certain distance on THE PATH, is the cause of most of our afflictions, both Mentally and Physically.

Emotion is also the cause of most of our afflictions in the Spiritual, Social and Financial Departments of Life, as well. And of course it afflicts all Faculties in the CONSCIOUS Realm of Mind -- we cannot think rationally when we are under the constant strain of negative Emotion.

Emotion plays havoc in the SUB-CONSCIOUS Realm by afflicting everyone of the Faculties in that Realm, except Affection. It substitutes "love" for Affection, and there it does its vilest work.

Love can never be very high in an average human being, especially those who are not on THE PATH, and even for those on THE PATH it sometimes takes quite a while to turn the highest form of Love into Affection.

Eighteen years ago we published a beginners' course in the Five-Fold Philosophy, entitled, "OUTWITTING TOMORROW". In Chapter VIII (page 39) we gave thirty-two physical afflictions and their psychological origin. Practically thirty out of the thirty-two physical afflictions owed their origin to negative emotions.

Imagination played quite a part in the various afflictions. At least, negative Imagination made quite a number of the afflictions worse.

Negative Belief made stronger by negative Emotion soon caused a physical affliction where there had been none before.

Even negative Conscience, the kind of Conscience that is always condemning you, certainly adds greatly to a deplorable mental condition. This reacts by afflicting the body. And when the physical man can go no further, it lays down and dies, and the soul goes out into the Other World with the same afflictions that the body suffered.

It is strange how the mass-minded give 'way to negative Emotion, knowing full well that they will have to pay the price in affliction in both Mind and Body, and in all other

Departments of Life. Of course, it all starts out so simply. It is fun for a child to have a "tantrum". It is even more fun for an adult who knows better to have Emotional upsets. But in the not-too-distant future, when the Emotions have wrought havoc upon Body and Mind, and real Mental and Physical afflictions set in, there the fun ceases.

All of the Faculties in their SUB-CONSCIOUS Realm of Mind turn against them, with the exception of Affection, which they have probably never used. They mistake "love" for Affection, and as we have indicated before, love in its highest form is a poor substitute for Affection. When love is in its lower or lowest form, it certainly can be fiendish.

While Intuition, Inspiration and Genius are definitely of the HIGHER MIND -- THE SUPER-CONSCIOUS -- in a person who allows his SUB-CONSCIOUS to take over and hold sway negatively, being a genius is all the worse for him. He then turns those three lofty Faculties of the SUPER-CONSCIOUS into work for his own destruction. This is hard to believe, but just the same it is a fact. Just as the three Faculties in the CONSCIOUS can be turned downward for the unfortunate one's own harm and destruction.

You see, it is all a matter of Free Will. A person in the flesh or out of it has the right to live his life any way he desires to live it. So sacred a thing is FREE WILL that one's own Guardian Angel must bow to it.

The WORK of Guardian Angels is greatly misunderstood by the average person. He believes his Guardian Angel keeps him from being tempted, or from doing wrong. That is not the whole truth. His Guardian Angel keeps him from being tempted beyond that which he can bear. The Guardian Angel keeps the evil forces from overwhelming him. Without the Guardian Angel's strong protection, Free Will would instantly become a thing of the past. A human soul is no match for the demons of Destruction. But with the assistance of the Guardian Angel, the human soul is absolutely free to go up or go down.

Those who go up -- follow THE PATH -- do so of their own Free Will. THE PATH is not painted with rosy colors. That has a purpose -- so that the Budding Individual will not be unduly swayed. If the Budding Individual could but look just a little way ahead on THE PATH, and see how bright and beautiful it is, that would practically annihilate Free Will.

Therefore, no one is urged to TRAVEL THE PATH. But if anyone does, and continues to TRAVEL THE PATH, it gets more and more beautiful and rewarding with each new step the Bud-

ding Individual takes along THE UPWARD PATH.

We could paint glowing word pictures of how the Budding Individual will enjoy the journey, not when he becomes an INDIVIDUAL, but almost from the very start. But it would not have any effect on the mass-minded in getting them onto THE PATH. Neither would it have any effect when the Budding Individual actually gets onto THE PATH. If we could do it, that would be swaying a Budding Individual against his will, and that is FORBIDDEN.

The mass-minded, or a Budding Individual, can sway himself just as much as he likes, and that is what he should do. Every Guardian Angel, every INDIVIDUAL, and every MASTER, is delighted to see him do just that. But as for swaying his Judgment -- his Free Will -- no one has a right to do that, not even an Archangel.

In the New Testament, Christ performed many miracles, but He never once took away Free Will in performing His miracles. Most of the people, especially those who came to Him for healing (in great droves) were so happy about their healing that they never gave The Healer more than a passing thought.

In St. Luke 17:12-17, there is recorded the healing of the ten lepers. All were healed, but only one -- a Samaritan -- came back to thank Christ for His healing.

"And Jesus answered and said, Were there not ten (lepers) cleansed? but where are the nine?"

The one ex-leper who came back to give his thanks to The Healer, had a certain amount of appreciation. Right then and there his Prototype was increased "as by fire".

Probably the ten lepers who were healed never contracted the dread affliction again. But they all died of other afflictions that they contracted after their healing from leprosy. And all the tens of thousands who were made whole physically by the healing power of Christ, died eventually of some disease.

Some, no doubt, shortly contracted again the same affliction of which Christ healed them. Not that Christ did not do a perfect Work of Healing, but that the thing, or the things, that had first caused their affliction kept right on afflicting them, and many of them died of the same disease of which He had so perfectly healed them.

Let us return to the six Faculties in the SUB-CONSCIOUS Realm of Mind. Any one of them (excepting Affection) could have made these persons ill, eventually causing grave afflictions of the Physical, and eventually ending in death.

The Jews of that day, and the Samaritans to a little lesser degree, were an Emotional people, and their Emotions were practically all negative. They "thrived" on negative Emotions, and hence the Weeping Wall in Jerusalem, which is used to this day ... when the Jews can get to it.

But Jews and Samaritans are not the only negatively Emotional people. All people not definitely on THE PATH are afflicted with negative emotions. Their jealous form of love -- just the opposite of Affection -- is a life-shortener of the first degree.

The mass-minded are always "imagining vain things". That is, even their Faculty of Imagination is turned downward. There is a limit to downward, but there is No limit to UPWARD.

Their negative Belief is a constant source of Mental and Physical Affliction. What we believe in, if it is negative, is Mental dynamite, due to the fact that the Mind is so closely associated with the Physical that almost instantly when the Mind believes "a vain thing", our Belief starts working havoc with the physical body.

Conscience, when it is not based on that which is Positive, can become a most damnable affliction of the Physical. If one has a guilty Conscience, the best thing is to right the wrong done, and thus set the Conscience at liberty. If the wrong cannot be righted with the one wronged, then one must put forth every effort to rid the Conscience of its indulgence in the negative.

In "OUTWITTING TOMORROW", Chapter X, "Mental Magic", we give a very wonderful "Writing Out Exercise", that is most effective. Or, if "talking out" will do the work better, then find a friend or loved one and tell him about the cause of the guilty Conscience.

The "Writing Out" of the complex is the better way, for two reasons: first, you will know that "the sin of omission" or the one of "Commission", dies with the burning of the paper on which you Write it Out. And second, there is always the danger in "oral confession" -- where you talk and the other person listens -- of transferring some of the negativity of your Conscience to the listener's Sub-Consciousness.

It may not show up as an evil implantation for many years, but in the end it will take the form of a Mental aberration or a physical affliction.

Mr. Miller had just passed seventy-five. When he was sixty-five his devoted and loving wife died. As time went on Mr. Miller began to feel very sorry for himself. His children did not want him to live with them. They were all married and had growing families, and besides, they did not have room for him. No one would give him the love that his devoted wife used to shower upon him. After forty years of "loving devotion", an "old fellow" gets to expect it. When it is not forthcoming, he is apt to demand it. That was the principal reason none of his children had a "spare room" for him.

While his wife was living, and up to the day of her passing out of physical embodiment, Mr. Miller used to pour out his troubles to her. But when she had troubles it was a different "tune". He would dismiss her with a brusque, "You women are all alike -- always griping."

Well, after forty years of listening to Mr. Miller's gripes his wife just could not take it any longer, so she just died. Different doctors called the cause of her death by different names, but after forty years of listening to the gripes of a not-too-pleasant husband, even at his best, you can draw your own conclusions about his wife's departure from this "unpleasant and mundane world".

Mr. Miller, now seventy, was in a really bad condition Physically and, of course, it was the Mental Department of Life that was the cause of it all.

When the doctors told him he could live but another year poor Mr. Miller was scared ... he was willing to try almost anything. "When the Student is ready the Teacher always appears". The "teacher" appeared in the form of a brochure telling Mr. Miller just how to "write out" his many, many gripes. He did not "notice any difference" the first week, but by the second week he began to get results.

Then he came upon information about the Six SUB-CONSCIOUS Faculties. He took the information seriously, applied Affection (he had never in his life been affectionate to any one), and then the miracle happened. Now at eighty years of age (he only looks sixty, and feels forty), he is a new man, with a zest for "going places and doing things".

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THE ART OF BECOMING FATE FREE

Lesson 7

There is no particular Magic in becoming Fate Free, or free from your negative fate. Becoming "Fate Free" is a bit misleading. You actually do not want to lose touch with Fate entirely, but you wish to cast off your negative fate, and increase your Positive Fate in all of the Five Departments of Life.

You DESIRE to be "master of your Fate", minus all of the "bludgeonings of chance". That is what we actually mean by becoming fate free.

Everyone who possesses negative Faculties is not Fate Free. But some are a lot more free of negative fate than are others.

It is positively amazing what marvelous changes a Budding Individual experiences when he makes Positive only two or three of the most negative Faculties. Of course, he is a long way from INDIVIDUALITY, the place where all of the Faculties of the entire Mind are mastered. But our Budding Individual, if he uses the magic Faculty of Affection at every opportunity, will soon know the meaning of being Fate Free. Not in its entirety, of course, but enough freedom from negative fate to definitely cause him to look forward on THE UPWARD PATH and envision much greater freedom.

This looking forward on THE PATH, and envisioning the things to come in your life, is a good practice if you do not overdo it.

The black forces are always ready to paint a too-rosy picture for the Aspirant on THE PATH. They know that in doing this, the Budding Individual will become discouraged when his plans for his EXPANSION into Life do not work out as well as he had allowed his Imagination to assume that they would.

Thus his Belief -- Faith -- in himself and the PLAN, are shattered for the time being, and of course he has to start all over again, not from the beginning, but from the place his Imagination got ahead of his good Judgment.

The only way you can free yourself from the "fell clutch of circumstance" is to cultivate Positiveness in all Twelve Faculties of your Multiple Mind. That, of course, takes time but you have exactly the same amount of time anyone else has, and so, when you DESIRE to Travel THE PATH you certainly will.

If DESIRE is not strong enough to cause you to INCREASE all of the Twelve Faculties of your Mind, do not let that worry you at all. Just cultivate those Faculties in any Department of your Three-Phase Mind that you have a DESIRE to improve or EXPAND.

We would like to spread your Mind out before you again. Here it is:

CONSCIOUS	(1)	Reason
	(2)	Will
	(3)	Judgment
SUB-CONSCIOUS	(4)	Memory
	(5)	Imagination
	(6)	Belief
	(7)	Affection
	(8)	Emotion
SUPER-CONSCIOUS	(9)	Conscience
	(10)	Intuition
	(11)	Inspiration
	(12)	Genius

The most important Faculties in your entire Mind are WILL (2), AFFECTION (7), and INSPIRATION (11).

But like a 12-cylinder motor car, you can get along quite well with quite a few of the cylinders "missing". In fact, you have gotten along so well with most of your Mental cylinders "missing" that you do not realize they are not now "firing".

You have gotten along on "cylinders 1, 2, 3 and 4, with "cylinder" No. 5 "cutting in" occasionally. As far as the others are concerned -- Nos. 6, 7, 8 and 9 -- they have been working in reverse.

You do not yet even have "cylinders" Nos. 10, 11 and 12 even "connected up", yet you have been doing fairly well.

Now that your Mental motor has begun to "knock" a bit, due to the "reverse motion" of "cylinders" Nos. 6, 7, 8 and 9, you are willing to do something about the matter. You realize that you cannot go on much further with your Mental motor only running on four "cylinders", with the occasional aid of the fifth one.

Also, you now realize that if only all of the first nine "cylinders" were functioning properly your life would

be exceptionally pleasant, and if you "connected up" "cylinders" Nos. 10, 11 and 12, that your life would become absolutely FREE. You would then have a Positive Fate, with none of the damnable negative variety left in you.

Every Budding Individual, before he crosses over the "line" into INDIVIDUALITY, has his first NINE "cylinders" functioning quite well. At least, his "motor" -- his Mind -- is all running in the same direction.

Let us discuss for a few moments a typical case of the Mental "motor" running smoothly. Mr. Brown was "a typical example". He was an average, No. 3 man (see Lesson 1, page 5). At times he was successful, but something seemed to happen at regular intervals to cause him to lose all. The cause of his financial losses seemed to be in the category of "natural events". He would be going along fine, but then he would get a "bad break", and that would be the end of that particular spurt of success.

The average Student, not too far on THE PATH, would try to solve (?) Brown's problem by saying, "Let him get married to a good woman". That did not solve the problem. Mr. Brown was already married to a good woman; a woman just a bit above average. Mr. Brown had three children. One was in the last year of high school, two were in college.

Brown was not an old man, but he was getting to the place where his age was pretty evident. To the age where large corporations could not take a chance on employing him because he was "too close to the retirement age".

He had a hard struggle to keep the two older children in college. When something good "broke" for him, he would pay up all his back debts, and would be able to save up a few hundred dollars. Then "Pow!". Out of a "clear sky" all would be lost. We could definitely say that our Mr. Brown was not "Fate Free".

One day when everything seemed darkest, Mr. Brown just happened(?) to become acquainted with the Six Faculties of his SUB-CONSCIOUS Realm of Mind. He became extremely interested in the matter, and began to meditate prayerfully as to which was the proper Faculty to begin "working on".

He finally decided upon the Faculty of Affection. This proved a good choice, and he was soon amazed at how this Faculty began to EXPAND.

Brown was not outwardly an Emotional man -- he kept his

Emotions well under control -- suppressed. As quickly as he learned about "the Writing Out" exercise, he practiced it. This relieved the Emotional situation. At the same time, through Affection he began cultivating Positive Emotions. With the aid of Imagination this was not hard to do. Then he took all the other Faculties of his SUB-CONSCIOUS, one by one, turning them upward -- making them Positive.

He had a good visual memory, but a very poor oral memory. In other words, he could remember a face but could not for the life of him remember the name that went with that face. He got on to the system of overcoming this difficulty (as given in the final Lesson of this Course). Then, one day he became "Fate Free".

One always becomes Free of negative fate when he has made Positive the SIX Faculties in his SUB-CONSCIOUS Realm. Of course, he has made the THREE in the CONSCIOUS Realm of Mind Positive by working with the Six Faculties of the SUB-CONSCIOUS.

Brown went back into business again. He could not get much credit -- business men are wary of the man who has "gone broke" too many times. But Brown did get sufficient credit to conduct a small business. He paid his bills regularly, and his credit rating increased. In a little over two years he was doing more business than he had ever done before.

Then one day it happened. He did not go broke as he usually did after "holding out" for about two years, but something wonderful happened instead. His SUPER-CONSCIOUS Realm of Mind began to function, and he became a Genius in his particular line of business. It seems that when we are interested in any worth while undertaking, and have made our other Faculties ("Cylinders") Positive, then the SUPER-CONSCIOUS connects up the other "cylinders" (Faculties), and we have Intuition, Inspiration and Genius working in a most effective and wonderful way for us.

Like all men of genius, our Mr. Brown got offer after offer to work for others. When you become a Genius, the news gets around and the business concerns and corporations that would not so much as give you a "look-in" on account of your "age" or other "handicaps", all vie with one another for your services. But since Mr. Brown's Faculties were now all functioning Positively, he had the Genius not to accept any of the very tempting offers, which showed that he had graduated from Budding Individuality into INDIVIDUALITY.

INDIVIDUALITY is a most happy place to be on THE PATH.

You are not only "Fate Free", but Financially free. You can donate your entire fortune to some worthy cause, and in less "than a week" be well on your way to another fortune. But INDIVIDUALS, once they experience wealth, break the novelty of riches, and from then on all the INDIVIDUAL cares for in the way of money is sufficient to take care of all his needs and to do any GOOD WORK the White Forces have planned for him.

We at once hear an objection. "If INDIVIDUALS have such a tremendous Genius for acquiring wealth, why don't they keep right on in business and donate all their profits to worthy causes?" That is a fine, intelligent question.

The answer is, that when a Budding Individual has gone through the many Positive changes, and reaches INDIVIDUALITY he no longer sees things from the warped viewpoint of the mass-minded. Nor even from the viewpoint of the Budding Individual, which is also pretty warped if he has not progressed a distance on THE PATH.

Actually, the INDIVIDUAL has reached a place where his only interest is of getting the mass-minded onto THE PATH, and getting Budding Individuals to TRAVEL THE PATH faster.

No amount of money will do these things. Everything that Genius can legitimately do has already been thought of and done to make THE PATH as appealing as possible without unduly swaying the mass-minded to set foot on it, or to unduly interest Budding Individuals in their UPWARD climb.

Becoming Fate Free is up to each person. When he DESIRES to become Free of fate -- free of negative fate -- and does something about it, he has all the help of the White Forces on his side, but only to the extent of his DESIRE.

As he increases his DESIRE to become the person he can and should be, he actually becomes that person. DESIRE is a powerful force, and it will not let anything stand in its way to accomplish the DESIRE of a Budding Individual. An INDIVIDUAL is an INDIVIDUAL because he DESIRES to be so. When he increases his DESIRE to become a MASTER, he will become a MASTER.

DESIRE is increased by doing -- action. It is increased by EXPANDING one's Affection. It is increased little by little by moving the Faculties of the SUB-CONSCIOUS Realm of Mind from negative to Positive. When we DESIRE Ardently enough for miracles, then miracles will take place.

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GENIUS CAN WORK WONDERS

Lesson 8

Genius can work wonders in a person's life after he has made Positive the NINE Faculties in his CONSCIOUS and SUB-CONSCIOUS Realms of Mind.

When a person is born a Genius, it is almost certain that his NINE Faculties (three in the CONSCIOUS and six in the SUB-CONSCIOUS) are all but negative. As he grows older even Reason, Will and Judgment have become so warped through misuse that the Genius is usually a sad sight.

The temptation is very great to use Genius, Inspiration and Intuition in place of Reason and Judgment. All may go fine for awhile, while the boy or the girl Genius is under parental guidance. But the day comes when he or she has no longer the guidance of parents, and then he or she is at a great loss to know what to do.

Quite often, too, their particular form of Genius fades away by the time they reach maturity. Or, if it does not become a thing of the past, that which was remarkable in a child becomes more or less commonplace in an adult.

Then, too, a Genius often has a very small field of operation. A natural-born Genius for music, which is in the field (Faculty) of Inspiration, quite often is Positively a "dud" at mathematics. His mental horizon is high in the art of music, but he is a "low brow" in everything else. The mathematical Genius is high in the field of "math", but is often very low in plethora, originality and initiative.

There are only three subjects (fields) in which a person can have an interest. These are people, information, and things. We can have a main interest in any one of these three, and a side interest in but one other.

If the Genius is a Genius at the game of chess -- the field of Information -- then his side interest is either one of the other two -- people or things. Never both; never all three. If our chess Genius likes people, he will get along very well with people, and win a majority of games when he plays chess with twenty or thirty people at a time.

If, on the other hand, the chess Genius likes things as his second choice (second to his Genius for chess), he will not have much regard for people (and no Affection for them at all. Thus he will be rather ruthless in playing the game,

and, of course, will win almost every game. He will not be "a good loser" about the games lost, but probably he will be enough of a diplomat not to display in public a negative emotion about his losses. Just the same, he will "hate" the people who won.

On the other hand, the Genius who is a Genius at chess, and likes people as his second choice, may be a much better player than the other kind of Genius, but will not win as many games. He will often "throw the game" to people of whom he is fond.

Fondness, by the way, is kind of a "cusp" between Love and Affection. Fondness is actually the "cusp". Love comes up to this dividing line but does not cross it. Affection crosses the "line" sufficiently to make a good contact with the highest forms of love. The joining place of Love and Affection is in the "cusp" of Fondness.

A "natural born Genius" comes by his Genius with no Conscious effort on his part -- he is born that way. This is in deep contrast to the awakened Genius -- awakened some time in the future in the Advanced Budding Individuality stage.

When a Budding Individual starts TRAVELING THE PATH, and has cultivated -- EXPANDED -- his NINE lower Faculties up to where they are more Positive than negative, he then, unlike the natural-born Genius, is blessed with Genius, Inspiration and Intuition, and is not a slave to them.

He is the THE MASTER OF HIS FATE. The natural-born Genius is seldom a Budding Individual. If he is fairly well positioned in his Financial Department of Life, he is not remotely interested in TRAVELING THE PATH.

The true Genius is then a person after mastering his NINE lower Faculties, and so more or less decides what path his Genius will follow. As he nears INDIVIDUALITY, his interest centers in People. What form it will take about People will depend on how his Genius is INSPIRED to help People.

There are thousands of acceptable ways of helping the mass-minded into THE PATH, without detracting from their own Freedom of Will. Intuition plays a great role in the work of an INDIVIDUAL.

Now an INDIVIDUAL is only a little further on THE PATH than a "high" Advanced Budding Individual, and he probably does not know exactly what is the source of his Intuition. He does not know that it comes (like Inspiration) from the

Higher Other World. He knows for a fact that he has earned the right to be a Genius in his chosen field of endeavor.

Unlike the natural-born Genius he came by it to help humanity, and not to amaze people by his "super-mind", as does the chess Genius, or the "mathematical wizard". Not even to play upon their Emotions, as does the musical Genius.

The true Genius is one who, by Inspiration and Intuition, helps the mass-minded onto THE PATH, and then helps them to Travel along THE PATH.

He lives a very thrilling Life, in inspiring people not merely to lead "better lives", but to lead "Five-Fold Lives". He is never "written up" in magazines and newspapers -- the INDIVIDUAL has a perfect Genius for keeping his name out of print. Once he has made the headlines, even the smaller ones, his effectiveness in his chosen field would probably be sadly impaired for a long time to come.

It is a thrill to be a Genius, and all the time keep it a secret from even your most intimate friends and relatives. For one thing, the Emotions of friends and relatives are so negative that if they really knew how great a Genius you are they would be tempted to be very jealous of you, and you could not help them in any way.

Only when you have reached INDIVIDUALITY will you recognize the TRUE GENIUS in another INDIVIDUAL. But even then you will probably not know to what extent the brother INDIVIDUAL is Inspired. Only when you reach MASTERSHIP will you know what an INDIVIDUAL's special Genius is, because the MASTERS are often the Directors of the works of INDIVIDUALS.

As you probably surmise, the INDIVIDUALS are the Directors of the WORKS of Budding Individuals. The Works among Budding Individuals is not to Inspire them with Intuition or Genius, but to get them to make their NINE Faculties in the CONSCIOUS and SUB-CONSCIOUS Realms of Mind more Positive. When this is accomplished, it is but a short step into Inspiration, Intuition and Genius.

The INDIVIDUALS work through the Faculty of Affection. If they can get a Budding Individual to use his Faculty of Affection even just a little, the Budding Individual will realize there is something more to life than the humdrum affairs that he calls "life". But the INITIATE -- INDIVIDUAL -- must be very careful that the Budding Individual makes his discovery of LIFE by his own Free Will and D-E-S-I-R-E.

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PAST LIVES AND HYPNOTISM

Lesson 9

Early in 1956 everyone became interested in their past lives, through the use of hypnotism for remembering their previous incarnations.

The comedians on TV and Radio really "went to town" on poor "Bridey Murphy", who was the central figure in the act. The writers for comedians (the writers of jokes don't tell them, and the comedians cannot write them, hence the writer-comedian teams) had a brand-new subject that had never been exploited before, and so they made the most of it.

Of course, the subject of previous embodiments (reincarnation) has always interested people since Madam Blavatsky of the Theosophical Society, away back in 1875, made so much of reincarnation.

What was really new during 1956 was the combining of hypnotism with the theory of reincarnation. Yet that wasn't really new, for others had tried it before. What was really new was how it "caught on" with people. I suppose the "planets" were in the "right position" for the "rebirth" of "Bridey Murphy".

According to the theory of reincarnation, intelligent people, both white and colored, come back approximately each one thousand years for another incarnation in the flesh.

All those who are an authority on the subject of reincarnation claim that that is true -- once in a thousand years we "come back for more experience". That would make poor "Bridey Murphy" years ahead of time, depriving her of the joys and thrills of the Heaven World.

It is said that our thousand years Over There are divided into three equal parts: (1) reflecting on our past mistakes on earth, (2) the enjoyment of Heaven after our period of reflection is over and (3) planning on what our new life on earth shall consist of.

Some have led such a negative life on earth in their previous embodiment that they spend most of the thousand years in sorrow, thus depriving them of the Joys of Heavenly Life. Not only that, but they have so little time left they cannot prepare themselves properly for their next incarnation in the flesh. That is why (it is said) there are so many misfits, and people with criminal tendencies, at the present

time -- it all goes back to the dark ages of a thousand or more years ago.

It is said that the black savages of Africa, who have never contacted a white man nor his teachings, are so fascinated with primitive earth life that they reincarnate in approximately thirty years after death. They are so bored with the Lower Heaven -- with its beautiful music, thrilling colors, magnificent shapes and forms -- that they fight to get back into physical embodiment to have another fling at the materialism their souls crave.

But commercialism is invading "darkest Africa", and the missionairies have pretty well gotten into most parts of Africa. These two -- commercialism and missionairies -- have wrought quite a change. While "tatooed cannibals" may still "dance in files", many of the savages are no longer savage. They have taken on a veneer of civilization that may cause them not to desire to ~~reincarnate~~ reincarnate into flesh for fifty years or more. I suppose you can call that progress.

But let us talk about YOU for awhile. Do you realize that you are in a predicament? If you pass out of the physical body now permanently, you cannot come back for 1000 years which will be about 2957 A.D. -- only 43 years before the end of the SEVENTH (and last) MILLENNIUM. You are in a still worse predicament -- you cannot come back into the flesh at that time, for no human beings are to be born into the MILLENNIUM after 2100 A.D. That is the dead-line -- 143 years off.

You can do one of two things about the problem. You can go on living just as you have been, and eventually pass out of physical embodiment. Or you can work toward your CONSCIOUS and SUB-CONSCIOUS liberation, with the idea in mind that you will SUPER-CONSCIOUSLY liberate Intuition, Inspiration and genius, and then you will know just what to do about living on in the flesh right into the NEW MILLENNIUM.

You can forget all about reincarnation. If you pass out of the physical now or at any time before the NEW, SEVENTH MILLENNIUM is ushered in, your possibilities of EXPANDING into the TWELVE Faculties will be a thing of the past.

You certainly will undergo a change in the Heaven World, but the change will not be particularly impressive. All your negativeness will have to be eliminated. All you will have left is what you have stored up in your Prototype -- Pattern. As most folks who loiter on THE PATH have not made a contribution to their Archetype in years, they will not "shine as the sun" (or even as stars or the moon), but will be airy wisps

of not much of anything.

I was technically wrong when I said that nothing is added to your Prototype after death. Regret that you could have done so much but did so little, adds a slight bit of color to your Pattern or Prototype. But Regret is a sad way to add to what could have been the gorgeous colors.

If, for any reason, you are not interested in achieving Life in the NEW MILLENNIUM, and there may be legitimate reasons although I can think of none at the moment, you can, in a few months time live so POSITIVELY you will add color after color to your Divine Pattern, and will on passing over in to the Other World, shine with at least the light of a small star.

And who knows, you may find the GREAT WORK of Transmuting your negative dross into pure, Positive gold so interesting you will TRAVEL so far on THE PATH you will be looking toward INDIVIDUALITY? It is a bright, shining thought, and laden with all kinds of delightful possibilities.

Budding Individuals just freshly on THE PATH (providing they are moving forward) are like the old-time alchemist who tried to turn lead into gold. But there is one difference. While they failed, we can transmute our every Faculty into the Pure Gold of a Thrilling and Positive Life.

I am not so sure that the ancient alchemists were all trying to discover a "formula" for transmuting lead into gold -- I have a rather large suspicion many of them were Budding Individuals and INDIVIDUALS, who were attempting, and succeeding, in transmuting their negative Faculties into Golden Faculties.

From your past life, through hypnotism or any other kind of "regression", you will Positively not at this time receive one iota of good. When you become an INDIVIDUAL you will be far enough on THE PATH to not let the mistakes of past lives influence you negatively. But by then you will not need the negative "junk and debris" of the past to show where you made grave mistakes in previous embodiments. Diving Intuition, Inspiration and Genius will then ILLUMINATE you.

"Godly sorrow" over past mistakes only slightly colors our Prototypes. But to take advantage of our God given possibilities and opportunities RIGHT NOW, in this embodiment, adds more color to our Prototype than a thousand incarnations of "Godly remorse".

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YOUR INFLUENCE IS MUCH TOO SMALL

Lesson 10

Your influence is too small for your own good, and for the good of others.

If there was only some way to influence others for good and yet ignore our own EXPANSION INTO LIFE, or if while influencing others to be good some of that influence would rub off on us, that would be an "ideal condition". Or so might say the Budding Individual not too far on THE PATH.

Of course, everyone with this attitude is interested in People; not very much interested in Information, and only in a slight manner interested in "things" -- himself.

We mentioned in an earlier lesson that a person can have two interests only. He is either interested in Information and a secondary interest in Things, or have for a second interest People. Or perhaps his first interest is People, and his second Information. One whose interest is definitely in Things can have only for a second interest, the subject of Information.

When a Budding Individual gets along toward INDIVIDUALITY, he begins to cultivate an interest in all three -- in People, Information and Things.

This is a "must" to the passing of his "first examination" from Budding Individual to INDIVIDUAL. The accent, of course, has to be on People, with second accent on Information. He must know about Things, but Things are "unaccented".

Of course, you must know about Things in this material world, but if you have gotten any place beyond common labor, you must have knowledge -- Information. And if you have gotten to a place beyond Information, you know about People and how well you know about People is based entirely upon your Affection for People.

Speaking of Things, you would feel pretty silly after the first one hundred years in the MILLENNIUM if your main interest was on Things, because Things have all been arranged for in the NEW MILLENNIUM. It is a Sabbath, so to speak, and people do not work on the Sabbath.

Every one "sits under his own vine and fig tree", which means all he has to do is to reach up, "pick and eat". Every thing else in THE MILLENNIUM is just as effortless.

Knowledge fills the earth, and where Knowledge exists, the need for manual labor ceases.

Knowledge (from the Lord) will fill the earth. Knowledge is Information, the kind of Information that does away with Things -- automobiles, airplanes, steamships, factories, skyscrapers, etc., etc. All is Knowledge -- Information -- about people and for people.

After the first 100 years in the MILLENNIUM, all those who have not qualified for the remainder of the nine hundred years by not giving up material Things, will pass out of physical embodiment.

Satan and all of his crew will be securely locked up in the Bottomless Pit (center of the earth), and there will not be any excuse for those who will not qualify for the full extent of the MILLENNIUM.

Just one Faculty in the SUB-CONSCIOUS Realm of Mind can disqualify a person after he has lived in the MILLENNIUM for a hundred years, and that is the Faculty of Affection. The lack of Affection means that the person does not like people, primarily.

Of course, without AFFECTION you cannot feel Affection for People. That is why it is so important to start now and get your Affection in good working order, not only to like people, but because it is the Key Faculty of all those in the SUB-CONSCIOUS.

It -- Affection -- even helps you with the cultivating of Memory, both Visual and Oral. People who have Visual Memory are always saying "your face is familiar, but I can't remember your name".

People with an Oral Memory are just the opposite. They remember the "name", but not the "face". Both types of Memory are fully taken up in Lesson 18 of this Course.

After Memory comes Imagination, and most folks have a very powerful one, but not a very good one. It is negative in more ways than you can imagine. In the world of so-called art, negative Imaginations run rife. So much so that the work of the artists with a complex for the ugly is never seen in anything but the lower Astral World, and, of course, the artists, like their art(?), are very much "earth bound" for many a long decade.

Your influence in your own Life is definitely too small

when your Imagination is of the negative variety. Poor health is one of the ways that negative Imagination can afflict you. And a Poverty Complex thrives on Imagination when it is negative. Even a Key 5 man (First Lesson) may be afflicted with this kind of a poverty complex, but it does not last too long, and then he is again on top of the world.

Your BELIEF is much too small for you if you are a Budding Individual. Belief is not FAITH, not until it crosses over the "line" and is as active for good as it was once for evil -- evil meaning negative. In the field of religion (not in Christianity) fear plays a devastating part -- fear of the future; fear of death; fear of eternal punishment.

You now know that AFFECTION, the Fourth Faculty in the SUB-CONSCIOUS Realm of Mind, is always POSITIVE. There is no negative Affection, and, of course, your influence among men is far too small if Affection is non-existent. But you can quickly change all of this by the methods suggested in this Course of Study.

Negative EMOTION is always present in the mass-minded, and present in the Budding Individuals in diminishing degree as the Budding Individual nears INDIVIDUALITY.

In the mass-minded it is a very serious affliction, especially if negative emotion is repressed. The people who "rave and rant and break up the furniture" are not nearly as afflicted by the negative emotion as people who are emotional but do nothing about it -- often showing complete outward calm. In these people emotion is building up for a terrific explosion. It may make them so short-lived they will never have an opportunity to give vent to their violent, negative emotions here. But almost immediately after they pass out of physical embodiment, where they have no restraining influences of any kind, they certainly give vent to their emotions in a "place prepared for them" in "outer darkness", where "there is weeping and wailing and gnashing of teeth".

Of course, CONSCIENCE is very good, and it is always with us. But instead of going around with "a guilty Conscience", why not stop doing the things that bring about a "guilty conscience", and do the things your Conscience approves of? The kind of things that your Positive CONSCIENCE can give you "a pat on the back" for ... and very often does.

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YOUR INFLUENCE IS TOO SMALL -- Part Two

Of all the Faculties in the SUB-CONSCIOUS that gets negative the quickest, is the Faculty of EMOTION.

All except the Faculty of AFFECTION come under the evil influence of Emotion when it is negative. Affection is directly connected with our Prototype, and so cannot be afflicted in any way by Emotion when it is negative. Emotion, when it is Positive, COLORS our Prototype with beautiful Colors.

To show how negative Emotion afflicts directly and indirectly, we give you page 39 from "OUTWITTING TOMORROW":

APOPLEXY - Brought on by anger, hate and extreme passion.
BACK LAMENESS - Burden-bearing thoughts.
BILIOUSNESS - Revengeful, traitorous, mutinous thoughts.
BOILS and OTHER ERUPTIONS - Irritability, impatience.
BALDNESS - Incompetence, inability, self-consciousness.
CATARRH - Disgust, disdain, and false superiority.
CANCER - Dissatisfied love nature, selfishness, frustration.
COLDS - Depressions, despondency, "the blues".
CONSTIPATION - Nervous tension, worry, lack of poise.
CROUP - Intense irritation and confusion.
DEAFNESS - Unwillingness to listen, judge and accept.
DIARRHEA - Tendency to run away or avoid reality.
DIPHTHERIA - Intensified resistance to truth and reality.
DYSPEPSIA - Worry, Turmoil, anxiety, fear of the future.
GOITER - Obstinate pride, fear of difficulties.
HAY FEVER - Lack of interest, self-inflicted limitations.
HEADACHE - Confusion, fear, worry, brain exhaustion.
HEART TROUBLE - Selfishness, fear, worry, tension.
HEMORRHOIDS - Prolonged anxiety, fear, and worry.
HYSTERIA - Repression, mental conflicts, selfishness.
KIDNEY TROUBLE - Inferiority complex, fear of detection.
LIVER TROUBLE - Inaction, depression, repression.
NAUSEA - Rejection of facts or truth, emotional conflicts.
PARALYSIS - Thwarted or inhibited desires.
PNEUMONIA - Overwhelming disappointment of long duration.
RHEUMATISM - Fault-finding, criticism, nagging.
SORE THROAT - Unconscious resistance to truth.
SPINAL TROUBLE - Remote fear of death or eternal punishment.
STOMACH TROUBLE - Oversensitiveness, rejection of facts.
FRIGIDITY - (In either sex) - Repression, conflicts, shocks.
TUBERCULOSIS - Lack of freedom, a shut-in complex.
URINARY TROUBLE - Inefficiency, inability, and "I can't".

You can see by the above list that negative Emotion is the arch-fiend of your many physical and mental afflictions. This is where your GREAT CHANGE must first take place.

When Emotion runs uncurbed, it not only afflicts the CONSCIOUS and the SUB-CONSCIOUS Realms of Mind, but it plays havoc in all Five Departments of Life as well.

Beginning with the Mental, it quickly afflicts the Physical, makes us Socially unworthy of true friendship, and is sure death to the Financial. Spiritually, when negative Emotion holds sway, we are not contributing a thing to our Archetype or Divine Pattern.

Unless a person is born with Genius (and few are), the SUPER-CONSCIOUS lies idle. If a person is born with Genius and has not curbed his Emotions (made many of them Positive) his Faculty of Genius may be more of a liability than an asset. Genius, plus negative emotion, is most certainly a life-shortener.

It is far better to have no Genius at all while Emotion is running rampant. Negative Emotion can make the Faculty of Genius a fiend, thus making the unfortunate one a menace to society.

Emotion, when negative, dominates the Faculty of Belief, causing us to believe the most fatal things in the Physical Department of Life. The Physical can only tolerate so much affliction from Emotion, then the body sickens and dies.

Death ends the body, but as we said before, not the Emotions. The unfortunate soul (without a body) who has let his Emotions run wild, finds in death that the negative Emotions are seven times more severe than he ever experienced them in the physical body.

As we said, there is truly a place of "weeping and wailing and gnashing of teeth" in the lower astral world, just as Scripture states.

I heard a phonograph recording a long time ago of four people who had been entranced by a medium. The medium allowed four disembodied souls to enter the four bodies of the entranced persons.

I never have heard to this day such agonizing cries. These souls were in the place called "outer darkness", and not in any kind of torment or "hell fire".

Their hell was stored up within them, in the form of negative emotions. They were expiating it. No, they had not contributed much to their Prototypes, or they would not have been in so negative a condition.

Now you can see why we say that your influence is too small for your own good and for the good of others. Even if your Emotions were all under control that would not be enough, although it would certainly be quite something. Until your Imagination, Belief, Conscience and Love (Affection) have all been made Positive, you ARE NOT YOURSELF. True, you are your negative, Emotional self, but that is a far cry from what you could be, and can be, and what you WILL BE when your Six SUB-CONSCIOUS Faculties are definitely under your Reason, your Will and your Judgment.

Your influence is definitely too small for your own good for your Ego has never had much of a chance to express itself Positively. Your Ego has had plenty of opportunity to express itself negatively, but Egos are at their worst when expressed negatively. Your lack of Belief in yourself has made you too sensitive about yourself. This brings about tension which adversely colors your temperament, and so you express mannerisms that are not your own. Well, perhaps under the circumstances they are your own temporarily, but the getting rid of negative Emotions would make a delightful and POSITIVE change in your mannerisms.

If you have studied this far in this Course, even if you do not understand it all at first reading, your Mental horizon is very high. So high, in fact, that you will have no difficulty in making great and delightful changes in your Life and affairs.

Initiative will ever be on the increase when you become the Positive (not domineering) person you are Destined to be.

There is a place for dominance, and that place is first yourself. Practive self-dominance first, and you will then be successful in dominating others. "Dominating" others is, of course, not "domineering", or "lording it over" others. It is "directing" others. If the directing of others is done with confidence and intelligence, they will not realize you are "the boss".

In directing others, whether it is a Bible Class or a group of salesmen or any other group, if you have succeeded in getting the Six Faculties of the SUB-CONSCIOUS to become more Positive, and the Three Faculties of the CONSCIOUS to become more Positive, you will eventually be a leader among men, not over-night, but perhaps quite soon. We are moving very rapidly now in Life, and whatever you Ardently DESIRE will be materialized.

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GETTING "FUGACITY" OUT OF YOUR FACULTIES

Lesson 11

The word "Fugitive" comes from "Fugacity", meaning a fearful desire to run away.

People afflicted with Fugacity are not running away from the police. They are running away from themselves.

Negative Imagination, combined with strong Emotion, causes the afflicted one to flee from some imagined harm or danger. They do not know from what they are fleeing.

I knew a young man who was the victim of Fugacity to such an extent that when he was traveling from his home in Pennsylvania to the West Coast (to get rid of those whom he imagined were out "to get him"), he got as far as Cheyenne, Wyoming, when he suddenly "realized" that the bus driver was one of those from whom he was fleeing.

Needless to say, he got off the bus just as quickly as possible, fled up the street and did not stop running until he was at the edge of the city. There he concealed himself back of a building and waited for the bus to depart.

In about a week he "knew" that "they" had located him in Cheyenne, so fled back to the East Coast, this time by train. He was nearly three months in getting to California.

But the urge to flee remained with him. He purchased a car, and then he could flee to his heart's (fugacity's) content, anywhere, always keeping slightly ahead of the "nameless terror" his fugacity made him sure was always dogging him.

He made several trips across the United States, driving as fast as the law would allow, and often faster. When he became so exhausted he could drive no longer, he would conceal his car along the highway and sleep for two or three hours in the car, then would be back on the road again, to grind out another thousand miles.

He had no idea of what he was fleeing from, nor did he care. It was enough to be constantly escaping from "those" who were following him.

When negative Emotions combine with negative Imagination and there is an element of negative Belief, they take on the form of Fugacity -- to flee. Of course, Reason and Judgment

-- within the CONSCIOUS Realm of Mind -- are seldom consulted, or people would not do the "crazy things" they do.

The "case" just related is, of course, an extreme case of Fugacity. Most folks control their Fugacity with Reason, but just the same they have a fairly strong desire to "escape". Some know what they want to escape from, and those are the fortunate ones. But there are many others who have an overwhelming desire to "escape", yet do not know from what they are fleeing.

DESIRE, as we have learned, is neither good nor bad. But the use of DESIRE makes it Positive or negative, as the case may be. DESIRE is never neutral. Fortunate are they whose DESIRES are being turned upward by the Neophyte himself.

I knew another man. He had the same kind of a "curse" on him. He moved twenty-seven times in twenty-four months. It was all in the same city. Often he would move only a few blocks from where he had been living, or sometimes clear across the city. Once he moved just next door. But he was forever on the move, avoiding "that" which was trailing him.

He joined the army, got himself assigned to a Department that was always on the move. He was supremely happy, for now he could outwit the "thing" that was trailing him, and at the same time get paid for it.

I knew of a lady, a very intelligent woman with a college education. She was happily married and had two beautiful little daughters. Her particular form of Fugacity -- running away -- was that "a man" was following her. She would open a door only wide enough so she could barely slip through, and close it with a slam. She would race upstairs so fast she was breathless when she slipped through the upper door at the top of the stairs.

Coming down stairs she would "make it three steps at a time". It is a wonder that she never took a serious fall. She would slip through the door and then stand with her back against it. Quite naturally, she kept all the doors in the house closed all the time.

Of course, these are severe cases of Fugacity. They are all products of Emotion and Imagination, and sometimes other Faculties of the SUB-CONSCIOUS (other than Affection) conspire against the person who has unwittingly given in to his negative Emotions.

The principle reason why Budding Individuals at first do not make more progress on THE PATH than they do, is simply

a matter of Positiveness. They have to create a certain degree of Positiveness in themselves -- in their own Prototype -- before they can go on to the higher heights.

Of course, that brings us back to AFFECTION again. Affection is the quickest and surest way to get Positive action in the SUB-CONSCIOUS Realm of Mind. The best time to develop Affection is when you feel some of the negative Emotions coming upon you. Let Affection flow out to people whom you naturally like. But, as we mentioned before, people whom you know and like are not too good "subjects". Total strangers, whom you will probably never see again, are the best subjects for your Affection.

Whenever you see strangers, even hurriedly passing them on the street, let your Affection go out to them. And this Affection that you send out to others is all the while building up your Prototype. Adding Living Fire to it (and if you persist in this) forces your SUB-CONSCIOUS Faculties to begin making their contributions to your Pattern. When that takes place, you can feel yourself EXPANDING into Life.

If you have Fugacity, or fears of any sort, they will begin to subside. And as you build into your Prototype more and more Positiveness, fears and phobias will not only lessen in intensity, but will one day be a thing of the past.

It is a good idea to start now and make all of your Faculties as Positive as you reasonably can. Once you start doing this, using Affection as your powerful motivating force, you can clear out your cesspool of Fugacity, fears and phobias in a reasonably short time. At least, enough so that should you depart permanently for The Other Shore, you will have enough Fire stored away in your beautiful Archetype to "light your passage" Over There.

You will not have to spend endless decades and centuries in the act of "weeping and wailing and gnashing of teeth" in outer darkness, in remorse for a misspent life -- a life in which you added almost no color to your Pattern.

Wise are they who prepare for the future right now. And whether it is to be in the NEW MILLENNIUM, or in The Higher Other World, makes little difference, if you have "oil in your lamp" -- Fire in your Prototype. You will succeed marvelously.

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ARE YOU AS GOOD AS THE OTHER FELLOW?

Lesson 12

In view of what we have just pointed out to you in the eleven previous Lessons, do you feel that you are "just as good as the other fellow"?

I would like to hasten, and explain that you are in a class by yourself. In other words, you have no equal. There is no human being living, and no human being has ever lived, who was EXACTLY "Just as good" as you are.

With your twelve Faculties increasing at this time, I want to inform you that you have no equal. You are in a class of your own. Certainly there are many, many millions below you, not nearly as good as you are. But there are millions above you, a great deal better than you are.

We are all in a state of flux -- change.

Out in the Higher Other World among The White Forces, where even the slightest tinge of negativeness is unknown, each Angelic Being has no equal. Either he is a little bit higher, or a little bit lower, in the matter of Wisdom and Affection, than all other members of The White Forces.

If you will cease to think that you are "as good as the other fellow", realizing that you are not as good as those who are only a little above you on THE PATH, and the moment you think that you are better than those below you on THE PATH, then you automatically drop back through negative Emotion to a place beneath them. Then you will stop evaluating yourself, knowing full well that if you continue to practice this deception, you will be down where you started from -- perhaps down still further.

It is permissible for the mass-minded to feel better than the other fellow. It is permissible for the mass-minded to feel "I am just as good as the other fellow". But you cannot indulge in this sort of thing -- it is extremely negative. You "backslide" on THE PATH to a position just beneath those to whom you feel "just as good as they are".

Even an INDIVIDUAL would not compare himself to a Budding Individual, as to how superior he was over that Budding Individual. He realizes that he, the INDIVIDUAL, knows more than those who are further down on THE PATH from where he is, but that does not make him feel superior. If he should detect the slightest bit of superiority in any of his Faculties

he would quickly rid himself of it by the stern command, "Get thee behind me, Satan".

It is true, that the black masters on the downward path thrive on superiority. They look down upon all those who are not as far down as they are, and they hate all the other black masters who surpass them, or who are farther on the downward path than they are. It is definitely a black master practice to feel superior to anyone.

But the feeling of Superiority is never found on THE UPWARD PATH. The stupid feeling, "I am just as good as the other fellow", is never tolerated on THE PATH for a single moment.

Envy and jealousy are Emotions that are found on that downward path. Even to strive to keep up one's EXPANSION to that of a brother INITIATE always ends disastrously.

Fortunately, the INDIVIDUALS and MASTERS know every one of the tricks of temptation that the black forces can cross them with, and so they go serenely on. The INDIVIDUALS and MASTERS, once upon a time, were Budding Individuals, just as you are. During their period of Budding Individuality they learned many things that they could use all along THE PATH. Start TRAVELING and YOU will learn many things that cannot be written -- they only apply to you.

Of course, many things Budding Individuals have in common, and these things can be explained. But in the field of Emotion and Imagination, you will find that there is only one of you in all the world. Those negative Emotions and Imaginings, when they are turned Positive, make you into an INDIVIDUAL. Every INDIVIDUAL has things in common with all other INDIVIDUALS, but he has qualities peculiar only to himself and that is why he is called in INDIVIDUAL.

An INDIVIDUAL is not eccentric. He could not be and have his Five Departments of Life well EXPANDED. He is so well adjusted SOCIALLY that every one of his Emotions has become Positive.

Whenever an INDIVIDUAL is tempted for a moment to feel superior, all he has to do to get rid of the temptation is to view another INDIVIDUAL who was away behind him on THE PATH a short time ago, but is now far ahead of him.

So you see, the INDIVIDUAL did not "just get this way". Instead, like you are doing and MUST CONTINUE DOING, he gradually turned all his Nine Faculties, one by one, from nega-

tive to Positive. Then, when the proper time came, Intuition, Inspiration and Genius were opened to him.

The nice part about ADVANCING into the Five-Fold Life is that you can actually be yourself. There is no bluff to bolster up a weak ego, no showing off to prove that you are "as good as the other fellow". All these are the outcroppings of inward weakness.

This is nothing to worry about -- inner weakness. When you get just a little further along THE UPWARD PATH, and I mean by that, when you have turned even a few of the negatives in your SUB-CONSCIOUS to Positive qualities, you will experience a feeling of self-reliance. Probably not very much "the first week", but as you progress through the days, months and years, in your work of turning negatives into Positives, your self-reliance will continually so EXPAND you will never again measure yourself by anyone else.

You will do measuring, all right, but it will be by comparing what you have gained "this week", so to speak, by what you were the previous "week".

Memory -- Visual and Oral -- we will take up in the final Lesson of this course. We would like to mention right here, however, that most of the people who are lacking in self-confidence and self-reliance, are having difficulty with their memory. When people get older and have difficulty with their memory, they quite often lose confidence in themselves, to the extent that their memories have failed them.

There is only one thing that can be done for this so-called Affliction. That one thing is, IMPROVE THE MEMORY. Therefore, in the final pages of this course, methods are given (they are very simple at first) for restoring your memory and your confidence.

Memory is definitely of the SUB-CONSCIOUS Realm of Mind, but unless it can be used by the CONSCIOUS Realm, and that with dexterity, Memory can be a problem. And now, stop "being as good as the other fellow", and if you will do this, it will not be long before you will be much better than the other fellow ... but you will have the good grace not to show it. They will love you for this.

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EMOTION -- THE PRINCIPAL CAUSE OF PHOBIA

Lesson 13

Of the Six Faculties in the SUB-CONSCIOUS, the Faculty of Emotion is the principal cause of Phobias.

I might say that a Phobia is a "fear of something". It is a constant dread of something that our Reason rightly tells us is not harmful to our well-being.

Psychologists say that Phobias are "pre-natal". That is, that something happened to us before we were born.

The reincarnationists say that Phobias are a "carry-over" from our past lives. Of, if the Phobia or fear is very severe, that we may have added to it in a previous incarnation, before this latest one.

All we are interested in at present is not an explanation of how we came by a certain Phobia, but (if we have one or more) how we can get rid of them -- that is, if they are particularly unpleasant or embarrassing.

As we mentioned, Phobias have a special affinity for our Faculty of Emotion. They actually can be rooted in any of the Faculties of the SUB-CONSCIOUS (any but Affection). But they express themselves almost entirely through the Faculty of Emotion.

Quite naturally, if a person has a real bad Phobia, his Faculty of Imagination goes right along with Emotion (which has no Imagination whatsoever), and paints fear pictures of the first magnitude.

Even Belief (false) will work hand in hand with the negative Imagination to furnish more material to make a big Phobia even larger.

And here is a paradox: A good Conscience (?) is often the cause of many an evil Emotion -- Phobia.

There is no use trying to reason with a Phobia. A Phobia is beyond reason, due to the fact that it is not located in the CONSCIOUS Realm of Mind, which has the Faculty of Reason, but in the SUB-CONSCIOUS Realm of Mind, which is utterly devoid of all Reason.

This is a suggestion (NOT given as advice). If you are on THE PATH, avoid your particular Phobia (Fear) as much as

you can at this time. When you are a little further on THE UPWARD PATH, you will be given the knowledge or information as to that which is the cause of your Phobia, and best of all, both the knowledge and strength to get rid of it for once and for all.

For the time being, though, if you have for "your affliction Arachnophobia (uh-RAK-noe-FOE-bee-uh), the fear of thunder and lightning, you can always move to a different location. You can move to southern California, where thunderstorms are so rare that they rate a headline.

You cannot do very much about your Phobia if it falls in the class of Demonophobia (DEE-muh-noe-FOE-bee-uh), the fear of evil spirits or demons. Of course, you can reason with your CONSCIOUS Mind that your Guardian Angel is more powerful than all the demons put together. He actually is, since he has a direct connection with The Most High, and since you have not made any "pacts with the Devil", or have not practiced black magic.

But all such reasoning vanishes, especially when you go to bed at night, in the dark. A person with a severe case of Demonophobia can always "bunk" with another person for comfort, or if that is not possible, can keep a small blue light in his room all night. Blue is understood to be anti-demon. But get along the best you can, until you are further along on THE PATH. By the way, the INDIVIDUALS and MASTERS do not have a single Phobia -- but when they were Budding Individuals they had their share of them, yet rid themselves of that negativeness.

Here is a Phobia that used to be quite common in the horse and buggy days, but has all faded out now -- at least, it does not bother people very much any more, even people who have a severe case of Hippophobia (HIP-oh-FOE-bee-uh), the fear of horses. It afflicted both men and women, and when a man had it he had an affliction "of the first water".

Homophobia (HOE-moe-FOE-bee-uh) will keep some people out of the coming MILLENNIUM and quite a few people out of Heaven. Homophobia is the dread of sameness, or monotony. Contrary to popular belief, there is no monotony in Heaven. And as far as the NEW MILLENNIUM is concerned, there will be enough action there to keep the most active person quite happy for a thousand years. Of course, if one is on THE PATH one does not have to Travel far before he becomes acquainted with the "cause and cure" of this particular Phobia.

While we are getting rid of the "horse and buggy" Phobia,

another fearful Phobia may come along to take its place. It is a monster, and it is called Hypsophobia (HIP-soe-FOE-bee-uh). It is the dread of high places. It is so fearful that the one afflicted with this fear will not, under any circumstances, take an airplane trip.

Some persons will take a plane trip in spite of this fearful affliction, but insist on the seat next to the aisle where they cannot see out, or they insist on a seat on the aisle and only travel at night. Of course, it is an unreasonable fear. They, of all people, know it. But they cannot do anything about it because they know it is connected with a Faculty in the SUB-CONSCIOUS that is beyond Reason. Further on THE PATH, they learn how to rid themselves of this Phobia.

You would be surprised if you knew the number of people afflicted with macrophobia (MAK-roee-FOE-bee-uh), the dread of long waiting. People with this Phobia do the most foolish things -- everything from "selling short" to committing suicide. They are often brilliant people, but their brilliance does not have much chance to demonstrate itself. They are always quitting their jobs, not because of anything against the boss or anyone, but because their Phobia shrinks from the thought of the "long grind ahead". So they try to satisfy the Phobia by making change after change. They always find something to do if they are going any place, so they get to their bus, train or plane "just one minute" before departure time.

When once started on the trip, the old Phobia makes them count the hours and minutes until arrival. Some people with this Phobia "play it smart -- divide their long journey into several short ones. They are through trying to "out-wit" the Phobia, so cater to it enough not to make it too unpleasant.

That is good advice for every Budding Individual. "Play along" with your particular Phobia if it is not harmful. Perhaps you acquired it pre-natally, perhaps in another incarnation. Let us be agreeable with this Phobia, and say you acquired it both in another incarnation and pre-natally.

But if you are TRAVELING THE PATH, have no fear that you will keep your Phobia forever. You will find its cause before too long, because if you start making Positive all the Faculties in the SUB-CONSCIOUS, beginning with the Key Faculty of Affection, you will find the cause of your Phobia, and once you know its cause you will know how to effectively and permanently eliminate it.

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CRYPTOPHOBIA, CRYPTOPHILE, and CRYPTOMANIA

Lesson 14

If you are afflicted with Cryptophobia, you will not get far on THE UPWARD PATH. But, of course, you are not, or you would not have studied this far in this Course.

Cryptophobia simply means that one hates puzzles, secrets, and especially hidden meanings.

People are often quite religious, as most people are, but are not very Spiritual. They are terribly afflicted with Cryptophobia. They take everything in the Bible at its verbal value as "Gospel Truth". They completely and deliberately ignore the parables of Jesus by giving them a "face-value" meaning. Why do they do this? It is because most religionists haven't much Positive Imagination, and because they are terribly afflicted with Cryptophobia.

They deliberately misunderstand this passage in the New Testament:

"All these things spake Jesus
unto the multitude in parables;
and without a parable spake He
not unto them." Matt. 13:34.

Even when Jesus explained the meaning of a parable to the Twelve, as He often did, the religionist with a Cryptophobia complex is quite perplexed as to why Jesus did not speak plainly as to what He meant. There are probably seven answers to this question, but the major answer at this particular time is, if He had not spoken in parables, His teaching would be applied to the specific period of time in which Jesus lived, ONLY. By speaking His parables cryptographically, they were for His time -- the New Testament time -- and for our time as well.

The parable of "the Ten Virgins" -- five of whom were wise and five foolish -- applies more to our time than it ever applied in the past. And it will apply even more specifically as we enter the NEW, SEVENTH MILLENNIUM. It is plain to be seen that "the foolish virgins" are not going to enter THE MILLENNIUM with "the wise virgins".

Fortunately, most Budding Individuals some distance on THE PATH are not afflicted with Cryptophobia. They are not afraid of the parables of Jesus, and some Budding Individuals are beginning to comprehend not only the hidden meaning behind

every parable that Jesus spoke, but it is revealed unto them by Intuition and Inspiration the meaning back of the meaning of many of the parables. We just mentioned the five wise and the five foolish virgins. There are more meanings to this parable than we have mentioned. We give here the parable of the Ten Virgins. See what you can make of it:

"Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridge-groom.

And five of them were wise and five were foolish.

They that were foolish took their lamps, and took no oil with them;

But the wise took oil in their vessels with their lamps.

While the bridegroom tarried, they all slumbered and slept.

And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him.

Then all the virgins arose, and trimmed their lamps.

And the foolish said unto the wise, Give us of your oil; for our lamps are gone out.

But the wise virgins answered, saying, Not so; lest there be not enough for us and you; but go ye rather to them that sell, and buy for yourselves.

(Matthew 25: 1-9)

I have not quoted the last four verses of the parable. You will have work enough "translating" the first nine.

One verse concerning the "Ten Virgins" which I would like to call especially to your attention, is the third:

They that were foolish took their lamps, and took no oil with them.

That is typical of those who have stepped onto THE PATH but have made no progress on THE PATH. They are good average people, but they have not done anything to put Color in their Pattern or Prototype.

Extremely intelligent is the Budding Individual who is changing his negatives in the SUB-CONSCIOUS into Positives -- putting Living Fire into his Archetype.

Now, just the opposite to One afflicted with Cryptophobia is the Cryptophile (KRIP-toe-file), one who likes to work out hidden meanings. He is not only interested in the hidden meanings of the Parables, but also he is interested in the many hidden meanings of Life.

A Cryptophile makes progress on THE PATH much quicker than does the person afflicted with Cryptophobia. The one thus afflicted cannot understand the true hidden meanings of Scripture. Many ministers are afflicted with Cryptophobia, and, of course, they preach the "letter", but not the MEANING -- SPIRIT -- of Scripture. Any they "get away with it" only because their audience also has Cryptophobia.

A Cryptophile naturally travels THE PATH the fastest. Of course, there is many a Budding Individual who has not Cryptophobia, neither is he a Cryptophile. He is just neutral, but he will do all right on THE PATH. He will not have "the curse" of Cryptophobia holding him back, but on the other hand, he will not have the urge -- DESIRE -- of the Cryptophile to go forward on THE MYSTICAL PATH.

We have learned that Cryptophobia makes a person dislike "hidden meanings". We learned that a Cryptophile is a person who likes hidden meanings.

Now we have a third "Crypto" -- and we must warn you about him. He is often a black master -- a black magician. Instead of having a love for hidden meanings, as does the Cryptophile, he has a passion for hidden meanings. He has Cryptomania (KRIP-toe-MA-nia).

Instead of searching out the true hidden meanings in the Parables and other Scripture, if he is interested in Scripture at all it is because he delights in finding a "reverse" hidden meaning -- the reverse meaning is always some form of black magic.

The Cryptomaniac substitutes: "Do unto others as you would have them do unto you", to, "Do what thou wilt is the whole of the Law".

We will not have to warn you against Cryptomania, because if you are a Cryptomaniac you will not be studying this warning -- you will be away down on the Downward Path, so far down that even if you wanted to retrace your steps it would probably require all of a millennium to come back to your starting point.

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WELCOME MYSTICAL EXPERIENCES

Lesson 15

We have, in the past fourteen Lessons, been discussing the Faculties of the Mind, and have presented them to you from many angles. In this Lesson let us talk about Mystical Experiences. It is important at this time. If you have had no experiences of a mystical nature, you probably will have one in the very near future. Not that they are necessary for your EXPANSION into Life, but that your EXPANSION may produce one or more of them.

Of course, no two people have the same kind of mystical experiences. By mystical experience I mean an unusual experience peculiar to that person only. All such experiences are exactly suited for one's peculiar needs. That is why, probably, no more than two people in a million have similar experiences.

I do not like to speak of any of my experiences for the reason that they do not apply to any other person. However, one experience I had I received much benefit from, and it is one you or any other Budding Individual could use in your relaxation practice. Therefore I will relate it.

This "mystical" experience continued for a number of years. As nearly as I can remember it occupied about six years from the time it started until its consummation.

This is it. No matter when I would retire for the night I would awaken about four hours later, and have a short period of absolute wakefulness. This would last fifteen or twenty minutes, during which time I would take a drink of water or eat "a small snack". I would return to bed, and my mind would commence the experience I am about to relate.

It was not a very pleasant experience. It always began in pitch darkness. I was walking in the dark in thin mud up to my neck. I proceeded slowly for two reasons: the first reason was that I could not walk very fast even though the mud was thin; and second, I did not want to get any of the mud on my face.

The mud was not slimy, and it was not "smelly". I remember distinctly being thankful for that. Another thing, it was comfortably warm.

Not every night would I have the experience. I became somewhat tired of it, and would change my thought to some-

thing more pleasant. In about fifteen or twenty minutes, as I said before, I would be sound asleep.

The main reason for not wanting to continue with the wading through that sea-of-mud experience, it was not leading me anywhere. About that time I had a great "revelation" -- I found that the mud was only coming up to my chest, and that I could wade a little faster by holding my arms up.

I made a second discovery. I was walking along on a low ridge. If I turned too much to the right or left, the mud got deeper. From these two observations I realized my journey was "a guided tour".

I suppose that I continued to walk after I went back to sleep. Anyway, from then on my interest in the "journey" increased, yet not sufficiently to continue with it every night. After all, I was walking "mile after mile" in jet darkness, and in this warm mud.

One night, after not paying any attention to the "experience" for several weeks, I found that the mud came up only to my hips. It was this somewhat startling "revelation" that caused me to feel I was making progress.

I became more and more interested as the mud decreased in depth. But two things always persisted' it was always inky dark, and if I turned to the right or to the left, the mud got deeper.

It was not until the mud was only thigh deep that I thought I saw a faint light in the distance. I could not be sure, but after more nights of wading along my "ridge", and when the mud only came up to my knees, I was absolutely certain that I saw a glow in the far distance. Now the thin mud was getting much more shallow. I raced along at considerable speed, and with an interest that I have not experienced before.

A number of nights later I could distinctly see in the far, far distance a high mountain that radiated a marvelous Golden Glow. I was by this time out of that vast sea of mud and was running across a wide beach of dark-gray sand.

For the first time I realized that there were others traveling in the same direction with me. This was a realization only. I did not look to the right or to the left, and, of course, did not see any one.

I could see the Golden Mountain distinctly now, but I

could not see any of the landscape between me and the Mountain. A low cloud that came down to the sand and extended up for several hundred feet, and extended in both directions for miles, hid everything beyond me, except the peak of the Golden Mountain.

The Mountain itself was also hidden from view as I drew nearer the cloud. Upon entering the dense cloud I found it was raining very hard. I remember touching my face for the first time -- I gave it a good scrubbing, although I do not remember that it needed it -- the mud had not touched my face.

As I got about halfway through the cloud, the water now came down in torrents. As I proceeded -- I never stopped my walking forward -- the torrents lessened to a hard rain, then a light rain. Suddenly I came out on the other side of that cloud.

I could now see The Golden Mountain with much clearer vision. I must say the Mountain was a beautiful sight. The Golden Glow lighted up the beach of clean sand for miles in each direction. This beach was quite wide, and about half a mile in width.

As I said, I had become aware of people traveling with me on the other side of the cloud, although I could not see them. Now, after I had passed through the cloud, I saw a number of men emerge from the cloud. There were also men ahead of me. They were all traveling in the direction of a river. I went along with them.

The landscape was not impressive, due to the fact that a cliff extended for miles in each direction, and for some distance back of the edge of the cliff-like bank -- it was about thirty feet high -- dead trees covered it for miles. In fact not a single living tree or shrub was in evidence for a great distance back from the beach.

Soon we came to the river's edge. It cut through that thirty-foot-high banks. It was broad but very shallow -- the water only came up half-way to our knees. It was only now that I could distinctly see the other travelers, due to the fact that we were funneled into the river.

They were young, middle-aged, and old. Their clothes were fairly clean after passing through the rain cloud, but these clothes were not white, by any means. They were all dressed alike -- heavy shoes, pants, and a shirt. Some of them wore hats. Glancing down at myself, I saw that I was dressed as they were.

They were quite energetic, and waded up the river at quite a fast gait. I noticed that all of the mud had not been removed in the dense rain cloud. Each man ahead of me left a slightly muddy streak in the gently flowing water. I was a little surprised at this, having thought that the dense rain-cloud had removed the last trace of mud. I looked back and saw I was also leaving the same kind of stain in the water.

Also, in looking back I could see many more men coming out of the cloud and traveling toward the mouth of the river.

After traveling a number of days (nights), I noticed that the water was getting swifter. We were traveling up a slight elevation. More time passed, and water became quite swift. The banks, always about thirty feet high and very steep, came closer together now. This, with the rising elevation, made the water come cascading down with great speed. Yet I cannot remember that the swiftness of the water impeded our progress much.

There was more of the same kind of experience. In fact, I got a little bored with it, and proceeded to think about something else during my fifteen minutes of wakefulness following my first four hours of sleep. But evidently "we" kept right on traveling, for I would find myself in much swifter water every time I would permit myself to follow along with the "experience". I knew that we were gaining elevation very rapidly, for in looking back I could see well beyond the rain cloud and out into the ocean of mud I have been traveling through for several years.

The mud was a kind of blue-green, but farther out in the sea of mud it turned to almost black. I could only see a few miles, and then "thick darkness" prevented me from seeing any further.

I had purposely skipped a night of watery travel up the river. But my interest became aroused when the banks of the river came so close together that we were at times almost neck-deep in the water. I wondered what would happen next. I did not have long to wait before I found out. A torrent of water poured through a narrow space of about five feet wide. There was no way of by-passing it.

For the first time I and the others stopped and pondered. Then some of the men edged their way into the torrent. Evidently they found hand-holds and foot-holds, for they were successful in climbing up through the raging torrent.

It was with some doubt that I went into the swift water.

I found it required some effort of will, but I made the climb successfully and emerged from the raging torrent unscathed.

Everything above the watery experience seemed brighter. My clothes, and those of the other men, were much whiter. We still left a slight stain in the water, but nothing like we had left previously.

For the first time I noticed that my traveling companions recognized each other with occasional smiles. I tried smiling at some of my fellow companions, and was quite surprised, but very delighted, when they smiled back at me. But never a word was uttered. We often came very close to each other, but to the best of my knowledge we never touched one another.

The river began to widen out, and the rushing water became so shallow that it barely washed above our ankles.

And now, there were no more dead trees on the high banks above. There were now many live trees, and underbrush. This thick shrubbery soon covered the banks of the river with the most beautiful dark green plants, with waxy leaves. I was delighted to see that the plants had blossoms upon them. Not many at first, but they increased as we climbed the ever-widening river. The blossoms were about half an inch in diameter, snow white, and looked like miniature orchids.

More miles of traveling, and then I heard a sound like distant thunder. I do not know whether or not my traveling companions also heard it, for they gave no indication that they had done so.

The roar increased as we climbed upward. Now I recognized the sound as coming from a huge waterfall. After several nights (I was now becoming highly interested) of upward travel, we came to a circular dam. I remember it as being curved out instead of curved in like the conventional dam would be. It was not man-made, but it looked for all the world like the outside of an extinct volcano, as much as I could see of it through the splashing water.

I climbed to within fifty feet of the brim. I noticed that those ahead of me, when they reached the brim, stopped for quite some time and viewed with awe the sight they saw. I made my way to the brim, and I, too, stopped for several minutes and viewed that beautiful sight.

In the distance about a quarter of a mile away was the

waterfall I had been hearing. It was about one hundred and fifty feet high, and about as wide as it was high.

An oval lake extended from the waterfall to the brim of the natural dam before us. After watching the waterfall for some little time, I, too, slid over the rim and into the shallow water. There were a number of flat boulders at this end of the lake that came up above the surface of the water. We rested our heads on the boulders, but let our bodies float in the water, all the time entranced by the beautiful waterfall.

I do not know how long I remained there. It may have been for any number of days (nights). I had no way of telling time -- it was always day-time by the light of the Golden Mountain. At last I swam to shore. Broad sandy beaches were on either side of the lake, but the broadest beach was on the left. I remember that I did not have my shoes on when I stepped from the water onto the white sand.

Like all the others, I removed my wet shirt and trousers, and laid them on the sand to dry. I stretched out full length on the sand, pulled the brim of my hat over my eyes (I do not know where the hat came from as I did not possess a hat on the entire journey), and went to sleep.

While my body made an impression in the crystal-white sand, I had no feeling of weight at all.

When I awakened (it must have been after a long period of time) I made my way to the water for a swim. Although I am not a good swimmer I have no fear of water. When I came out of the water (I swam near the lower end of the lake where the boulders were) I was quite amazed to find my shirt and trousers neatly folded up. I folded them once again and used them as a pillow. I pulled the brim of my hat over my eyes and R-E-L-A-X-E-D. Soon I was sound asleep for another refreshing rest.

Every time I would awaken and take a swim I would find, upon coming out of the water, that my clothes were a little further up the beach. This continued until I was in the group of much younger men. These men did not sleep, but had a wonderful time watching the other men do "stunts" in the water.

I had graduated ... I never slept again. I sat on the sand among the other awakened ones, and watched the others enjoy the clear water, or I did my share of swimming. It was great fun, as I remember, to swim so close to the waterfall

as to be carried down, down, down, and then pop up to the surface like a cork.

All these men with me were exceedingly happy and good-natured. No word was ever spoken, but every one seemed to recognize each other. The older men and the "skinny" ones seemed to be completely rejuvenated by the time we reached the upper end of the lake, near the giant waterfall.

Evidently we had slept off our old age and "infirmities". We spent so much time in the water and on the sand we had no use for clothes. I never knew what became of mine, or of my hat, which mysteriously appeared when I wanted to lay down for a siesta. We often swam to the other beach, but for some reason never stayed there long. It was much narrower, although its sand, too, was crystal white.

You remember the dark green shrubbery with the small white flowers I mentioned coming down to the waters' edge, on the way up? Well, on both sides of the lake the same shrubbery grew, but the bushes were much larger and these flowers were about an inch in diameter.

One day I became aware that some of the fellows were climbing about fifty feet up the far side of the waterfall, then diving off. When they "surfaced" they would climb back again, even higher, and again dive off. Then one day I became aware some of them were reaching almost the top of the waterfall before diving off. Considering the falls were a hundred and fifty feet high, I considered this some feat.

One day (there was no night there) I noticed one of the youngsters had climbed clear to the top of the falls. He looked for quite a time at some object in the distance, then waved at us who were sitting on the beach watching him, as though to say "Come on". After several waves, he disappeared in the direction of what held his interest.

I was now aware that more and more men were climbing up the full hundred and fifty foot height; would stand and look at something in the distance, then wave frantically for us to follow. I do not know what they saw in the distance when they reached the head of the huge falls, or why they disappeared from sight. I had no slightest inclination to follow. Perhaps I have a mild case of Hypsophobia -- aversion to high places. Perhaps, some day, I will reconstruct that scene, and climb up and over.

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WELCOME MYSTICAL EXPERIENCES -- (Part 2)

The "mystical experience" as related in the preceding Lesson was a "personal" experience, and occupied about six years of time from start to completion.

In fact, I am not sure if it started when I first became aware of it or not. Perhaps it had been going on in my unconscious mind for months. But one night it came to the "surface", and I definitely became aware of it. From then on it took place every night that I would permit it to manifest itself.

All those months of wading through the soft, "soupy", warm mud, up to my neck, were not too unpleasant. I could almost instantly "turn it off" by simply thinking about another subject more pleasant.

I think that I received my first impression that the "experience" did have a purpose, when I realized for the first time that I was walking along a low ridge in the mud. My second impression that I was getting somewhere was that night when the mud only came up to my chest. It was then I knew it was all leading somewhere. I now followed the "idea" which much interest.

When the mud became only waist deep, I was sure that I was "getting somewhere", although I did not know where. I could almost feel the darkness. I was guided only by the low ridge beneath my feet.

While I was in the mud up to my neck, and before I discovered the low ridge, I had begun to feel as though I was in a kind of "Dante's Inferno". The thought did not terrify me at all. In fact, it somewhat amused me.

After the mud was far less deep, and I could race along at quite a speed, I began to KNOW the whole experience had a purpose.

Then, when I saw a faint light in the far distance and quite high up, I was very happy. Getting rid of the "miles" of darkness covering years of time (literally) was quite something.

When I missed following along with my "night vision" for as much as a week, I knew that I had been traveling all the time just the same. I determined this by the depth of the mud -- the mud was constantly decreasing in depth, and the Light was constantly increasing.

One night the source of the Light became quite clear. The Light came from a lofty mountain -- it was a marvelous, Golden Mountain. The upper one-fourth of it glowed steadily. It was wonderful, after my experience in the "thick darkness".

I distinctly remember that a beach ran in either direction for miles and miles. Not too far away the mud ended, and a beach of dirty gray sand appeared.

I had no control over the experience at all, other than that I could "shut it off" by thinking on some other subject. I was now becoming interested, and once on the sandy beach I almost ran forward toward the low-hanging cloud ahead of me.

It was not until I got entirely through the dense, rain-cloud, that I could see the beautiful Golden Mountain clearly. Evidently I had mud in my eyes. It was then, with clear vision, that I saw "men" traveling with me. I did not know that "they" were my "men" at that time. It was not until I reached the Beautiful Lake that I realized for the first time that "they" were "me".

At the mouth of the river, when we came close together, I could see them distinctly. They had quite a grim determination expressed on their faces, as though they knew where they were going and would let nothing stop them.

I did not show much determination -- I do not think I did, anyway. I was too interested in the journey to have determination written on my countenance.

If I had had an inkling that the "men" were me, I might have been tempted to touch one of them. That may have been the wrong thing to have done. Several things could have happened -- my "man" could have vanished into thin air, or he might have gotten quite angry with my levity, or probably the whole "vision" may have ended right then and there, and I would never have known "how the story ended".

In 1891 George duMaurier wrote a long novel. In the story "Peter Ibbetson" would sleep hour after hour and would have the most realistic dreams. If he touched one of the "people" in his dream, "he" or "she" would vanish. I, perhaps, with the story of "Peter Ibbetson" deep down in my SUBCONSCIOUS, had an aversion to the possibility of making any of my "men" disappear.

After my "men" and I slid over the spillway and entered the "Crystal Lake", I remember that I was slightly disap-

pointed when I noticed that each of us continued to make streaks in the gently flowing water. But as I approached the Beautiful Falls many nights later, and after many glorious periods of sleeping, evidently we were "cleansed", for we did not "taint" the water in the slightest.

I certainly learned a lot about the Art of Relaxation from sleeping on the soft, white sand. I could relax from head to toe almost instantly, and go fast asleep.

Unlike "Peter Ibbetson", I was wide awake when I had my "experience". I therefore had to relax both mentally -- up at the "Crystal Lake" -- and physically down here, in order to get to sleep "up there". If I never got any other good from my six years of "wandering", what I learned about RELAXATION would be well worth every year of the experience.

It is said that good people sleep a lot after they enter the lower First Heaven, and this is as it should be. They gain strength and energy by sleeping, but the principal reason they sleep so much is that they have been taught Heaven is a place of rest, and of course rest without sleep is unheard-of by the average good person who is Heaven-bound. So he sleeps and sleeps there at first, not so much because he needs the rest as because he has been taught that is proper.

When I had my fill of sleeping and was "promoted" to the far end of the beach to sit with all the young men, the idea of sleep never entered my mind. True, I could look on the beach back toward the spillway and see hundreds of the sleepers, but we at the head of the beach were having too much fun swimming, high-diving or just sitting on the beach, to even give sleeping a thought.

Whenever I awaken in the night now, I can instantly go (mentally) to the head of the beach and sit with my "men", or go for a "dip". But I have never cared to climb up and over the Beautiful Falls, to see what lies beyond.

I was pondering over this one day, when I received the answer, not in words but in the language of impressions: Until the last of my "men" have come up out of the ocean of mud, come through the cleansing cloud, come up the river and entered the Crystal Lake and have slept off the fatigue of the journey, then I and "they" will all climb up over the Beautiful Falls and disappear in the distance -- forever. Of course, I do not know when this will be. I see more of my "men" entering the far end of the Crystal Lake nightly.

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UN-TENSING THE TENSION FOR LIFE

Lesson 16

You might jump to the conclusion that I had no physical body up at the "Crystal Lake". That is correct, but I did have my physical body in bed with me. When I relaxed "up at the Lake", I had to relax my body down here to go to sleep "up there".

If you will remember, I noticed after waking up "up there", that while my body made the usual imprint in the sand, as could be expected, I felt no weight at all. My body was as "light as a feather".

This is in deep contrast to the hypnotist's "your eyelids are getting heavier and heavier. Your body is as heavy as lead. You are now going into a deep, deep sleep", etc., etc.

Of course, if you can relax better by feeling like a "hunk of lead", by all means do it. But I found it is absolutely unnecessary. The "lead-y" feeling could bring about a tiredness later in the day. The nice thing to do is to try relaxing without the heavy feeling.

I heard a woman lecture on Relaxation a long time ago. She was quite successful. She said that she spent every one of her nights in "light relaxation" (light, as opposed to "heavy as lead"). She was "buoyant, bouncy and buxom", and well along in years although she did not show it. She attributed all her youthfulness to perfect relaxation and, of course, a little to her "sunny disposition".

Her advice was: "Just imagine you are a rose petal and afloat on a full vase of water. That is how to relax."

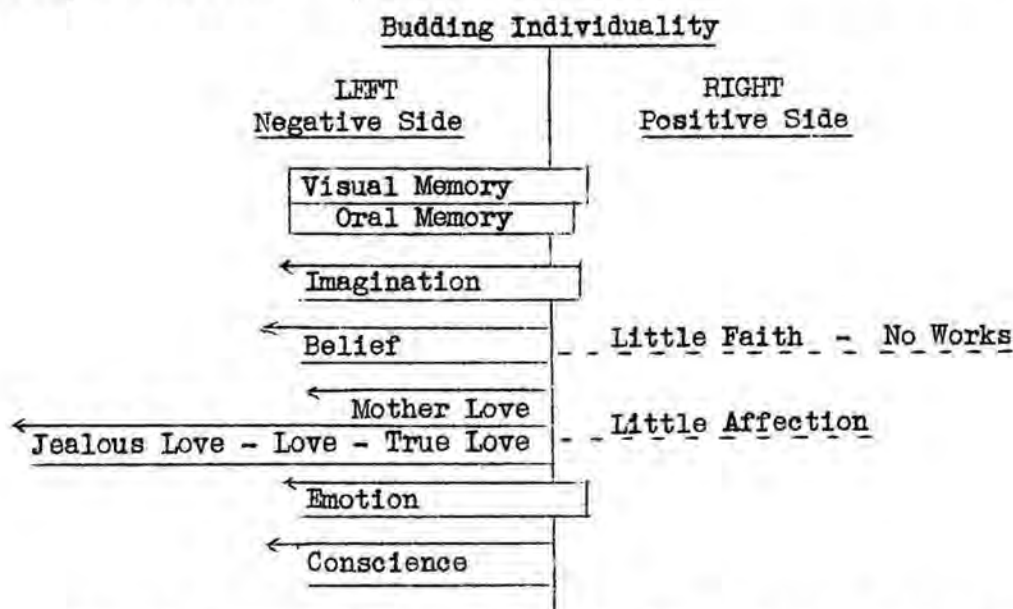
It was not too difficult for the ladies in her class to imagine that they were rose petals relaxing on a full "vase" of water. But I doubt whether the more "masculine" sex(?) had the ability to imagine themselves as "rose petals", "at ease" on a "vase of water", even a large "vase".

But the rosy-cheeked lady lecturer had a number of good ideas for the men in her audience. If they put any one of them to practice, I am sure they got good results.

Before we can become even half-way normal people, we will have to RELAX (it is not hard to do), and we will have to go into the SUB-CONSCIOUS and do some re-construction.

Of course, one does not have to be old, decrepit and miserable to move onto THE PATH and TRAVEL it. Many young people these days are on THE PATH and making great progress. But the majority of the people have to be "old", and have a serious affliction or two, to become interested in the FIVE-FOLD LIFE. This is not an ideal condition, but it is the common thing among Budding Individuals who are miserable enough to consider TRAVELING THE PATH for relief.

This is a "drawing" of the SUB-CONSCIOUS Realm of Mind, to illustrate to you how the average afflicted person's mentality functions:



Visual Memory is very poor in the average Budding Individual fresh on THE PATH (or stagnated on THE PATH). His Oral Memory is quite a bit better. We will devote a whole lesson to the development of Visual and Oral Memory later on in this Course. One or the other of the two Memories is usually nine-tenths on the negative side of the "line".

Imagination is almost nine-tenths negative, in the average Budding Individual who has just set foot on THE PATH.

Belief in the average person is blind belief and is just about "ten-tenths" negative. When it is somewhat EXPANDED (Positively) it becomes Faith. Then it EXPANDS into Faith and Works. Spiritually speaking, it becomes not only one of the NINE GIFTS, but all of them (see your copy of the 1957 WHAT'S NEXT, page 13, for fuller details).

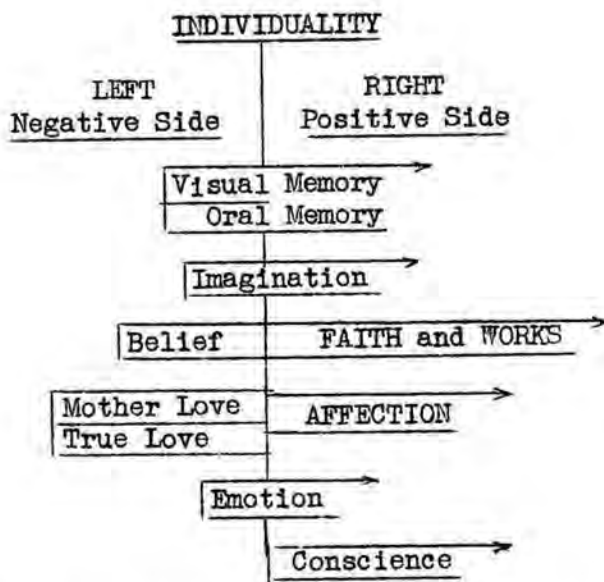
Affection does not cross the "center line" all the way,

but it makes a nice contact with Mother Love and True Love if they are not too much tainted with selfishness. The higher forms of Love are just across the "line" from Affection; none of this latter ever crosses the "line".

Affection is never tainted with selfishness. That is why it is found in the Heaven World. But Love, even the very highest form of earth love, is not found there.

There are thousands of negative Emotions. All complexes, phobias, fears, jealousies, hatreds, etc., are negative, and some time, some where, they will have to be erased from our emotional nature. This erasure process (in the Astral World), by the process of "weeping and wailing and gnashing of teeth", and in "outer darkness", is most unpleasant. The "Wise Virgin" (Budding Individual) has already started the erasure process in the here and now. He is already converting his negatives into POSITIVES.

Conscience is highly developed in most religious people, but unfortunately the development is to the left of the line and therefore is about one hundred percent negative. Now, for a moment, let us look at the "chart" of an INDIVIDUAL:



The "chart" of a MASTER is like that of an INDIVIDUAL, but with one difference: the left side of the "line" in the MASTER'S "chart" is almost empty, yet not quite. Until the MASTER passes out of physical embodiment, or until he enters the NEW, SEVENTH MILLENNIUM, there will always be a slight temptation (a slight temptation can be most dangerous), to become a black master. No one in the flesh on this side of

the MILLENNIUM is free from temptation. By overcoming temptations -- negative in all their ugly forms (although some of the forms are exceedingly beautiful for the time being) -- we grow, and grow, and EXPAND right into the First Heaven World, or into the NEW MILLENNIUM.

Let us learn how to UN-TENSE THE TENSION for a new, wonderful, dynamic and radiant LIFE.

It is best not to lie down when you practice Deep Relaxation. If you do, you will probably go to sleep, as I did up at "Crystal Lake", and while the rest will do you good, it is not the purpose of this particular form of RELAXATION.

This RELAXATION indirectly moves your Faculties in the SUB-CONSCIOUS over to the Positive side of the "line". I say "indirectly", because while you are getting some POSITIVE results from your RELAXATION, you may be unconscious (for the time being) that your SUB-CONSCIOUS is doing quite a bit of shifting of the Faculties to the RIGHT without your being "let in on the secret". Of course, to your surprise, amazement and delight, you will become conscious of the Work of your SUB-CONSCIOUS before too long.

Your SUB-CONSCIOUS is "a pretty nice young fellow" ("he" is always young), and "he" always aims to please you. If you are overly-Emotional, he will heighten that Emotion even though it causes you to become "weak, ailing and sickly". Remember, "he" feels every one of your physical afflictions and unpleasant Emotional upheavals, as pure pleasure. Of course, when you let "him" feast on Positive joys -- Enthusiasm, Zeal and Fervor -- "he" is never going to be satisfied again with negative Emotions such as you have "fed him" in the past.

Relax in the most comfortable chair you can find. It should have a high enough back to give your head rest when you completely relax your neck. It should have comfortable arms for your arms to rest upon, and your feet should be flat on the floor.

I have a very comfortable "relaxing chair", but the arms of the chair are too far apart for my arms to rest on comfortably. So I sit toward one side of the chair, and stuff a big pillow alongside of me for the other arm to rest upon. Then I am all set for the Relaxation of my life.

When you first begin the RELAXATION PRACTICE, have the room as free from commotion as possible. Later on, when you

get adept at this wonderful Relaxation business, you can Relax perfectly with a room full of "trip-hammers".

You have gotten your easy chair, and selected the room where you will not be disturbed for at least fifteen or twenty minutes. Now you are ready for deep, deep Relaxation.

For some reason or other, the number nine has a fascination for me. So after I have made myself comfortable, and Relaxed every muscle in my body (the CONSCIOUS Mind "unconsciously" will try to keep hold of a few muscles in the face, feet or some other part of the anatomy), then you are ready for the experience of your life.

After you have completely Relaxed, begin counting from one to nine. Count slowly, and at each mention of another number (you count mentally), feel yourself Relaxing more and more deeply. When you get to nine, stop and give your suggestions to the "young man", your SUB-CONSCIOUS. Your SUB-CONSCIOUS is not your Prototype, he is your SUB-CONSCIOUS only.

Now, in giving "him" Positive suggestions, do not make the mistake that "he" will carry out your orders immediately -- it is very important to give him time (especially at the beginning) to ponder over them, and then carry them out.

So, to begin with, you set a specific time when "he" will commence on your DESIRES. It could be for two hours hence, or even longer. But it is best, to begin with, that your orders will be carried out that day.

The Neophyte wants his order to be carried out to the letter, and with a "bang", at "ten o'clock", or whatever he has set as the appointed time. That is the wrong approach. Suggest to your SUB-CONSCIOUS that "he" will begin at ten o'clock and increase "his" activities as time passes. This is how the SUB-CONSCIOUS works at first, and if you know of this, you will not be disappointed when "he" just gradually goes into action.

Suggest one thing at a time to "him" at first, until "he" gets a good working knowledge of you ... and you of him.

It might be wise to suggest to "him" that you are going to do something quite new to both of you. Ask if "he" has any suggestions, and if so, will he start communicating them to you at a certain hour, not less than two hours in the future? At that hour be receptive, but not demanding. If "he" has not come up with any suggestions in a day or so -- better

make it two -- then proceed with confidence, knowing "he" approves of everything you do.

Before you go into Deep Relaxation Mentally and Physically, before you count to nine, plan what you will Suggest to your SUB-CONSCIOUS. "He" may even come up with a helpful suggestion. When you have it all clear in your mind what you will ask for, then count to nine and go into deep, deep Relaxation, banishing all thoughts from your mind other than those you D-E-S-I-R-E your SUB-CONSCIOUS to manifest in you.

It is best not to have your Suggestions too short. You have a full ten or fifteen minutes at your disposal, and instead of making the Suggestions as short as a ten-word telegram, make them longer. But always keep strictly on the DESIRED subject.

You do not have to Memorize your Suggestions. Just keep repeating them a number of times slowly and feelingly. Put as much feeling and DESIRE into them as you can. But do not get so much of either that you begin to CONSCIOUSLY or unconsciously tense the muscles. Just a few tense muscles about the face, arms, feet, or in the abdomen or chest, and you will have come up to the level of the CONSCIOUS Mind, and so will spoil your deep Relaxation.

If you find yourself doing that, why not Suggest every day for a week, to the SUB-CONSCIOUS, (or until you have gotten over the tension habit), that "he" should not allow tension in any part of your body during any Exercise at any time.

After this has been accomplished, you will get off to a fine start in DEEP Relaxation. The Deeper the Relaxation the better control you have over the SUB-CONSCIOUS Faculties and activities.

After your Suggestion period is over, then you come out of your Deep Relaxation by counting backwards very slowly. When you have counted backward to five, deliberately move the physical body a little, and gently say to yourself (mentally) "awake". When you reach four, it is "awake" again. Likewise with three and two. But when you reach and have said "one", (if there is no one present), you will say aloud, "awake, awake, awake". Each time put more emphasis on the "awake". After you have said the last "awake", then say "I am wide awake". If others are present, you will just "think" these "awakes" to yourself.

Of course, the average Student -- you are not an average Student -- gets up quickly and flies about doing things with

seething activity, but that is not the correct way. On the "I am awake", you get up gently and go about the business of the day, knowing that if you have done your Relaxing Exercise correctly, and have made your Suggestions with DESIRE, your SUB-CONSCIOUS Realm of Mind will begin, in "about two hours", to carry out your Suggestions.

The more friendly you can feel toward your SUB-CONSCIOUS the better the results. Remember that it has been a long time since "the two of you" have cooperated in any kind of P-O-S-I-T-I-V-E activity.

On page 72 you will notice that the average Budding Individual's Emotions are almost entirely to the left of "the center line". Now turn to page 73, and note how the INDIVIDUAL has gotten his Emotions so nicely balanced that they are all at least half-way through "the line".

Quite true, negative Emotions still exist, but he never gives any of them his precious time or energy, and so they are slowly starving to death.

Turn back to page 46 -- "Psychological Afflictions" -- and note how negative the average person's mind is. He is seething with negative Emotions. Well, the INDIVIDUAL was once as mass-minded as anyone could be, before he found (?) THE PATH and started to TRAVEL it. But as he Traveled along, all the time "washing out more mud" -- negative Emotions -- he one day became an INDIVIDUAL.

One of the most terrible Emotions is pessimism -- always looking on the "sour side". When one is on the left of the "line", everything has a most unpleasant flavor.

It is a good thing it is just that way for the mass-minded. Otherwise, no one would be interested in "crossing the line" to the sunny, Positive side of Life and then TRAVELING THE PATH to INDIVIDUALITY -- FREEDOM.

I probably should not even suggest it, but knowing how many Budding Individuals are badly "Path-bound" by a "sour and sad" complex or disposition, it may be a good idea for you to go into the Relaxation-Suggestion period and spend a considerable time at first working on your negative ("Sour and sad") Emotion. I suggest this because the Physical body cannot stand too much Emotional bile, or it will "go the way of all flesh". Self pity (and pity for others to a great extent) is very damnable. It adds positively nothing to your beautiful Prototype, and it is definitely a bad Mental process for undermining your energies.

You add nothing to your Prototype while in this damnable state of mind. If you think that sadness or sorrow adds anything to your Prototype, you are terribly mistaken. But prolonged sadness and sorry could build up a "psychic double" so powerful that after afflicting you the remaining years of your life, it could afflict some other negative person who has a similar "sad" outlook on life.

If your "psychic double" ever did this, after your departure from this life, it would put you in the category of a "black magician". But due to the fact that you were unaware of building a morbid, "psychic double", that would be just a "little" in your favor. But not any more -- now you know better. I probably should not have told you about this, and should have let you go blissfully (morbidly) on with your building this terrible "thing". But you are far enough on THE PATH to know about these serious psychic matters.

The nice thing about a "psychic double", and this is truly a nice thing, is that they wither away and pass into nothingness, with disuse. By the time you pass over "the line" and become an INDIVIDUAL, "it" has been starved to death.

But this is not the case of the black magician. He, knowingly, intentionally and deliberately, builds up his evil "psychic double", and when it is strong enough, he sends it out to do his evil bidding. Such "psychic doubles" live on and on for many years after the black magician has gone to his reward???

Every time our Emotions to "the left of the line" are permitted to have their way we are, after a fashion, playing the role of a black magician. If we take the Emotion that is just the opposite of the negative one (every Emotion has an opposite) and build it up, we are "Wise Virgins", adding much "oil to our lamps".

And now, for a little while let us go through our Relaxation-Suggestion exercise again.

Locate a comfortable chair, and RELAX. Relax Deeper than you have ever done before. Then count from one to nine slowly, and at each count go Deeper and Deeper into your Relaxation. When you get to nine you should be very, very Relaxed. Every muscle of your body should be in a state of perfect Relaxation.

Now you present your proposition to the SUB-CONSCIOUS. If you have previously worked out what you wish to present to

the SUB-CONSCIOUS for action, that will save a lot of time and confusion. Floundering around for ideas when you are in Deep Relaxation confuses the SUB-CONSCIOUS no end.

Remember, the SUB-CONSCIOUS has no Reason and no Judgment about the affairs of Life. But that makes it very fine for you. "He" will do anything you ask if you are ardent in your DESIRE. A weak DESIRE brings weak results.

As first you may work for some time in learning how to properly Relax, and then how to present your "case". Neither is difficult if you go about it with a clear mind.

Make a pal out of your SUB-CONSCIOUS. "He" is very fond of Affection -- just as soon as you can generate Affection for others you will be well on your way to EXPANSION in every Department of Life, and in your SIX SUB-CONSCIOUS Faculties.

During the ten or fifteen minutes you have set aside for your Relaxation-Suggestion Exercise, repeat your Suggestions a number of times, but you can use a little different wording each time. But keep strictly on the subject that you worked out before you went into Deep Relaxation.

You need not bother about any kind of a breathing exercise while doing your Relaxation-Suggestion work. Just use natural breathing. In fact, you will do well if you forget about breathing and let your SUB-CONSCIOUS take care of it.

Keep your Suggestions as Positive as possible. You do not want to build in any more negatives than you can help. Still, an occasional negative is all right, for it will be out-numbered by many Positive words.

DESIRE plays a great part in this important EXERCISE. Do not put your Suggestions to the SUB-CONSCIOUS (at first) unless you are "hot" about them.

After you have completed your Exercise, start coming out of the Deep Relaxation by counting backwards -- slowly -- from nine to one. When you reach the count of five (backwards), mentally start saying "awake" with each count until you reach "one". After "one" you say "awake, awake, awake", and after this you say "I am wide awake". At the count of five you also start moving gently about. Then when you say "I am wide awake", you gently get up and go about your regular work or activities.

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UN-TENSING THE TENSION FOR LIFE -- (Part 2)

Many people these days, except young people, are very unhappy, and that is the way it should be. A happy, contented person, unless he is some kind of a "super being" (a fictional character), would not get onto THE PATH in ten thousand years.

Only when we get so miserable that we can stand it no longer, do we for a moment consider relieving the misery of life by getting onto THE PATH.

A great many people think they are happy, but if you analyzed their "case" you would find them very unhappy. It is true they have everything necessary for their happiness -- fine family, nice home, expensive cars, a good position, and many friends (some of whom are true). But they are not happy in the true sense of the word. The cause of their unhappiness is, they have too many of the SIX Faculties on the left side of the "fence".

Many a man and woman thought for years they were happy, but a tragedy (probably a minor one) came into their lives, which caused them to move from their mass-minded condition onto THE PATH and then to TRAVEL up THE PATH a little way. To their amazement, they realized then they had not been truly happy ever before.

Of course, this is quite a shock for the person who "has everything to live for", to awaken to the fact that all his life, when he thought he was supremely happy, that he was barely having a "good time".

Well, that is the situation. Even before you get out of Budding Individuality, even **after** you have a few of your worst EMOTIONS under control, you will begin to realize how only NOW are you beginning to LIVE.

When you "cross over" into INDIVIDUALITY, you will be positively amazed at how you could have stood mass-mindedness all those bleak and barren years -- literally, "the years that the locusts have eaten".

When you are young and are looking forward to a bright, new life that you are going to carve out of the future, you do not realize how miserable you are. Young people lead pretty miserable lives. In your estimation, your elders are just "squares" to be endured until you can get away from home and be supremely happy(?). Then you will show them and the world how things should be run.

But when you are grown up and "on your own", it is a shock to find that you have selected the wrong profession. It is a greater shock to have gotten married, only to find you are married to the wrong woman (or man). You have a nice family of children, only to awaken to the fact that they are mostly like the other parent. It is then that the keen edge is taken off of life, and "you haven't much left to live for". But wait, probably after all you are in the right profession, you did marry the right woman (or man), and it is fortunate for the children they are like the "other" parent.

Only Information about yourself can work magic in your life and affairs -- people and things just cannot make you joyous in your "old condition". The more you know about the real "yourself" from a Five-Fold viewpoint, and the more you know (and apply) about the TWELVE Faculties of Mind (three in the CONSCIOUS, six in the SUB-CONSCIOUS, and three in the SUPER-CONSCIOUS) it is only then you become joyous, enthusiastic, zealous, and have true fervor. Only as you "transmute" your "dross" -- negative Faculties -- into "pure gold" -- Positive Faculties -- can you be truly joyous. There is no other way. Either you TRAVEL THE UPWARD PATH to supreme happiness, or, of course, you can stay mass-minded, travel the downward path to misery, senility, loneliness, and "the grave".

And now back to our Exercise. To begin with, just practice the Relaxation-Suggestion Exercise, as we suggested, on any subject you and your SUB-CONSCIOUS agree upon, or anything you have a keen DESIRE to practice upon. A little later you will take the situation in hand and use the Exercise as you see fit. If you let the SUB-CONSCIOUS have "free choice", you will find that it will always choose minor and negative Emotions, instead of the more deadly Emotions for which it has a great love.

Consult your "Chart of Negative Emotions", page 46, if you do not know which negative Emotions to start in on. It is good to start on a negative Emotion that has a clear-cut, Positive Emotion for an opposite. Also, during the day when you feel a negative Emotion coming on, quickly revert to its opposite.

A Mr. Brown has a very bad case of Catarrh. He had already tried "everything" from medicine to diet to rid himself of this rather loathesome affliction, but nothing brought him more than temporary relief. He was very disgusted with "the medical fraternity". He was a Budding Individual all right, but was Traveling THE PATH at a snail's pace. One day it was

"revealed" to him that he was a pompous old "So-and-So"; he had disdain for anything he could not understand. He had a great sense of superiority that was a false as a mask.

One day, being a Traveling Budding Individual, he learned about the Relaxation-Suggestion Exercise, and very secretly put it into practice. After quite a period of time eradicating his false superiority, he got relief. Then it was "pointed out" to him by his SUB-CONSCIOUS that his disgust and disdain had to be gotten rid of before a "cure" could be effected. The SUB-CONSCIOUS has a way of making known to the CONSCIOUS Mind what it really DESIRES to know.

Our Mr. Brown got rid of his negatives -- disdain, disgust, obstinate pride, etc., etc. -- and his catarrh vanished as if by magic. Of course, Mr. Brown was not a new man, but he was definitely a renewing man. He had plenty to do in other phases of his personality before he could be said to be "nearing" INDIVIDUALITY.

When a Budding Individual begins to get results from any form of his activities in any one of the SIX Faculties of the SUB-CONSCIOUS, then he is entitled to go on to greater things and the one main thing that entitles him to go on and on to far GREATER things is Positive DESIRE. If you DESIRE to go on, then that is all that is required. DESIRE increases for the going on by leaps and bounds once you get moving FORWARD on THE PATH. By the way, the Exercise can be used for increasing of DESIRE.

A Mrs. Jones was constantly worried; was apprehensive of the future, and in constant turmoil within herself. In other words, he had dyspepsia (see page 46). A little more of the highly negative "treatment" she and her SUB-CONSCIOUS were constantly giving her, and she would have ulcers.

Her SUB-CONSCIOUS, which feels all of our physical and mental afflictions as delicious joy, was glad to aid poor old Mrs. Jones in her program of self-destruction.

Of course, Mrs. Jones was a Student on THE PATH, which is a good place to be. But it did not mean much to her. With each step forward she "backslid" two steps. About the only Positive things you could say for her was that she was on THE PATH, and that she was facing forward.

When things get too miserable for a Budding Individual, he or she seeks relief. Just the seeking for relief from her many afflictions showed that Destiny was on the side of Mrs. Jones, and she had sufficient DESIRE to carry on.

As we know, DESIRE is neither good nor bad, but the use to which a Budding Individual puts it is either good or bad -- that is, either Positive or negative.

Mrs. Jones knew about the Exercise, but "didn't give it a thought" until her "miseries" were mountain high. Then she considered it. But, poor soul, in using the Exercise she was so nervous and "jumpy" that no sooner had she quieted the muscles in her arms than her leg-muscles would tense. When she had quieted these, she suddenly would realize her face muscles were "all drawn up". But she persisted in making herself let go every muscle from head to foot, and one day found she could relax perfectly. As soon as her SUB-CONSCIOUS "realized" what she was trying to do, it quickly came to her aid, and she had no more trouble with the Relaxation Exercise.

She did not mention even once her "dyspepsia". She did mention that she DESIRED to be free of worry, turmoil, anxiety and the fear of the future. She planned what she wished to accomplish, before going into Relaxation, and did not have to mention those terrible negative thoughts too much. She concentrated mostly on the POSITIVES that would bring her the peace of mind and radiant health she DESIRED.

She was able to stay Relaxed for the full fifteen minutes, and made her DESIRES known to her SUB-CONSCIOUS. Then she counted backwards from nine to one, then said "awake, awake, awake" (three times). She then opened her eyes and said "I am wide awake", leisurely got up and went about her house work.

She had set the time (to begin with) for two hours later, and did not give the matter further thought -- the SUB-CONSCIOUS is quite sensitive about your "peeping in on 'him'", or wondering if "he" is going to carry out your orders or not.

After a short time Mrs. Jones became aware of the fact that she was in a much happier mood constantly (she helped it along a bit by thinking of the Positive opposite every time she became negative). One day she "awakened" to realize that her dyspepsia was gone, and now she could eat almost anything.

From a "poor soul", Mrs. Jones now speeds along THE UPWARD PATH. Although she is a long way from INDIVIDUALITY, she is daily filling in with Positives where once she used only negatives. Life, to her, has become really worth living.

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EASY SPIRAL METHOD FOR CONCENTRATION

Lesson 17

Memory, as we stated in the previous Lesson, has two parts -- Oral Memory and Visual Memory.

The person who has Oral Memory can remember a voice but cannot connect it with "the face". The person who has Visual Memory can remember a face but cannot recall "the name".

How often have we heard an "oldster" say, "Your face is familiar, but I cannot recall your name". All of which indicates that an older person has lost much of his Oral (or speech) Memory, but not his Visual Memory. Of course, it is sometimes the other way around. The older person has a very fine "speech" (Oral) Memory, but not such a good Visual one.

For convenience we are listing again the SIX Faculties of Mind of the SUB-CONSCIOUS:

Memory ... Oral and Visual
Imagination
Belief
Affection
Emotion
Conscience

We suggest that the very first thing you do is to increase Affection.

You will find that by Increasing Affection you will increase ("warm up") both Visual and Oral Memory to a gratifying extent. Not only that, but you can suggest to your SUB-CONSCIOUS during the Relaxation-Suggestion Exercise (previous Lesson) that you DESIRE to have your Memory improved.

Your SUB-CONSCIOUS Realm of Mind has been a close-working unit in the past, but all of its activity has been on the left side of "the line". Through the employment of Affection you can begin to operate on the right side of "the line" -- the Positive side.

Increasing the two parts of Memory (as we will illustrate in the next Lesson), is entirely to the right of "the line" -- the Positive side. Working with your Mind on the Positive side means a "renewing of spirit". You are therefore becoming an Advanced Budding Individual -- you are now very definitely on the side of the INDIVIDUALS and of THE MASTERS.

In older people, Memory -- both Oral and Visual -- has become static. It just stops like a balky mule. You have a word on the tip of your tongue, but your memory is so "mul-ish" it will not give you the word.

Now, there is a way to overcome this "stand-stillness", and it is accomplished through the SPIRAL Method of pre-memory training.

In the next Lesson you will have some words to recall. Be sure to use it on any word that you have the slightest difficulty in recalling.

You can use the Spiral Method any time, any where, for recalling anything ever known. The Spiral Memory bores right in and ferrets out the hiding word in your memory.

If you wish to tap your forehead, or the side of your head, in the conventional manner, to indicate that you are attempting to recall a word, do so by all means. It will not interfere with your Spiral Method at all, and it will probably indicate to the other fellow that you are trying to recall a word, and for him to "please keep quiet" until you have located that elusive word.

This is a "practice session". You will get into the real work of keeping your "mental motor" running in the Lesson to follow. Let us take a few lines from an old poem, to illustrate the practice:

"The snow had begun in the gloaming,
and busily all the night: Had been heaping
fields and highway with a silence
deep and white.

Let us pretend that you could not recall gloaming, busily, highway, silence and white, but you kept your "mental motor" running by adding loop after loop to the spiral. This did two things: it kept your mind from wandering off the work at hand, and when the SUB-CONSCIOUS "realized" that it was much easier to dig up the DESIRE words than to have that "gimlet boring in", it supplied the desired word.

Once you get proficient at the "mental motor method" of

causing your mind to run around in Spirals until it produces the word you desire, it will often produce a word in three or four "loops".

I made the mistake of attempting to recall a word that I had long forgotten, when I first originated this method. The result was, I had to let the Spiral come out of my ear. I imagine there was about three feet of it before the SUB-CONSCIOUS became so bored (literally) with the Spiral Method that it produced the word.

Perhaps my SUB-CONSCIOUS did not know just what I DESIRED, or probably my DESIRE was too weak to activate it. Anyway, from then on I did not attempt, in the beginning, to recall words long forgotten.

By the way, make the Spirals any size that appeals to you and your SUB-CONSCIOUS. Do not make them too large or they will be coming out of your "ear" in short order. Do not make them too small, as smaller Spirals do not have the "boring in" capacity of larger ones. Make them just large enough to completely fill your attention with the problem at hand.

Always keep them going around and around, not too fast, yet "boring in" for the word you are trying to recall. Let them revolve either way -- either way is right for you.

People with a Visual Memory well developed can get onto the Spiral Method quickly. However, people with an Oral (or speech) Memory have sometimes a small difficulty at first in using the System. But in the next Lesson, where the cultivation of both Visual and Oral Memory are equally developed, you will not have a bit of trouble using the Spiral Method.

Not only older people have trouble with a "mulish" memory, but younger ones, too. If you find your mind is too developed Visually, or too heavy on the Oral side, the Spiral Memory (in conjunction with the Lesson to follow) will work a Great Work for you.

Memorizing new material, prose and poetry, will bring to life -- activate -- every SUB-CONSCIOUS Faculty. Poetry (the kind you like best) may be better for the beginner than prose. It rhymes, and that is a great assist in recalling, for the beginner. For you men who think Byron, Tennyson, Shelley and Keats are too "romantic", try the Wall Street Journal. It often has good rhyming poetry of a masculine nature.

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DOUBLE MEMORY MAGIC

Lesson 18

So important to your EXPANSION into THE FIVE-FOLD LIFE is the Faculty of Memory, that I am going to devote several extra pages to this Lesson, to the cultivating of both Memories -- Oral and Visual -- "hearing" (words), and "seeing" (visual) Memory.

Here is a simple plan to combine the two types of Memory. You need not bother at this time to determine which part of Memory you are using the most. We will combine the two in a unique practice.

The practice is so simple that an oldster of ninety, or a youngster of forty, can use it equally well. The older person is liable to get the most thrilling results from the practice, because he needs it more, and hasn't as many and varied things on his mind as they younger person has. Or, if he has, he is willing to take time out for the express cultivation of his Double Memory.

It is best to practice not less than thirty minutes per day. If there is a poor TV show on at some half hour in the evening, take advantage of it by practicing the "Double Memory Magic" then. Unlike the Relaxation-Suggestion Exercise, you do not have to "be comfortable, and have peace and quiet" to practice your Memory Magic. In fact, it would be wise to practice while there is the "commotion" of a poor TV show going on -- it will help you to learn to concentrate under any and all circumstances. This kind of concentration really pays off in the end.

Your first exercise in "Mobile Memory Magic" is very, very simple -- learn the alphabet backwards, so that you can repeat it (backwards) and SEE every letter.

Here are the two alphabets -- capital (upper case) letters, and small (lower case) letters:

a b c d e f g h i j k l m n o p q r s t u v w x y z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

You are allowed to use letters from either alphabet.

There are certain advantages in using letters from both but in the finals you will almost entirely use the lower case (small) letters.

Before attempting to memorize the alphabet backwards, notice some of the peculiarities of the letters. Notice how the last five letters are made up of slanting strokes. This is particularly noticeable in the capitals.

V W X Y Z

It will enable you to increase your Visual Memory if you visualize the slanting -- / -- strokes. All except "Z" have a two-way slant. "W" has four.

You can remember the next letter -- "U" -- is much like the letter "V" which is right next to it, but of course the "U" has a rounded bottom.

"S" and "T" are next and they could be joined together at their tops "ST". You could join "RS" together at the bottom. Visualize as much as you can the "connecting links".

That brings up to "O, P, Q, R". The "O" and the "Q" are identical except that the "Q" has a "tingue". The "P" and the "R" are the same, but the "P" has only one leg to stand on.

The "M" and the "N" have much in common -- one has two slanting strokes, and the other has only one.

The "K" and the "L" do not have much in common, but the "K" and the "L", if pushed together, would look like this: "KL", and they would support each other.

We go now to the lower case "i" and "j", for they have one thing in common -- they are both dotted.

Now we go to the next letters, "E, F, G, H". They, too, have something in common. Each has a little "balcony" or a "platform" halfway up. You could draw a line across their "middles" and it would cut through them like this:

~~"E-F-G-H"~~.

You could join "C" and "D" together like this "CD". "B" comes after "A", and is easily remembered. "A" and "B" have "balconies" like "E F G H".

We mentioned that "V, W, X, Y, Z" were made up pretty much of slanting strokes, and "M" and "N" have them, too. But don't forget "A" also has this peculiarity.

Some time ago on a TV show the "quiz master" asked the

two contestants to name all the letters that were made up of one or more slanting strokes. As I remember, the contestants did not do too well. At \$100.00 a letter, after you have mastered the alphabet backwards, you would have been richer by \$800.00.

If you have visualized well both the small letters and the capitals, the lessons to follow will be easy. In fact, you will be able to do quite amazing things with Memory.

In Memorizing the letters backwards, you will have to see in your mind's eye each letter. You will come across much information about the formation of the alphabet, that will be quite interesting. You will realize for the first time that the old monks who made up our alphabet knew what they were doing. Of course, they included far too many letters.

The Greeks have only twenty-four letters in their alphabet, and they do not do so badly. At least, they have a name for everything. They even have "a word" for "it".

The Hebrew alphabet consisted of only twenty-two letters and the Old Testament was originally written in Hebrew, and they said everything they wanted to say. Later on it was translated into Greek -- the twenty-four letter alphabet.

The old-time missionaries who went to the Hawaiian Islands (they were called the Sandwich Islands at that time), were extremely intelligent men and women. The Hawaiian language had never been reduced to writing before, and the missionaries found that it only required twelve letters to write every word in the Hawaiian language. Yet some of the words are twice as long as our English words. And while the old monks who brought into being our "Latin" alphabet were "men of letters", they used far too many letters.

I realize you will not be able to learn the alphabet (with its twenty-six letters) backwards in a day, or a week. Perhaps not in a month. But you will do it, and will do "a bang-up job of it". Any trouble lies in the SUB-CONSCIOUS. Not that "it" does not want to cooperate with you, but for the life of it, "it" cannot understand why you DESIRE to learn the alphabet backwards. But as we have said, the SUB-CONSCIOUS has no Reason and Judgment, and that explains a lot. Probably it is best that way, or you might be the "Zombi" and "it" would rule. That, of course, would never do.

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DOUBLE MEMORY MAGIC -- (Part 2)

In this Lesson we will take the alphabet that you have learned backwards, and break it up into three parts. This is necessary because Visual Memory cannot "see" very far to the right or left, or up and down.

a b c d e f g h i
j k l m n o p q r
s t u v w x y z

You have already memorized the alphabet backwards. Now try this more compact alphabet. Begin with "z" and work your way back to "s" on the lower line. Begin with "r" and move backwards to "j". The "j" and the "i" are at last separated. Begin with "i" and finish with "a".

Now, when you have familiarized yourself with the new, three-line alphabet, you can add the following three-letter words to your "a, b, c's":

alp bat cat dam elk fox gun hay ink
jay kid lad man nut oak pal que ram
saw top urn van wig xam yam zoo

With your new and E-X-P-A-N-D-E-D Memory you will not have a bit of trouble in "committing" the three-letter words to memory.

They each start with a different letter of the alphabet, but the letters are all in order, and you know your letters.

Very slowly go through the words, starting with "alp" and ending with "zoo". Then begin with "zoo" and slowly and carefully "see" the words, one after another, until you get back to "alp".

Now try closing your eyes and doing the same thing. Begin with "alp" and go through all the words, remembering as many of them as you can, until you reach "zoo".

If there were any of them that you cannot remember, open your eyes, take a good look at the words, and then try again.

All the words are the names of things -- nouns. This should help you quite a bit. You not only are beginning to

improve your Visual Memory, but you actually have in each of the words something you can visualize.

The word "alp" is singular for Alps -- mountains in Europe. The word "dam" is for holding back or impounding water.

The first word in the second row of words is "jay". It can be a jay bird, or a boy's name. If it is a boy's or a man's name, you will want to spell it with a capital "J". That would not be so good, as you might confuse it with the capital letters we will use in the next Lesson.

The eighth word in the second line is "que". It is an abbreviation of "queue", a Chinaman's queue. By the way, they do not wear them any more.

In the third line, the third word is "urn", the receptacle for making coffee in a restaurant. And, of course, a "van" is a moving van.

The word "xam" is not a word at all. It is an abbreviation for "examination". The word is used in hospitals very generally, such as "did you have your 'xam' today?"

A "yam" is a kind of sweet potato. And everybody likes wild animals enough to know what a "zoo" is.

Memorize the list of twenty-six words -- you will be needing them from here on in. Memorize the twenty-six words well enough so you can begin with "zoo" and spell each of them backwards. You will have to "see" them to do this.

In the very next Lesson you will be "up a tree" if you cannot Visualize each word backwards. This business of VISUALIZING is exceedingly important. It will add new life to your Visual Memory, and that will add NEW LIFE to all the other Faculties in your SUB-CONSCIOUS Realm of Mind.

Of course, Affection is a most youthifying Faculty. Let Affection and Visual Memory work together, and you will have a Mind in a short time that can be called a MIND.

With the renewing of your Mind, you will begin to experience a little of what your Mind used to be. With a little more renewing, your Mind will be as good as it ever was, and then you can take another step in your Great Work of EXPANSION, and your Mind will be better than it ever was.

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DOUBLE MEMORY MAGIC -- (Part 3)

In this Lesson we will use both the capital letters and the small letters in a very clever practice that develops a fine "seeing" -- Visual -- Memory in the shortest possible time. For your convenience we repeat the alphabet with the upper case -- capital -- letters:

A B C D E F G H I
J K L M N O P Q R
S T U V W X Y Z

And here are the words, all twenty-six of them, that you learned both backwards and forwards. Actually, you can close your eyes and see every one of them:

alp bat cat dam elk fox gun hay ink
jay kid lad man nut oak pal que ram
saw top urn van wig xam yan zoo

Now close your eyes. Of course, you are in a comfortable chair, but it does not have to be too comfortable -- you are not doing a Relaxation-Suggestion Exercise now. But you will be doing something that will eventually make a ten-year-old quiz kid look like a piker.

Skip the capital "A" and go on to capital "B". Now I want you to drop two B's in each of the words from "alp" to "zoo". But first, place over each of the words in the first row two "B's". It will look like this:

BB BB BB BB BB BB BB BB BB
alp bat cat dam elk fox gun hay ink

Now, spread the latters apart in "alp" like this: "a l p" and drop in the two "B's". Then it will look like this: "aB l Bp". Do the same thing with "c a t" -- "cBaBt". Go on through the twenty-six words of your alphabet that way.

This is the most wonderful exercise for Visualization that can be imagined. Not only does it improve the Mind, but both forms of Memory. Also, it works hand in glove with the EXPANSION of all the Faculties of the SUB-CONSCIOUS. And it requires Reason, Will and Judgment in the CONSCIOUS Realm of Mind. All of which means that some day the SUPER-CONSCIOUS will blossom forth with the remaining three Faculties -- In-

tuition, Inspiration and Genius. We have a TWELVE-FACULTY MIND, and the quickest way to awaken them is to start in making POSITIVE just as many of the Faculties as you can. The one way to make Memory POSITIVE is to work with it, expand it, heighten it, and make it exceedingly mobile.

Of course, you are to insert "B's" in the second row of words like you did in the first row. Have the words spread apart and watch the "B's" drop in.

BB BB BB BB BB BB BB BB BB
jay kid lad man nut oak pal que ram

The "jay" will look like this: "jBaBy" when you have dropped capital "B's" into the word. And "kid" will look thusly when it receives its "B's" -- "kBiBd".

After you have completed the second line of words, then go on to the third row of words:

BB BB BB BB BB BB BB BB
saw top urn van wig xam yam zoo

The word "saw" will come out "sBaBw", and the word "top" will look like this: "tBoBp".

You are to see them in your mind's eye. Never write them down. This is a mental practice, not a writing practice. You will require no pen, pencil, paper -- not even a typewriter for these exercises.

And now, when you have gone through the twenty-six words dropping upper-case "B's" in between the letters, then you are to begin with "zoo" and work backwards through the three rows of words, and drop capital "C's" in between the letters.

Thus "zoo" becomes "zCoCo", and "yam" is "yCaCm". Be sure to spell every word backwards as you drop in the "C's". But this will not be hard if you have used your Visual Memory, and can actually see the words. Go all through the three rows of words until you get back to "alp", and then start forward dropping in "D's". After you have the "D's" in "zoo" -- "zDoDo" -- start back again from "zoo" backwards and drop "E's" in every word.

Go forth and back until you have used up the entire alphabet. You are by this time obtaining a mental mobility as you never had before.

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DOUBLE MEMORY MAGIC -- (Part 4)

You are getting so good at this wonderful work of MIND SPREADING that you can sit through a thirty-minute TV show, totally oblivious of the "small talk" that makes the average program a time-waster of the first water.

Of course, I do not want you to miss a single word of a good program. Good programs are not only entertaining, but they are educational.

Have you ever tried placing yourself in a good part, and imagining you are playing that part? Children do it all the time, and see how keen, alert and alive they are.

Of course, you do not need to let anybody know you are playing the part with your favorite actor. But with your Mind Expanding Program it would fit in wonderfully well, especially if you will select one favorite actor to be you each night. That would be seven during the week. That should give you a nice EXPANSION of personality, and think what it might lead to, with your Personality Expanded.

In this Lesson we go on to more MIND EXPANSION, and we take up in alphabetical order four-letter words. Here is the new list:

army bank cake duck exit fawn goat hawk iron
jack kite lamp milk navy oleo palm quit raft
sand tank unit vase wine xray yoge zero

Like the three-letter words, you will have no trouble in committing them to memory. You are quite proficient in using your NEW Mind now, and these four-letter words will probably be easier than the smaller words were, to memorize.

The words in the first line are all familiar words. We probably use most of them every day.

In the second row of words, "jack" could either be a man's name, or a "colloquialism" for money. "Oleo" is an abbreviation for oleomargarine. In the third row we have "yoge" which means a Hindu priest, or one who practices yoga.

When you have learned the words forward, then learn to repeat them backwards. After you know each word, and can repeat them backwards, your next assignment is to spell them backwards. Now, your Oral Memory will not be of any help to

you in doing this assignment. You will have to depend upon VISUAL Memory entirely, and this is wonderful. Your Mind will increase in an amazingly short time when you employ this method, which increases VISUAL Memory. You learned to repeat (spell) the three-letter words backwards. Well, this will not be hard -- only one additional letter is added.

And now, when you get your VISUAL Memory so perfect on these four-letter words that you can SEE them, then do as you did on the three-letter words by dropping capital letters between each one of them. Start with "B" and drop a capital between each small letter. The word "army" will look thus: "aBrBmBy". The next word is "bank", and it will look so when you have treated it to "B's": "bBaBnBk".

Go through the entire alphabet of words to "zero", and then start backwards, spelling the words backwards, dropping in the next capital letter, which is "C". The word "zero" -- backwards -- will look like this: "zCeCrCo".

There are twenty-six letters in our alphabet. You are to go through the twenty-six thirteen times forward, and thirteen times backwards. The "A" which you skipped you will "tack on" when you go through the last time -- the twenty-sixth time.

Be sure to first start going through the words, dropping in capitals, forward, and with the next letter you go through backwards, and you are to spell the words backwards.

There are any number of people who can visualize a word so perfectly that they can, without a bit of hesitation, spell almost any word in the dictionary backwards. Words such as "acknowledgement", "belladonna", "compensatory", "delicatessen", "extemporaneously", etc., etc., are just "duck soup" to them. They have cultivated such a magnificent VISUAL Memory they can SEE the letters in those words, and they just repeat them from "inner sight", just as you would repeat the letters, with natural vision, from the word "gridle cakes", or "incommunicable".

They do it exactly the way you Visualize "cat", "lad", "saw", etc., etc., and spell them backwards.

By the time you get to this four-letter word Lesson, your SUB-CONSCIOUS should be so familiar with what you are attempting to do that it will assist you in a great way.

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DOUBLE MEMORY MAGIC -- (Part 5)

If you have completed your "assignment" in the previous parts of this Lesson, you are now ready to go on with your MIND BROADENING, MIND HEIGHTENING, MIND EXPANDING Work.

The old-time Budding Individuals of centuries ago depended mostly on Memorizing long passages of Sacred Scripture (a very commendable Work) for their assignment in Oral Memory, and on painting or sculpturing for the development of Visual Memory.

In these modern days where so much has to be done, and there is so little time to do it in, a much more speedy method of Mind Development has to be employed. "Double Memory Magic" will accomplish more in six months than the old-time methods accomplished in twenty years.

Of course, the old-time Budding Individual had plenty of time. He did not have the on-rushing SEVENTH MILLENNIUM to prepare for, as we do today. He did not have the Vibrations of the youthful Aquarius to spur him on to great and greater achievements (as we do today). Nevertheless, he was able to fill his Prototype with beautiful and lasting FIRE.

In this Part of our Lesson we will use the two sets of words we have committed to both Oral and Visual Memory. It is very simple: you take the three-letter words and insert them into the four-letter words. Here are the first two rows of words:

alp bat cat dam elk fox gun hay ink

bank cake duck exit fawn goat hawk iron jack

We start with "bank" so as not to have two words beginning with the same letter; that would be too easy on the one hand, and too confusing on the other.

If you wish to change the three-letter words into capital letters, so that you can SEE them better with your Mind, that is perfectly all right.

We will begin with the first two words and "interweave" them like this: "baalnpk". Or, if you would like to change the three-letter words to capitals, it would be: "bAaLnPk".

The second two words "read" like this: "cBaakte", or if you capitalize the three-letter word: "cBAaKTe". And so on all the way through your list of three- and four-letter words.

Remember, all of this is accomplished without pen or paper. It is done entirely with your Visual and Oral Memory.

The second two lines look like this:

jay kid lad man nut oak pal que ram
kite lamp milk navy oleo palm quit raft sand.

And the third two lines take on this appearance:

saw top urn van wig xam yam soo
tank unit vase wine xray yoge zero army

We did not forget "army" -- we put it at the end of the list. By the way, when "army" and "zoo" are "synchronized", they look like this: "azromoy", or "aZrOmOy", if you decide to capitalize the three-letter words.

Go through the words a number of times, intermingling the letters. When you are fairly good at it, then go through the two sets of words backwards, and SPELL all the words backwards as you drop the three-letter words in among the four-letter words.

In time you will get so good at intermingling words forwards and backwards you will use Verbal Memory only. When you begin to do that, it is a sign you are not using your Visual (Seeing) Memory. The way to overcome that is to take your dictionary and select a new set of four-letter words.

In time you will probably want to use the four-letter words as "basic", and choose from the dictionary a set of five-letter words to drop your four-letter words into.

Some Students are up to ten-letter words, in which they intermingle nine-letter ones. But do not attempt that now. Changing your four-letter words when your Oral Memory gets too familiar with them is enough at this time.

How often should you practice "Double Memory Magic"? At least a half hour every day, preferably during a TV or radio performance. Do not go out of the room, or do not turn the radio or TV off if you are alone. If anything, turn it up a little louder. Learn to concentrate on your "Memory Magic" under any and all circumstances. All the NEW-DAY Budding Individuals are doing this, and getting marvelous results.

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AN AFTERWORD

One of the advantages of separate Lessons -- a Lesson going to the Student every ten days or two weeks -- is that then the Student has plenty of time to study and thoroughly digest the contents of a Lesson before a new one arrives.

Originally we had planned to send out to the Student, once a month, one of the five parts of Lesson 18, "Double Memory Magic". In this way the Student could not have "peeked ahead", and read all of the parts, and become so familiar with the ensuing lesson as to become slightly disinterested.

Our suggestion is (and it is only a suggestion), that you make the five parts of Lesson 18 a six months' project. In the NEW ORDER OF THINGS, it will be to your very great advantage of have an EXPANDED and MOBILE Memory. The "Memory Magic" of Lesson 18 can do exactly that for you.

After you have broken up the alphabet into three parts (page 90), and can see all the letters at a glance by your newly-acquired talent of Visualizing them, you will be surprised how easy it is to look up words in the dictionary. If you also learn the letters in their vertical rows, it will add materially to the looking up of words.

Just as soon as you learn to repeat the alphabet backwards, you are ready for your TV "debut". On all the uninteresting programs you are to work "Mind Magic", going over your letters in an orderly manner.

Be sure at every opportunity to use the "Easy Sprial Method of Concentration". This "spiraling" will keep all other thoughts out of your mind while your Memory is hunting in and through your mental filing cabinet for the desired word.

You will derive great good from "Un-tensing the Tension for Life". For one thing, you will learn how to RELAX. This you will carry to bed with you -- this relaxed condition -- and you will begin to sleep like "a six year old". Getting a good night's rest every night will prevent you from having ulcers -- it is your mind that causes ulcers, not the food you eat.

In "Un-Tensing the Tension" you will learn how to work with your SUB-CONSCIOUS. This will greatly influence for good all of the SIX Faculties in your SUB-CONSCIOUS. When you start this kind of Positive influencing, you will be a changed person, and you will be supremely delighted with the changes you will make in yourself. Some of these changes

will come about almost effortlessly, you will discover.

Just a word now about "Mystical Experiences" (Lesson 17). Of course, you will not have the one I had, proceeding from the ocean of "mud" and up the "river" until I arrived at "Crystal Lake". I more or less included it, not as a "sample" of your own Mystical Experiences, but as an "example" of how Mystical Experiences come about.

Some people, I suppose, have them in the form of dreams. But this was no dream -- I experienced it for a number of years while I was wide awake. This type of Mystical Experience at night is not to be confused with your going up into the Higher Astral World and being taught by The White Forces.

Do not tolerate for a moment any unpleasant Mystical Experience. They are undoubtedly from the nether world, and you do not want to fill your SUB-CONSCIOUS with this kind of unpleasant material.

"Emotion" (Lesson 13) is the underlying cause of practically all of our troubles. Control Emotion, getting just as much of it (them) across "the line" and keeping it (them) there, and you will have Emotions both Positive and thrilling.

"Genius Can Work Wonders" (Lesson 8) is a fact. It can work wonders. But before you do too much with Genius, you had better prepare your SIX Faculties of your SUB-CONSCIOUS so that Genius will feel at home when "he" arrives. Of course, "he" is accompanied by his two friends, Inspiration and Intuition. These three never work FOR you, but work WITH you. There is a difference, and as soon as you realize this difference the three will make their abode "in your house".

AFFECTION is really "The Miracle Power" (Lesson 5). When people learn of this wonderful FORCE and start using it correctly (not confusing it with love), it can work wonders in so short a time as one hour, probably less. AFFECTION is the KEY to all the Faculties of your three-phase Mind -- CONSCIOUS, SUB-CONSCIOUS, and SUPER-CONSCIOUS. It awakens all of the Faculties, making them much more willing "people", and you, a much more magnetic and charming person.

I will never forget how amazed (and later how thrilled) I was up at "Crystal Lake", when it was first revealed to me that all of those "men" were actually me.

Of course, you will no longer contribute precious time, emotion and energy to your "Psychic Double". You will let all those hideous things starve to death. Probably your "Psy-

chic Double" is not very well formed, and you will have no great difficulty in annihilating the "thing" before it vampirizes any more of your energy.

Everything good and unselfish that you do adds that much more to "Your Magic Pattern" (Lesson 3). You build up vast quantities of psychic energy when you begin to illuminate "Your Magic Pattern" with Positive deeds, thoughts and accomplishments.

Remember, DESIRE (Lessons 1 and 2) is neither good nor bad, but the use to which you put it makes it either good or bad -- Positive or negative. DESIRE is never neutral. It is definitely good or definitely evil -- not of itself but from the use to which you put it, that makes it one or the other.

Since DESIRE is just as willing to work for you as it is to work against you, the smart thing to do is to keep it working FOR you. By the way, DESIRE is like EMOTION in one respect -- for every negative DESIRE you have a Positive DESIRE. Good Desires contribute to "Your Magic Pattern"; evil or base Desires contribute to your "Psychic Double".

You have a wealth of information in the FIVE FOLD LIFE EXTENSION COURSE. It is information that would have made the old-time Budding Individual, if he could have received it all at once as you are doing, feel that he was just about to be "initiated" into INDIVIDUALITY.

Regardless of who you are, what your age, education or environment may be, you can be on your way to Advanced Budding Individuality very shortly with your previous knowledge and this more Advanced knowledge of THE PATH.

With Advanced Budding Individuality comes the awakening of Genius, Intuition and Inspiration. Not that these three Faculties of the SUPER-CONSCIOUS MIND will suddenly manifest in you. They do not work that way. But a gradual yet very definite awakening will take place in you. Friends will notice a change in you -- a very nice change. But for the life of you you cannot explain to them what has happened. The smart thing to do is not to try -- not just yet.

Give Genius, Inspiration and Intuition a little more time to do a greater Work of EXPANSION in you, and you will instinctively know who are ready for the Great Work. In the meantime, "perfect yourself in every good work".

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