

Three Weeks' Training in
✂ ✂ Clairvoyance ✂ ✂

THAT WAS THE TRUE LIGHT

WHICH LIGHTETH EVERY MAN: I.E. I.E.



ARISE, SHINE! FOR THY LIGHT
IS COME.

The Brotherhood of the Illuminati

Brotherhood of the Illuminati

There is a Light that Lighteth Every Man
that Cometh into the World,
LET THERE BE LIGHT.



The Brotherhood of the Illuminati

A GREAT EGYPTIAN BROTHERHOOD, formerly admitting only those belonging to Masonic Orders, is now open for membership to all aspiring souls.

MS. Lessons, Special Teachings, Etc., Etc.

\$5.00 membership fee, which entitles every member to the **Forty-nine Degrees of Instruction** and other advantages.

For further information, application for membership, or anything pertaining to the matters herein mentioned, please write, enclosing self-addressed stamped envelope, and make all money orders payable to

HUBERT A. KNIGHT,

Box 160, WASHINGTON, D. C.

Mystic No. 1 of The U. B. M. A. and Illustrious Grand Master for America, Canada, England and Australia of THE BROTHERHOOD OF ILLUMINATI.

THREE WEEKS' TRAINING IN CLAIRVOYANCE.

PUBLISHED BY

HUBERT A. KNIGHT

PUBLISHER AND PROPRIETOR
OF

"Three Weeks' Training in Concentration,"
"The Healing of Disease,"
"The Law of Success,"
"The Secret of Long Life,"
etc., etc.

Entered according to act of Congress, in the year 1904,
in the office of the Librarian of Congress, at Washington
D. C.,

By J. B. TORRY.

:
:
Bequest of
Harry Houdini
April 1927

THREE WEEKS' TRAINING IN CLAIRVOYANCE



Yes, you may cultivate this wonderful faculty of clear seeing, and if you proceed in the right way, may do so with marked advantage to yourself and others. But even in the beginning of this little talk, we warn you, dear friends, to realize that you ask for no small thing, when you ask for the responsibility of seeing persons and things at a distance, of seeing things and conditions ordinarily hidden, of seeing even what is termed the supernatural, or that which is not of the material world. It is a responsibility in the same sense in which the possession of any power places any individual, and much, yea,

4

everything depends on the honor with which it is used, the right or wrong use involving great consequences of good or evil to the individual, as well as to those with whom he is concerned.

It is clear that with a power to see conditions and their relation to each other, to see and know the state of those in whom one is interested, is an immense advantage to him who can use the knowledge thus possessed, inasmuch as it enables him to govern his relation to the conditions intelligently, and be able not only to enjoy the comfort of knowing his friends' state but in many cases to give them advice or warning concerning their well-being or prosperity.

On the more subjective or interior plane the use of clairvoyance in perceiving the presence of departed friends, or

troubled souls who may need a word of comfort, or instruction to free them from earth conditions or attachments, presents a field for valuable service. This is the ministry to "the spirits in prison."

Again, on the still more interior and exalted plane of spiritual consciousness, clairvoyance is most valuable in revealing the work, life, and powers of the soul, and is that marvelous faculty of seership, which knows both past and future, which perceives and defines spiritual ideas and enables him who possesses it to attain to the super-consciousness of Spirit, and to say on every plane of his being, "I Know."

It is to this last and higher plane, everyone should aspire, for once on the heights of spiritual consciousness all that is beneath is illumined by the light from above. Thus he who is able to perceive

clearly in the realm of spiritual ideas, should be able if he chooses, also to see that which is related on the psychic or middle plane, which is the more common field of clairvoyance.

In order that you be able to aim for the highest intelligently, we shall outline certain principles and methods, whereby if you are faithful to directions, you may cultivate and use your gift.

To that end, during these *three weeks*, make all interests, aims and occupations, secondary in importance to this training. We do not mean by that to be any less faithful to other duties, but to make this *so important*, that no caller, no book, amusement or trivial circumstance, nothing but a matter of life or death, so to speak, will distract you from your pur-

pose, or cause you to deviate from your regular and systematic practice of every detail. In no other way can you hope for results, and if you are not willing to persist, it is a thousand times better that you do not begin.

Take up the training with a pure heart and a clean mind, and all will be well.

If you have practiced the exercises set forth in "Three Weeks' Training In Concentration," and "The Healing of Disease," you will be in excellent trim for this, for to attain the best results, all conditions should be as favorable as possible, and a healthy body, at least, one *free from nervous disease*, should be of the first consideration.

During this period of three weeks, observe the following

GENERAL RULES:

Eat simple, wholesome food. • Eat no *meat*, greasy food, or rich pastries. Avoid *all stimulants*, tobacco, etc., and even refrain from tea or coffee unless *very weak*. Take a magnetic bath morning and night, directions for which will be given later. *Think and live in chastity*. Mingle little in company. Do not speak of your being in training for clairvoyance to anyone, and *do not tell your experiences*. Do not argue on any subject. Avoid mental inharmony of all kinds. Do not give way to extremes of emotion, such as anger, fear, worry, grief or disappointment.

This is particularly important, because every feeling, or intense thought connects you with the great thought currents made up of all similar thoughts emanating from

people everywhere, both in and out of the body. For example, if you indulge in grief you are putting yourself *en rapport* with everyone else in the same sorrowful mood. This devitalizes and demagnetizes you. You are thrown off your balance, and are at the mercy of any influence stronger than you are. It is, figuratively speaking, as though you fall into a swift flowing thought river, of which the current bears you away from your better self, until you lose the power of self control, and are borne down under the waters, allowing the current to take you where it will. This means that not only does your negative mood make you subject to all sorts of adverse influences, but empowers you to help bring others into the same helpless state. The vital importance of this knowledge can not be overestimated.

You may now understand why we say, "avoid extremes of emotion." Equally potent is the reason for saying, *do not begin unless you intend to go on in this training.* It takes a sensitive to be a clairvoyant. Most clairvoyants without training are negative in their sensitiveness. With the training they may become positive in their sensitiveness. To do a little of the training, and that half-heartedly, might make you sensitive without making you positive. Thus it is necessary that you follow directions not only as to exercises, but as to *thinking* and *feeling*, in order that you keep yourself keyed to the purest tone in your keyboard of Being. You will not only put into attunement your whole instrument—soul, mind and body—but you will cause a response that will echo back from the universal atmosphere,

the sweet tones and qualities you send forth.

In other words, your own quality will determine the quality of that which you attract. If you love truth and speak truth as a matter of character, you will perceive true relations and exact facts through your clairvoyant faculty. What you see can be relied upon generally speaking, because nothing false would make connection with your consciousness. On the same principle the person who has no taste for liquor, might pass by a dozen saloons a day yet have no temptation to enter. Having nothing correspondent within him to the character quality of which the saloon is an emblem, nothing of its quality adheres to his consciousness or finds affinity with his thought. Consider a moment what determines real friend-

ships, and you will better understand this law of attraction, which enables you to draw to you your own class of facts.

Now we are ready for more specific directions which are to be followed regularly every day.

Rise early so that you will have no sense of hurry. The first waking thoughts should be devotional and praiseful. The praise especially, is like a bugle call to the best in your character and intention to become attuned to the Infinite, and will make your mind a focussing centre for the attraction of the purest quality of thoughts.

THE MAGNETIC BATH.

When you rise, spring lightly out of bed, and, having plenty of fresh air in the room, walk about a few moments prepar-

ing for a quick cold bath. It may be tepid, if preferred. When all is ready, stand perfectly nude, letting the air and if possible the morning sunlight, strike your body, and raise your arms above your head stretching as far up as you can, with arms and fingers stiff. The breath having been slowly inhaled with the raising of the arms, hold a few seconds while still stretching, then let the hands fall heavily to either side. *Repeat five times.* After the last drop of the hands, rub together briskly, put them into the water, and apply to the body. Do not use a cloth, brush or towel, but the hands only, which, being charged with magnetism completely vivify the whole body. The application of water and the vigorous rubbing until dry, with the naked hands, gives literally a magnetic bath which not only tones up

the whole system at the time, but in many cases, as has been proven, cures most obstinate forms of disease.

This magnetic bath may be taken at night before retiring without the water. It must be taken quickly, the whole process consuming not more than five minutes. The rapidity is essential to the taking in and equalizing of the magnetic forces.

After the bath, and while you are dressing, audibly repeat these words which give direction and balance to the mental forces: "*I am in the centre of the Life which is perfect, and the Intelligence which knows all things. I desire to use all my powers for the glory of God and the benefit of mankind. With this motive I desire to be taught, trained and directed in the use of the faculty of clairvoyance.*"

You will quickly learn this, and during the making of your toilet will be able to repeat it many times. You will see to it now, that there is a free circulation of air in the room. It would be well for a few moments to open all the windows and let the wind sweep through thoroughly. When all is ready, sit down in a chair facing the east. For a little while remain quiet, taking several long, deep breaths. Then either mentally or audibly send forth a thought of love and blessing to all the world, directing it to the east, south, west and north.

You will now have put your *body, mind and soul*, into harmonious relations with the universe. Your next step is the

DEFINITE EXERCISE

of your perceptive faculties. Take some

small object and place it within a range of five or six feet of your eyes. A glass paper weight, or a glass of water, is good. Look at it steadily a few minutes, perhaps five. Then close your eyes and see it mentally. Do not see *anything else*, and continue looking *mentally* at this same object for *ten minutes*. You will find it difficult at first, but never mind. Every time the mind wanders, bring it back, and compel it to again see the object. Put your undivided will, effort, and attention upon this mental object. When the ten minutes are up, your special work is over for the morning. This exercise, including what has preceded it, is to be repeated *faithfully for seven days*, with this difference: every morning you will sit a little longer during the concentration of mental seeing of the object. Do not sit at any

time, however, longer than *twenty minutes*. Be regular in the time of sitting. *This is very important*. Repeat the visualizing or recalling of the object to mental view, often during the day, while you are walking about, or doing other things. This will assist the memory and also develop your capacity to concentrate. At night—*about twilight, if possible*—go to your room, put yourself in the quiet state, repeat the words of the morning, “I am in the centre,” etc., and then sit in concentration as in the morning, *seeing the one object*. After a day or so you may take another object if you choose, but not until you can call up the first one with perfect distinctness any time you desire to do so.

This training is invaluable not only in *the arousing and development of the per-*

ceptive powers, but as a cultivation of *accuracy*, which is *absolutely essential*, in the exercise of clairvoyance. It is the vague, disconnected, partial view of things, which makes untrained clairvoyance so often seem a "delusion and a snare," and at the best, most unsatisfactory. To aim for *definiteness* and *clearness* as well as *quality*, is essential.

The fundamental basis of all knowledge, is, *I know*, and the very idea of knowledge implies accuracy. This then is your first point of achievement: that you be able to see an object so clearly that you can reproduce it *perfectly* in your mental vision. This is the beginning of the clear seeing of later development. As the child must first be trained in the recognition of letters and words as such, before he can connect them into sentences,

so must you, who would use the faculty of seeing on the psychic plane, first be sure you can reproduce it *perfectly* in your mental. In the development of the power of expression of any gift, technique is indispensable, and its practice imperative.

Be patient, persevering and faithful, then, and God speed you. If, during your sittings, you should see flashes of color, or stars of light darting before your eyes, you will know that you are progressing, and that your exercises are producing in you that change in etheric vibrations which enables you to see glimpses of the astral light by which objects are seen on this plane. Or you might hear something, like the faint tinkling of a bell, a voice, or whispers. The sense of clair-audience or clear hearing is a frequent accompaniment of clairvoyance.

6

It is all a matter of changing the vibrations, and if you are peculiarly susceptible to the qualities of words and conditions, your development will be noticeable more quickly, but let not the one who sees no sign, be discouraged. If he is faithful, the work is going on just the same, and it is only a question of a little more time.

On the eighth day you will begin a different exercise in concentration, although still following both general and specific rules as given for the first week. Instead of focussing your attention on an object in your immediate presence, you will now, after the bath, etc., and after the period of relaxation and perfect quiet, enter into a reverie that recalls events.

Go back in memory and picture forth *with every detail outlined*, some scene of the past with its attendant persons, sur-

roundings, etc. Choose an event which at the time of its occurrence was vividly impressed on your mind. Let it be something pleasant, with details of a particularly happy nature, and linger upon it until the whole scene and its connections are brought vividly before your mental vision. Repeat the process of recall over and over at one or more sittings. Then take other scenes or persons you have seen. Practice the recall frequently through the day as you find opportunity.

Persist in seeing every detail with perfect accuracy.

During the second week you may see more color flashes, perhaps great sheets of color which may remain several seconds. If you do not see color it will aid your progress to imagine you see it. After a few trials you will find it easy and grow-

ing upon you to be able to see it. Try seeing green at first.

If you have a friend in perfect sympathy with you, try at times to see what that friend is doing at any appointed time, and let him report the facts that will corroborate or refute your experience. In all the exercises and experiences be *perfectly relaxed* in mind and body, having no tension in any way, neither being anxious nor impatient. Continue the twice daily exercises, always before a meal, never immediately after.

During the second week, after the concentration upon the object or thought, take ten or fifteen minutes for revery, with the mind *calmly expectant*, awaiting experience. If you have been able to center your forces, *without becoming intense*, you may now occasionally see glimpses of

scenery, persons or objects, but if you do not, think nothing of it. Quick development is often a matter of temperament. People are like flowers. Some bloom more quickly than others.

If you should find yourself getting unusually sensitive to sights, sounds, smells, conditions or persons, *keep your poise and say nothing*. This sensitiveness is a phase of your development. So is your perfect mastery of yourself. We have now come to

THE THIRD WEEK.

General exercises as before. You ought by this time to be in excellent condition of both body and mind. These two weeks that you have *lived calmly and happily* with your thought and desire *intent upon the Best*, you will have keyed your

whole being to the purest tone, and according to the law of attraction ought to have made connection in the invisible or psychic realm, with things, persons and objects of like quality. This is to be desired.

In your exercises now you are to deliberately withdraw from the surface consciousness and go into the subjective state wherein all things may be revealed. There are various methods by which this subjective state may be entered into. The one which is given is simple, harmless, and effectual, when practiced according to directions.

METHOD FOR ENTERING THE SUBJECTIVE STATE.

Never fail to take the magnetic bath, and the word exercise both morning and

night—although water may be omitted in the bath at night—before taking this practice:

. Pin a black cloth on the wall several feet square, so that as you sit in a chair looking at the center of it, the eyes will be raised somewhat higher than their natural range. When you are ready to sit, have the room darkened to twilight. As you sit down, relax all the organs of the body, and though maintaining an upright position, let it be as comfortable as possible. With head erect, chest elevated and back not touching the back of the chair, say to yourself in a *firm, positive*, low tone, "*I wish to remain in the subjective condition, just ten minutes.*"

Then cease all thought, keep perfectly relaxed, and

GAZE WITHOUT WINKING

at the center of the *black cloth*.^a

If you become unconscious, but return to your normal condition at the end of the ten minutes, you may consider your sitting a complete success. Do not be disturbed if it takes several sittings to attain this. When you have proven that you return to consciousness *exactly on the minute*, observing the same preliminary rules, try in addition another suggestion. Say to yourself in the same positive manner, "*I wish to go into the consciously clairvoyant state and to come out of it in just twenty minutes.*"

Repeat this process twice a day at the regular times, or until you can enter into the condition at will. When this is attained you are a true clairvoyant, and can

go on developing many phases of the gift, among which are psychometry, prevision, prophecy and spiritual knowledge.

THREE THINGS TO BE REMEMBERED.

First. *Always sit alone.*

Second. *Absolutely believe* that your suggestions and commands will be fulfilled to the letter. Your success depends on your faith.

Third. Say little, and *never tell your* experiences to unsympathetic persons. It is often better that they be not told at all.

Another point. In the subjective state in which all the powers of the soul are at your command, you may recall anything you ever knew, may learn anything on any subject, may travel to any distance, go to any place, evoke and develop any power.

Thus it is necessary that you *think carefully* as to *what you suggest to yourself*, and as to *what you desire to attain*. Having decided what you wish to cultivate, make your suggestions on that line for successive days until you attain. For example, suppose you desire to recall some knowledge, circumstance or event. In your word key or self suggestion, say, "I desire to recall what happened at such a time, (naming the approximate date,) or, "I desire to know about that (naming the subject)."

You will thus perceive the wonderful world to which you gain access only *through this unusual subjective state*.

WORDS OF ADVICE.

More and more as you proceed, "covet earnestly the best gifts." Ask for that

quality in your character which will make you strong and masterful *under all circumstances*. Use this clear seeing faculty for the discernment of spiritual truths, or for the helpful ministry to some weaker brother or sister. *Never* use it for any but the most exalted purpose.

Especially do we suggest that you refrain from very much "discerning of spirits." The reason for this is for the most part when a person lays down his garment of flesh, he has been called to another world there to learn other lessons and to enter upon other work. If, *through his affections*, and the yearning of his friends he is called back to the earthly conditions, he is thus prevented from entering upon those other opportunities, and learning those other lessons to which he has been called.

Is it not best then, to bid him God-speed, and heroically adjust yourself to the loss of communication with him, knowing that it is better so, because it is for his good?

Of course there may be times when you will feel the breath of his presence, and perhaps see the beloved form which comes as a sweet reward for your unselfish renunciation. But let these times come unsought, and let his visit with you be as the descent of the dew upon Mount Hermon, or the coming of the summer dawn, full of peace and blessing.

Be ready ever, to speak the word of comfort or instruction to the spirits in or out of the flesh, and let your aim ever be the *consecrated use* of your gift of clairvoyance.

THE TEACHINGS OF THE
Brotherhood of the Illuminati

ARE VARIOUSLY GIVEN IN
CLASS LECTURES, PRIVATE TRAINING,
MSS. LESSONS, CHAPTER WORK, LODGE
***** INITIATIONS, ETC., ETC. *****

All Metaphysical and Occult,
Spiritual, Masonic or Scien-
tific Books at SPECIAL
Rates When Ordered of
THE BROTHERHOOD

For Further Particulars Concerning Above
Announcement, Send Stamped Envelope to

HUBERT A. KNIGHT

Box 160 - - - Washington, D. C.

THREE WEEKS' TRAINING IN CONCENTRATION, 25c
THE HEALING OF DISEASE, - - - - 25c
THREE WEEKS' TRAINING IN CLAIRVOYANCE, 25c
THE LAW OF SUCCESS, - - - - 25c

Send Money Order for One or
All of These Valuable Booklets to

HUBERT A. KNIGHT

Box 160 - - - Washington, D. C.