

PRACTICAL OCCULTISM

ÆTH HIERARCHIC POWER

One of the private text books of the Æth Fraternity in which are taught many of the Laws governing the highest Occult and Mystic Powers.



By Guru Rakadazan

Prepared by him in text book form,
from the MS. which have been used to
give personal and individual instructions.

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Pythagoras, 38.

INTRODUCTORY

In placing this my present work in the hands of the members of the august Fraternity, I feel that a long introductory is not necessary, because the work in itself is so plain, so simple, that every sincere student will be able to follow its instructions, and by doing so, is sure to profit thereby.

You may be aware of the fact, that at one time it was doubtful whether your publishers could accept this work, although they had accepted and issued my former works; and this for the reason that the members were not willing to help them sufficiently to enable them to issue it.

This will seem strange, when I tell you that, had they been unable to accept it for publication, I could have taken these instructions, gone to Paris, been received there with open arms, and have taught these same instructions to large classes, and would have received for such services the sum of 80 pounds sterling from each student.

I do not mention this here in order to impress upon you the importance of myself, but to impress upon you the actual value of these instructions to the student who is sincere, and to show you that you pay but a small part for these instructions, in comparison with what other peoples are willing to pay for them—and that, not in the beautiful form in which your publishers are presenting them to you.

I have another object in mentioning this fact. It is this. That even though these other peoples are willing to pay many times more than you pay for them, nevertheless, **THEY ACTUALLY RECEIVE VALUE FOR THE AMOUNTS THEY PAY**, and this is for the reason that

they not only accept these teachings, BUT THAT THEY PUT THEM INTO PRACTICE, and therein lies the whole secret of success.

I venture to say, right here, that you belong to the greatest and most Sublime Fraternity now in existence, or that has ever been in existence. And I ask you this question, without considering whether you take offense or not: Are you proving worthy of being a member of that Fraternity? Are you taking advantage of every opportunity offered to you? Are you doing your part as you should do it?

In the first place, are you worthy of being a member by faithfully following the instructions that have been given you, thereby developing the power, the manhood, that you can develop? Are you following these instructions so that you may be an honor to your Fraternity and thereby honor it before mankind generally, enabling them to say: "There goes one of the ——, a man that can be trusted, one that can be honored, one that DEMANDS respect, wish that I might belong to it." If your life is not such an one, then it has not yet reached fulfilment.

Again, are you doing your part towards the Fraternity? Are you faithful enough to your studies, so that you do not forsake them every time there is something new? Do you run after every new thing that comes along, and thereby bring weakness upon yourself, and disgrace upon the august Fraternity?

It is not an honor to be pointed out by the people, or by your fellow students, with the remark: "There goes so and so, belongs to the —— Fraternity, but cannot be depended upon for a moment, as he is this today, and another thing tomorrow; evidently they are very anxious for members or do not care much for their members." And yet, just this is being said daily of the members of many different bodies. And these members ARE failures.

They are failures because they cannot give their whole heart and attention to any one thing for any length of time; consequently they have no time to grow, no time to get strong. They are weaklings.

The true man or woman, the man and the woman that will succeed, will take up a work, give their whole heart and soul to it, and stick to it till success is won. Success comes to these even if the system were at fault, because true faithfulness must be rewarded.

Moreover, such students are honest in every other way. They do not attempt to belong to various bodies whose teachings are opposed to each other any more than men attempt to belong to different churches. Besides this, they work for the Order to which they belong, knowing that as they strengthen that Fraternity, they likewise strengthen themselves, since in numbers there is strength.

You, my reader, will notice that I speak frankly and to the point. I do not desire to offend you, but I do desire to awaken you to your opportunities and possibilities, and I desire to do this, even at the risk of offending you.

The present system of instruction is so simple that there is danger of their appearing to you as too simple; but let me say to you this, that if you will follow these instructions, then you must succeed in whatever you may be interested, be it what it may.

The sun cannot keep its rays from the plant that stands in the open, and thereby gives it life. It is Nature's Law that the rays of the sun must shine on all alike. In like manner, the laws of Vibration are absolute, and whoever follows them must draw in the powers and the forces, and must radiate them. This is absolute. Nor can the Forces of AETH help being drawn in by the student if that student is sincere and faithful in his efforts, consequently success must follow.

I have given the student four text-books. These are

complete; and, if faithfully followed, even in part, results must follow.

Bear in mind the fact that these books are harmonious. Thus it is, that you can, first of all, follow this system of development as herein taught, and then use these forces in doing the work, Invocative and Mantramic, as taught in both "Ritualistic Occultism" and "Kabbalistic Magic," and gain far greater results through such work than you could without the study and the development as herein taught.

Again I repeat, follow these instructions, simple as they are, and health, happiness, success, and Illumination **MUST** be yours in good time.

Bear in mind, however, that a great work like this is not accomplished in a day. Bear in mind that it is more than four thousand (4000) years since the fall of Mystic Egypt, and you have been that many years in falling into weakness, and your Immortal Soul into darkness; therefore do not expect to gain strength and Light within a few weeks or a few months, because that is seldom possible.

But if you are faithful, and show your faithfulness in practice, and in your life, then you **MUST** and you **WILL** grow and meet with the success you desire.

Your Fraternity is ever willing to help and to aid you. If it does not, then it is only because you do not call upon it for such aid.

I have been very frank with you, but only because I desire you to become strong, healthy, happy, and an Immortal Being.

Fraternally yours,

February, 1915.

THE AUTHOR.

PRACTICAL OCCULTISM

AETH—WHAT IT IS.

Unlike the various schools of Mental Science, of whatever form, the AETH Priesthood now teaches, as it has always taught, that the mind is a great power as a creator, but that in and of itself it has no power.

This seems a contradiction, but it is not. Brain and mind are in reality material agents, although of themselves they have no life nor the power of life.

But the mind, once educated, or awakened to its possibilities, becomes a creator, or a means of receiving power. Thus it is the agent, or the link, between the center of power in man and the center of power in the Universe.

In fact and in truth, neither man nor the mind of man, nor yet his soul, can create power. Nor can they in fact generate power; but the mind, becoming enlightened, can set into motion those agents which draw force and power to the Soul Center, or storage batteries in man.

Force is. Therefore we truthfully say that the AETH, which is the essence of Force, IS. Man does not create it; but he does create the conditions that will make it possible for him to receive, to store, and to use, force.

Within man, in fact within every man, there is a part of the All Creator. This part of the All Creator, we call the Divine Spark. In the vast majority of mankind, however, the Divine Spark is dormant, totally submerged by gross matter, so that it is of no use whatsoever to him.

It is an admitted fact, however, that many a man in whom the Divine Spark is in a dormant state, is, nevertheless, in the eyes of the world, successful. But their success is a negative one, in that, as a rule, these men are

as narrow as they are successful, and are therefore creating a temporary success at the expense of real success, and at the expense of Immortal Power.

In God's great Universe, there is a Storehouse of Power; and in man, there is, in embryo, a receiving station. The Universal Storehouse is open so that all may draw upon it; and the receiving station in man is at all times ready to be awakened. Therefore, it only remains for man to gain wisdom to awaken this force, the receiving station, within himself, and then to draw upon the Universal Storehouse for power, to receive it, and to store it, and to use it according to need.

We of the AÆth school term this great force which is available to all men, the AÆth. We call it the AÆth because it is finer than mental force, and finer even than Czone, which, though very fine and capable of giving life to man, nevertheless does not give him Immortality, as does the AÆth. The Aeth is in the air which we breathe in continually; but, unless man gains wisdom, he does not separate the AÆth from the air he breathes in, and it escapes again when he exhales.

But, if he gains wisdom and knows the creative thought, then not only will he draw in the AÆth Force, but he will, through his thought forces, separate the AÆth from the air he has breathed in, he will retain it, and he will store it in his organism.

In the past, only a few were taught the system of breathing and the system of Invocations which give man conscious access to the AÆth Storehouse. But now all worthy seekers may be taught the Immortal Life.

But, says the Neophyte, if this great AÆth Force is in the air that I continually breathe, then surely I must take in some of it, and use it. Why then should I make special effort to take in more, seeing that I am kept alive even if I make no special effort?

The first step in the occult path is the purification of the mind. This is achieved through the practice of concentration and meditation. The mind must be brought to a state of perfect calm and clarity, free from all distractions and desires. Only then can the higher powers be accessed.

The second step is the development of the will. The will is the power that enables the practitioner to overcome all obstacles and achieve his or her goals. It is developed through the practice of self-discipline and the cultivation of a strong, unshakable resolve.

The third step is the attainment of the higher planes of existence. This is done through the practice of the occult sciences, such as magic, astrology, and palmistry. These sciences are the keys to the hidden world, and their mastery leads to the attainment of the higher planes.

The fourth step is the attainment of the state of enlightenment. This is the final goal of the occult path, and it is achieved through the practice of the occult sciences and the cultivation of a pure heart. Enlightenment is the state of perfect knowledge and wisdom, and it is the state of the soul that has reached the highest plane of existence.

The occult path is a long and arduous one, but it is one that leads to the highest of all attainments. It is a path of self-discovery and self-realization, and it is one that is open to all who have the courage and the will to pursue it.

This is true, each one does take in a degree of the Aeth Forces and has the use of them in sustaining life. But let us look at the matter in another light. Here is a man who is healthy and strong, cheerful and successful. When we seek for the cause, we find him active, kind-hearted, willing to do the right, and blessed with good digestion. He lives naturally, eats clean, health-giving food, though not overly much. He digests what he eats and is therefore well nourished. In other words, not only is the food clean and health-inviting, but he enjoys it because he digests it.

On the other hand, we find a man who is ignorant and is willing to remain ignorant in regard to the essentials of living. He eats almost any kind of food; he has indigestion, which means that he neither digests his food nor absorbs the strength from it. He is weakly, grouchy, always gloomy, and is a failure, because his virile forces are both weak and negative. He eats as does the other man; but, in regard to food values, he is ignorant, and thinks that, if he takes in sufficient food, to him it is enough.

Thus with you. You breathe the same air that the Master breathes. But you are not acquainted with the Laws of the Aeth Breathing, and are willing to remain unacquainted with them. You are ignorant in regard to the occult essences of the air. To be sure, you breathe in the air, but you do not separate the Aeth, and assimilate what you do take in. The greater part of the Aeth you expel, only retaining enough Ozone to keep soul and body together. You are weak, sickly, grouchy. You are a failure, while the Master is Master because he is wise and desires more wisdom. Nevertheless, you are foolish, and are willing to remain foolish.

Do not imagine that it is sufficient for you simply to follow a certain system of breathing, and in that way,

reach Mastership. That is, it is true, the most important part of the work; but Mastership is not made up of one big thing. It is made up of many little things and one big one.

The thought one holds, freedom from fear, malice, hate, resentment, the holding of cheerful, constructive, loving thoughts, proper breathing, proper bathing, proper exercises, and proper food—all these things and many more are part of the conditions that lead to Mastership. And, even above and beyond these, must you gain the knowledge that will help you to come into communication with the Hierarchic Powers. These are the things that will give you Mastership. Yet even these are not complicated in the least; but they require faith and faithfulness.

AEth Force is present in all creatures that have the power of thought and of choice. The amount, however, may be, and often is, so small as to be of no appreciable benefit. The Divine Spark is present in all men who have the choice of Immortality. In some it may be so dormant or so small as to be of no appreciable value. In others, it may be so developed as to become a Living Fire of Force and Energy.

THE LIFE OF THE AETH.

As with every other great Force in Nature, there must be an underlying principle, an attracting force, even greater than the will of man.

The AEth Force, in itself, is impartial. That is, it simply IS, and can be accepted or not accepted just as we wish or just as our wisdom or our ignorance directs us.

But it is well for the Neophyte to understand, once and for all, that unlike Magnetic power, the AEth cannot be drawn in, stored or used for any evil or negative or ignoble purpose.

For instance, one might live a life, follow certain practices, whereby the Magnetic powers are developed or accumulated, and this power might be used for some evil or unworthy purpose.

With the AETH Forces, it is different. The AETH power that one possesses depends entirely upon the state of the Divine Spark, or the Soul of man. Kindly thoughts of others, good-will toward every creature, forgiveness, freedom from grudges and censure and condemnation—these are necessary characteristics of the Divine Spark, or the Christ Center, in man. Therefore, if these qualities are strongly developed in the Soul, they are in themselves a protection against directing the AETH Forces into unworthy channels. For this reason, the Masters of all ages urge upon man the supreme importance of Soul Development prior to any extensive use of the AETH Forces.

The degree of Illumination reached by the Neophyte may be an index to the AETH power he possesses. It is possible, nevertheless, for one to become, in a certain sense, Illuminated, and still possess comparatively slight AETH Power, because the life might be, to a certain degree, a negative one wherein no great effort is made for self-assertion.

The Key, then, to the drawing in of the greatest amount of AETH Force is Love. Be it known that Love may be of many different kinds. It may be love for Art, love for music. It may be a love for the accomplishment of great good. It may be a desire for the power to heal others. Each of these in the last analysis is really a love for mankind.

But, whatever the love, it must be some ideal, an ideal held in the heart, and a desire for power, so that this ideal may become personified.

Therefore, in order to reach the highest state of development, in order to possess the greatest amount of

this mighty force, search yourself, O Neophyte, and learn what the ideal is that you hold. And, if you have no great ideal, then do not give up until you have created one; and, when this has been accomplished and your desire is great, then set to work and follow the practice and the life that will make the personification of your ideal a possibility.

And, remember, if you fail, you deserve to fail, because your ideal was neither a worthy nor a desirable one, and you were not willing to put forth the necessary effort. Without effort, true power is not possible. The greater the effort required, the greater will be the resultant power.

Nature has placed in all things an attracting force. But, because of the abuse of Nature and her holy laws by mankind, the attracting forces are, in many instances, very weak. These may, however, all be strengthened, so that these may become powerful attracting forces; and, if true, they will attract only the true, the constructing powers and forces of Nature.

LIFE, OR MAGNETIC FORCES.

There is a vast difference between Magnetic Forces and the AEth Forces. Magnetic Forces are simply life forces. The greater the life or vitality possessed by man, the greater are his Magnetic forces. Naturally, if man is very magnetic, he is also, as a rule, healthy and strong in like proportion. The weak, the sickly, are never magnetic. For the very reason that they are weak and sickly they are non-magnetic and negative.

Magnetism, or Personal Magnetism, is therefore actually a material force, and depends entirely upon health and cleanliness of body and mind. Naturally, an idiot may be apparently healthy, and yet not be attractingly magnetic; but we must bear in mind that he is healthy only in body and has no mental health.

Personal Magnetism, therefore, according to this doctrine, is of the physical being, depending on the mind to a great degree, but is, nevertheless, purely a physical, a material force.

But the Aeth Force is very different from Magnetic force; for the Aeth Force depends entirely upon the Soul. Therefore, being a purely spiritual force, it is for that very reason so much the more potent than any other known force.

To be sure, the Aeth Forces can be drawn into the system by the materialist if he understands the Law of Breathing. But let the Neophyte never lose sight of this great Law: there being no storage cell, no Illuminated Spark, within that man, the Aeth will have no means of being held; and, though drawn in by a materialist, it is again expelled, and the man has no more power than before.

And this can be easily illustrated. For instance, take a piece of copper and charge it with electricity. The current will pass through it, but will not be held, because it is not the right material, nor is it properly prepared.

It is the same when the materialist without an ideal, and without any supreme love in the heart, attempts to draw in, and to hold, the Aeth Forces. It is not possible.

But, if we take a piece of steel, properly tempered, and then charge it with an electric current, the current not only will pass through it, but part of it will be held, and the piece of steel will become a magnet.

Thus it is with the man who has learned a correct philosophy, who is preparing himself for Soul Illumination, who holds an ideal in the heart, and who is therefore prepared not only to draw in the Aeth Forces, but to hold them through the wisdom, the love, the ideal that he possesses.

The AETH Force may properly be called the Life of the Soul. It is the Power of the Soul. It is the power, force, energy, that the Soul uses in its work, just as the mind of the materialist uses the magnetic forces in his work. But in the one case, the forces are Immortal and far more powerful, while in the other case, the power is only temporary, and may actually bring destruction to the possessor, in that he may, consciously or unconsciously, use his powers for evil or destructive purposes, while the Master can use his AETH Forces only for the good of himself and others.

And the more enlightened the Neophyte becomes, the more wisdom he gains, the more pure is his faith in himself, in his Creator, and in mankind, the more natural his life, in exact proportion the greater will be the amount of AETH power he will be able to store.

In the few previous lines, O Neophyte, you have been given a mystery, which, if you will only put it into practice, will bring you all the true desires of your heart; and no one, no force in Nature, no power of man, can withhold these things from you.

Gradually, as the AETH Force is accumulated, as the Illuminating process goes on, the seat of intelligence, the directing power, will be removed from the brain to the Soul Center; and thereafter man plans and lives, not in the mind, but in the Great Soul Center.

Power is within man. It is through the interior preparation that man is able to accumulate and to hold the mighty forces of the AETH. It must not be understood that man actually himself possesses the power; for he no more possesses it himself than he possesses life. He has life, but he receives life continually from the Universal Storehouse of Life, because he has a body that can receive it and hold it. Thus it is with the AETH Forces. He receives these because he is prepared to receive them. He

holds them because through wisdom and preparation he is qualified to hold them. But they come to him, through his attracting powers, from the Universal Storehouse of the AETH Forces.

Thus it is true that all power is within us. It is not true, however, that we are to identify ourselves with that power. We possess it, we hold it, because we have a right to hold it, because we have prepared ourselves to hold it, and not because it is a part of ourselves.

THE EXCHANGE.

As man gains wisdom, as he follows the Path toward Illumination, a change, an exchange, takes place.

In ordinary life, the force in man that makes for health, and for happiness, and even for success itself is Personal Magnetism; and it is far better to be in possession of Personal Magnetism than to be a mere negative machine which is played on by every one.

But gradually, as man learns wisdom, as he follows Wisdom's Path to enlightenment, this magnetic power, which is purely of the mind and of the body and has nothing to do with the Soul, is forced to give way. It is used as a base, it is transmuted, it is changed entirely; and the AETH Forces take the place of the magnetic forces. The King on the Throne is in the heart, instead of in the brain; and, though the body continues to be the house wherein the forces have play, the body is still used as a vehicle.

The Masters of the past have all taught, to a degree, the process of transmutation. But it is difficult to understand them because of the jargon used by Masters and Alchemists in those unenlightened centuries.

But every sincere student has come to understand that the red blood of the Dragon, the Gold of the Alchemists, means nothing more nor less than love, and that love was the principle agent of the Alchemists.

Love is the base of all holy processes. Without love nothing can be accomplished. It is the love of a great work, love for an ideal, love directed toward a noble purpose, which acts as the attracting agent in the Great Work.

Magnetism, the generation of personal Magnetic forces, requires no such agent, depending, as it does, entirely on the mental and physical conditions of the person. But with the Aeth it is far different, these forces depending entirely upon the Soul and the Love Forces.

It is freely admitted that the man who is already healthy of body and mind, and who possesses a goodly store of personal magnetism, has a much easier time in becoming possessor of powerful Aeth Forces, because he already possesses the base and requires only the transmutation. But, if his magnetic power is vicious, then he will have a far more difficult work than the physical weakling would have who possesses faith, a loving heart, and a desire to accomplish great good.

THE BASE OF POWER.

The base of power is in the Soul. This statement cannot be repeated too often. It is a repetition that is necessary in order that the truth of it, and the suggestion, may become firmly rooted and grounded in your mind.

Neophyte of mine, remember well, the things that will give you mighty power are the things that mankind considers too simple to be of value and therefore passes them, looking beyond for those things which are complicated, which these superficial seekers think are necessary in order to bring them success. Do not be of the foolish ones, but accept the simple facts, follow the simple things; for it is from the small things that the great spring.

Now while we affirm that the base of power is in the Soul, so do we find that this power is the Aeth. The

AEth is like electrical power. If there were no base, no dynamo, then there could be no power. AEth is the power. It is AEth that gives life, that gives health, that gives you the force through which and by which you are enabled to accomplish wonderful results in your chosen purpose.

But, unless you prepare yourself fully, unless you get the base into shape, it will not be possible to draw in, to hold, and to use the power. Therefore, it is necessary for you to prepare the foundation, it is necessary for you to prepare the body, because upon the health of the body depends the strength of the Soul itself. A weak body is not able to give the heat, the Fire, to the Soul that the Soul needs in order to receive, to draw in, this AEth Force, to hold it, and to distribute it according to Wisdom's dictates.

But remember also that this work is like a two-edged sword, that it always and forever cuts in two ways.

In the first place, if you begin to do those things which will bring you health, holding in mind, at the same time, and all the time, that you do them in order that the body may become strong enough to give the Soul the proper support, you will, at the same time, be drawing in the AEth Forces. Thus not only are you preparing the body, strengthening it, bringing it into a state of perfect health, but you are also, at the very same time, drawing in the AEth Forces and storing them up just as fast as you are able to take care of them. You are therefore doing a twofold work. And you will find that, by the time you have body and mind in a state of health and strength, you will also have prepared the Soul, and stored up a great amount of the AEth Forces, so great indeed that you will be able to begin the work for which you have been preparing yourself.

AEth is really the life principle, or the base of the

life principle. This, in the animal form, has been called spirit. And it is true that life itself is spirit—even the Spirit of God—but the base of spirit is the Aeth. However, generally speaking, mankind has the spirit of life in them. Otherwise, they could not live on the earth plane; but the amount of the Aeth Force within them is so small that it gives them merely the strength to exist. Yet, as they learn to know, as they prepare the mind, the body, and the Soul, they will gradually draw in more of this Aeth Force, and therefore have more and more of life. And the more of the life force they have, the more of the Aeth do they have. The more of the Aeth they possess, the more will they be able to accomplish, until, finally, they will have reached a state of Initiation; and Mastership, with them, will have become an established fact.

Freely do we admit that there is a degree of this Aeth Power in all men; but, as previously stated, the amount of Aeth Force in them is simply sufficient to keep body and soul together, simply enough to give the Spirit of God the life necessary to maintain existence in that body.

But the more advanced man becomes, the more of this mighty force will he possess, until, at last, if he is faithful to his life and practice, faithful to the instructions that he has along this line, he becomes, first of all the Philosopher, then the Mystic, and finally the Master.

All in all, it depends entirely upon himself, upon the efforts he makes, upon the preparation, upon the practice, and lastly, upon the faithfulness; for, without faith, without faithfulness to the work, man remains a mortal being, dying as do all things which do not obey the Divine Law, being returned to the mighty "melting pot of Nature" from which personality does not come forth as it went into it.

The first step in the occult path is the purification of the mind. This is achieved through the practice of concentration and meditation. The student must learn to control his thoughts and emotions, and to bring his mind to a state of perfect calm and clarity. This is the foundation upon which all other occult practices are built.

Next, the student must develop a strong will. The will is the power that enables the student to overcome all obstacles and to achieve his goals. It is the force that drives the student forward, and it is the key to the attainment of the occult mysteries.

The third step is the development of the senses. The student must learn to use his senses in a new way, to perceive the hidden forces of the universe. This is done through the practice of visualization and the use of magical symbols and talismans.

Finally, the student must learn to control the forces of nature. This is the highest and most difficult of all occult practices. It requires a deep understanding of the laws of the universe, and a strong faith in the power of the occult. The student must learn to harness the forces of nature for his own purposes, and to use them to bring about the desired results.

AETH GIVES HEALTH.

Neophyte of mine, do not for one moment think that AEth Force can be used only in the accomplishment of a great work—as, for instance, in doing those things which you have read of the Masters performing. If you have any such idea, then you would better free your mentality from it at once; for the belief, the thought, the very idea, is wrong, and will keep you in the dark, and therefore, the slave of that which is false.

The AEth Force can be used for any laudable purpose. For instance, if you are weak and ill, if you do not know the meaning of perfect health, then, just in proportion as you make effort to cleanse the body, just as you make effort to prepare the Soul, and just as you make effort to draw in this mighty power, so will this drawing in process have the effect of giving health to your whole physical being.

Thus, you will find that, if the digestive power is weak, the AEth will gradually help the digestive organs to regain their lost strength. This power will help these organs to become strong, and enable them to do their work. If the eliminative functions are impaired or in a sluggish state, this power will stimulate their activity and bring them to a satisfactory performance of their duties, and will restore the processes of elimination to normal condition.

This force will help the organs of assimilation to regain their strength and normal activity; and thus you will have gained the foundation of health. If the digestive organs are strengthened, and the assimilative organs have their power, and elimination is perfect, then you will be given the strength that is necessary to rebuild the entire body, including the nervous and the mental systems. Without nerve and mental health, it is utterly impossible for any one to reach Mastership, because without mental health,

there is no steady power of concentration. Without concentration, the AETH power cannot be drawn into the Center of Being: and, even if it were drawn in, if the nervous being is not in a good or a fair state of health, the AETH Fires cannot be transmitted to the Creative Centers, and therefore cannot be used.

In fact, it is then with the nerve centers and with the AETH Fires exactly as it is with the stomach when the digestive apparatus is broken down. With an impaired digestive apparatus, we may take into the stomach food, even food of the best quality; but it cannot be digested, and it lies on the stomach as so much dead matter, giving neither health nor strength, and even requiring what little strength there may be in the digestive system to free the stomach of that which should be health-and-strength-giving, but which is, under the circumstances, so much poisonous matter. Even so, the nerve centers must be in normal condition in order that the AETH Essences may be appropriated and properly distributed.

Thus, O Neophyte, you can readily understand why it is absolutely necessary for one, first of all, so to live and so to think as to get the whole physical being into a state of good health. Then the mind can concentrate its powers, and, through the breath, draw in the AETH Fires; and, when drawn in, the nerves can transmit this mighty Creative Fires to those other Creative Centers where it can be utilized in the way in which it should be utilized. Free yourself from preconceived ideas, and from the bondage of ignorance, and KNOW the truth.

THE GREAT CENTER.

While every true Master is able to tell you where the Great Center in man is, yet no true Master will do it. This knowledge is the very foundation of Initiation, and is to be imparted by the Self to the self. He who claims

to teach you outright where the Center is, he who tells you in any book or in any course of lessons where the Great Center is, does not know.

And why? Simply because no man who knows would tell; and those who would tell do not know. And why? Because the finding of the Center is the WORK of the Neophyte. In other words, the Work for him to do is to arouse the Fires, and then to have those aroused Fires gradually lead him to the Center, so that he may find it for himself.

To be told a thing does not constitute true knowledge, but is merely to believe. Therefore, all great teachers, without exception, have given the Neophyte, as his first duty, the developing and the finding of the Great Center within himself.

If he were told where it is, he might merely believe it and be satisfied with the statement. But belief is not knowledge. On the other hand, if he is taught a method, and if he faithfully follows that method, he will be gradually enabled so to arouse the Center that he will be led to it. Then he will KNOW where the Center is, and not merely believe. He will then be enabled to do that which he must do if he wishes to become the Master—he will be able to go to that Center for strength, and for knowledge regarding other things.

True, there are several other Centers in the human body; for instance, the Physical Center at the Solar Plexus; the Intellectual Center in the Brain; the Physical Creative Center in the Creative Organs. But all these Centers are simply outposts of the Great Center and draw their life from the Great Center. Nevertheless, these three Centers must be employed in developing and awakening the Great Center, the Center wherein is the Soul-Life, the Soul-Fire, the Home of the AETH Forces.

These three Centers are also nerve centers, and there

is a certain amount of life in them. But the life therein may be truthfully termed the mortal life, the physical life, the physical creative life; and they do not become Centers of true power or of true life until such time as the Great Center has been awakened, and there is life from the mighty Soul Center, and they can then receive the AÆth Life, the true Immortal Life, from this Center.

It has been taught that the Nerve Centers are the holding Places of magnetic power, and that, if the three Centers are fully and normally developed, then man can, and does, possess great magnetic power. This we admit, and, as far as it goes, this is well and good; but it does not lead man far enough. It is only a physical manifestation and not lasting; but, if these nerve centers are fully awakened, if magnetism is fully developed, and if the Neophyte begins the Greater Development, drawing in, and holding, the AÆth Forces, then Immortality and Immortal Power become assured.

Nerve force, magnetic power, therefore, though very desirable, is only a step along the way. It is a good beginning, because it is the base of the greater AÆth Force, the Power that makes man the Master.

Magnetism has been termed a healthy nerve force, it has been termed a fluid. All these expressions are correct, and yet the AÆth Force is actually neither one of these. *It is the Immortal Fires of the Creative gods drawn to the Immortal Center within man and used by man for the purpose of doing good works, of accomplishing great things. Becoming a Creator, working in harmony with the Godhead—this it is to be a Master.*

THREEFOLD DEVELOPMENT.

Unlike the development of magnetic force in man, which depends merely upon the development of the body and the mind, development or increase of AÆth in man

depends upon the development of the threefold being.

Magnetism may be, to a great extent, the result of a development that merely increases the health and strength of the body, making the physical being healthy and strong, a development that controls and directs the mind, establishing a keen concentrative ability.

Thus it is true that man may become powerful magnetically, being enabled thereby to influence his associates in business deals or in any other way gaining success in life, while the Soul Spark may be as dormant in his being as it was the day he was born. In fact, he may become powerful magnetically and be enabled to use his power while he is really becoming evil and destructive in his very nature. The magnetic power thus held, even has the effect of making him a very demon.

But, in creating a powerful AEth Center, or becoming Occult Master, it is different, because man is not able to become a Master, not able to draw in, and hold, the AEth Forces, or Fires, unless he also develops the Soul Center while he is developing mind and body.

Mind and body must be developed, must be made healthy and strong, in order to become an Occult Master, in order to hold the AEth Fires, or Forces, and in order to be qualified to use them; but it is just as important to develop the Soul Center, the Dynamic Center. This Center, being awakened, and *on fire*, shall not only be able to act as the Magnet, the Drawing Agency, but shall also be able to store up and *to hold* these forces once they are drawn to it.

The physical body is therefore the foundation. Without it we are nothing. The mind is the directing power. The Mind, the Intellect, gives thought its direction. But the Soul draws the Heavenly Fires, and holds these Powers. The Soul gives expression to the AEth Fires and Forces,

The first step in the occult path is the purification of the mind. This is achieved through the practice of concentration and meditation. The student must learn to control his thoughts and emotions, and to direct his attention inward. This process is often described as the "stilling of the mind."

Once the mind is purified, the student can begin to develop his psychic powers. These powers are the faculties of the human mind that are normally dormant. They include clairvoyance, clairaudience, and claircognition. The student must learn to use these powers in a controlled and ethical manner.

The next step in the occult path is the development of the body. This is achieved through the practice of physical exercises, such as yoga and gymnastics. The student must learn to control his physical energy and to direct it toward his spiritual goals. This process is often described as the "strengthening of the body."

The final step in the occult path is the attainment of the "higher states of consciousness." These states are the result of the student's persistent practice of the occult disciplines. They include the states of samadhi, samyama, and samadhi. The student must learn to transcend the limitations of the ordinary mind and to experience the "higher states of consciousness."

The occult path is a long and arduous one, but it is one that leads to the highest and most noble of human achievements. The student who follows this path with sincerity and devotion will find that he is able to transcend the limitations of the ordinary mind and to experience the "higher states of consciousness."

The occult path is a path of self-discovery and self-realization. It is a path that leads to the highest and most noble of human achievements. The student who follows this path with sincerity and devotion will find that he is able to transcend the limitations of the ordinary mind and to experience the "higher states of consciousness."

Thus it is that one may become a Black Magician through the use of the magnetic powers. But it is not possible to become a Black Magician through the use of the AEth Fires, because when we attempt to use them for evil they become self-consuming.

An analogy to this we can readily find in our electric or trolley cars.

The trolley is the physical basis of manifestation. The dynamo is the creator of power, the wires are the means of transmission, the motorman is the controlling agent. By analogy, the Soul is the dynamo, and the nerves are the lines of transmission, while the AEth is the current from the Great Central Dynamo, and the mind is the controlling agency in both the physical and the Soul man.

In this we see that the car is analogous to the physical man. The motorman is analogous to the mind. The dynamo corresponds to the Soul, or Great Center. The nerves, or the transmitting agency, and the AEth that the Soul uses corresponds to the electric current.

It is therefore readily understood by the Neophyte that one part of the threefold man is as important as is the other, that without one the others cannot exist or satisfactorily perform their allotted function. For this reason we of the AEth School are interested in the development of each department of the threefold being.

THE OTHER CENTERS NOT WITHIN US.

In the foregoing, much necessary instructions have been given in regard to the Neophyte and his development. It now becomes necessary to touch upon the foundation of the Great Work in order that the Neophyte may not make the mistake of thinking that in all cases he may go direct to the One Great Center for all the power he needs in his work.

The Law of Hermes is well known to all sincere

students; but not all have come to understand the deeper significance of it, "AS above, so below."

In the Heavenly Spheres, or Planes (so named because we have no better expression), there are many Centers. These Centers are ruled by what we of the Ancient School call the Hierarchic Powers.

Thus, just as in the government of the affairs of men, one or more men are at the head of the different branches, so in the Heavenly Spheres, or Planes, there are Hierarchies, or Ruling Powers, who preside over the different Centers.

Man, in the development of his Soul, or during the process of development, draws upon the Great Storehouse or AETH, or upon the Great Plane of AETHIC FIRES, and he fills the Soul, or feeds the Soul, from this mighty Storehouse of Power, and establishes the Soul's Individualization.

But, in the use of this Force in other channels of Soul Development, it is different. For other uses than individual development, he follows an altogether different method: through the Hierarchic Center he then works.

In my two former text-books, I have tried to give detailed instructions, with Invocative Mantrams which are to be used in obtaining the help of these powers; but it is wise to be clear in this text-book regarding the philosophy of the Great Work in every detail.

For instance, while the Neophyte is following a system of Soul Development as taught in this work, if he should desire to heal the afflictions of a fellow being, he will, if he is wise, act through the Hierarchic Center and Power that presides over this department of Power. He will thus, in this case invoke the Hierarchy of Healing; and, through the means of his own power, he will work through the Healing Power of the Hierarchy in dispensing health to the afflicted one. He will then be the means, the

agency, through whom the Hierarchic Power works. We, in ourselves, no matter how highly developed, are nothing. It is only through the Agency of the Hierarchic Powers, contact with which is made possible through our own development, that these things can be accomplished.

Likewise, in everything else. In the gaining of wisdom, we use the Invocation to the Hierarchy that presides over the Center of Wisdom. And the Hierarchy of Wisdom then works through our developed Soul Center, and helps us to obtain the wisdom that we desire.

Once the Neophyte fully understands this Law, and is willing *to live the life*, and to follow the Ritual that will enable him to come into touch with the Hierarchic Powers of every department of life, he will be enabled to accomplish mighty things; and he will also have the assurance that it is through holy and divine means that accomplishment takes place. Furthermore, he will realize that his demands are executed through Higher Powers, whose wisdom and discretion are not to be doubted. Thus in all things man is to work in submission to Higher and infinitely wiser Power than his own.

Naturally, it is the enlightened mind that acts as the directing agency; for the intellect must act as director. But the mind, in the use of the Aeth Forces, is as nothing unless the body and the Soul Center have been prepared. No matter how powerful the mind may be, without proper preparation of body and mind, the Soul cannot receive, cannot hold, the Aeth Fires, and, above all, cannot come into contact with the Hierarchic Powers.

And why? Because mind is cold. Alchemically, its symbol is water. The Hierarchic Powers, being of the nature of Divine Fire, cannot come into direct touch with mental forces. Whereas, the Soul, being of the nature of Fire, can come into direct touch with the Hierarchic Divine Fire, and the two can blend and act in harmony.

Thus it is, that, when once the Soul is awakened, Illuminated—which means “*the taking on of Fire*”—we can readily come into touch with every other force, power, or potentiality that is of the nature of Fire. This explains why the Priest of the AÆth can become all powerful, and does become so, in proportion to his development and his enlightenment.

AÆTH, NOT PURELY MENTAL.

Under no circumstances do we of the AÆth Priesthood desire to condemn any system of philosophy which does good. Nevertheless, in these, our text-books, we consider it our sacred duty to tell the Neophyte those things which he should avoid. Otherwise, in the end, little good is accomplished.

Unquestionably, every one of those now enrolled in the AÆth Priesthood is familiar with Mental Science and other systems of thought which teach that mind is all.

We freely admit that, in certain respects, the mind is all powerful. The mind may develop to such a degree that it can control other men, control conditions, and, in many cases, even the elements themselves. This we freely admit. But we further claim that this power is purely a physical power, that it is a temporal and a temporary power, and that, in the end, those who limit themselves to the development of such power will fall, and will end in destruction.

And why? Simply because mind in itself is not real or eternal, mind is not an eternal entity. Mind is not an actuality, it is only a result.

Explain this, says the Neophyte.

This can readily be done.

When man is born as the babe—that is, when the infant first draws in a breath—it takes in the Spirit of

Life, or of God, as you may prefer to call it.

In the great laboratory of Nature, the mother's womb, the body of the child is formed. While the body is being formed, the brain is also formed. But the brain is not the mind. It is simply a physical creation in process of being formed and prepared, wherein shall be enthroned the mind.

This is exactly the same principle as preparing a piece of steel of which to make a magnet. No matter how carefully prepared, it is not a magnet, and does not become a magnet, until such time as it is charged with electricity. After it has become charged with electricity it is a magnet.

In like manner, while the body of the future man is being formed, the brain is also being formed and is being prepared to receive that which is to become mind.

At the moment of birth, when the child draws in the first breath, in that breath there is drawn in a current of Electric-Magnet-AEth Power. This current in the breath charges the brain with life, and, like the piece of steel, it becomes mind.

At the very time this first breath is drawn in, the soul also is drawn in, and man becomes a living being, a being with a soul.

If for any reason whatever, the soul is not drawn into the body, then mind does not result; and the new creation is what is usually called an idiot.

Mind, therefore, is not an entity, but the result of three parts of creation coming together. The three parts are: first of all, the body; second, the soul that is drawn in; and third, the Spirit, which is Life, or the Life Principle. Thus, when body, spirit, and the Divine Spark meet together for the first time, the brain is charged, and mind is the result of the combination. From this, it may be easily seen that mind is a factor limited to the earth life,

a temporary adjunct to the soul in its process of development and enlightenment.

As previously stated, the mind becomes the architect, the ruler, the director, the controlling agency. It may become powerful in itself indeed without the help of the soul, or without the awakening of the Soul; but, in that case, it is cold, it is mortal, and, though its power may become supreme, it is a temporal and a temporary power; and, if the Soul is not awakened, not illuminated, when death of the body takes place, the personality is lost, the mind vanishes, and so does the power possessed by that mind. The statement that mind is not an entity, is not eternal, or immortal, need not detract from the importance of the mind's work as architect in the Individualization of the Soul. If the mind consciously fulfils its mission in awakening and illuminating the Soul, then the fruit of its labor—the Soul—lives forever; and the mind thus has its eternal reward. The glory of the mind is in the imperishable fruit of its labor. If the mind, through Mental Science, or Magnetic force, expends its power exclusively in controlling conditions on the earth plane, as indeed it may do if it so chooses, even to a miraculous degree, then at the transition called death, the fruit of its labor as well as itself passes away or vanishes.

STORING OF AETH FORCE.

Though we have used the terms, "generating" and "developing" AETH Forces, or Fires, we must give a qualification to these terms, so that the Neophyte may make no mistake.

Accurately speaking, no man can develop this power, no man can generate this power. The AETH Spheres are already filled with it, filled to overflowing, and it is neither increased nor decreased.

What the Neophyte does, is to develop his body so

that it may be a fit instrument for the use, or the distribution, of this force. What he does, is to develop the Divine Spark within himself, so that it shall become a Living Fire. What he does, is to gain the knowledge of how to use this Force, this Divine Fire.

Now, when he has accomplished this, when he has, through simple methods, prepared the body and awakened the Soul, causing it to be a Divine Fire ever glowing, then he is enabled to act as a medium between the Great Storehouse of AETH, between the Hierarchic Bodies, and those things which he wishes to effect.

Then it is that, through his mental power, through his thoughts, through Divine Invocations, he can draw upon this mighty AETH Sphere, causing the Soul, the dynamo within himself, to glow with the mighty Fire of the AETH, and to transfer it to another, as in the healing of disease or in the transaction of some worthy enterprise, or, as in the case of the musician or the artist, in awakening the power of music or of art within himself and manifesting it in the products of his creation.

It is therefore more nearly correct to say that the AETH Priest draws upon the AETH Spheres, upon the AETH Hierarchies, for his power—this Force, this Divine Fire—and that he acts as an agent in transferring it upon others or upon conditions. And the more awakened the Soul is, the grater will be the Fire within him, and the more of this AETH Fire he can draw and transfer to whatever object he may desire. The mind then *is not* the power, but the Director of power and the Agent for accumulating and storing and transferring power.

Neophyte of mine, remember this (and herein is where our teachings differ from all others). As you develop the Divine Spark within yourself, causing it to glow, to become a Living Fire, you are developing the Individuality, the Soul Being; and, as this gradually becomes the true

being, the directing power is gradually transferred from the brain to the Soul Center. Eventually, mentality will cease to be the director; and the Soul itself becomes the Ruling Power on the Throne of Being. The Enlightened Mind, understanding its mission, gladly transfers authority to the Soul, gladly decreases in order that the Soul may increase. As John the Baptist, the Mind gladly recognizes its place, and says: "I must decrease that the Christ may increase." When this is accomplished you are become a Soul Being, instead of a mental, mortal, perishable being.

For this very reason, the AETH Priest, unlike the Mentalist, is not limited in his power. The Mentalist, in the use of his power or in the treatment of diseases or in using power for some work, becomes tired out, and unable to continue. This is because he simply develops and stores a certain amount of mental power; and, then, like the storage cell, he can use only the stored amount of power, after which he must rest until he has recuperated and stored up more energy.

But with the AETH Priest it is a vastly different matter. He stores up a certain amount of Vital Force which keeps him going continually; and, when he wishes to accomplish some other work, he simply opens his Soul to the influx of the AETH Spheres, allowing a current of the Divine Fire to flow through him to the person or the object upon which he desires to work. In the case of treating a suffering one, he simply allows the force, this Divine AETH Fire, to flow into him, through him, to the suffering one; and that suffering one receives the full benefit of this force or power without in the least taking strength or power from the AETH Priest or Healer.

A word of warning may be in place here, lest an ambitious student may go to the extreme in trying to avail himself of the finer essences of the AETH, and possibly go to the extreme of disobeying the laws of nature. In

The first step in the occult path is the purification of the mind. This is achieved through the practice of concentration and meditation. The student must learn to control his thoughts and emotions, and to bring his mind to a state of perfect calm and equilibrium. This is the foundation upon which all other occult practices are built.

Next, the student must develop a strong will. The will is the power that enables the student to overcome all obstacles and to achieve his goals. It is the force that drives the student forward, and it is the key to the attainment of the occult mysteries.

The third step is the development of the senses. The student must learn to use his senses in a new way, to perceive things that are hidden from the ordinary eye. This is done through the practice of visualization and the use of magical symbols and talismans.

Finally, the student must learn to control the forces of nature. This is the highest and most difficult of all occult practices. It requires a deep understanding of the laws of the universe, and a strong mastery of the occult arts. The student must learn to harness the power of the elements, and to use it for the benefit of himself and of the world.

The occult path is a long and arduous one, but it is one that leads to the highest and most beautiful of all human achievements. It is a path of knowledge, power, and wisdom, and it is one that is open to all who are willing to seek it.

all things, one should be reasonable, and should have respect for the demands of natural law. The AEth Priest needs sleep and relaxation and change of scene, he needs to have regard for the requirements of the physical being. Especially should the Neophyte under training be careful not to overdo in regard to his demand upon the AEth Forces, even though his work may be worthy and laudable.

In the emphasis placed on the importance of developing the threefold being, the AEth Priesthood and its teachings differ from all other systems of Philosophy and training. The AEth Priest first of all develops his threefold being. He develops the Soul, making it a Living Fire. He guards against remaining in any kind of ignorance. He gains the knowledge that places him into contact with the Hierarchic Powers, enabling him to draw directly upon the mighty Universal Storehouse of Power, drawing therefrom all the power he needs in his work or in the accomplishment of any object he may have in mind.

Accurately speaking, there is no such thing as either creating or destroying this power. Here again is where we differ from Mentalists. Mental power can be generated, and it can be destroyed, it is never alive. But with the AEth Fires it is different, because they are always alive, always of one strength and power, never fluctuating.

What can be done by the Neophyte, however, is so to prepare himself, so to prepare the instrument, as to take in more and more of this Divine Creative Power, and thus be able to transmit a greater degree of it.

Bear in mind, O Neophyte, that you can only draw in, hold, and transfer an amount of power made possible by your own development, made possible by the amount and the intensity of the Soul Fire within you. Thus it remains a fact that you can use only of this AEth Fire according to your own development. The more you purify,

the body and prepare it by making it healthy and strong and vigorous and natural, the more you develop the Soul within, the more you arouse the Fires of the Soul, and the cleaner and the clearer the mind becomes, so much the more of the AEth Fire can you draw to you, into you, hold in you, and transfer, at will, to others or use in any work.

Therefore, the true secret of success, no matter in what line of work you may be interested, is to purify and develop the bodily or physical powers, and to develop and purify the mind, to awaken the Divine Spark within yourself until it becomes a Living Fire, and then to gain the knowledge that will enable you to draw upon the AEth Fires in the Heavenly Spheres, often through the intercession or the help of the Hierarchic Powers.

The method for the purification of the mind and its strengthening and development are simple; and the awakening of the Soul and its development into a living Fire are simple.

All that is required of you, O Neophyte, is to be sincere, faithful, and of one mind, following one work, one system, to the exclusion of all else. This will eventually bring you success in your desire.

Even the most materialistic physician now admits that good health and mental strength depend entirely upon bodily conditions. But what they have not yet learned is that the material of the brain and the material of the nerves are one and the same; that the nerves and the brain depend entirely upon the same kind of food; and that, if the bodily health, is not good, it is impossible to have brain and nerve health.

What they do not yet know, and what the Mentalists do not yet know, is that, when the Soul is sick, there can be no true health. that, as long as the Divine Spark is

asleep, just that long is the thought and the desire unnatural and morbid; and that the only way to have true physical health is, first of all, to have the proper foods in order that the brain and the nerves may be nourished; for, on this plane, the physical being is the basis of the Soul Being. Otherwise, God would not have created the physical tabernacle for the Soul. When the student once comes to understand the supreme importance of nerve and brain food, and uses these foods to build up nerve and brain, it will become comparatively easy for him to think clear, true, optimistic, constructive thoughts; and, when the student comes to do this, it will not be difficult to follow a system of training and development that will awaken the Divine Spark and allow him to draw upon the Hierarchic Powers for the power that will bring him true success—success that is not at the expense of another, but success that will be fairly won and that shall be as immortal as is the Soul.

Were the physical being merely a delusion, then God, the All Creator, were foolish, even a criminal, to create it. But with Soul, without the body, the physical being, can know neither good nor evil, because it cannot experience. Therefore God gave man the body, which may feel pain and pleasure, so that the Soul may know through experiences, and, through the knowledge of pleasure and pain, be gradually led back to the Godhead by the route of experience. The mind of man, being reasonable when healthy and normal, will naturally conclude that all things which cause pain and suffering are undesirable, and that all things which bring pleasure and happiness are desirable. Thus man gradually comes to follow not only that which brings peace and pleasure, and thus is led back to the Godhead, not, however, as an unconscious part of the Godhead, but as a separate entity, an individual that has reached Godhood.

The mind, though a great power, can never come to

know Godhood, because the mind is material, it is mortal, and the mortal cannot understand the immortal. But the Divine Spark within man, when awakened, is become immortal. It is become a conscious entity, an individual that is immortal; and this Individuality, this Conscious Soul, being immortal, can fully understand Immortality and the Infinite.

The pendulum of the clock will, if it continues to run, swing as far on the one side as it does on the other. By analogy, we declare with proofs, that the Soul of man is the one extreme of the pendulum's swing, while the body of man, the physical being, is the other extreme.

Thus it is that we of the Mighty AEth claim with good reason, that the body, the physical being, is as important in every respect and just as real as is the Soul of man, and that both should have equal attention, and be equally developed, because the more healthy and the stronger is the physical being, so much the stronger may be the Soul of Man.

But—and herein lies the danger—in this work on the higher plane, the body of man is not to be strengthened because of the mere desire for health and strength, though this is desirable; but it must be developed and strengthened with the desire constantly in mind that it shall be the vehicle of the Developed Soul, and its foundation. If this is done, then every atom, every molecule, in the body will be charged with this vivific life principle. And who can contradict the statement that, gradually, in good time, the body itself will become AEthified, and Immortal, as well as the Soul?

But with bodily immortality we are not now concerned in this text-book. We are simply concerned with the strong healthy body in so far as it is necessary to hold and to carry the Immortal, Awakened, Illuminated Soul—that Dynamo of Power which shall be enabled to

draw to itself, to hold, and to transfer, or to transfuse, the Aeth Fires, from the Aeth Spheres, to such persons or to such objects as is desirable, to the glory of God and of man.

Aeth Power therefore depends upon nerve power as a fact. If the nerves are starved, they are just like the tangled electric wires, which we well know cannot correctly carry the message that is being transmitted over them. This tangled condition may even result in the short-circuiting of the power, thus burning out the batteries. In like manner, if the nerves are starved, they cannot transmit the power; and starvation of the nerves may result, and often *does* result, in carrying messages to the mind which are abnormal, as we find in practically all cases of Neurasthenia. Thus it is, that the first thing the student must do is to look after the physical being, to strengthen the nerves, to give them life and power, so that he may have their help in the Great Work; for, without their help, he can do but little.

TEACHINGS OF THE MASTERS

Throughout all ages, it has been held by teachers of true Occultism that there is an influence, or a power, possessed by man, which will attract others to him or repel them from him.

That there are many different degrees to this attracting or repelling power, or force, is admitted; but this does not make any difference as to its existence. Degrees do not count, except to the individual possessor. In this text-book, only two points will be considered, the fact that it is both an attracting and a repelling force.

We of the Great School call this power of attracting, the AETH Force, because it is the highest power, or force, that man can possibly possess, and because, in the Spiritual Spheres also, it is the Highest and the most Divine Force. Because it is life and life-giving, we may also call it Virile Force. Virile means both life and strength. This mighty AETH Force gives both life and strength, both power and the right to possession, in exact proportion as we possess this force.

NOTHING MYSTERIOUS.

There is nothing mysterious in this power, in this force, except when we do not understand it. When we know what this force is, how to attract it, how to develop it within us, then it is like any other great power of which we have learned the development and the use.

The first step in the process of occultism is the purification of the mind. This is done by the practice of the white magic, which is the art of concentrating the mind on a single point. The second step is the development of the will, which is the power of directing the mind towards a definite end. The third step is the cultivation of the imagination, which is the power of creating mental images. The fourth step is the development of the intuition, which is the power of perceiving the hidden truths of the universe. The fifth step is the attainment of the higher states of consciousness, which are the states of unity with the universe and the divine.

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A SACRED FIRE.

Although we have learned the generation or production, the harnessing and the use of electricity and magnetism, nevertheless, they are still mysterious forces, in that no man knows what they really are. True, we know how to generate them, how to harness them, how to use them, to a certain degree; but we do not yet know what these forces are.

With the AETH, or Virile Force, it is somewhat different, because we of the Masters know how to develop, how to harness, and how to use it. Moreover, unlike electricity or magnetism, we, the Masters, can *see* this force, and know that it is a Sacred Fire, which, drawn down from Heaven upon the Altar within us, there meets and mingles with Fire of our own Being, and becomes part of us, giving us greater strength, greater power, greater force, more life, more ability to enjoy existence, more endurance, and above all, the power to influence others for good. It is not possible, however, to use the AETH Forces for harm because when the possessor attempts to do so, these very forces will turn on him and destroy him. The AETH Force is therefore the only power in existence that can be used for good, but cannot be used for evil (unless it is for the evil of self-destruction).

When I speak of the Fires from Heaven I do not mean the heaven as usually taught and understood by the Orthodox Church. I am thinking of that great expanse where the Creator lives, whence go the Souls of the Illuminated. I am not theorizing as to where this is, but simply state the fact that there is a sphere whence comes all the power that man possesses, whence comes all of life that is given to every living thing, the place where the sun gathers its rays which are shed upon plant and man alike, and which give life to all. I refer to the great and mighty Storehouse of Light, of Life, and of Love.

It is thence that the AETH Rays, or Forces, or Fires, or Essences, or Potencies, proceed. Therein they exist, and thence they leave to be received by man, to be drawn to the *Altar within* him, and there welded, or wedded, to his own internal Fire, wherewith to create great power.

POSSESSION OF THIS POWER.

It is for the obtaining and the possession of this Power, or Force, that every true Occulist, every true Master, has ever worked. This possession, the possession of this Priceless Jewel, has ever been the object of Masters of all ages, and will be their object as long as man shall seek for the good.

It is not a difficult task for man to obtain this power. To be sure, self-denial, to a degree, is necessary, because it is utterly impossible for man to draw to himself, *to wed*, this AETH, or Divine Fire, so long as he is filled with hate or ill-will or malice or bitterness, so long as he is filled with fear or unworthy desires, or so long as he is merely an animal possessing the human form. Nor is it possible for him to draw to himself this power, this mighty Force, so long as he thinks that his body is not worthy of the greatest care, a vessel that must be cleansed and polished in order that it may be a fit instrument, enabled to receive and retain this Divine Power.

And, in this text-book, it is my duty to go into the details of the work, covering every point, even though, to the would-be wise, they may seem insignificant and of no moment.

THE MASTERS OF ALL AGES.

Through all the ages there have been men who were masters of these Forces. Some of them were not conscious possessors of this Force. Nevertheless, they did possess it; and, through possessing it, they were enabled to change the policy and the religion of nations.

The student will naturally think that, if some men possess this power without having made conscious effort to possess it, then it must be a special privilege to the few.

Nothing is farther from the truth. These men earned the right to possession in some past life. In a previous incarnation they so charged the Soul as to what they would like to do that in the incarnation following they were born with the power they had desired and *worked for* in the former life. Thus equipped with power, they were born into the life in which they used this mighty force for good. You can do likewise. But it is far better to begin the life *now*, and to use the Force of AETH in this life, instead of waiting for a future life in which to use it.

Again there were others, and more of them, who, learning of the power that may be possessed by man, gave up everything, and began to live the life, in order that they might, there and then, in that very term of existence, become Masters of the AETHic Force. These, through the force of developed character, through willingness to live and to do or die in the attempt, became the Masters, and the Possessors, of this mighty Force. These we call the Masters, the Occult Masters.

But, in order to be a Master, it is necessary to give up the old life, necessary to give up preconceived erroneous ideas, necessary to obey the teachings, and, above all, necessary *to live*. If a man or a woman is willing to do this, and to do it with faith, then that man or that woman will become a Master, here and now, and a possessor of this mighty Force, in exact proportion as he is willing to live the life, and to meet the necessary conditions of Mastership.

THE AETH FORCE.

The AETH Force cannot be defined. It is impossible to define it, except to say that it is a Divine Fire. This is appropriate because Fire is the highest form of life. It

is appropriately called Divine Fire because, unlike all other fires, it proceeds, or comes down, from the Sphere of All Living Forces.

Within man there is also a Fire. This may be one of two kinds; either purely human, which we simply call life, because all life is a fire; or it may be of both the body and the Soul, and therefore doubly strong. In this last case, it will be ready to receive the Divine Fire from the AETH Sphere, and, meeting it upon the Altar in man, there blend and become the great Force which makes the Master, the great Force which the Master uses in all his work, be it what it may, either for Soul work or for something else, some practical work on the material plane. For be it known that this Fire, this AETH Force, need not be used alone for works of the Soul, but may be used in all lines of worthy endeavor. It can be used by the business man in his business, if honestly conducted, as well as by the Occulist who uses it exclusively for the good of mankind without considering any gain to himself.

The present work is called Practical Occultism because we recognize the fact that man, in order to do the greatest amount of good, must be a man of influence, and must, moreover, be successful. Otherwise, in a practical, cold, materialistic age, he cannot reach the masses; and, unless he does reach them, he cannot accomplish the greatest amount of good.

INDIVIDUALS DIFFER.

Just as individuals differ, so will the force differ; and, for this reason, the AETH Power is manifested very differently in different individuals.

It is a power that may be used by one in healing the illness of others. By another, it may be used as a powerful force in the development of some species in the animal world. In others, it may be directed toward the develop-

ment of some special product in the flowery kingdom. While in others still, it may be used for practical purposes, such as success in a chosen business career. There is no condemnation for its use, no matter in what sphere of action, so long as it is not used for any dishonest purpose or in any way to harm self or others.

MEN SELL THEMSELVES.

It has been said by foolish and ignorant ones that man has no right to use a Divine Power in order to attain success in business. This is a plea of the weak and the ignorant. The fact is, life itself is a divine gift; and, therefore, to use it for an ignoble purpose is a destructive sin, which will ultimately destroy the possessor.

The AEth Force is simply so much greater than the mere life forces; but, if the life forces and if mental energy may be directed toward any worthy purpose on the material plane without its being considered evil to do so, then why may not the AEth Forces in like manner be used for any worthy purpose on the material plane?

The fact remains that man does not sell the thing he possesses, but he sells himself. Thus we see two men start out in business. They are of equal honesty and sincerity, and with the same aim in life. One of them is the possessor of a so-called magnetic presence and magnetic influence, and is able to do much business, proving successful in life; while the other, equally honest, and having the same material products to sell, is a failure.

And why? Because one possesses that peculiar force known to only the few at present, and attracts people to him, and therefore is a success; while the other does not possess this force, and therefore repels people instead of attracting them. If it were merely the special article which people were buying, then both might be equally successful. But this is not the case. The producers are selling not the article, but themselves.

If you are ignorant of the higher laws of life, a slave to circumstances, or too inert to make an effort, then you will claim that to develop this Force and to use it for your own good, as well as that of mankind, is an evil. But, if you are truly a man or a woman, and not weak and inert, not a slave to yourself and others, then you will be up and doing, you will put forth effort, you will follow the instructions here given you, in faith and in sincerity, and in due time you will reach Mastership.

MIND IS NOT THE POWER.

Do not get the idea that this influence is mental. It is not. In fact, it is no influence whatever. If it were mental, then it would be an influence. It is a Force. It is a Power. And this Power, this Force, can be had only by meeting certain necessary conditions. First of all, the vessel, the body, must be cleansed so that it may be in a fit state to receive. Second, you must live the life by following the necessary practices. This will prepare you, and cleanse the Fire within you, so that these Fires may be able to draw, to receive, and to blend with, the AETH or the Divine Fires, as you draw them down to you through certain practices which will be taught you, and through some which have already been taught you in former text-books.

POWER IN EACH ONE.

Neophyte, please bear in mind this one great fact, that in every human being, no matter how inert he may apparently be, there resides a certain amount of this great power; but, in the vast majority of mankind, there is so little that it is of no practical value. In short, it is inert, covered over with tons of ignorance and false teachings in regard to the higher laws of life.

Again, in others, it exists in a far greater degree, but is inverse; and, instead of drawing to them those persons

and those things and those conditions which might be theirs by divine right, they repel these very things and bemoan their fate, not knowing that it is within their power either to attract or to repel.

In you, Neophyte, is the germ of all power. It is in your power to choose. It is your privilege so to cleanse, and then so to charge, your personality, that you will be able to attract and to hold the things that you desire, the persons that you love, and the conditions that are rightly yours if you are worthy of them. These things are for all men, provided they have earned them, not otherwise.

Inert within yourself is the germ of power, as the embryo of the chick in the egg; but, in order that this germ may take on life and may develop, care is required. And the greater the care given to it, the greater will be the creation.

God is the Creator of the first creation, which is your body and the germ of the Soul that is within you; but you must be the second Creator, the Creator of Power, of Force, of Infinite Capabilities. You can, if you will. Are you strong enough *to will?*

MAN, A GENERATOR OF POWER.

All men, all women, are continually generating power. This is a fact without exception. The moment one ceases to generate power, that moment one dies.

But, as in most things else, generation of power is abnormal; and the almost universal failure of man shows that the power he creates is repelling power rather than attracting power.

It is possible for man daily to generate double the amount of power that he needs for immediate use. This surplus power might be stored up to be used for any purpose whatsoever. But man, almost universally, has been ignorant of the laws governing power and success. He has

been generating power and then wasting it through wrong acts, wrong speech, and all the other wrongs known to man.

Ignorance concerning these laws has been the death of man. Mankind has continued, and still continues, to die. Not only does he die when he passes out of this plane of existence, but he begins to die almost the day he is born, because he is ignorant of natural laws, and does not know the use he might make of his power both for the good of himself and for the good of mankind generally.

Awaken, O Neophyte, awaken and know that you can be as one of the gods. But, in order that this may be, you must be willing to free the human organism from filth and from ignorance. You must begin to develop, to draw to you, and to hold, the power which may be rightly yours, and which you may use for any purpose whatsoever, provided it is not a purpose that will harm another or yourself.

THROWING AWAY POWER.

Each and every one of us is daily generating, and throwing away, sufficient power not only to bring us health and success, strength and love, but also to keep alive three other men or women. Man daily dissipates enough power to raise him from sickness and poverty to health and affluence; enough to heal the sick and cheer the sorrowful; enough to ally himself with the gods; enough to bring him peace and love.

And, Neophyte, some day, you will awaken from your sleep. You will then appreciate the fact that those things which you, in your ignorance, allowed to pass by as of no benefit, as of little value—in short, the little things were just the things that would lead you to Mastership.

Man, ordinarily, is like a porous shell; you can place any amount of water in such a shell, and it will simply

filter through until no water remains in it. Such is man, he is a porous shell, negative and weak. He develops power and force continually; but, because of his weakness, his inertness, his negativeness, the power simply filters through, and he is as weak, as inert, as much a failure, one day as the day before.

FIRST WORK.

Consequently, it follows that the first work he must do is to cleanse the shell—his body—and to close the pores so that the power he is continually creating will no longer filter through and be lost, but will be held, accumulated, and thus be at his command, to be used for his own success and for the well-being of others.

The most perilous condition that mankind has to deal with at the present time, is the almost universal negativeness, or inertness, of mankind. With the exception of the very few who were born with positive natures or who have become positive through training, mankind is negative or inert. It is for this reason that the masses are exploited by the few who are a little more positive than the majority.

The Masters never exploit anyone, because they understand the Law, and they know that man has a right to those things only, which he obtains without doing harm either to himself or to others. Therefore, the first work, O Neophyte, after freeing your body of accumulated impurities, is to make yourself positive, in order that you may draw in, and hold, the great AETH Forces.

Suppose a man, after infinite labor, should be able to obtain a very choice nectar. Then suppose, having obtained it, he were to use an old vessel, full of impurities and little holes, wherein to place his precious nectar. In such a vessel the choice nectar only becomes poisoned, and filters away. Foolish man! you say. Yes, but no more foolish

than the man who gives infinite labor to draw to himself, and to hold, the AEth Forces without first of all cleansing his body of poisonous accumulations and preparing it for receiving and holding this mighty Force, this precious Divine Nectar.

MAN IS SURROUNDED.

All men, be they who they may, masters or slaves, are surrounded by an influence, or an atmosphere, which is exactly like the force, the power, or the influence, that is within themselves.

This has been called the aura. This is as good as any other word by which to describe the personal radiations of the individual life.

This force which surrounds us is either strong or weak, either attracting or repelling, according as we are within ourselves.

If we have cleansed the body, made it pure and strong, and have begun to develop the AEth Force within, then we will radiate this Force; and, having no hate or malice or bitterness within us, harbouring no grudges, feeling no ill-will toward a living creature, but actuated by a love for all that is good and pure, feeling kindly toward all mankind, our radiation will be agreeable to others and will attract them to us; and, no matter what our work may be, others, when they come into contact with us, will feel this agreeableness, this attracting power, and, if we have that which they can use, they will want some of it. This is the secret of true success. There is no other secret. Simply prepare yourself, prepare your body, fortify it, close the leaks, accumulate AEth Power, both by living in harmony with the AEth Principles, and by attracting the Power to you, and by holding it as a reserve fund; and you will find that you are drawing men to you. Jesus, the great Master, knew this, and taught it, when he said: "I, if I be

lifted up, will draw all men to me.”

It is even so with us. If the body has become purified, cleansed, if the pores have become closed by our becoming positive, and if we have begun to accumulate, then, just in that proportion will others feel it, be drawn toward us, and will want to be sharers with us in the good things.

Too much emphasis cannot be placed on the importance of Soul Development as a necessary basis for drawing and accumulating and storing up the AETH Forces, as a necessary basis for preventing the leakage of power, and as a necessary basis for the radiation of agreeable auric vibrations to others. Development of Soul is characterized by love and good-will toward every creature. It is characterized by true humility and deference toward others; by forgiveness, and by the laying aside, or the transmuting, of every type and description of ill-will. The Developed Soul is free from the inclination to pass judgment on others, from the inclination to censure and to condemn others. With the Developed Soul, the inclination to think ill, and to speak ill of others, has been transmuted into kindness of thought and judgment to such a degree that it becomes positively distasteful to think and to speak ill. For the Developed Soul well understands that to think ill or to speak ill of another results in a leakage of his own AETH Forces. Excessive or abnormal or morbid self-thought results in a leakage of power.

O Neophyte, ponder well these words, and let go of the habits that defeat your noble desire to store up a large fund of AETH Force. O Neophyte, consider well the little things, in thought and in words and in deed, which cause leakage of power.

POWER MAY BE GOOD, BUT WEAK.

Remember, Neophyte, that it is not enough, in order

to be successful, either in business or in Occult work, simply to purify the body. It is also necessary that effort be made daily to take in, and to accumulate, the Aeth Forces.

Our power may be pure, but it may be weak. If it is weak, then it will radiate only a very short distance from us. And though we do not in that case, repel others, yet we do not draw them to us, nor do we in any pronounced way affect them. Consequently, though pure and good, we do not attract those persons and those conditions which make for success, and we may be almost as great a failure as the negative ones who are not even good.

Life is an effort. It begins in effort; and to be successful, it must be held through effort. And the Law is that the greater the efforts we make, the greater will be the power given us; for effort, in all cases, brings power.

Weakness is the result of no effort made. He who does not put forth effort, will not draw power. Therefore, do not become discouraged if you must put forth effort. Furthermore, do not become discouraged even if your effort is without apparent results. For know assuredly, that every effort helps you to gain strength. Finally, after the supreme effort, Mastership and Power will be yours, and rightly so.

All of us know it to be a fact that at times we come into contact with men and women who attract us from the very first moment we see them.

When we stop to think, we find that such persons possess a personality that is pleasing. They show that they are familiar with the bath tub, that they are not satisfied with any kind of rags and call them clothing. They show us that the food they eat must be clean and wholesome. The skin is clear, the eye is bright, and they are, in short, attractive.

Often we say that they are clean. We may not know

why we use the word "clean"; but it is because they show forth in every act, every movement, that they are clean, that, in their system, they do not carry poisonous accumulations to the exclusion of everything else.

And, when we come to think of it, we find that more often these attractive personalities are not possessed of beautiful face or form. In fact, we often cannot even tell whether they are beautiful or well-formed. We see only the eye and the light that shines therein.

It is for this very reason that all men can be a success if they are willing to make the effort, willing to deny themselves things not needed for the time being, in fact, willing to sacrifice at the present for the benefit they are to receive in the future. If this power depended on face and form, then only the few could be successful. But the fact is that, in all ages, men and women who, from the standpoint of the artist, were plain of face and figure, have made the greatest success in life, and have been, in their age, either best loved or most hated by mankind. This statement again proves that it is not the outward appearance that counts. The thing of paramount importance is that great Force within, which all of us can develop if we will to do so, and are willing to pay the price by living the life.

FAITH, A NECESSITY.

Neophyte mine, bear in mind, in the very beginning of this great work, that the foundation of success along this line is like that of every other great work. The foundation is faith, faith not only in yourself, but faith in the work that you undertake.

Although I give you the secrets of the Masters, if you have not absolute faith in my words and in these teachings, if you have not the faith that will cause you to act and to live, then you are lacking the essentials of success to

begin with, and you cannot reach any great heights until you replace unfaith by faith.

Faith is something which, like the Aeth Power within, is possible of development; but development of faith will not come through mere dreaming. It will come if you both dream and act.

Faith is the very foundation of the Great Work and is absolutely essential. No man has ever reached Mastership who had not enough faith in his teacher to be willing to obey, and to follow his instructions, *to the exclusion of all other instructions along this line.*

This is true not only in respect to the instructions given in the present text-book, but also in regard to the instructions in my other text-books.

Faith is necessary. It is of no use whatever for you to stand before your Altar, facing the East, voicing the Sublime Invocations, if you have not faith in what you are doing. In that case, the force that you send out, the force that surrounds you, will cry out with a million voices that you are, in very heart and soul, a fraud; and, under those conditions, the Hierarchic Powers will certainly pay no attention to you.

But there is another side to this, there is a non-faith that acts somewhat differently. That is, the non-faith of those who are sincere and who truly desire to have faith, who in their heart of hearts long to have faith, and sincerely yearn to become superior Souls. Such as these should continue to work faithfully, even though there may be no visible results; and, gradually they will find that faith is being strengthened, that there is a growth, and that growth increases just as their faith increases. There is no room for discouragement for this class of seekers; it is always true that some feature of the work attracts them and holds them and wins their confidence. Let the thought-force of such as these be directed often in this

channel: "Strengthen me in love and in faith and in knowledge, and show me more clearly the WAY." Then as surely as day follows night, their faith will be strengthened and increased, and Light will come.

A MYSTERY.

There is a mystery which few understand; and perhaps very few have ever given any particular thought to it. It is this: The AEth Power of each individual is charged with his prevailing type of thought. Though you may have developed the AEth Power to a high degree, though you may have accumulated an enormous amount of power, when you attempt to use this power, you will charge it, on its outward passage, with the thought that you think or with the type of thought that generally prevails in your mind.

Thus it may be, that you have stored up a vast amount of AEth Power for healing, and you desire to heal some sufferer; but, for some reason or another, you either dislike or distrust the sufferer. Immediately you will charge the Force with this dislike or this distrust, and the patient, instead of being drawn to you and cured, will be repelled.

In like manner, in any business transaction, although you may have the power to succeed, if for some reason you have a pronounced dislike for the person you are dealing with, the transaction will be unsuccessful. Or it may be that the one with whom you deal is dishonest and you feel this, or you may have no faith in the proposition in hand, all these things will interfere with your arrangements. The one you are dealing with will feel this repelling force; and, though he may not know what it is, you will not be able to do business with him, or, if you do, not to the extent that you otherwise would.

Thus it is, that it is not sufficient for us merely to

develop AEthic Power, not sufficient for us merely to cleanse the human dynamo and storage batteries. It is also absolutely necessary for us carefully to watch the direction of the power that is being stored so that it will not do just the opposite from what we desire it to do, owing to our ignorance of the laws or because we do not have the power and ourselves under full control.

Here once more it is fitting to emphasize the importance of Soul Development as a basis for satisfactory use of the AEth Forces. Soul Development means purification of thought and feeling, and transmutation of the baser elements of our natures into pure love and goodwill. Even though there may be no thoughts of ill-will toward the one with whom we are dealing, yet it is possible for our general, prevailing, or habitual attitude of thought and feeling to be so charged with ill-will and distrust, due to harboured grievances, that the person whose favor we crave may be repelled by our aura. Thus it is of infinite importance for the Neophyte to seek Development and Purification of Soul, and Transmutation of the baser metals, in order that "his prayers (Sacred Rites) be not hindered." He must learn that the general tenor of his thoughts at times when he is not engaged in definite occult practices or Sacred Rites has its effect on the power he accumulates. He must learn that one is not truly prepared and qualified to direct power definitely toward individuals and conditions on the human plane, until the general prevailing tenor of his thought and feeling is kind and charitable toward men and events, things and conditions, past as well as present.

Bear in mind that any power, once accumulated and held, is just as powerful under adverse conditions of thought to repel and bring failure as it is to attract and bring success under favorable conditions.

MEN HAVE EQUAL OPPORTUNITY.

In this day of enlightenment it is no longer possible successfully to claim that we are a failure because of not having had opportunities.

All men have equal opportunities for cultivating the true inner power. To be sure, some are born into more favorable environments than others; but this is not necessarily in their favor. Through this circumstance, they gain possessions which they have not obtained through effort; and the almost universal failure of the sons of the rich proves that this is not really in their favor.

All men have the opportunity to learn the law. If they are willing to learn, willing to make effort, then they can develop the powers within themselves and they can learn to use these powers so that they may become successful in their undertaking.

What is more, if they are willing to learn the way for the development and the accumulation of power, they will also learn the Law as to right and wrong. Thereby they may avoid those things which are not right and just, and those things which are not honorable. Thereby they may avoid engaging in business which is dishonorable, success in which would bring them ruin in the end.

He who pleads that he has had no opportunity, that everything was, and is, against him, is simply showing that he has been weak, and that he is still weak, that he is too negative to make any great effort, in short, that he is a natural failure, and that he is, in spite of his protestations, willing to remain the slave of others and be exploited to their heart's content.

Get up. Wake up. Do not be a child. Do not play the part of a child. Do not show forth your weakness and non-faith by claiming that others are using you against your will; that you have no opportunity, and that the rich are enslaving you. Awaken to the truth. Know that no one can make you a slave but yourself.

There is no living man, rich or poor, king or emperor, that can enslave you if you want to become the Master. So well is this understood that King or Emperor will look on with admiration when he sees the man that is Master of himself.

Tolstoi, hated by the aristocrats of his own country, hated and feared, scarcely loved, yet was so much the master of himself and conditions that he wrote what he pleased; and, though many who were found to have his writings in their possession were imprisoned, yet Tolstoi himself was never molested.

Here then was a man who was hated by the so-called upper classes, a man who was feared, yet a man who, because he had no fear, because he desired nothing of those who hated and feared him, was respected and admired in secret, and was left severely alone, even though he did that which would have sent to the wilds of Siberia others who had not reached the stage of development and freedom from fear which he had reached.

And as did Tolstoi, so can you do, my Neophyte, provided that you, like Tolstoi, are willing to pay the price; first, in self-denial; second, in giving time and energy, in short, heart and soul, to the work of gaining freedom from both your own unworthy thoughts and desires and from those of others.

All freedom, all power, begins with the self. He who persists in thinking that he may receive from others freedom, power, opportunities to become great, is doomed to eternal failure. On the other hand, he who, in faith, will cleanse his own temple—body, mind, and soul—he who will make effort, is bound to succeed. and God will not, and man can not, retard his growth.

Neophyte, it is strong language I am using to you. But the time is here when the truth must be spoken. And, if you are insulted by my words, then it only proves that

you are unworthy to possess power, because you cannot bear to face the truth. If this plain speech hurts you, then it only proves that there is something unworthy within you which must be rooted out and something worthy must be planted in its place.

If you desire Mastership, then, above all else, must you be willing to look the plain, unvarnished truth in the face. Moreover, you must be willing so to arrange your life as to do the small things, the insignificant things, in order that through them you may grow strong and powerful, in order that you may rise from failure to success, in order that you may help not only yourself, but others as well. For, after all is said, we gain the greatest strength, the greatest power, when we are willing, through, and in, love, to help those who are truly worthy of our help, and who cannot rise from serfdom without our help.

TO FAIL IS A DISGRACE.

To fail, in these days of enlightenment, is a disgrace. In the past, men could plead that they were held down. But that day is past. To make such a plea now is simply to prove oneself weak and ignorant of the true laws of life.

And why? Simply because we have learned to know that the man who *wills*, the man who will not give up, the man who becomes positive, is the man that will win in spite of everything.

If you fail and give up, then you have the proof right at hand that you are in a negative condition, that you have allowed, and are now allowing, all other forces to play around you—in short, to play with you.

Within yourself is the power to do. Within you is the nucleus around which to build. Within you is that dynamo, which, when properly set into motion, will create all the energy, all the power, that you may wish to use in

your search for success, in your endeavor to overcome, or in your unutterable craving for development of Soul.

If you have been a failure, it proves without the possibility of contradiction, that your Aeth, or Virile, or Creative, Forces are in a negative state; and for this very reason you have been continually repelling those very persons who would have made your success a possibility.

You may claim that you have followed other systems of development, but that, though there might have been a growth, an enlightenment, there were no other results, and you continued to fail as you had done before.

I am willing to grant this as true, because just such cases have come under my observation during my eighteen years as teacher. Nevertheless, I repeat, that, in spite of all your training, you are still in a negative condition, and are for that reason repelling all those persons, all those conditions, which would help you toward success.

I am not going to tell you why you are negative. To do so, I should need to understand your personal conditions. But there is a good reason.

It may be that you, like thousands of others, have thought that all that is necessary, is for you to follow some special instructions without paying any attention to your personality. You may be laboring under the mistaken notion that a clear skin, showing careful bathing, or a bright eye, showing clean thoughts, or presentable clothing, showing neatness, are unnecessary, provided only that you have developed a certain force within yourself. Get free from such an idea. Do it now, because, if you do not, you are doomed to continue in the same undesirable environment.

All the power in the world (unless it is Black Magic) will not force another to like you when your appearance is such as to condemn you immediately as a careless luggard.

In this age we have learned to know that all development should be harmonious, that the body, the appearance of the body, and its clothing, should receive as careful attention as the mind and the Soul inhabiting that body. In other words, we have come to understand that Equilibrium is not mere belief, but an absolute Law.

Bear in mind, reader, that I do not say that any of these things is the cause of *your* failure. The cause may be one of a hundred other things; such as, lack of faith in yourself, destructive thoughts of which you have not yet freed yourself. It may be that you hold hate, malice, or other unworthy feelings in your heart; and, as these destructive passions have the power at once to Negate the great Aeth, or Virile Forces, within us, you cannot expect to be a success so long as you give them room in your being. The cause, indeed, may be a complication of conditions, or a blending of various reasons. Set yourself free from them. Become a man, begin your development, lay aside every morbid, sluggish state of mind. Lay aside uncharitable thought toward others, and success will crown your efforts.

No matter how much of a failure you may be, no matter how extremely negative you may be, if you are an earnest seeker, if you have strength of character enough to be able to face the truth fearlessly, then there is hope for your complete redemption, hope for your complete rejuvenation, hope for you to become virile and strong, with a character and a force that will sweep all opposing elements aside. Yours it is to choose, yours it is to succeed, provided you are sincere enough to look blunt truth in the face, and provided you are man or woman enough to accept the truth and follow its teachings. Otherwise, you are doomed to continual failure.

"Men fail and die through feebleness of Will." These are the words of that Master of thought, Dr. P. B. Ran-

dolph. And this is the greatest truth ever voiced by any teacher of the Mystic, or the Occult.

THE BODY, IMPORTANT TO THE OCCULIST.

Neophyte, do not make the mistake that thousands have made before you—the mistake of thinking that your physical being has nothing to do with the AEth or Virile Power you may possess. Do not make the mistake of thinking that mind is all, that, by, or through, the development of your mental faculties, you will be enabled to reach Master-ship, and to possess the Occult Power that you so much desire.

It is freely admitted that power of mind is great. But, if the mental forces are developed at the expense of the body or without development of body, then such power is short-lived, because there is no foundation. The wise teacher, will, first of all, lead his student through physical development. That is, he will take the student through a thorough course of training of his physical being, purifying the blood, strengthening all the forces of the body, rooting out disease by implanting health. In short, he will teach him just what to do in order that the physical body may become strong and healthy. This accomplished, the foundation is laid.

Do not think, however, that while this is being accomplished no attention is being given to mental development. During the time the body is being developed, mental development takes second place, first attention being given to the body in order that the physical basis may become healthy and strong.

If the mind is developed before the body is strong, then it is like drawing the force from a storage battery before it is fully charged; if the battery is not entirely ruined, it is, at least, much weakened. First of all, the body must be developed, cleansed, purified, charged with

health; and, while this is being accomplished, a certain amount of time and attention may be given to the mind, but not so much as is to be given to it after the body has become strong.

O Neophyte, who art ambitious to advance in Soul Development, thinking that other things should take secondary place, ponder well this principle: *Physical strength and vigor, physical vitality and endurance, nerve force and nerve control, are absolutely necessary in order to support development of Soul.*

THE HIERARCHIC POWERS.

O Neophyte, make not the mistake of thinking that body and mind are all. If you do, you will wake up some time to the great and discouraging fact that you have made a serious mistake, and that the work you thought well done must be done over again.

Development of body and mind, according to instructions hereinafter to be given, and as already given in my former text-books, has in view the ultimate object of accomplishing two things:

- 1st. The development of the powers of the Soul within you, through the dual development of body and mind.
- 2nd. Bringing yourself, through this dual, and finally triple development, into touch with the Hierarchic Powers, and, through these Powers, which are ever willing to help the sincere Neophyte or Master, accomplishing all your noble aims in life.

In the Great Work—that is, the Highest Work to which man can give his attention, which by us is called the Occult because to most people it is a hidden or mysterious work—ultimate success depends upon the purity of desire in the Neophyte and in his faithfulness to the spirit of the formulæ that will help him to come into touch with any, or all, of the Hierarchic Powers.

These Powers, in authority over all the forces of Nature, are ever willing to help those who come to them in wisdom and in faith; but the Neophyte must show his sincerity by being willing to live the life, even in its small details, and to have faith enough to follow the formulæ until such time as his object is accomplished.

And bear this in mind: the erroneous teaching of so many that the AEth Forces are mental, is more destructive than anything else. A false belief gives a false foundation; and, if the foundation is false, it cannot continue to stand, and, even while standing, it is not a constructive work.

In the Great Art, the body is as important as is the mind. Both of them are necessary to the success of man. Were this not true, then the Creator must have been very unwise in His creation. The use of the AEth Forces does not depend upon mind alone. It depends, first of all, upon the health and strength of the physical, because it is upon the physical being that the whole Mystic structure is erected. Second, it depends upon mental clearness, because it is the mind that builds the Soul in the physical body, and gives it life and *direction*.

And these two, the mind and the body, help to create the Enlightened or Illuminated Soul. The Soul, through the directing powers of the Illuminated Mind, call upon, and direct, the Hierarchic Powers. But the AEth is the medium, or the connecting link, between the Soul and the Hierarchic Powers.

Neophyte, once you comprehend the AEth Philosophy fully, once you are on a firm foundation, then you can go forward with the Great Work; and you will be able eventually to meet with complete success.

To be sure, at times you will find that long practice, or long engagement in a certain work, is required before the fruition of that work is manifest. But you must bear

in mind that possibly many and serious obstacles are in the way of accomplishment, and that all these must be swept away before success can result; and, if there were a success of the plans before these obstacles are removed, it would not be a lasting success, because not on a firm foundation.

Again, Neophytes differ. Some there are who, to begin with, are fairly healthy, of fairly clean body, and whose mind is already developed to a greater or less degree. These naturally possess a certain amount of virile force, though they may be ignorant of the fact. It is required of them only that they shall further purify the physical being and strengthen it, and then, in knowledge and wisdom, begin the accumulation of the great AETH Force. Another Neophyte may have a prolonged work to perform in purifying the mind of erroneous ideas and in cleansing the heart of unkind thoughts and feelings.

For this reason one student may succeed in a few months in a work that would require years for other students to accomplish.

But slowness in accomplishment should not cause anyone to give up the work once begun. On the other hand, it should be an incentive to greater effort; for whoever *wills and works, never giving up*, is the one that will meet with final success.

In the Great Art, man cannot fail. It is true that for a time every effort may seem to fail. But, if he is of the right metal, if he is one that truly desires Mastership, then every apparent failure will simply cause him to make greater effort; and the final result will be a complete success, a success that has been fairly won and therefore will be lasting.

“Man fails and dies through feebleness of will.” Never forget this. There are no exceptions to this rule. If you fail to reach Mastership, it is simply because you deserve

to fail, your will having been so weak that it has not caused you to try and try again until you win success and victory.

THE GREAT CENTER.

Neophyte, whatever you do, never forget that the amount of Aeth you can use depends entirely upon the Great Center, which is at once the receiver, the storer, and the transmitter, of this mighty Force.

The more highly developed body and mind are, and the more Illuminated is the Soul, so much the greater will be the amount of Aeth Forces you can store, and therefore the greater amount you can make use of.

If you desire true success, no matter in what line of endeavor, then you will make special effort thoroughly to understand our Philosophy. You will also do your best to remain free from the various other teachings in order that your judgment may be free, in order that you may faithfully follow one system of training and not be distracted by conflicting ideas, and in order that "the heart may be whole"—which is to say, that you may be thoroughly concentrated on the one object in view in order to meet with the highest success.

That there is a mighty force in Nature has been admitted not only by the Occultist of all ages, but by the scientist as well. But none except the true Occultist has known what this force is. You may now be one of those who know, provided you are willing to live the life and willing to give heart and soul to the work.

If you are willing to do this, then you will be willing to watch carefully the little things in life. It is these little things, as you will be more fully taught, that either help to store these mighty forces or cause one to waste them.

Develop the body first. This is of prime importance. Once you have developed the body, restored it to normal

condition, then give your attention to the development of mind and soul. Remember, however, that you must see to it all through your training in Soul Development that the body is kept strong and vigorous as a necessary foundation and support for soul growth.

As you accomplish this, you will become aware of an inner growth which will daily become greater and more pronounced. This is the Divine Spark within yourself budding, springing up, as it were, taking on flame, and becoming a LIVING FIRE. And, as this Fire grows, you will be able to draw in, and to store, and to use, this mighty AETH Force.

THE ACTION OF AETH.

Daily we are creating, "drawing in," a certain amount of energy, call it what you will.

During the act of concentrated thinking, there is an action in the brain similar to that in the electric light bulb. When we turn on the current for light, the film acts as a resisting force, and the result is that there is a certain amount of heat generated. The greater the resistance, the greater the heat, and, at the same time, the greater amount of power, or force, used.

The action of concentrated thinking is similar to this. The nerves are involved in the act of concentrated thinking; and there is created in the brain a certain amount of heat, harmonious with the intensity of the thought.

If the Neophyte has been correctly taught, then, during the act of thinking, he will also remember to breathe deeply; and, through the act of deep breathing, with the thought properly centered, he will not only be enabled to draw in a sufficient amount of AETH Force, but he will draw in more than is required by the thought action, and he will therefore be storing up AETH Energy.

Neophyte, herein you have the mystery in a few

words. And, if you are wise, and will study it carefully, mastering it and its action, you will be well on the road toward success, and no one can say you Nay. First of all, then, follow a system of living, thinking, and practice which will build up your bodily health. Follow a system of thinking which will use your brain, your mind, only as a dynamo, a producer of power.

Ever and forever hold in mind the thought that, whatever you may be doing, whatever the thought, with each breath, you are drawing in the AETH Force; that, as you breathe in these mighty forces, you will draw them down to the Center of Being, and that there you will transmute them into power, into Force, into Virility, into the Fire-Molecules that will give health, strength, power, and youth.

Now, as you do this, the brain will gradually come to act like a sieve. In other words, the brain will be the dynamo which will hold the thought, and act as an attracting power; and, through this attracting power, by the aid of the breath, you will draw in the AETH Forces, will draw them down to the Center; and, then, instead of the brain becoming heated, the heat will be at the Soul Center, and there you will store the AETH Forces to be used whenever you have need of them.

Now remember this well. Gradually, as you become more and more proficient in the Great Work, gradually, as you draw in more and more of these forces, just as gradually will the Great Center—the Soul Center—become more and more heated; and, in that Center, called the Altar, there will be enough heat produced, enough AETH stored up, to become a Living Fire—the Immortal Soul; and, through reflection, you will be able to see the shadow, or the reflection, of the Soul.

The body is the house, the powerhouse; the mind is the dynamo; but the Soul is the storage battery; and, according to the intensity of thought, the purity of the life, and

the perfection of the breathing, will be the amount of power that you can draw in, that you can store, and that you can make use of.

THE EMPLOYMENT OF THE FORCE.

In the employment of this force, there are a number of agents made use of according to the application to be made of the force.

For instance, in the treatment of disease, both the nerves and the brain are used. In this case, the mind acts as the directing agent, directing the thought, directing the method of procedure; but it is through the avenue of the nervous system that the AETH Force finds its outlet.

Thus, when we desire to treat a case, it is the mind that determines the best method, it is the mind that directs the work; but it is over the nervous system and through the medium of both the hands and the eyes that the AETH Force is sent out, and into the suffering one.

But, in cases where the AETH Forces are to be used at a distance, more often the mind and the Hierarchic Powers are used. In these cases, the mind directs the current of Forces; but it does this through Invocations to the Hierarchic Powers who act as the agents of the operator.

For this reason, it is vastly important that the Neophyte should fully understand every system of Invocations. In the treatment of others or in any work to be effected at a distance, the wise Neophyte will not attempt to use that which is called Telepathy or any kindred method, which is a waste of force; but he will apply his wisdom to calling upon the Hierarchic Powers, and will get them to act as messengers. Thus, through the medium of these Hierarchic Powers, he connects himself with those whom he desires to reach.

But even in these operations, the breath has as much to do as has the will because it is through the breath that

we draw in all power; and it is through the will and the breath that we can send out all power. The breath forever acts in harmony with the thought. If it does not, then the thought is weak.

It is not enough to have an engine, a powerful dynamo, and storage batteries. In order to have light, we must also have wires over which to carry the electric current, and we must have the receiving agents.

All Nature works in harmony; and as it is with the electric light plant, so is it with man and the Aeth Forces. His body is the engine, his mind may be called the dynamo, the Great Center is the storage battery; but, besides this, in order to use the current taken in and stored, man must have wires and receiving agents. The wires are the nerves. The breath, the mind with its wisdom, and the Hierarchic Powers, which are ever ready to become the connecting links, are the sending powers. The receivers are those persons or those objects upon which we desire to work.

No man can truly become a Master until he has made his life one that will not waste the great Force, until he has learned to watch the little things in life, and has learned the methods of influence—the Invocations—in order to be able to make use of agents.

At times, it is true, we are enabled to influence others in a direct way; but very often this is not possible and then we need the help of the Hierarchic Powers. For this reason we should understand the Divine Invocations perfectly and be able to make use of them whenever possible.

THE GREAT LAWS

Everything is under Law. There is nothing that is not within the Law. Nature is ruled by an exact Law; and, if one small part were to disobey this Law, the Universe would be thrown into chaos.

But, under the one Great Law, there are many minor parts. These parts make up the whole.

Man has free-will. He may live contrary to the Law and the laws, and the result will be sickness, weakness, and death. He may obey the Law—that is, live in harmony with the Law and the laws—and thereby develop strength, health, and power, and be an instrument in the hands of the Divine Ruler.

The Great Law for the Initiate is the Law governing the Hierarchic Powers, and the Great Storehouse of Power. The route is simple—to draw from the Great Storehouse of Divine AETH Fire, store it, or hold it, and to transfer it to others. But before he can make use of this Great Law, he must obey the minor laws so as to be able to use the Great Law.

In the following instructions, the student will find the means and the method whereby he may develop his three-fold nature, and thus gradually come into contact with the Universal Storehouse of Power, that great AETH Sphere of Divine Fire.

If the Neophyte thinks these instructions too simple, and looks for more complicated ones, it is safe to say that failure will attend him. But, if he will become as the child, have faith, and *obey*, then he will be enabled to become the Master. Bear in mind that you are being taught Practical, Applicable Occultism, which leads to freedom and strength,

and not an abstruse system which will lead to slavery and destruction.

Forever bear in mind that it is the simple methods that lead to greatest power, and that great endings always have small beginnings.

1. Clean out the mental house. That is, see to it, that, to begin with, you have freed the mind from all hate, all malice, all ill-feeling, and from the inclination to judge others harshly. Do not think this an easy task; for you will find it the most difficult part of the Great Work as indeed it is the most important. I venture to say that, when you think you have the mind free, there will be other thoughts creeping in, which are as bad as those you have thrown out. It seems such a little thing to have in mind the inclination to criticize; but, when you analyze this thought, you will find that it is one of the things that will hold you back. But let me tell you, ye, assure you, that, so long as there is in your mind hate, even for an enemy, or malice or jealousy or the desire to criticize, you cannot, no matter how strong the purpose, no matter how intense the will, draw in the Aeth Forces, or Fires, and cannot come into touch with the Hierarchies. From this, you may know how vastly important is this first work of cleansing. In short, it is the process of cleansing that must always be accomplished before it is possible to begin the development work with any assurance of success.

And, when you have cleansed the heart and the mind from these destructive passions (for they are actually the beasts in us, and are part of us), then you will begin to instil into your mind and heart the virtues such as hope, faith, cheerful thoughts, and the noble desire to accomplish great things.

The first to instil, the first virtue to plant in the mind and the heart, is the desire to accomplish that which will help not only the self, but also humanity in general.

The next virtue, indeed the highest of all virtues, is faith—faith in yourself, faith in the great Creator, and faith in your teacher. If you do not have this faith, or if you do not plant it and nurture it, you cannot accomplish the Great Work. You must transmute hate, ill-will, jealousy, malice, and harsh judgment, into Love and good-will and forgiveness; and you must be able to say of your enemies, no matter what they have done, "Father, forgive them," and this prayer must come truly from the heart.

Do not think you are favoring God or your enemies by being willing to forgive. You are not, you are simply helping yourself along the way. You are simply preparing your own ground for the planting and the growing of great power. By forgiving others, you are not helping them so much as yourself. By not forgiving them, you are not so much injuring them as yourself, just as you are injuring yourself by holding hate, malice, or jealous thoughts toward others. This is a work of the self for the self; and then service for humanity, and all that you do, you are to do with this in mind—the work of cleansing and development is your own work, and under no consideration are you to take the place of judge in regard to the condition of other hearts.

Though the Great Work is not distinctively a mental work, nevertheless, in the beginning, the mind is the director. The Great Work actually begins in the mentality. And, just as is your mental state, just so will you develop and grow. Thus you can see the vast importance of freeing the mind from all destructive, poisonous passions.

2. What you hold in the mind, that you will draw to yourself, and that will become a part of you. If I, as your instructor, could cause you to comprehend fully this Great Law, then it would not be necessary to give you a single other instruction. If I could, first of all, get you to free your mind of all undesirable passions, such

as those named, and to free it of all pessimistic thought, gloomy states, depressed conditions, states in which you lose faith in yourself and others, including God, and, if I could get you, in place of such undesirable states, to hold thoughts of love, and a desire for any special thing, I could, in good time, get you to come into touch not only with the Highest Hierarchies, but with the Highest Powers; and that too, without even a Sacred Formal Invocation; but, in that case, your faith would need to be entire, and your desire would need to be exceedingly strong. Bear in mind that there is at all times a thought or a desire in the mind; and, if the destructive desires and thoughts are rooted out, then it follows naturally that the desirable, constructive, power-building thoughts will take their place, and then you are on the way to Mastership. Consequently, you can readily understand the supreme importance, not only of cleansing the mind and the heart of detrimental desires and thoughts, but of holding the right, the constructive, the power-accumulating thoughts and desires; for, according to the thoughts and desires, so will be your building. As you think so will be that which you draw to you; and all the highest work begins in the thought, the desire. Desire Mastership, work in harmony with this desire, and you will grow into Mastership. This is the Key to your success, no matter in what you may be interested.

Moreover, and this is important, according to your thoughts and desires, so will be the aura that you are creating. Thus, the man or the woman that holds hate in the heart will be creating an aura that is of hate, which will be constantly surrounding him or her, and will be felt by others.

Thus, you readily see that, if you actually desire to succeed in any special line, and if you free your mind and heart of destructive desires and passions, you will gradually change every atom, every molecule, of your en-

tire being with this desire, this light; and, through this means, you also surround yourself with this light, and when you come near others, or into touch with them, you will find that they are impressed with it, *and this will lead you to success.*

This is the Great Law. Master it, and you will not only master yourself, but your conditions, your environments, your entire future.

This is a Great Law which has been taught the Neophyte by all Masters of the past; but thousands of students of the past century have thought it too simple, even beneath their notice, and the result has been that but very few have reached Mastership.

And I say to you without any possibility of contradiction, that unless you heed these instructions, you will never reach Mastership, no matter how great your efforts may be. If you attempt to gain mastery without first cleansing your heart and mind, you will end in but one thing—Black Magic.

On the other hand, if you consider these instructions of supreme importance, such importance that you will heed them, then these alone will, in time, lead you to Mastership.

3. The third necessity, which brings you into the deeper and higher part of the work, is, after having cleansed mind and heart of destructive passions, to DRAW IN, through the breath, the great and mighty AEth Forces.

Here your first training will come to your aid. For you will be able to hold the one thought that, while you are breathing, when you are drawing in the breath, *you are also drawing in, with the breath, a part of the AEth Forces, and that, at each breath, you are coming into closer touch with the AEth Sphere, the AEth Reservoir, until at last you will be able even to see the AEth when you draw it in.*

Now do not for a moment think that you can accomplish this in a day or a month. You cannot, it is a matter of gradual growth. But this you will see, that, gradually, as you go on with the practice, you will feel a something entering your body, your mind, which you did not previously feel; and gradually you will gain physical health, strength, and vigor, brilliancy of mind, and possibility of understanding new things, new thoughts, new teachings, which were dark to you before.

We grow into wisdom. We grow into understanding. We grow into power. If you will hold the desire, if you will hold the thought that, as you breathe you are also drawing in the AÆth Power, then you *will do so*; and gradually will you come to feel vivifying power, actually feel it, feel it as a burning, heating, life-giving sensation, and you will then come to see, to know, to understand, that you are on the way to Mastery.

4. Next to this, as you go on with the work, will be the holding of the AÆth Force. At first, when you breathe and draw in, the greater part of the AÆth will be exhaled with the exhaled breath. This is as it should be, since you would not be able to hold or to use all of the indrawn AÆth. But, gradually, as you continue to breathe in this power, you will be able to hold the thought, "NOW I DRAW IN THE AÆTH, AND NOW I CAN RETAIN AND HOLD SOME OF THE AÆTH."

First you learn to draw in the AÆth. This is the first step; and, though you have no thought of holding it, a certain amount of this indrawn AÆth Fire will remain with you.

The next step will be to learn to retain as much of the AÆth as your organism can appropriate. Just as the last of each breath is drawn in, just at the close of each inhalation, let the mind and thought change to the thought that you are retaining part of the AÆth. This second step

will come slowly; but *it must come if you are faithful to the instructions.*

5. The next, and the third, step is, when you have drawn in, and have also learned to hold and retain part of the AETH for a certain time, you will be able to send it forth in search of that which you desire.

There are multitudes of ways in which this sending forth is done. For instance, in the case of giving treatment for the relief of pain. In this case you draw in the AETH for, say five minutes, retaining all of it, then, by stretching forth the hands over the afflicted one, you send forth to that one, with each outgoing breath, a part of the Vivifying Fire; and the result will be health to such suffering one. And why? Simply because no one can be ill who has sufficient of this Vivifying Fire. And when you charge them with it you burn out the diseased condition of their organism; and just in proportion as they hold this AETH which you are sending into them, will they get well. Thus, if you have, through practice, been enabled to draw in, and to hold, a great amount of the AETH, and, if you send forth a full volume of it, and, if the sufferer holds it, then he will have an immediate cure.

In good time, as you become perfect, you will no longer need even to stretch forth your hands; for then you can send forth the current, even to a distance, by mere volition. But in the treatment of disease it is generally best to stretch forth the hands, as this method acts as an impression on the sufferer.

Now this is but one example of its use. There are thousands of other ways to use this power. If you desire to succeed in any other line, as for instance, where your own efforts are required, as in art, in music, etc., then you will draw in, and hold, the AETH Force; and this will give you the strength to endure, and it will give you inspiration, it will give you method, it will give you understanding of the technic required in your work.

Again, if your desire is to succeed along a line where the help of others may be required, your intense desire to succeed will naturally surround you with the Light of your particular desire; and, when you come into touch with those who can help you, they will feel it, will be drawn to you, and will be favorably affected.

If you fail it will be because you have not the faith. Lack of faith will seal every pore of the body through which the Light may pass. Have faith, practice, and all things will work toward your success. Have faith, obey the laws of development, persevere, follow truth and love, and "all things will work together for your good."

There are therefore three steps. The first is to draw in the AEth Fire, the second is to retain and to store up the AEth Fire, and the third step is to send forth the AEth Fire in the accomplishment of your purpose.

If you have no hope of success, then you cannot succeed, no matter how good and great your desire may be. Fear kills out every possibility, because it seals, absolutely seals, every pore, every avenue, in your body, through which the influence might pass. But, if you have faith, if you have hope, and if you get to work, if you practice faithfully, and if you allow nothing in the world to discourage you, then success is yours, and every power in the Universe will help you.

But remember the great Law that the Fates will test you. That is, the Hierarchic Powers will not help you until they have first tested you as to your fitness, until they find that you will not give up, no matter what may come.

And this is but right. Under natural laws, the tree that can stand the storm will be standing and growing, becoming more and more powerful, stronger and stronger, while other trees surrounding it are being broken down and become useless.

Life itself is a test. This world is the testing ground. Come to realize this fully and clearly, and welcome the tests as they come, extract good from them, and success is yours.

Let me impress upon your mind again and again this truth: *“Every thought you think, every desire you hold, creates within you a certain light; and this Light, being a Fire, draws from the Heavenly Spheres, from the Hierarchic Centers, a Light that is in direct harmony with it; and this Light from the Hierarchic Centers, meeting your Light within, creates a Fire that will surround you; and this surrounding Fire will attract to you those who can help you, and they must help you. It is the Law. Furthermore, it will attract to you those whom you can help, and will eventually open to you a congenial field of service for humanity.*

6. Those who read this text-book have the principle of life in them. That is, you live because there is a certain amount of the Spirit of God, or Life Principle, within you. Within this Life Principle, as a base of this Spirit, or Life Principle, there is also, within you, a certain amount of the AETH. The amount depends entirely upon your growth, your development, and the wisdom that is yours.

The great secret of the Great Work is in being able to take in more of this AETH Fire. This you can do in several ways, though it is necessary for the several means to be used in combination.

First of all, as already taught you, the thoughts, the mental attitude, plays an immense part in the work.

The life you lead plays a large part in it. Of still greater importance is it for you to draw in the AETH with the breath, deliberately and consciously, and then to hold this AETH Fire which you draw in, thus storing up a surplus reserve fund, oversupplying your needs, so that you will have an extra amount on deposit for use whenever you require it.

According to your desires, according to your life, and according to your wisdom, will you be able to draw in, and to store, a greater amount of this AETH Fire; and the greater amount you store, the more power will be yours, and the faster you can advance in any chosen profession or work.

Every breath that you take must be charged with the thought that you are drawing in the AETH Fire. Only by coming to an understanding of this Great Law will you be enabled to draw in, to hold, and to use, this mighty Force.

In saying that every breath we take must be charged with the desire of that which we would accomplish, let it be understood that we are referring to the definite practices, or Drills, or exercises which the student uses in his development and in his use of occult power. At other times, the thoughts should be freely and thoroughly given to the task or the interest at hand. But note this: As the Neophyte perseveringly observes at stated times during the day a definite exercise for drawing in, holding, and directing the AETH Fires, it gradually becomes habitual with him to draw in the AETH Fires even unconsciously with every breath that he inhales, even when his mind is occupied in other duties. With the beginner, whenever his mind turns to the Sacred Art, as it naturally will thousands of times during the day, let his attitude be that of confidence, simply taking it for granted that each breath connects itself with the AETH Fires and their Divine Potencies. Thus a habit is being established, the habit of breathing in accordance with the rhythmic AETH Breath.

7. You will find that, when you deliberately choose a special thought which you desire to establish in your consciousness or when you deliberately choose a special desire which you would effect, and when you breathe in accordance with that thought or desire, the breath then is very different from ordinary breathing.

And why is this so? Because every thought we think, regulates the breathing; and we breathe according to the thought and the desire held at the time.

Thus you will find that, when you are in fear or in anger, your breath comes in gasps. This method of breathing in short quick breaths will draw to you, and into you, the poisons of hate or of anger, according to the passion that controls you.

This enables you to understand that you can regulate the breath by the thoughts and the desires that you hold, be they what they may; and, as each breath you take is keyed just as is the key on your piano, and gives forth according to the tone struck, so will the thought you hold regulate the breath you take, and, contrariwise, the breath you take will regulate the thought.

Think thoughts of love, and you will find that you take long, regular, soothing breaths. Think hate, and you will find that the breath is taken in in quick, successive gasps which are heating, because you draw in a poisonous fire which begins to consume you and your vital forces. For this reason a man finds, after an intense fit of anger, that he is weak and nervous, and that the natural secretions of the body have become dried up, that the bile has been expelled into the stomach, and that he may suffer from certain ailments, ranging from acute indigestion all the way up to apoplexy.

Now, when you have learned the Great Law, and know how to breathe—that is, to hold a Sacred Mantram, which will help you in your work, accompanied by conscious rhythmic breathing in harmony with your Sacred Mantram—you will then draw in the AETH Fires. These Fires will become a part of you, stored in the Sacred Center within, ready for use whenever desired. This is the secret of the highest success. It is the secret means to the Highest Occult,

8. It will be useless to give you, in this text-book, many of the different methods of breathing for certain purposes together with the Secred Mantrams, because I have given you the systems of breathing together with the Sacred Mantrams in my book, "Ritualistic Occultism," which you already possess.

Bear in mind that true growth begins only when you deliberately enter upon a system of breathing; and, just in proportion as you are faithful to such a system will be the growth of power within you.

The whole matter depends upon yourself. You can go down to serfdom, or you can grow up to Mastership. It all depends on your choice of systems, and your faithfulness thereto.

If you desire to be Master instead of slave, then you will choose the methods that will lead you to Mastership. But think not that this mighty work can be accomplished in a day or a month, and do not think that you can ever accomplish it if you lose faith or if you become impatient. The work depends upon faith, and on the patience that you now possess or the patience that you will develop. Patience, like all things else, is a matter of growth, and of cultivation.

In this work I am giving you the methods I teach personally to my students. Moreover, I am speaking to you, through the medium of this text-book, just as plainly as I do to my personal students. If you are of the material that success is made of, you will heed my instructions, you will not consider them so simple that they are worthless, and you will obey the instructions, never losing patience even though the work is slow and gradual.

9. Bear in mind one great Law in Nature, remembering that man, the physical part of man, is under natural laws: In the beginning of every work, no matter what it may be, the process must be started deliberately, with

the idea fixed in the mind of the purpose for which the act is done. And in the development of the entire being so that the great AEth Forces may be taken in, the principle is the same.

But there is another great Law, and that is, when we begin any work, be it what it may, if we fulfill our part at first faithfully and deliberately, we gradually *grow into* the process, and the act eventually becomes unconscious.

Thus it is, that if the student is truly sincere, if heart and soul are in the work, he will gradually come to work automatically—that is, the process of AEth Breathing, the process of *Growth*, which is at first deliberate and conscious, gradually becomes a natural process, a firmly established habit of life. Thus it is, that when once the Neophyte has started the Great Work, persistently following a scientific system of AEth Breathing, and AEth exercises, he comes, in good time, to take this breathing and this exercise involuntarily and unconsciously. In other words, the work comes to be a natural, normal process, a habit. Whereas now he breathes abnormally and death-dealingly simply because he has never been taught any other method, eventually, through development and faithful practice, it becomes habitual to breathe and to think normally and constructively.

Thus it is also that if we desire success in any special line, and we begin to think and to work in harmony with the ultimate end, this thinking, working, and practice will become our normal life, and once well started, we accumulate energy and power, whereas, formerly, we accumulated weakness, sickness, failure, and death. This is the Great Law, a Law that underlies true Mastership.

For this reason, it is always of advantage to the beginner to form a mental picture of that which he desires to accomplish, and then breathe, think, desire, and work, in harmony with that mental image; and in good time the mental image will become personified in the accomplished work.

10. The world is a stage, man is the actor. Are you acting your part well?

[That is, *have you chosen your part, or was it chosen for you? Are you satisfied with your part, or do you consider yourself a slave of circumstances? If you are satisfied with that which you are doing, well and good; but do not forget that even then there is a possibility that you might do your part better than you are doing it. If so, then get to work, prepare yourself for better service.*

But, if that which you are doing is not to your liking, then see to it that you do the task with the same faithfulness as you would if you did like it; and, in the meantime, prepare yourself for the work or the service that you desire to do. And, while you are preparing, see to it that you are acting the part that you want to play in the world's drama.

Bear in mind that the actor on the stage, to begin with, must make great effort to act naturally; but with each effort the acting becomes more natural, until at last he finds that the part he is playing is actually very easy, in fact that he is losing himself in that which he is portraying.

We are actors. Let me repeat this time and again. Some of us play our parts well, but the vast majority take their parts badly—these are the failures.

Whatever you do, or are given to do, do your part well, continue to do it well until you are taken out of that plane of activity; for, if you do not, then you are not faithful to your duty, and those who are not faithful can never expect to reach the heights of attainment.

Therefore, the Law is this: You are placed in the environments that are required to test you. While in that environment, do your duty well. In other words, do your work just as though you loved to do it.

Do not say you cannot do this. There is no such thing as CANNOT. But as long as you hold the idea

that you cannot, you cannot, and you will remain the slave, not of environments, but of YOURSELF.

But, if you do your duty, if you fulfil your part of the service even as if you loved your part, and if you prepare yourself in the meantime for that which you love, then in good time the way will open for you to do that which you desire to do, and you will become free from that which is not to your liking. It rests with you as to whether you will succeed or not. It rests with you as to whether you will reach Mastership. But bear in mind that the weakling can never reach Mastership. Only he can reach Mastership who does the things before him, and does them well.

II. The AETH-Fire-Breath.

Exercise One.

You may call this the Life Breath, the Vital Breath, the Power Breath. It is immaterial to me what you call it. I call it the AETH-Fire Breath, because through it you draw in the AETH Fires.

Lie on your back in an easy position. In short, if not already tired, I urge upon you to undertake some work that will make you very tired. When you are tired, stretch yourself on your back on a couch, and as you slowly and easily draw in the breath, note how good it feels to do so, note what renewed strength it gives you. Notice also HOW you do it, watch your breathing, and note its type.

I might have told you how to draw in the breath, but you would not understand the method so perfectly. If you become very tired and then watch yourself draw in the breath, you will know from experience.

Do this, say two or three times a day, at such times of the day as best suits your convenience. Go to your room, take a comfortable, relaxed position on your back, draw in slow, easy, harmonious breaths several times until you have established rhythmical breathing, then, while in-

haling, hold in mind the following Divine Mantram:

ADONI, GOD OF LIGHT, I DESIRE, WITH ALL MY HEART, TO DRAW IN THE AETH FROM THE AETH SPHERE, AND, WITH IT, THE FIRE OF THE SOUL.

Hold this thought with every breath that you draw in, but be sure that the thought is part of the great desire.

Bear in mind that Adoni is the God of Light. He is the God of the Fire of the Soul. It is he that appears to the Neophyte in the form of Light during the Initiation.

Continue this Drill three or more times a day for a month, two months, or three months. I can set no time limit. But continue it until you have mastered the breath—that is, until the breathing, or the drawing in of the breath accompanied by the holding of the Sacred Mantram, becomes natural to you, until it is part of you; for then you have mastered the drawing in process.

EXERCISE TWO.

Exercise for Holding the AETH Fires.

Having mastered the exercise for drawing in the AETH Fires, you are ready to begin the exercise for holding the AETH Fires.

This is a modification of the former exercise. When you have drawn in the AETH Breath, then, while holding the breath, keep in mind the following Sacred Mantram:

ADONI, GOD OF LIGHT, I WILL HOLD, AND STORE, PART OF THE AETH FIRE, SO THAT ALL POWER MAY BE MINE.

Continue this inhaling-holding-breath exercise for a month, two months, or three months. When you have mastered the drawing in, and the holding method so that

it has become a natural one, then you will be ready to proceed with the third step.

EXERCISE THREE.

Exercise for Directing the Aeth Fires.

This exercise is a modification of the former exercises. Draw in the breath while thinking the Sacred Mantram for Exercise One, hold the breath while thinking the Sacred Mantram for Exercise Two; and then, as the third step, exhale while mentally repeating the following Mantram:

ADONI, THOU GOD OF LIGHT AND FIRE, I
SEND OUT LOVE AND GOOD FELLOWSHIP TO
EVERY HUMAN BEING.

By using these words coming truly from the heart, as they must if the exercise is given perfectly, you give out to humanity in a true sense a part of your very life and being.

Remember the great Law always that you cannot receive anything, either from man or Nature or God, without giving something in exchange. And, as you need the Aeth, the Vivifying, Life-giving, Power-giving Fire, bear in mind that the world is sadly in need of something—and that something is love and good fellowship.

You therefore complete the triangle when you draw in the Aeth Fire, and hold it, and in exchange give love to humanity.

Under no circumstances allow this work to become a mere form. To do so, is to kill out all power. See to it that the Mantrams are filled with life through your intense desire, and see to it that the outgoing thought is filled not with mere words of love, but with the the intense feeling of love for all mankind, including your enemies.

12. Not only do we shadow forth that which we draw in, but we shadow forth that which we give. Not only is it true that you draw to yourself the mighty power and hold it, thus causing a ring of it, as "a Wall of Fire," to form around you, which protects you and influences others, but it is also true that you mix up in the ring of Fire and Power that which is still greater, the love and good-will that is within you, the love and the good-will that you have for all mankind.

Do not think that you can accomplish this work in a very short time, you cannot. You must *grow into it*, and it will *grow into you*.

First, you learn how to draw in the mighty Fire, and it will take time before you are able to hold it and to store it. Gradually you learn to store and to accumulate the AEth Fire. As you do this, gradually, slowly, naturally, the Fire will develop and intensify at the Center of your Soul Being, and will radiate outwardly just as grows the germ in the seed.

This process of filtering, or growing out, through the body, from the Center of the Soul, will be slow and gradual, but it will be. When at last the Fire has become intense enough to reach the surface, then just as gradually will it begin to envelope you, and the Circle of the AEth Fire will be formed around about you. Those who come into contact with you will feel this power radiating from you. Persons who can help you will be drawn toward you. for they will feel that you are the one they have been looking for; and success will become easy for you in your chosen field.

And bear in mind that, if you have developed an intense feeling of love and good-will toward humanity, as you should have, the Fire radiating from you will not be cold. It will be alive with the warmth of love, and the drawing power will be the greater; and all those you

desire, and all those that are good, will be drawn to you. On the other hand, the evil, the destructive, will be pushed away from you because they will feel that you are not of their kind, and not for them, and not to be influenced by them.

Thus this ring of Light, of Love, is not only an attracting power for your help and benefit, but is a repelling force to that which would be harmful to you. It is a ring of protection.

And remember this, just in proportion as you cause this ring to be intense, so will you be able to master all things. The lion in his den will run from you. The poisonous snake would flee from you. And all evil, all destructive elements, would shun you. This is the Law. "He who masters the self shall become master of all things, even the beasts of the field."

God hath spoken. But thus far, few men have been willing to trust the Word. Few have been willing even partly to obey the Divine Law, and for this reason they have failed.

"Man fails and dies through feebleness of will." Thus wrote the Initiate-Master, he of the Double Soul. No one has been able successfully to contradict, for he spoke with truth and knowledge.

Again and again do I repeat to you. I have given you the Great Mystery, so that through obedience there to you might become the great Master. I have given you the Chart and the Compass, but you must be the Mariner.

Do not overdo the practice. Of this I warn you. Three times a day, five minutes at a time, is sufficient for the accomplishment of the Great Work.

13. By drawing in the Aeth Fires from the Aeth Spheres, we strengthen the entire being, we give life to the entire nervous system. This is a very important item

because it is actually upon the nervous system that man depends for all his power and strength.

And why is this? Because the nerves connect with every important function of the body. The nerves control nutrition, digestion, assimilation, repair of worn tissues, and every other process that has to do with the up-building of the human organism.

To understand this more fully, let us consider the thinker and the action of his thoughts upon his being.

Clear thought depends upon well fed nerves. Well fed nerves depend upon good digestion and good assimilation.

The same nerve force required by the brain in order that the mind may think is also required by the stomach in order that it may digest food and prepare it for assimilation.

For this reason it is wise for the thinker to take at least one hour after each meal for rest. While he is taking this rest, the nerve force is being used to digest the food; and, this accomplished, or well started, he may then use nerve force in the brain, which in turn uses it in giving strength to the mind to think.

But, if he attempts to do mental work directly after eating, the nerve forces are required to do two works at the same time. They must give power to the mind to think, and strength and force to the stomach so it may digest the food. For a time this is possible; but gradually these forces are no longer in full strength, and then the nerves begin to cry out for more force.

Moreover, the nerves must perform, or attempt to perform, their duty in carrying messages from one part of the body to another. When they begin to weaken, they will then draw upon the nerve force near the stomach, and directly upon the nerve force of the brain. The result is, digestion becomes impaired, and the mind uncer-

tain, vascillating, forgetful, irritable, and this draining may continue until there is a complete nerve break.

In like manner, or in the manner of breaking down, so is the building up. For this very reason, we of the AETH Teachings cannot be too insistent on a life that will not result in a nerve break, but rather in nerve building. And it is for this reason that we give so much attention to the physical and the semi-physical.

Again and again we repeat, that you cannot become a Master until you build up the physical being, though this building up process may go hand in hand with the Soulual upbuilding.

Now as you follow the instructions previously given for drawing in, and holding, the powerful AETH Forces and Fires, you will gradually give life to the nervous system, and to the mental system; but you must be careful that you do not attempt to use these forces for two things at the same time.

For this reason, we hold it as absolutely imperative that, for one hour after eating, you do no mental labor. You may take a walk, or you may lie down and rest, or you may amuse yourself with children, or associate with friends. In fact, you are at liberty to do anything that does not require mental labor. During this time, your nervous energy is to be given entirely to the digestive system, the physical being; and you are not to attempt to divide the forces, which are, as a rule, sufficient to perform but one duty at a time.

When the hour is up, you are at liberty to begin your mental labors, but do not expect to digest your food and to do good work mentally at one and the same time.

It is possible for a person to violate this requirement for a time without perceptible impairment of health; but sooner or later he will be unable to do so, and, furthermore, he will find that he has a shattered nervous system.

It is well whenever possible to listen to good music during this hour. It is well to take some recreation. It is still better to amuse yourself with children during this time, as all these things tend toward youth culture; but it is destructive to follow mental work.

Moreover, we say to you, that, if you do not follow a rule of life, doing each work when it should be done and without attempting to do two things at a time, you can never reach Mastership.

Again and again, we want to impress upon your mind the fact that the physical being is of equal importance with the Soul Being, and that in trying for success, or in trying for Mastership, you must give as much attention to the physical as to the Soul. That is, you must see to it that you are cultivating physical health, strength, and vigor, physical vitality and power of endurance, nerve strength and nerve control; for health and strength of body are absolutely necessary to support and maintain Soul Development and a satisfactory employment of the AETH Fires.

Moreover, the nervous system with its center is not actually physical, but is semi-physical, in that it is as much soulual as it is material; for *it is the connecting link between Soul and body.*

Naturally, the greater the amount of AETH Fire in your being, the more powerful will be the nervous system. But bear in mind that, if the nervous system is broken down or continually misused and starved, then your lines are defective, deficient, and in poor condition, and you cannot draw the AETH Fires, nor can you hold them, as you could if they were strong. It is therefore necessary that you bear this in mind.

On the other hand, if you obey instructions, then, gradually, as you draw in the AETH Fires, you will be giving new life and new strength to the entire nervous

system; and in proportion as you do this, in like proportion are you building up the physical temple, and becoming able to store an abundance of the AETH Fires.

14. The next part of the Great Law concerns the ability of the Neophyte to transfer the AETH according to need. When the system, or rather the nervous system, has been built up, and when you have learned to draw in, to hold, and to store, the AETH Forces, then you must learn to transfer them to any part of the body in which it may be specially needed.

This may seem to be a strange and contradictory statement, but it is not. The nervous system may be in practically perfect condition, while other parts of the body may be weak. As for instance, the nervous system may be in perfect order, in perfect health, and yet some part of the physical being may be weak or impaired.

Now in such cases common sense must be used. In short, God gives man the power to reason, and this is proof that he should make use of his power to reason. It may be that the limbs are weak. In that case, the individual should send to that part of the body the AETH Fires which he may have drawn in and stored. Reason also may tell him that weakness of the limbs is due to lack of exercise. Thus, he will put forth effort to use exercises adapted to his need or he will walk, and, while walking, he will send to the limbs the AETH Fires.

"Sending down" the AETH Fires is accomplished by the power of the Will. As you go on with the work, you will be able to *picture* any part, and every part, of the entire body in perfect health. This *picturing* will naturally hold *your thought and your desire to that one* part. When you can think of one part at a time, and picture it in health, then you can also *will* that the AETH Fires shall fill that part. This is to send the AETH Fires to that part.

In like manner, the heart may be weak. There may

be many reasons for this, such, for instance, as the eating of food that will not digest, or inability of the stomach to digest even wholesome digestible food. Reason, in the first case, will tell you to avoid indigestible food. In the second case, first of all, you will undertake to strengthen the stomach and the whole digestive apparatus by sending the AETH Essences to that part of the body. But if these are not the cause of a weak heart, if the heart is actually weak, then it will be made strong by *picturing* it in perfect health, and by sending the AETH Fires to the heart, through the power of the Will and the Breath, and thereby strengthening it and making it perfect.

All these things may be accomplished; and the accomplishment is not at all difficult, if you will only follow the simple instructions already given you, and those to be given you.

Always remember the Law, that a chain is only as strong as its weakest link, and that therefore you cannot reach the Highest Mastership until you have strengthened your body as a whole, since the body is the foundation of the Great Work.

Moreover, remember the Law that the commonplace things, the little things, the seemingly insignificant things, are the very things that lead to the greatest results.

In this text-book, I am teaching you Practical Occultism, a system that you can readily follow. I am giving you the way, the means, to develop, through the simplest methods, a power the most intense in the universe, the greatest force known to man—even the AETH Fires.

When once you have learned to direct, to send, these AETH Forces to any part of your own body, then you can direct them to any other body, by *picturing that person in perfect health, and by holding that picture in your mind to the exclusion of all else*. In like manner, if you can picture another person in perfect health and can send the

AEth Fires to them, then you can also send them to any part of your own body. The Law works both ways.

14. The foundation of perfect health, the foundation of a perfect nervous system, the foundation of perfect blood, is healthy, strong, well developed and fully used lungs.

Likewise, and my Neophyte, remember this, the secret of the highest power that man can know, the very foundation of it, is perfect, strong, well developed, and wholly used lungs.

And why? Because, through the lungs, all the dead cells, all the poisonous matter, and all the poisons of the blood are carried away. Also, through the lungs, through a correct breathing, we can take in power. It is only through the lungs that we can take in the oxygen with the air, which helps to purify the poisonous matter in the blood, and, at the same time, charges the iron in the blood with Vital Life Forces.

Thus we see that the act of breathing is not only a cleansing process, but it is actually a life-giving process. Breathing is the very foundation of life. In other words, it is the means through which the physical being can exist, and it is the means of securing perfect health.

Remembering that Breath is the life of the physical being, or rather the means whereby the physical being secures its life, and remembering the Law of the Thrice Wise Hermes, "As above, so below," which means, "As is the physical being, so is the Soul Being"—remembering this, we can then begin to comprehend that Breathing, if performed as it should be, or if the Sacred Breath of the AEth is followed, makes all power possible.

The Neophyte may question: "But do you mean to say that man gains life through breathing, and not through the food he eats?" Exactly so. It is not food that gives man life. Food is the fuel. The food we eat is burned up

through the action of the air we breathe. This burning up creates a heat, which in its turn draws in more air; and in: the air is the actual life-giving force.

Again the Neophyte will say: "But if this be true, why is it necessary to give special attention to food? Will not one food act as a nerve builder as well as another?" Not at all. Because the different kinds of foods create different kinds of heat. Heat is simply a vibration, and the more intense the heat, the more intense the vibrations of that heat; and as every part of the body is differently attuned, it follows that each part of the body will take up the food, or the heat vibrations from the food, which most nearly correspond to its own. Thus we find that the vibration of the brain and the nerves is alike. While the vibrations of the muscular power is far lower.

All life is a vibration. Every movement is a vibration; and vibrations of like intensity attract each other and help each other. For this reason it is important for us to give attention to the food we eat, because each food creates a vibration that is peculiarly its own, and is taken up by that part of the body which most nearly corresponds to it.

Now, in the Center of our Being, there is a Divine Spark. This Divine Spark is a Fire. As we begin to comprehend the Great Aeth Mystery, and to follow the Aeth instructions, we will take in, a little at a time, of the Aeth Fires. These Aeth Fires correspond to this little Spark, or Flame, within us, and a little of it will be taken on. Thus it will be that this spark, which is but a tiny speck, will grow larger. As it grows larger, it will take on more of the Aeth Fire; and, as it takes still more of the Aeth Fire, it becomes larger still. Thus it is, that it is a *Circular Work*.

Can you, O Neophyte, now begin to understand the importance of breathing? Can you comprehend WHY it is so infinitely important that you should cleanse the body

(and this is helped by proper breathing)? Why you should cleanse the mind and hold the proper thoughts, and why you should begin to create the Great Within?

Can you, O Neophyte, understand, that when you accomplish this, and when you begin to breathe right, you will begin to develop an Inner, Powerful, Masterful Being? If you accomplish this, if you do not consider it too simple, then you will be on your way to Mastership.

In breathing we not only take in air in order to live, but we take in oxygen which burns out the poisons of the blood, and which gives life to the corpuscles in the blood. Further, we can also, if we will, take in the Mighty AEth Fires, which will bring us Life and Immortality, Power beyond expectation.

The whole body is made up of cells. The cells of the different parts of the body are different in their vibrations, because each one has a different function to perform.

According to the thoughts, or, in the Higher Work, according to the Sacred Mantrams, or Sacred Invocations, that we hold or make, and, in some cases, according to the Talismans we make, charge, and wear, will be the vibrations that we draw to us, and draw in; and, according to these vibrations, will be the charging of the special parts or cells of the body.

Can you, O Neophyte, now understand why it is that the Special Mantrams, Invocations, Thoughts, and Breathing, have the power to develop specific parts of our being? If you understand this, then you understand the methods, the system, that will lead you to Mastership. In the above you have the whole Mystery; and in my several text-books you will find the Mantrams and Invocations that will help you along in the Work, if you desire to follow those methods instead of the methods herein given, or as supplementary to these methods.

As an illustration, you desire to develop the Soul with

any special thought or truth or consideration of power that would naturally come to it. With this idea, you follow a system of reading that has to do with Soul Development. At special times of the day, say two or three times or perhaps only once, at nine o'clock in the evening, or just before retiring, you enter a private room, and while there, you hold in mind the desire to develop the Soul, the Divine Spark within, the desire to draw in the AETH Fires from the AETH Spheres, the desire that these Fires, mingling with the Fire within, shall gradually awaken that Spark and fan it into a Flame. You also at the same time follow the breathing system as previously taught you herein.

Now in this particular thought, together with the breathing raises the vibrations so that they will harmonize with the AETH Fires; and, therefore, the Fires drawn in, which correspond ONLY to the vibrations of the Divine Spark within, will go directly there, and will be taken up by the Spark there at the Center of the Being.

Gradually as this process is kept up, the Spark awakens, because the Fire drawn in fans the Spark into a Flame; and in good time the result will be Soul Illumination.

But do not think, because the vibrations are KEYED up so as to be taken up only by the Soul Spark, that this does not also affect favorably other parts of the body. The reverse is true, it directly affects every other part of the organism; and, if the food and the habits of life are in harmony with the thought or the Mantram or the Drill, the result will be—an Illuminated Soul, and a strong healthy body.

This is one illustration, and has to do with the development of the Soul and the Illumination thereof. I shall now consider another aspect of the Great Work.

The world, generally speaking, with but few exceptions, is Love-hungry. That is, mankind universally is looking for more love,

In a letter just received from one of my students I find these words:

"I desire the love of others. I do not want it to be a selfish love. Nevertheless, I desire to be loved. But it seems that I repel those whom I desire to have love me. Though they are free and would have a right to love me, and I have a natural right to their love, yet it seems they do not even think of me."

This is the one-great-universal cry. It is a Soul cry, a heart cry. Moreover, it is a cry, a longing, that should be satisfied.

And right here is the reason that love-hunger is not satisfied. We have been taught or led to believe that love must come from without, that we must receive love from others. Consequently, we are, truthfully speaking, empty of love, and expect others to fill us.

The Masters know differently and will teach differently. In order to overcome this condition, I shall speak to you personally just as if you were one of those heart-and-soul-hungry ones, and, more than likely, you are.

First of all, see to it that you are worth loving. A man may pass a copper coin with but a glance; but he will pick up and cherish a gold coin. Not only because it is of buying power, but because it is gold, because it is pure, because it is precious, because it is genuine, because it is rare.

The same with you. See to it that you are not a copper coin, an inferior metal. See to it that you are gold, genuine, sincere, pure, worth-while.

And how? By cultivating within yourself the power of loving and the possibility of loving. Not an easy matter at first, especially if you have thought you should receive love instead of giving it; but you can do it, and you will find it a paying investment.

Cultivate a desire for flowers. If you have been giv-

ing them only a passing glance, put forth effort from now on to note them more carefully. Note their beauty, see how desirable they are. It will not take you long to learn to love them.

Now cultivate a desire, a love, for music. Note carefully when one plays and finds the beautiful parts in each piece of music. Gradually you will come to love music.

You might pass these two things, and go directly to the heart of the subject, the love-hunger we are speaking of, but that is not best. No Soul can be great, no heart truly fit to be truly and fully loved that does not love music and flowers.

Another thing, watch children around you. If you have had an aversion or dislike to these, cultivate a liking for them. Find that in them which is lovable. A few kind words to them will show you that they appreciate love. You will find their eye lighting up with fire, you will see their hearts opening to you, and you will soon have their love. This will gradually give you the power to love.

These are but steps in the cultivation of love, the power to receive and to hold love. More than this, they are steps to greatness of Soul, steps to Mastership.

If there is now any one whom you desire to love, and whose love you desire, it is an easy matter to obtain it and to hold it. It is necessary for you to cultivate your own love for the person. Your thoughts must be, not concerning how much such a person loves you, but rather how much you can love that one. When your thoughts and your desires dwell upon your own love for others or for another, a vibration is created, which, first of all, fills yourself, then gradually radiates from the Center of Love IN you, through yourself. Gradually this Love-ring surrounds you, and will come into touch with the persons loved and create in them a desire to love you.

Herein is the Mystery. Do not think that the highest

form of Mastership is able to awaken within another, and hold in that other one, love for you, if there is no true love in you for that person. True, with Invocative Power, you could arouse desire in that person for yourself; but that would not be true love and could not be lasting. But if you have a true love within yourself for the person, and then radiate your own love, you can arouse love and hold that love just as long as your love continues. But remember it must be true, unselfish, unjealous love.

Here you have the secret of true love. First of all, awaken it within yourself. Then, as your love grows, you will radiate it, and this radiation will reach others, and awaken in them love for you.

The men and the women who have the most love are those who forget self in their love for others. In forgetting self, and in giving, they draw others to them and hold their love and their respect. You can do likewise; and you will be willing to work for this if you do truly desire to be loved. If your desire is only a lustful or selfish desire for the attention of others, then you cannot expect anything from others. Remember that every power worth having is worth working for; and, in truth, you will not get it unless you do work for it.

Occultism is, if anything, practical. But of the Occult Master, much is desired, much is demanded; and he must give and give willingly, if he desires to BE, if he desires to receive.

To be sure, Mantras and Sacred Invocations help much, and these you have been taught. Nevertheless, with these, the desire in the heart and the soul must be such as before stated, if the love is to be lasting.

15. Our race is weakening. There can be no question of this, especially when we note, all around and about us, the almost universal nerve-broken condition of mankind.

And why is this? Simply because mankind generally knows nothing of the methods for taking in the higher Aeth or Virile Forces. Therefore they have none of this Force stored; and, besides, not knowing about the Higher Forces, they are even ignorant of the principles of conservation of the Vital or Magnetic Forces, which are a part of every man, or, more correctly speaking, Forces which every living being, to a greater or less extent, possesses.

Man does not conserve his forces. Instead, he is continually overdrawing his account, constantly using more Vital or Magnetic Force than he is naturally taking in.

But I am not here dealing with mankind generally, but with you, O Neophyte, especially. However, the method of wasting force is the same with you as it is with mankind generally.

What you must learn to know, in the very beginning, is to draw in, and to store, more of the Great Force that you use. If you do this, when you are suddenly called upon to face a crisis in your life or in your work, then you will be prepared to meet it, even though for the time being, you may not be able to draw in more of these mighty Forces.

Therefore, see to it that every day you give at least fifteen minutes to the conscious drawing in of the Aeth Fires, and to the storing of them, as you have already been taught how to do.

In your ordinary moments you will be drawing in sufficient of the Great Force to live and to work. But it may be that you are using up as much of it as you draw in. Then make a special effort, once or several times a day, to draw in, and to store, an additional amount. This gradually becomes a reserve fund, whereon you can draw when you are making some special effort or when you want to use an additional amount of power for some

special work that you desire to accomplish.

For instance, in a business deal, when you are to meet some one in authority, some one who is stronger physically and mentally than yourself, you must charge and focus your mind on the accomplishment of the plan in mind. During this time, on account of the extreme concentration of mind and thought, you may be using up much more of the Virile, Aeth Fires than you are storing. It is then when you will be able to draw on your reserve fund for the power and the force you need.

This is but one illustration, but one example, and I might show you hundreds more. For instance, when you are to meet one whom you love, but of whose love for you, you are not certain, and whom your very presence will influence either for or against you; or when you are planning an invention or a business deal or when you are planning a new creation. In short, the modus operandi is the same, no matter what your undertaking may be. Therefore let your watchword be: "I will draw in, and charge, and store up, a surplus supply of the powerful Aeth and Virile Forces, at the Center of my Being in the Great Storage Battery of my Soul."

Here again we can draw an example from the material plane, and bear in mind the Law of the Thrice Wise Hermes, "As above, so below," while we are doing it.

You know that you cannot start out in business for yourself without capital. You also know that, if you want to do business in a correct way, you place your capital in the Bank in order that you may draw therefrom whenever necessary.

But, if your business is to be a success, you will be very careful not to overdraw your account. Instead of overdrawing, you will go very slow in expenditures, being careful that you place in the Bank more than you draw out. If you do this you are safe. Moreover, you are

continually adding to the amount from which to draw; and, in an emergency, you are prepared to draw on the Bank for an extra amount.

Remember, O Neophyte, we must reason by analogy. In life all things are inter-related. The laws of the Soul are patterned after the laws of Nature, spiritual laws are in harmony with physical laws.

16. Do not for one moment get the idea that you create either the Vital and Virile Force or the AEth Fires. We do not create these. We do not even blend them. These Forces, these Fires, exist in the Universe just as they are to be used by man. In fact, the Universe with its many spheres and planes is the one great, big, Storehouse of these Forces.

All that we can do, is, first of all, *to create the conditions, the base, which will enable us to draw upon these storehouses of power, and, while drawing from them enough for immediate use, also to draw an additional amount to be stored so as to have a reserve fund on hand ready for need.*

But bear in mind that you draw from the Great Universal Fund only that which you can assimilate. To illustrate, the new born babe can take in and assimilate only milk from the mother's breast or, if that is denied it, something that is a fair substitute for its mother's milk. The babe cannot assimilate such food as would be given a man --no, nor even the food that might properly be given the child one year old. In other words, we give the infant that which it is able to take, the boy the food appropriate to him, and the mature man the food adapted to his needs.

In like manner, man can only take in those forces which he is fitted to take in and which he can assimilate.

Thus, universally, man takes in the air which is given him to breathe, and with it there is a certain amount of Ozone, which gives him life, or the power to live. With

the Ozone there is also a certain amount of Magnetic and Vital Energy. The amount he can take in and hold depends upon the life he lives, the food he eats, the work he does, and the purity of his being. Being a babe in knowledge, however, he does not take this in consciously, but unconsciously, just as the infant partakes of food unconsciously.

As he grows up and gains more knowledge, he may come to know something about diet, something about magnetic force; and as he lives according to his knowledge, he takes in more Vital Force and more Magnetic Force besides the Ozone that is in the air he breathes. He then becomes a little different from the ordinary man, the habit-ruled man.

But as he grows up in knowledge, as he seeks for truth and wisdom, he begins to grow into spiritual, or Soul Manhood. In time he learns to live and to breathe consciously and understandingly. Then he not only draws in Ozone, Vital Power, and Magnetism, but, more than all else, he draws in, and stores, the mighty AEth Forces and becomes a Ruler, a Creator, an Exemplar.

17. Neophyte, do not get the idea that the three forces can be mixed. That is, do not get the idea that you mix the Ozone, Magnetism, and AEth in taking them in. You do not, for they never mix. To be sure, when you have learned the laws and follow them, you can, at one breath, draw in air, Ozone, Magnetic Force, and the AEth Fires, but even then they do not mix, but each one performs its own duty.

Thus, the Ozone cleanses the lungs and the blood, and gives renewed life. The Magnetism brings you more of life, gives new Magnetic and Electric life to the corpuscles; while the AEth will give more life to the Divine Spark at the Center of your Being, and brings you the power that you are seeking.

There are three means, in combination, which help you in the work. All three of these must be taken in, or employed, in order to have results.

Food is of first importance. Not because there is any Ozone, Magnetism, or AETH in the food, but because different foods give different intensity of heat, and different heats produce different vibrations; and, as different organs have different vibrations, the vibrations from the heat of the food will be taken up by the organs most nearly in harmony with the food vibrations. Get this Law clearly in your understanding; for it is the foundation, the basis, of the Great Work.

I do not wish to imply that it would be impossible to partake of almost any kind of food and still raise the AETH. You might do this, I admit. But the work would be a hundred times more difficult. If you reason, if you use sense, if you use judgment, and if you are willing to learn, you will select foods according to the work and the development you desire to accomplish.

Next to the food must be considered the drink of man. In cold water there is an immense amount of Magnetic force; and when man drinks cold water he not only takes in an eliminator, but he also takes in a force.

A method, however, by which man gets more magnetic force than in drinking cold water is by taking the morning cold water bath.

If man is wise, he will arise in the morning, take some physical exercise so as to open the pores of the body, and make the muscles pliable, then he will take the cold water bath. By doing this, the pores, millions of them, will immediately absorb the magnetic force in the cold water. He does more, he also breathes deeply; and if he holds the one great thought in mind he will draw in by way of the lungs the great AETH Fires while he is drawing in the magnetic force by way of the pores of the skin.

Cold water he drinks and uses in bath in order to gain magnetic and electric power and in order to eliminate the poisons and obstructions in the system.

But there is also a place for hot water. And that is both as a drink and as a bath. Every student should, if he desires to reach the highest, drink one large cup of hot water one hour before each meal and before retiring; and he should, at least two times a week, take a good hot bath for cleansing. This should be taken just before retiring, and should be followed by a brisk, thorough rubbing of the body with perfumed ointment of Olive Oil and Alcohol.

Breathing has already been fully and clearly explained and it is not necessary to give you any further instructions here, except to mention that food, drink, bathing, breathing, and the Holy Mantrams, or Holy Invocations, go together and form one great harmonious whole, which will lead you to health, strength, power, and Mastership.

If you are faithful, you cannot fail. If you fail, then it is evidence that you have not been faithful.

I have given you my best endeavor to make this text-book clear and to the point. I do not even assume that you have any weak points which would make you so sensitive that you cannot bear the truth; but I take it for granted that you want the truth and that you are man or woman enough to bear the cold, blunt truth. I therefore do not cater to weakness herein, but tell you frankly what you must do, and what you must not do. *And I say to you, if you want to succeed you must follow these instructions.* If you do not follow them, then God himself cannot bring you health, happiness, power, and success. Bluntly stated, but it is the truth.

If you think that you can reach Mastership, and at the same time, pay no attention to eating, drinking, exercise, etc., then you are a weakling and no more than a

fool. If you think that you can reach Mastership without giving special attention to your breathing, then you are a disciple of ignorance and want to be deceived. I repeat again, *You must pay strict attention to diet, bathing, exercise, breathing, and the Sacred Invocations; and if you do not, you are doomed to fail.*

In the foregoing, I have not mentioned Thought and Desire, because I did not deem it necessary. Why? Because if you will actually give attention to diet, to drink, to bathing, and to breathing, then I KNOW that your thoughts and desires are strong enough to lead you to Initiation.

Why? Because I know personally how hard it is, in the beginning, to deny oneself foods which taste good but which are of no value. I know how hard it is, in the beginning, to become accustomed to the cold bath. I know, too, how difficult it is to arrange for the Drills and the exercises, Old Satan, in many forms, always giving us an excuse for not doing this, either friends visiting us or a little social affair that claims our attention or not having the time or forgetting it, or something else equally inexcusable.

But I say unto you, without any apology, that all these things are mere excuses, the excuses of a weakling; and if you make them, then you are weak, you are a weakling, and you will not, no matter what you may do, reach Mastership until you overcome even the desire to make such weak excuses. You *must* overcome these things; and when your time comes for exercises, you must be man or woman enough to leave all things and enter your room and take your exercises.

If you cannot overcome these small things, how do you expect to overcome the larger things? Overcome everything as you go along. And do not attempt to tell me that you expect to reach Mastership when you are not strong enough, man or woman enough, to go to your room

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and take your exercises at the appointed time simply because a friend of the family is visiting you and does not leave, or because you are tired, or because you do not feel just well, or because you happened to make an appointment, or because you forgot it, or because your family is against you. To be sure, best results are not to be obtained by taking the exercises when one is very tired or when one does not feel well or when the emotions are disturbed; but—and here is the point—it is for you to see to it that you are not too tired at that time for that particular duty. It is for you to eliminate disturbed feelings as much as possible on purpose not to interfere with the appointment with yourself to engage in these Sacred Rites, which are absolutely necessary to your welfare.

If you are not man or woman enough to overcome these little things, then give up the idea of reaching Illumination, or Mastership. Weaklings cannot reach Mastership, cannot reach Illumination, and are not beloved of God, for God does not love the weakling.

But if you make up your mind that you will succeed in spite of everything, then you are well on the way to Mastership already, for that is not only a beginning, but it is the Great Beginning.

We gain strength only by overcoming. The little things mastered, things which we usually consider of no moment, are the very things that give us strength to conquer the big things when they come our way.

I am not, in this book, speaking to a child, to a weakling, but to those who I believe have the strength of character, the manhood, and the womanhood, that will help them to overcome, not only the little things, but the big things as well. If I am not mistaken in this, then I know you will reach Mastership. You may say: "O these instructions are foolish, they are simple, I knew them before." If so, you only condemn yourself, for then you

admit that you knew, that you had knowledge, but that you did not live according to your knowledge.

18. While your development is personal, and while you prepare the ground (yourself) for the drawing in, and the storing, of the Great AETH Forces and Fires, do not imagine that the use of these Fires is direct.

By this I mean to say, that while the AETH Forces and Fires you use directly in some cases, in most cases you do not, but actually work through, and by, the help of the Hierarchic Powers.

In all life, as you know, the greater part of our work is done indirectly. Thus, when you have an account in the Bank, and you desire to buy something, you do not go to the Bank, give your check and receive the money and then forward the money to the person in exchange for what you desire to obtain. Instead of this, though it is your money, though you have a depository account in the Bank, you act through the medium of others; and, instead of going to the vaults of the Bank and drawing out the money with your own hands, and turning it over to the other party, you give a check to the individual, who in turn draws it from the Bank through the proper officials.

This is exactly what we do in the Higher Work, we work through the medium of others. The AETH Fires are our Bank account. The Great Center within you is the Bank, the Depository, the Vault. Your conscious will is Director of the Bank and of the account. If you want to help some one, as in healing, or to influence some one for his own good, as in the overcoming of a bad habit or an error, you do not, in most cases, use the power direct, but you issue a check, a draft, in the form of an Invocation, or Mantram, and this check passes through the hands of the Officials (Hierarchies) of that power, and they in turn pass it on to the one to whom you want it sent.

“As above, so below.” This is the eternal Law. And

the clearer you come to understand this, the greater will be your power, and your success, and your Mastership.

If you can develop your mind (and you can if you will) so that you can, in your mind's eye, see the person whom you desire to influence, see him just as you want him to be, and if you hold this Mental Image while you give the Invocation, then you will find that your power is a hundred fold greater than if you do not see the image of him or her as you desire him or her to be.

Thus, in the treatment of one suffering, you should be able to see him in perfect health. If you want to do business successfully, and you have an important appointment with any one, you will hold his image in mind just as he would appear when he grants your request. It is a work of art or an invention, you hold the perfect production in mind while you are planning and doing the work.

Thus it was that a Raphael, while painting, held in his mind's eye the perfect finished production, the perfect masterpiece.

You say that this takes practice, that it takes time, that it takes work. I grant this, but is there anything worth having that does not require patient and untiring zeal and effort? If you are not willing to give heart and soul to the work, then I pray abandon the thought of doing it, for you will make a failure of it. If you are not willing to give heart and soul to your effort, you are a weakling, a slave to circumstances and conditions instead of being the Master; and you will continue to be the slave until you are willing to make heroic efforts to gain your freedom and gain the mastery.

19. To consider carefully every step of the Great Work is the object of the concluding lines.

1st. The importance of preparing the body and keeping it strong and vigorous, cannot be overestimated. Un-

less you are willing to go through this preparation you cannot reach the highest.

Granted, there are many steps of development, many grades, to be reached; but I cannot, as a teacher, comprehend the state of mind which is satisfied with a small degree of development. I urge you to make every effort to reach the highest, and not to be satisfied with anything less than the highest.

In the preparation of the body, many things are necessary. The freeing of the mind of destructive passions, such as hate, malice, wrong doing, wrong judgment, criticism, ill feeling, jealousy, etc.,—all these things, while of the mind, nevertheless, affect the body mightily. See that the mind is free from all these evil passions. Fill it with thoughts of love, of beauty, of peace. Substitute these constructive, Holy, Divine Passions for their opposite.

Bear in mind when you see others who are, apparently and with no apparent effort, successful, that you have no right to think that it does not belong to them. You must at once change all such thoughts, and hold in mind this: "Not less for them, but more for myself."

Remember that if a man has, it belongs to him. Do not, for one moment, think that the Law is unjust. What man has, he has either paid for or must pay for sometime.

On the other hand, if one has not, bear in mind that either he has not earned it or that in the past he had taken that which he had not paid for, and is now paying for it. Whatever you think or do, bear in mind that the Law is JUST.

2nd. After the purification of mind and body, then comes the upbuilding of mind and Soul. This is accomplished through Holy Invocations and Holy Mantrams. These have been taught you in my former text-books and it is needless to repeat them here.

3rd. The act of Breathing, that is, the act of drawing

in, the act of storing, the Aeth Fires—these too are important steps; and, when you have once begun to draw in and to store, you are on the way to success.

No matter what this may be—whether it is to be a Master, a healer of the sick, an artist, a musician, a success in any business or profession—you must form a picture of the perfect work in your mind, and you must hold this picture whenever you exercise the Drill or offer an Invocation.

And just as you perfect yourself in this Mental Imaging, and in the power to draw in, to hold, and to store, the Aeth Fires, and to send them out by means of Invocations, so will you reach Mastership.

Time is required for the accomplishment of the Great Work. Growth is ever slow. It must be so; for, if you could draw in much of the Aeth Fires and store them, they would consume you with their fire. For this reason, Jesus the Master could not allow any one to touch him after his resurrection.

I have placed before you the whole work, in the most simple language. If you fail it is because of FEEBLENESS OF WILL.

I extend to you personally, my reader, the hand of good-will and fellowship in your chosen ambition.

