MIRACLE METHODS OF THE MASTERS



A Way of Life
For True Aspirants



Published for the Private Instruction of Students

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BROTHER OMEGA INSTRUCTS AN INITIATE

James L. Brown was a man of great influence in his own world of business. His rapid climb to wealth and fame had become almost legendary. "J. L.", as he was known by his intimates, was a financial genius.

Today, however, James L. Brown was humble and eager, as he sat quietly before the gaze of one he recognized as having wealth of a kind he had never really known. He had come to this man for guidance and instruction, for although he seemed to have "everything", the outer shell which his intimates knew did not reveal the seething unrest within him.

In the eyes of the world "old J. L." was long past his prime of life, now nearing sixty; but in the eyes of the Masters, he was but a child. "J. L." realized this as he shifted uneasily before the searching gaze of the calm, serene man to whom he had come for instruction.

"I accept you, Brother Brown, as an Aspirant," Brother Omega said at last. "I believe you have come here with a sincere desire to learn. I will teach you. That is all I can do. What you do after I have taught you is up to you."

"Oh, I assure you I'll do everything you tell me to," Brother Brown hastened to assure his Teacher.

Brother Omega smiled. He sat thoughtful for a few moments recalling others who had come to him in desparation, but who later ignored the Teachings after their inner turmoil and outer ill health had begun to subside.

"We shall see," he replied softly. "Come with me."

Brother Omega led the way, walking lightly and swiftly.

"Not so fast, please! I'm an old man," Brother Brown called out smilingly, as Brother Omega gained several yards ahead of him.

Brother Omega paused. When Brother Brown caught up with him, he said quietly yet sternly, "You mean, Brother Brown that you were an 'old man' up until today. I do not want you to repeat the error again of referring to yourself as an 'old man'!"

Brother Brown mumbled something that sounded like an apology, and then continued on toward the little cabin that would be his home for the next few weeks. He was surprised to find his clothing all carefully put away.

Brother Brown Gets His First Lesson

Brother Brown walked over to the small dresser by his bed and began looking through the drawers as though hunting for something. Finally he looked up and found himself gazing directly into the eyes of Brother Omega who had been standing only a couple of feet behind him.

"Did you lose something, Brother Brown?"

"Why, uh - - - I was looking for my cig....." Brother Brown stopped in the middle of the word. I, uh - - well, I guess I didn't ask if it is alright to smoke here," he finally blurted out.

"It isn't," Brother Omega replied.

Brother Brown's eyes dropped and he shifted uneasily from one foot to the other. He had not anticipated this. Why, how could he get along with smoking when he was

accustomed to smoking at least one package of cigarettes a day, as well as a good cigar after each meal.

Brother Omega finally broke the silence. "There is still time to change your mind," he said in a quiet voice.

Brother Brown was deep in thought. He was faced with a vital decision, and he knew it. This was not like his board meetings where he wielded the gavel every Monday morning. He was the master there, but today it was different. Brother Omega, in his own quiet way had all the things Brother Brown wished he had. In fact, he had secretly admitted to himself not long ago that he would be glad to give up all of his wealth, his prestige...in fact all of his material possessions for just the inner peace and the radiant health of the Masters.

Brother Brown was not a "weak-kneed" man by any means. He had come through many trials with flying colors on his way to the top in the business world. There was the time the union bosses attacked him during the war years because he fired a worthless lout who wasn't worth his salt. They charged "discrimination". He fought that fight clear to the U. S. Supreme Court....and won after a long, hard-fought battle. Then there was the time his larger competitors tried to freeze him out by gaining a monoply on a raw product he had to have to stay in business. That was, perhaps, the toughest battle he ever fought. Again he won, however, by a pure stroke of genius that put him years ahead of his competitors. He found a substitute for the material he had been using, and discovered the new material actually was better than the old.

Yes, he had fought hard in the "Battle of Business", and his triumphs were all well earned. But today a simple decision lay before him that could mean the difference between life and death itself.

Finally Brother Brown squared his shoulders. Impulsively he reached out and clasped Brother Omega's hand. "Alright!" he exclaimed. "Whatever you say goes! I came here to learn!"

Brother Omega returned the warm clasp as he said, "Brother Brown, I congratulate you! You have won your first victory. It will be much easier from now on." As he turned to leave he said, "Freshen up with a nice hot shower, and then come to my office."

"DEATH...Wrapped in Cellophane... It's MILDER that Way!"

As Brother Brown entered, Brother Omega motioned toward a chair and said, "Sit down and I will give you your first instructions. You have shown your willingness to learn, so now I shall teach you. I am sure you realize, Brother Brown, that only when a man wants to learn is it possible to teach him."

Brother Omega then held out a little card upon which was printed this ancient saying:

1- The man who knows not, but knows not that he knows not, is a fool; shun him.
2- The man who knows not, and KNOWS that he knows not, is a student; teach him.
3- The man who knows, but knows not that he knows, is asleep; awaken him.
4- The man who knows and KNOWS that he knows is a teacher; learn from him!

"The fact that you came here marks you as the man in sentence 2. You realize that despite your vast knowledge in your own field there is still much that you do

not know. You also realize that your wealth and worldly achievements will be as naught if you leave this life without also gaining the Deeper Knowledge about Life Itself.

"Earlier today you received a sort of shock when you learned that you must stop smoking in order to remain here and learn the Mysteries of the Masters. I think you you sensed why, but I shall tell you anyhow. The body you occupy is, at best, made of very course material, compared with the Cosmic Vibrations with which you will soon be dealing. You have had some experience with these Cosmic Forces in the past. You called these incidents 'inspirations', not knowing of their real source. You see, Brother Brown, whenever you call for help by exerting every ounce of energy you have, that call immediately goes out and brings back the help you need. This may be in the form of knowledge, information, or even extra physical power. In the case of so-called incurable illnesses, it comes in the form of exceedingly short waves ofelectrical energy which instantly vaporize the diseased parts and remold them as they should be."

Brother Omega paused at this point to let what he had said sink into Brother Brown's mind. Then he continued.

"Smoking is a deadly habit. It is not purely psychological as some might have you believe. There are more than a dozen very deadly poisons in the smoke of tobacco. Several of these could kill you instantly if they were injected directly into your blood stream in sufficient quantity. When you get less than a lethal dose of these poisons, your protective organs -- primarily your liver and kidneys -- strive very hard to get rid of them. But you see, Brother Brown, your liver and kidneys already have a full time job filtering out the natural poisonous by-products of the food you eat. That is why you have kidneys and a liver in the first place. By placing an extra burden upon them, you wear them out. Slowly your body becomes poisoned in a chronic sense - - that is, you always have so much poison in your body that you feel 'run down' and weak. You lack the pep and enthusiasm you had when you were younger."

At this point Brother Brown seemed to want to speak, so Brother Omega waited.

"I heard a news commentator say the other day that smoking caused cancer. Is that true?"

"Yes, it is true," Brother Omega replied. "Many of us have known this for years, but because the tobacco companies are so powerful, financially speaking, it has been very hard to get this fact before the public. Readers' Digest was the first really widely circulated magazine which had the courage to tell the truth about smoking. Of course, other magazines had warned of the dangers of smoking long before the first 'bomb shell' was dropped by Readers' Digest in January, 1950. The article which hit the nation and started some hot controversy was entitled, 'How Harmful are Cigarettes?' This article was followed by many more, one of which was called 'Nicotine Knock Out' and was written by former heavy weight boxing champion, Gene Tunney."

"Well, just how harmful are cigarettes?" Brother Brown asked.

"Cigarettes...in fact tobacco in any form...definitely kill. They do not kill quickly. As one doctor said, it would be far more merciful if they did, but instead they begin by 'half-killing' and then leave their victim to die of one of a number of other diseases which strike because of the weakening effects of the poisons in the tobacco. A few moments ago you asked about cancer. This actually is but one of the more deadly diseases that are caused directly by smoking. There are still more that are caused indirectly.

"Cancer, as you probably know, is a condition where the cells of the body begin to multiply, and then forget to stop. They go right on multiplying and growing until the new growths take over the body or obstruct some vital organ and prevent it from functioning. When that happens, something has to be done and done fast, or the body

will die. Cancer usually starts with an irritation. Ulcers can turn into cancer, though of course, not everyone who has ulcers gets cancer. Irritation, then, is dangerous if it is continued for a long period of time. What used to be called 'miners consumption' actually was lung cancer in many cases. The irritation came, in part, from the fine quartz dust in the mines. Now that smoking is known to produce lung cancer, some doctors suspect that the quartz dust did not deserve all the blame, because practically all miners are smokers. Smoking gripped the so-called 'working class' a little sooner than it did professional people.

"But we have another reason for forbidding smoking here. A little while ago I mentioned the course material of which our bodies are made. I mentioned that the Cosmic Force with which we shall deal in detail when you start to study Forbidden Secrets of the Masters, is vibration of very high frequency. Any type of poison....even the poison produced by the digestion of flesh foods, for example, causes the body material to become even courser than it already is.

"Your purpose in taking up this study is not simply to regain your health, your vigor and your youthful zest for living. You also desire to become acquainted with the real purpose of life. However, even if you wanted only the physical rewards, you could not attain them if you tore down with poisons all that you built up with the Secret Practices I shall teach you. To illustrate, let me give you an example which you will readily understand. A few years ago you built a new factory. Your workmen built this factory out of concrete blocks, reinforced with steel. Now suppose that each day your workmen laid a certain number of blocks, and at night another crew of workmen came along and tore all of those blocks down. Then the next day your first crew of workmen put them back up, but once again the second crew tore them down. What would you think of that?"

"Why I would think they were crazy!" exclaimed Brother Brown.

"Precisely!" replied Brother Omega with a twinkle in his eye. "Now, you would not want to do the same thing with your body, would you?"

Brother Brown squirmed uneasily under the questioning gaze of Brother Omega. He felt a hot flush creeping over his face as he thought of how long he had been damaging his own 'temple', while all the while he was paying a doctor to try to keep him in good health. He thought of the hundreds of dollars he had paid Doctor Henderson for check-ups, pills, and treatments of various kinds. Yet, all through this time he had continued to smoke without realizing the poisons in the tobacco were tearing down his body faster than a whole carload of pills could repair it. Brother Brown thought to himself, "Why didn't Doctor Henderson tell me to stop smoking?" But he no sooner had thought this when he suddenly realized that Doctor Henderson actually had urged him to quit, and that for a while he wouldn't go near the doctor because he didn't want to be "harped at" as he put it.

Brother Brown's thoughts were interrupted as Brother Omega continued. "Tomorrow morning you shall start in earnest to rebuild that body of yours. Before the end of the thirty days you are going to stay here you will feel...and LOOK...years younger. There is no real reason, physiologically, for the human body to die...IF it is kept free of poisons, and given complete nourishment. That one little word 'IF' must not be overlooked, however. Only the man or woman who has found a real reason for wanting to live is likely to continue to do the things that will keep his body strong and young and healthy long after the proverbial 'three score and ten'. Your THINKING also plays a part...make no mistake about that...but thinking alone will not do the trick. It takes obedience of ALL of the Laws, Brother Brown....even the ones you might hope you could break without receiving too much punishment for breaking them."

Brother Brown hurried to his little cabin which for the next thirty days would be his "castle". He was surprised how quickly he walked the distance, and how much

pep and energy he seemed to have. He did not realize that merely making the decision to obey the Laws of the Body could have such an immediate effect upon his vitality.

He opened the door of his cabin and went inside. Almost at once his glance fell upon a little book lying on his bed. Beside the book was a note which said, "Just in case you ever wonder if your decision to stop smoking was a wise one, read this little book carefully and thoughtfully. It will surely dispell any doubts. Although it is called "The Cigarette as a Physician Sees It", I prefer to call it "DEATH...Wrapped in Cellophane... It's MILDER That Way!" " (**) The note was signed, "Sister Theta."

Brother Brown had been so occupied up to now that it did not occur to him to ask if there were other Aspirants here at the Retreat besides himself, or whether women were admitted as students. He was soon to learn that more than two dozen men and women would share his glorious experience during the weeks to come.

BROTHER BROWN HAS HIS FIRST "MIRACLE MEAL"

Brother Brown had read the first twenty pages of the book Sister Theta left for him when someone knocked at his door. As he opened it, he was greeted by Brother Omega.

"Dinner is being served in the cafeteria," he said. "The cafeteria is one of the most important establishments here at the Retreat."

Brother Brown had been too busy to realize how much time had passed since he arrived at the Retreat early that afternoon, but the mention of food reminded him that he was "hungry as a bear". It was now six o'clock.

"You will find the food here different from anything you have ever tasted, " Brother Omega told him as they walked together to the cafeteria. "For one thing, each hot dish will be served to you alone. It will be made especially for you according to my orders. Sister Theta is in charge of the meals. Whenever it is possible to prepare the food without cooking it, we do so. For instance the Miracle Broth is made with juices which are blended just as soon as they are squeezed from fresh vegetables, and then heated just before serving. Heating raw foods above 130 degrees destroys certain catalytic substances. The Miracle Broth is usually served at 125 degrees which you will find is hotter than you can eat without waiting for it to cool slightly."

The Miracle Broth, Brother Brown agreed, really lived up to its name. He asked Brother Omega how it was made. Brother Omega told him that he would receive all of the Miracle Meal recipes before he left the retreat.

Not all of the Miracle Foods were uncooked, but they tasted different from anything Brother Brown had ever tasted before. For instance, the carrots tasted more like carrots, the beets tasted more like beets....in fact all of the vegetables seemed to taste better than Brother Brown ever dreamed vegetables could taste. He did not care much for vegetables, and usually ate meat at nearly every meal.

After dinner Brother Omega introduced Brother Brown to the other Aspirants who had come to the Retreat at the same time he did. He learned that there were 27 students in this class, and that they came from all over North America. In fact, one was from England. The time passed swiftly and soon it was time to retire. As the men and women left the recreation room to go to their cabins, Brother Brown felt a great thrill of anticipation sweep over him. There was much to learn, and he felt he would be far better and wiser man in thirty days than he was now. He did not think of it at the time, but this very eagerness was an important part of his development. It is only when a student is truly eager, and that eagerness burns fervently in his

(**) This book postpaid for $1.00
Order direct from Dr. Parker, Santa Ysabel, California

heart, that he makes truly rapid progress.

BROTHER BROWN'S FIRST DAY

Soft music seemed to be drifting through the air as Brother Brown awakened. Through the window he could see the first gray streaks of dawn. At first he thought he must still be dreaming, but as the music grew louder he realized that it was real. Looking for the source of the music, he discovered a small grilled opening in the ceiling. Brother Omega had not told him that all of the cabins were equipped with loud speakers which were connected with the central office. In this way any student could be reached at any time, or by opening the master control, all students could be reached at the same time.

A voice now spoke over the speaker. "Today we greet the dawn of a glorious new day. We welcome its challenges. We go forth both as students and as soldiers. As students we shall learn. As soldiers we shall conquer. Each moment of this new day has a new thrill in store for us. With eagerness and joy in our hearts we welcome it."

Brother Brown dressed quickly, remembering that breakfast would be served at six o'clock. He glanced at his wrist watch as he stepped out his cabin door, and saw that he still had ten minutes. He gazed around him at the spacious grounds of the retreat, drinking in the beauty that lay before him. He breathed deeply of the crisp, cool air. "Ah, how wonderful it is just to be alive to see the glories of God at dawning!" he said softly to himself.

"You speak a great truth, Brother Brown," a voice said directly behind him. He started slightly, unaware that anyone was near. It was Brother Omega.

"Oh, good morning!" Brother Brown said. "I was just enjoying the beautiful sun rise."

Together they walked to the cafeteria, Brother Omega outlining the routine of the day. Each student would have certain duties to perform during his stay at the Retreat, Brother Omega told him. The women would help in the kitchen, the laundry, and in the publications department. The latter occupied one of the largest buildings at the Retreat, Brother Brown learned. Brother Omega explained that the Retreat was actually the World Headquarters, and that thousands of students studied lessons which were sent to them by mail. As they entered the cafeteria delicious odors greeted them.

Brother Brown thought he never had tasted such wonderful food. It was all different from anything he had ever tasted. He was to learn later that this was partly because of the method of cooking, as well as the special blending of certain foods which, in themselves, are quite common. "Blending makes the difference," Brother Omega told him when he remarked about the fruit juice that was served as the first breakfast course.

After breakfast Brother Brown and the other Aspirants assembled in the main lecture hall. Brother Omega discussed the Sacred Circle of protection which all Masters know about and use. He explained that there were numerous ways of achieving this Sacred Circle, including prayer and meditation. He described in detail the special rituals used in different countries. (See Monograph Number One.)

At the close of the lecture he instructed the Aspirants to establish their own Sacred Circle at once, if they had not already done so. He advised them to use the Mental or Visualization Method. He stood at the door as the Aspirants left the lecture hall and handed each one a Special Monograph which contained the same information he had just given them in the lecture. All of the Aspirants understood that the subconscious mind can only retain about one-tenth of what comes into it by way of the

senses of sight and hearing. Therefore they realized how important it is to review over and over again all knowledge they received.

All of the students at the Retreat had received preparation for what was soon to come through home study courses. Some were graduates of Christian Healing instruction; some were graduates of Suggestive Passivity Induction; some had studied Psycho-Metaphysics, and several had completed all of these home study instruction courses. They were all true ASPIRANTS, seeking the best which earthly life can offer, and knowing that anything one seeks with a sincere and fervent desire, he will surely obtain.

The morning went swiftly for Brother Brown. He re-established his Sacred Circle, although he had previously performed the ritual before he came to the Retreat. Like numerous metaphysical students, however, he had not placed his whole heart and soul and mind into his studies in the past. Now he was determined to let nothing stand in his way.

Giving up smoking was, perhaps, the most difficult thing which he had pledged himself to do, because he had smoked for many years. Nevertheless, he had made a pledge and he was determined to keep it. Even now as he sat contemplating all he had learned, he realized that he had not had a desire to smoke since he made his decision the day before. This certainly was remarkable. What he did not know was that the Advanced Brothers were all helping him through Powers which he, too, would one day learn to use.

His thoughts were interrupted by the soft strains of music, and he knew that it must be nearly time for the midday meal. As the music faded a voice said, "Oh, Father God, we give thee thanks for Thy Power and Thy blessings which are ours. The Living Waters of Eternity flow through us, remolding and rebuilding us. Each cell, each nerve, each fibre of our beings are renewed and restored and rejuvenated. Thy glorious, eternal Power is ours, and we are thankful."

There was a brief pause, followed by the announcement that lunch would be served in ten minutes. The midday meal was light, and consisted of easily digested "energy" foods. The usual natural beverages were served. Each student received food planned especially for him, according to his needs. These needs were based upon his weight and the general condition of his body. Those who were too thin received weight building foods, while those who were overweight received foods low in caloric content, but high in vitamin and mineral content. Brother Brown was among the latter. Although his body weight was not far above the "Ideal" for a man of his height, the distribution of that weight was dangerously out of proportion.

Following the midday meal, Brother Omega announced that the following hour would be a "Silent Hour", after which the students were to gather in the main lecture hall. The Silent Hour was for quiet introspection and meditation.

When all of the students were assembled in the lecture hall, they received a surprise when a bronzed, athletically built man entered, clad only in swimming trunks. He appeared to be somewhat under fifty. Smooth, sleek, powerful muscles rippled under his skin as he moved. Brother Omega held up his hand for attention, and introduced the new comer.

"Students and Aspirants," he began, "I introduce to you Brother Alpha who shall tell you his own story before I give you the next part of your instructions. Brother Alpha is a leader, himself now, although not long ago he .....but I'll let him tell you about it!"

Brother Alpha smiled and thanked Brother Omega. Then he turned toward the eager

faces of the Aspirants.

"I FORGOT HOW TO DIE!"

"I will forgive you," he said, "if at first you doubt some of the things I am going to tell you. Three years ago I would not have believed them myself. Today I know...yet even now I sometimes wonder if I'm dreaming!

"First, I have been upon this earth at least ten and possibly twenty, years longer than anyone of you." Brother Alpha paused to let his statement sink in. He was amused as he watched the students look at first one then another of their fellow aspirants, and then glance back at him. It was plain to see that some of the Aspirants did not believe him.

There was brother Johnson, for example, who had just passed his seventy-first birthday, and Brother Allen who was sixty-nine. Then there was Sister Ross who was eighty-one.

"I can see that you are wondering if I do not know your ages. Well, I do, and I repeat, I have been upon this earth at least ten years longer than any of you. Three years ago I was dying...or so the doctors told me. I was not afraid to die, because I had long since discovered the truth about eternity. Had this event taken place ten years sooner, before I was 'awakened' I might have been afraid. Up to that time I had all the usual false notions about 'hell' and the 'fire and brimstone' that churches of my youth told us about... and I cannot claim I had been any 'saint'! But that was all in the past.

"I was ninety-one, and according to popular belief, I was already living on 'borrowed time'. In fact I had 'borrowed' twenty-one years, if we accept the idea that man's allotted years are three score and ten. I had studied many of the mysteries of life, and I knew about the Masters who stay on the earth for several centuries."

As Brother Alpha made that statement he noticed several students raise their eyebrows, indicating they questioned whether anyone ever really lived on earth that long.

Brother Alpha continued. "In my youth I did not believe the Bible accounts of the old patriarchs who lived for eight or nine hundred years. I accepted the argument set forth by atheists who claimed that the old records were either mis-translated, or else the ancestral records were garbled. That was before I learned the secret of direct Cosmic Conception. Before the doctors told me I was dying, I knew that I had to make a choice. In other words, I knew before they did that I COULD die, if I wanted to."

This remark was just too much for Sister Ross. "Look here," she exclaimed. "First you tell us you're over ninety, when you look hardly fifty, and now you tell us you knew you could die when and if you wanted to. I've done a lot of reading and studying, too, but I can't swallow that!"

Brother Alpha smiled. "Madam, I cannot blame you for being skeptical. I just urge you not to let your doubt block your mind. As I unfold my story, you will find it easier to believe....and I assure, every word is fact." He paused a moment and then continued.

"Most of us reach a point in Life where we feel we either have completed our appointed task, or else that we have failed to complete it, and are, therefore, a failure. Either concept will make us -- unconsciously -- decide it is time to die. Now, I am well aware that this statement is contrary to the teaching of certain psychologists who claim that 'survival' is the most dominant force in man. It is for a

time, especially early in life. However, after numerous disappointments in life, or even after a series of big successes, the time finally comes when the SUBCONSCIOUS begins to take the reins, and commits us to die. Please keep your minds open, now, because I admit these revelations are unusual and for some of you may be hard to believe.

"You see, we are taught from childhood, either openly or subtly, that 'everyone has to die someday'. There are even jokes about the matter. For instance we have all heard that 'nothing is sure but death and taxes'. This mighty subconsciousness of ours believes these things. It acts upon anything which we do not consciously contradict when we hear it. In other words, all through our lives we CONSCIOUSLY believe that we have to die. Therefore, our SUB-consciousness knows that we really do believe this, and it always acts to bring into being that which we believe. The more strongly we believe it, the more surely will it bring the thing to pass."

Again Brother Alpha paused to let what he had told his audience sink into their minds.

"As I lay in bed after the doctors told me I could not live more than a few days, I began to think of all these Truths I had learned, and I began wondering what good they had done me, or could ever do if I just lay there and died, like any 'good old man' should. Now I have been a sort of rebel all my life. I guess that is what sort of riled me up...this notion that because these learned men with their white frocks, polished spectacles and framed degrees said I was dying I was supposed to be a good sport about it, and go right ahead and die. Well, I finally said to myself, 'these doctors can just go and be hanged!' I'll fool 'em and live despite what they say.

"I smiled inwardly as I made that decision. I began picturing the dynamic power of Life flowing through me once again. I didn't dare tell anyone my decision at first, because If I had the doctors and nurses would have tapped their foreheads significantly and sighed, 'too bad! it won't be long now.' So I kept quiet. Several days went by and I noticed two of the doctors becoming more and more alarmed at my turn for the better. I was hungry and I ate with more zest than I had in months. My strength gained, and within three weeks I was discharged from the hospital. I haven't been inside of one since, and I never shall be!"

Brother Omega came in and thanked Brother Alpha for addressing the Aspirants. Brother Alpha apologized to the Aspirants for having to leave at once without waiting to answer the numerous questions which he knew were stumbling over one another in their minds. He explained that his plane would leave the airport in about three hours, and it would take almost that long to get there from the Retreat. As he was about to leave, he left one final thought with the Aspirants.

"What I have done anyone on earth can do, IF HE REALLY WANTS TO. He need only choose some definite purpose for wanting to continue to live and stick with that purpose. If he should ever complete that purpose, then he must immediately choose a new one. So long as any of you has a REAL PURPOSE for wanting to remain on this earth, you will! Brother Omega knows the rest of my story as well as I do, so ask him anything you wish and he will answer your questions. In fact, what he will teach you during the days to come is the same knowledge I applied when I decided that I had a purpose which was important enough to enable me to stay on the earth. There are some physical laws as well as metaphysical laws to obey. Brother Omega will teach you all of the Laws. I leave with you my blessings and my sincere wish that all of you will find a PURPOSE TO LIVE FOR, and then set about to fulfill that purpose!"

As the car drove away from the lecture hall, the Aspirants all tried to get

recognition at the same time.

"One at a time, please!" laughed Brother Omega. "Sister Ross, I'll let you ask the first question."

"YOU DIE WHEN YOU WANT TO DIE!"

"Well, what I want to know is, first of all, how is it that Brother Alpha looks to be only fifty and yet he claims to be over ninety?"

"Appearance of age disappears when we reverse the processes that cause us to die," Brother Omega said. "You see, at the time Brother Alpha decided to 'fool the doctors', he looked his age....and, I might add, he looked like a dying man, too. The mere fact that he decided to live is not the only thing he did to regain his vibrant strength. He did not become a 'new man' overnight, either. He progressed very fast, but it still took time."

"How long did it take?" asked Brother Allen.

"That question can be answered two ways, but I assume you mean how long did it take Brother Alpha to become as young-looking as he appears today. It was only a little more than a year from the time he pledged himself to regain life until he looked about the same as he does today. When I said your question could be answered two ways, this is what I meant: In order to retain his dynamic energy, Brother Alpha, of course, continues to use every physical and metaphysical Law he knows. If he changed his present way of life, and returned to the 'old way', he would soon die. He can, I believe, retain his present state of health indefinitely, or at least until he decides he no longer wants to stay on the earth."

Sister Ross spoke up again. "That is something else I don't understand...this business about dying when you want to die. I don't know anyone who wants to die. I know I don't!"

"You are asking a question which cannot be answered quite so simply as the one Brother Allen asked. Until you understand the real purpose of life on the earth, and until you are thoroughly convinced of eternal survival of the spirit -- the real 'you' -- you will not be able to fully understand how or why the SUB-consciousness of man will fulfill his belief that his body must die. You see, it is not the CONSCIOUS you, it is the SUB-conscious 'you' that decides the time you shall die. It is true that there are some who predict many years ahead of time when they shall die, but the ordinary person does not CONSCIOUSLY do this. In fact, most people have such a dread of death that they are afraid to even think about it. This fear or dread is a direct product of the orthodox church teachings which describe all of the horrors of hell, and lead men and women to live a 'hell on earth' through fear.

"It was the custom of the early Christian church to hold power over its followers through fear. If the people feared death and thought that without staying in the good graces of the church they would be 'excommunicated', then of course, they would remain loyal to the church. You will recall that it was this Theocratic control that caused Martin Luther to rebel against the Catholic Church early in the 16th century. Even though Protestantism was formed originally in protest against Catholic tyranny, most Protestant denominations continued to use fear to hold their following.

"This same fear held the masses under a hypnotic spell which prevented them from thinking for themselves. They were at the mercy of the interpretations which their ministers placed upon Bibical teachings. To question anything in the Bible, or to even ask for clarification of Bible passages was considered blasphemous by many, and still is today. Therefore, because the Bible makes reference to man's years as being

"three soore and ten" (seventy, in other words), the orthodox church member is literally hypnotized into believing he is supposed to die when he reaches seventy. Many do live past the seventy mark, but their friends (?) and relatives often show by actions or by words that they feel 'Aunt Suzy is living on borrowed time'. Even this thought can pierce the subconsciousness of a sensitive person, especially one who knows nothing about the Sacred Circle of protection which all you Aspirants have used.

"The subconsciousness is powerful, and usually it wants to do for you the things you believe in. Another way of putting it is that the subconsciousness wants to do what it believes you want it to do. Every word that is uttered reaches your subconsciousness. If you let the idea stand unchallenged, your subconsciousness will accept it. Once it has accepted an idea, it is hard to get it to refute that idea. Thus you can see that it is far easier to remove a thought the moment it gets in than it is to remove one days, weeks, or even years afterward.

"The subconsciousness knows when you are 'not wanted'....which is what makes many people past seventy begin to die. They feel their usefulness has ended, and unconsciously they feel the reason for living has also ended. The subconsciousness takes up this idea, and proceeds to do something about it. That 'something' is to begin to end your life. Accidents really are not accidents at all, but rather circumstances brought about through the amazing subconscious activity, which our subconsciousness believes we desire.

"The author who said, 'Man does not die...he kills himself!', was more right than he may have realized. This is actually true in a literal sense. Even the neglect of common-sense health laws is a sure sign of SUBCONSCIOUS life-ending activity.

"To put the matter briefly, you die when you have convinced your subconsciousness that you no longer have any creative purpose which you wish to fulfill. You then begin to lose interest in doing the everyday things which will keep your body healthy and strong. You may begin to withdraw into a sort of 'shell'. In extreme cases men and women reach the point where they just sit around all day doing nothing but dying. In other words they finally make the matter of dying a full time job! Give these same men and women something to do that will inspire them, and within a few weeks they will look and feel years younger.

"You Aspirants are all here because you want to LIVE, and live fully. Your mental outlook, therefore, probably is sufficiently positive to assure you of rapid progress. A few of you still have a few negative habits to overcome. Those will disappear in a short time as you continue to supply your bodies with the normalizing diets which have been planned for you. When you return to your homes in a few weeks, you can use the charts which I shall give you, and prepare your own diets to suit your own individual needs.

"Now we are ready to begin the PHYSICAL practices which enabled Brother Alpha to renew his youth, and remove more than forty years from his age, according to present standards. Actually he is now older in appearance than he would be if he had decided to renew his youth at an earlier age, say around fifty.

"The spinal cord and the ductless or endocrine glands are the physical parts of man which are most directly responsible for his health or his illness. The spinal cord is encased in the vertabrae, commonly called the backbone. If any single one of these vertabrae is misplaced it may pinch the spinal cord enough to retard or entirely cut off the flow of nerve force to some part of the body. When a doctor desires to operate on the lower parts of the body, he may give a "spinal', instead of giving ether. When he injects the anesthetic in the spinal column between two of

the vertabrae, the entire body from that point downward becomes senseless...that is, no feeling of any kind remains."

At this point Sister Ross asked a question: "Why can't a doctor give a'spinal' for operations in the upper part of the body, also?"

"If the anesthetic is injected above the heart, then all of the nerve energy which keeps the heart operating would be stopped, and death would quickly result," Brother Omega explained.

"My purpose in mentioning 'spinals', as these injections are called, is to point out how nerve force reaches the various parts of your body, and to show you how important your spinal cord is. The first exercises you will learn are especially valuable because they stimulate the entire spinal cord, and increase the flow of spinal fluid. At first some of you may find it difficult to do these exercises correctly due to the fact that your spines have become rigid and 'set', and will have to be loosened gradually. Never force your body to do any new exercise. Let it take time to adjust itself.

"This first exercise is simple. In fact, it looks very easy, but heed my advice and do not overdo by trying too hard."

Brother Omega raised both arms high above his head and stretched as people often do when they first arise in the morning. Then he clasped both hands together and bent his body first left and then right. He continued to try to reach higher and higher. Some of the Aspirants actually thought he grew an inch while he was stretching. Then, still stretching, he began to bend forward from his waist. He kept his knees locked so they would not bend.

Several of the Aspirants gasped audibly when Brother Omega slapped both hands flat on the floor without bending his knees. He began to bounce slightly up and down, each time bending forward still more until he could almost touch his elbows to the floor, still without bending his knees.

Finally he stood erect again and smiled. "Anybody want to try it?" he asked with a note of challenge in his voice.

Brother Brown volunteered. After stretching from side to side as Brother Omega had done, he began to bend forward. He looked awkward compared with Brother Omega, but after some effort, he managed to touch his fingertips to the floor.

"That is really very good,"Brother Omega said as Brother Brown sat down. "Now who is next?"

One after another the Aspirants stepped forward and tried. The slimmer Aspirants found they could touch the floor more easily than their heavier colleagues. One especially thin Aspirant was able to place his hands flat on the floor, just as Brother Omega had done.

"Now a word of caution," Brother Omega said with finger upraised in a warning gesture. "Do NOT go back to your cabins and try to do this exercise over and over. If you do it more than five times this first day you will make the muscles in the backs of your legs very sore. You see, when you bend forward like that, keeping your legs stiff, something has to stretch in order to allow you to bend forward that far. This stretching is done not only among the vertabrae, but also in the biceps of the thighs. 'Biceps' is the name given the large muscles in the back of your thighs, and is descriptive of their dual formation. 'Bi' indicates that there are two muscles."

Brother Omega then described another important exercise which is very effective in stimulating certain of the vital endocrine glands located in the head and neck. He explained that the spinal cord extends from the base of the brain to the small of the back. Any exercise tends to bring extra blood to the part of the body that is being exercised.

"It is not my purpose to make 'muscle men' out of any of you. It is true that all of these exercises will produce some muscle growth, but more important than that is the nerve stimulation which they produce. This exercise is designed to stimulate the muscles of the neck. By stimulating these muscles blood is drawn into the brain and the thought forces receive extra stimulation. Here is how this exercise is done."

Brother Omega placed his hands against his forhead, with the heel of each hand touching. The fingers were pointed upward; the wrist and the forearms downward. He then began to shove his head slowly backward. When it had gone back as far as it could comfortably go, he began to exert the strength in his neck and shoved against his hands. He did the exercise several times until he felt certain that all of the Aspirants understood how it was done. Then he explained each part.

"First you place your hands against your forehead. It really does not matter how you do this so long as you place them in a position where you can exert the most force. You shove with your hands and try to resist with your head, like you were butting something. You keep steady pressure exerted with your hands, first letting your hands push your head backward, and then letting your head push your hands forward.

"Now here is the rest of this exercise." Brother Omega then interlocked his fingers and placed his hands behind his head. He pulled forward until his head was bent nearly to his chest. Then he began to push his hands backward by increasing the exertion of his neck muscles.

"This part of the exercise makes the muscles of the back part of the neck do some work, too," he explained. "In the first part of the exercise, the muscles in front had it all to do. Here is the final part."

Brother Omega then placed his right hand at the right side of his head and moved his head to the right side. Then he let his right hand slowly overcome the resistance of his neck muscles and his head moved to the left. After doing this several times, he reversed hands and exercised the muscles on the left side of his neck.

"The thyroid gland is one of the most important of the endocrine glands. Without it a human being would die in a very short time. Probably eighty percent or more of all people have defective thyroid glands, though only a small percent of these ever suffer enough to make them seek medical help," Brother Omega said. "The exercise I just showed you is the best one there is for stimulating the thyroid gland, because this gland is located near the hollow of the throat. While this exercise may not be able to cure serious thyroid disturbances without additional treatment, it certainly will go a long way toward preventing them.

"This is a good time to remind all of you that you cannot regain total and abundant health by simply following one set of the Laws of Life. These Laws are threefold: They govern body, soul, and mind. Each group of Laws must be adhered to in conjunction with the other groups. For instance, prayer can heal the body, and in some instances do so instantly. But a body so healed will become ill again if its owner continues to disobey either MENTAL OR PHYSICAL LAWS. Thus a man who has literally 'worried himself sick' may be healed of his ulcers through one of the many Divine

Healing Techniques, but his ulcers will return if he does not change his attitude toward life, and recognize the fallacy of worrying. In other words, he must change his MIND as well as his body.

"Likewise, the man whose ulcers have been produced by smoking....and medical science has definite proof that smoking does produce ulcers...may also be healed by Divine Healing, but his ulcers will return if he does not stop smoking. I could go on and on with illustrations, but these should do to show you what I mean. Combine all of Gods Laws, and use them all, and you have an unbeatable combination."

BROTHER BROWN BECOMES AN INITIATE

During the days that followed Brother Brown and the other Aspirants were taught many of the Ancient Forbidden Secrets of the Masters. They were taught the amazing, yet simple practices which renew the youthful vigor of the body. Now the time was drawing near when the Aspirants would receive certain final examinations to determine their fitness for acceptance as full fledged Initiates of the Order. If they were declared qualified, those who desired to do so could file application for admittance into the Aquarius School of the Masters where even deeper mysteries of Life are taught.

Brother Brown had been a faithful student, and he had learned rapidly. Nevertheless, he was spending this final day before examinations re-reading every monographs and studying all the notes he had taken during the many lectures. He was especially thrilled because of his conquest of the deadly tobacco habit, which now was gone entirely. At first he had experienced an occasional craving for a smoke, but for more than a week now he not only had felt no such craving, but the thought of smoking actually made him feel repelled. This, Brother Omega had told him, was the sign the habit had been destroyed.

His physical strength and endurance had increased beyond his highest expectations. He could now do all of the more difficult exercises far more than the minimum number of times required for graduation. Some of these he could not do at all when he first arrived at the Retreat. For example, he could now bend forward and place the palms of his hands flat upon the floor without bending his knees, whereas three weeks before he could not even get his finger tips to touch the floor without straining and struggling. He could do twenty-five push-ups with ease, and he could do the one-leg knee bend, one of the hardest exercises to master, ten times with each leg. He could easily do fifty two-leg knee bends.

The muscles of his abdominal region were strong and hard now. No more of that excess "blubber" any more! The sit-ups had done the trick, but it took perserverence and a lot of effort. He recalled how he had grunted and groaned during the first week to do just the minimum of five required for beginners. Now he could do sit-ups for half an hour steady without even pausing to rest. Only the day before he had done 100 sit-ups before breakfast.

The loud speaker announced that the physical tests would start in thirty minutes. Brother Omega would conduct the tests for both men and women Aspirants, with the students assisting by recording the results of the test.

As Brother Brown and the other Aspirants entered the gymnasium, Brother Omega gave each one a chart which had his name and address neatly typewritten at the top. On the chart was listed each exercise that was to be performed. Immediately following the exercise was a figure. This figure was the number of repetitions which the Aspirant had performed on his first trial nearly a month earlier. Today the purpose of the tests was to determine how much progress each Aspirant had made.

"The first exercise will be sit-ups," Brother Omega announced. "You will find a number written in pencil at the upper right hand corner of your Progress Chart. Those with an odd number on their charts will exercise first."

Brother Brown glanced at his number. It was 4. Therefore, he knew was not be among the first.

"Those who have even numbers will record the results for the Aspirants who are taking the test. When they finish with an exercise, those with even numbers will trade places with those who have odd numbers. Does everyone understand?"

The Aspirants all understood, so the test got under way without further explanation.

Brother Brown and Brother Allen were partners for the tests. Brother Allen, who was slender, performed 100 sit-ups in the allotted time. Brother Brown, who was much heavier than Brother Allen, did only 85. However, both men greatly exceeded the minimum passing requirement which was 25 for women and 35 for men.

The next exercise was the push-ups, an exercise made famous years ago by one of America's best known mail-order physical culturists. The Aspirants had learned that this one exercise was the most wonderful nerve stimulator anyone could practice, if done correctly, with back kept straight throughout. Brother Allen dropped behind Brother Brown on this one, because even despite his excess weight, Brother Brown had strong shoulder and chest muscles. Brother Allen did 21 push-ups; Brother Brown did 27.

The thinner Aspirants had a "field day" on the next exercise, which was the one-leg knee bends. Their heavier fellow Aspirants just couldn't compete with them on this one. Brother Allen had done twenty-five when "time" was called, and was still going strong. Brother Brown could only do 18. The minimum required for passing was 10, for men; 7 for women.

When the tests were completed, Brother Omega announced that all of the Aspirants had passed with flying colors. "I am proud of all of you," he declared, "and I hope many of you will file your applications for admittance into the Advanced School of the Order after you complete your written examinations tomorrow. That is all for today."

With the coming dawn the Aspirants were up early preparing for the final examinations and packing their belongings. The final examinations would take about two hours, and would begin at 9:00 o'clock. After the midday meal they would be on their way home again, where they would continue to use the knowledge they had gained during this delightful month at the Retreat.

The entire class passed with high grades...far above the minimum required. This was not surprising, because these Aspirants were all men and women who had come here for one purpose....to learn as much as possible. For all the years to come they would continue to reap rewards from this experience. They all realized the Great Truth that no investment in the world is one-tenth so valuable as an investment in one's self.

Brother Brown had made his decision to LIVE, and today he made his decision to start his NEW LIFE now. Immediately after the graduation ceremonies were completed he sought out Brother Omega and asked for a word alone. He explained that he had decided to devote the rest of his life to teaching, and would be glad to donate a large sum of money to the Retreat and to the Order. Brother Omega listened to his

statements.

"Brother Brown," he said, "I am sure of your sincerity. There have been two occasions in the past where I have had to refuse offers of financial aid from Aspirants because they thought they could 'buy' Mastership. I know that you are not making your offer with this idea in mind. You knowthat Mastership must be EARNED. No amount of money on earth can buy it. In fact, I know of several millionaires who would gladly buy it if it could be bought.

"Of course, in one sense it actually CAN be bought, but not with money. The 'price', if we may call it that, is determination and perserverence. Time is required, just as it is for all good things. A grain of corn planted today will not bear ears tomorrow. Nature is logical in all things. Physical growth requires time; mental growth requires time, and Spiritual Growth, the greatest of all, requires time."

Brother Omega paused a moment in thought. Finally he spoke. "You still have some tests to pass, Brother Brown, and time alone can enable you to pass them. You have only recently stopped smoking. Before you can go into the deeper phases of this work, you must prove yourself able to withstand the normal social pressures of the uninformed 'massminded'. Therefore, as much as I should like to admit you into the Advanced School now, I must say 'no' for the moment."

Brother Brown clearly showed his disappointment, but Brother Omega dispelled most of it with his next statement.

"You will have some wonderful opportunities to actually teach others, Brother Brown, even though you are not admitted into the Advanced School right now. By setting a marvelous example among your friends and acquaintances, as well as your children and grandchildren, you can do more right at this time than you could do if you stayed here. Therefore, I hereby appoint you as the First Missionary ever appointed by this Order!"

Brother Brown grasped Brother Omega's hand in gratitude. "Thank you, thank you!"

As Brother Brown boarded the train to return to his home and his business, he was afire with enthusiasm and excitement. He was truly "reborn". Like Brother Alpha, he now had a REAL REASON to live....a reason so vital and important that nothing could dim its brilliance. Amen!

* * * * * * * * * *

On the following pages are recipes for the Miracle Meals which Brother Brown found so wonderful, and which helped him regain the enthusiasm and vibrant health of youth. The Special physical exercises which he and the other Aspirants practiced are also given.

Reading about Sacred Knowledge without using it is a sin against Almighty God, for God gives knowledge to mankind to use.

"Knowledge of itself is void of Power.
Neither is it of any value when
sought for its own sake.
Knowledge becomes a Mighty Force for Good
In proportion to the fervor with which
It is applied by men to the tasks of Life."

MIRACLE MEALS OF THE MASTERS

HOW TO EAT. All foods should be thoroughly and COMPLETELY masticated in the mouth before being swallowed. Never take liquid into the mouth while there is food in it. In other words do not "wash down" your food. Eat slowly...that is, chew each mouthful of food thoroughly. Because you will obtain more nourishment and less waste from your food in this way, you will require less. This habit alone can save most people at least one-tenth of their food bill. Since the average family spends about $30.00 a month per adult for food, this means a saving of $36.00 a year.

WHAT TO EAT. Eat as much raw food as possible. Eat only a few items at any one meal. The "American way" of eating is wrong. Large varieties of food on the table at each meal are not necessary. In fact, they promote illness, not health, through bad combinations. Three types of food are needed by the body. These are PROTEIN, STARCHES AND SUGARS, AND FATS. Starches and sugars are called CARBOHYDRATES. Insofar as possible, eat one type of food at a meal. FATS may be combined with proteins, but they should be taken only sparingly with carbohydrates. MINERALS AND VITAMINS are just as important as the three main food types. All fresh fruits and vegetables contain minerals and vitamins. Suggested meals are given later, showing how to eat enough to be satisfied without mixing the wrong types of foods together.

WHEN TO EAT. It is a common practice to eat three meals a day, "by the clock", instead of letting real hunger guide the appetite. When the body needs food, it will say so by making you feel hungry. EAT ONLY IF YOU ARE REALLY HUNGRY. Many people eat but one meal a day, with, perhaps, an occasional glass of fruit juice through the day. Aspirants soon learn to let their FEELINGS guide their eating habits. NEVER EAT WHEN EMOTIONALLY UPSET. Food taken when you are angry, worried, frightened, or otherwise disturbed, actually is converted into POISON within your body. It is far better to forego a meal than it is to eat, and then suffer poisoning afterward.

FASTING. In ancient times FASTING (that is going without any food at all) was a common practice, at least one day out of each week. In the Bible we find that this was adhered to religiously in Old Testament times. Though accepted as a religious practice, this actually was a HEALTH PRACTICE also. In fact, much of religious teachings contained health rules in the guise of religion, because it was easier for the religious leaders to get their followers to obey a religious law than it was to make them obey a health law. Everyone should abstain from all food one day out of each week. At first the Initiate to whom fasting is new may drink fruit juices throughout the day, but as soon as he can, he should begin to use the COMPLETE FAST once a week. Water only should be taken. Some even prefer to refrain from even taking water. Comfort should be the guide here. In hot weather water probably would be necessary in small amounts.

HOW MUCH TO EAT. The amount of food each individual requires is governed by the amount of energy he expends. This does not mean physical energy alone. Mental tension and anxiety also burn up energy. Of course, Aspirants are assumed to be free from such tensions, but at first they may not be. Your weight should be your guide. Weigh every week. If you now weigh what you feel you should, eat to keep your weight on an even range. A couple of pounds variation is normal. If you are OVERWEIGHT, you are eating more food, especially carbohydrates and fats, than you need. Overeating is generally believed now to be a NEUROTIC habit. In other words, eating takes the place of something else that the person wants. With women this is usually LOVE. Some psychiatrists have stated they believe all overweight people...both men and women... are hungry for love, not food. Food simply acts as a SYMBOL to them, and they seem to gain some sort of psychological satisfaction from eating, or rather "nibbling" which is usually what they do all day long. There is one thing to remember: YOU ONLY GAIN WEIGHT IF YOU EAT MORE THAN YOUR BODY NEEDS. In other words, if

you are overweight, you have been literally throwing money away on food, probably for years. Not only have you wasted money by eating too much, but you have been harming your health as well. Charts which follow will enable you to choose the right foods to form your own individual nourishment plan.

HOW TO LOSE WEIGHT SAFELY. First of all, NEVER buy any of these so-called weight-reducing drugs. They are dangerous. Use common sense, and stick with a plan of eating which will give you just a little less calories than you actually use each day. To do this, make sure all cookies, candy, cake, pie, etc. etc. are completely removed from your pantry. DO NOT HAVE ANY OF THESE TEMPTATIONS IN YOUR HOUSE. Here is why: The overweight person eats UNCONSCIOUSLY. In other words, he absent-mindedly picks up anything that is handy, such as a piece of candy or a cookie, and nibbles while his mind is upon something else. Accuse him of overeating and he is likely to reply, "Why I hardly eat anything at all!" After you have removed all of the "little temptations", set up your own food chart, keeping an actual record of everything you eat. If you happen to feel hungry between meals, eat an apple, or some kind of fruit which has low caloric value, yet is bulky. Most fruits will serve this purpose. Do not eat raisins or dried fruits between meals, however, as they are highly concentrated, and contain many times as many calories per ounce as fresh fruit.

Begin your new nourishment plan by reducing your food intake to about 2,000 calories a day. Some "fad diets" recommend only 1,000 to 1,500 calories, and that is why most people never last long on a diet plan. They try to "starve" themselves thin, and the discomfort is so great they give up. You took years to "get that way," so don't try to change your weight in a week or two. Make this a "new way of life". Plan on losing from one to two pounds a week; three at the most. Do NOT try to "burn" off fat with long Turkish baths or treatments in steam cabinets. Instead of feeling better, you will feel worse if you use either of these methods. Do not try to perform strenuous exercise for long periods, either, especially if you have not done hard work for a long time. Exercise is good, but not to extremes, which faddists sometimes adopt.

Watch your weight carefully. Weigh yourself once a week. If you do not begin to lose, re-check your food intake. Are you "cheating" a little? Are you visiting occasionally and undoing all the good you have done by overeating at a banquet? You must develop enough will power to do what YOU want to do, not what some unlearned friend suggests. "Oh, another piece of pie won't hurt you!" is a deadly thing for anyone to tell you. A friend is one who wants to help you. Such a person is as much of a "friend" as a cobra between your bedsheets!

HOW TO GAIN WEIGHT. It will be a surprise to some to know that it is possible to eat so much that the body is actually made thinner instead of heavier. Many underweight people eat more than their overweight friends. Some even eat as much as 6,000 calories a day, yet remain slender! This is far too much food. Even hardworking men need only about 4,000 calories. If you are too slim, begin with a nourishment intake of 3,000 calories, properly distributed among the three types of food, according to the nourishment tables given later. Check your weight once a week. If you do not begin to gain, add five hundred calories and check your weight again. It often helps to go on an elimination diet for a week, even though you may lose two or three pounds in doing so. This lost weight will be mostly poisonous waste which may be preventing your body from using the food you eat. This elimination diet is given later. BE SURE YOU STRIVE FOR A TRANQUIL MIND. WORRY AND ANXIETY CAN KEEP YOU SLIM NO MATTER HOW MUCH YOU EAT. Use all of the METHODS OF THE MASTERS, not just the ones pertaining to food and exercise. The MIND has a definite effect upon your body, too.

In the following charts you will find a large variety of foods. Use one or two foods from each group at a meal. The large variety is given purely to show you the

wide choice you have. A variation of a couple of hundred calories is not important. If you attempt to become too exact, you will use up all your time making charts, and before long you will abandon the idea of rebuilding your body. Therefore, the charts given below, and on the following pages, are not intended to be accurate right down to the milligram. You may vary several hundred calories a day without disturbing your progress, once you have found your own ideal nourishment intake.

For instance, if you eat only 2,800 calories today, and 3,200 tomorrow, your intake will still average 3,000 calories a day for the two days. A variation of 10 or 20 calories in a meal is too insignificant to consider at all, and should be disregarded.

PROTEIN FOODS. The most recent tests show that 50 grams of protein is sufficient for an adult. Former government recommendations said 70 grams. Too much protein is definitely not desirable. If you take in more protein than you need, your body will try to use the excess as "fuel"....that is, in the same way that it uses carbohydrates. It takes a lot of energy to convert protein into a useable "fuel", and the energy so used is lost for other purposes. The following are foods with a high protein content. Some of these also contain a large amount of carbohydrates and fats also. Most nuts, for example, are almost "complete" foods, and contain protein, carbohydrates and fats.

KIND OF FOOD	AMOUNT NEEDED TO SUPPLY 50 GRAMS OF PROTEIN	AMOUNT OF CARBOHYDRATES IN THAT MUCH	AMOUNT OF FATS
LEAN BEEF (ANY CUT)	3/4 pound	- - -	- - - -
NUTS, average (Different varieties of nuts vary slightly, but this is a close guide.)	3/4 pound	50 grams	160 grams
CHEESE (average)	3/4 pound	varies	varies
EGGS (8 medium weigh 1 pound)	1 pound	3 grams	45 grams
MILK	9 glasses (2¼ qts)	80 grams	60 grams
FISH	9 ounces	varies	varies
PEAS, FRESH	2 pounds	130 grams	3 grams
Wheat Germ Meal	1/2 pound	100 grams	20 grams
Soybean flour	6 ounces	18 grams	30 grams
BUTTERMILK	8 glasses (2 qts.)	70 grams	little
LIMA BEANS (Butter Beans)	2 pounds	180 grams	little
WHOLE WHEAT BREAD (Average slice of bread weighs one ounce)	1½ pounds (24 slices)	300 grams	6 grams

ALTHOUGH THE ABOVE ARE PRIMARY SOURCES OF PROTEIN, MANY VEGETABLES ALSO CONTAIN SOME PROTEIN, TOO. THE FOLLOWING TABLE SHOWS THE APPROXIMATE AMOUNT OF PROTEIN IN GRAMS CONTAINED IN AN AVERAGE SERVING (4 OUNCES) OF SOME OF THE MORE POPULAR VEGETABLES.

String beans...2½ grams
Beet greens . . 2 grams
cabbage . . . .1½ grams
Carrots . . . 1 gram
Celery . . . 1½ grams
Corn . . . 2½ grams
Dandelion greens 2½ grams
Lettuce . . . 1 gram
Onions . . . 1½ grams
Peppers (Bell) 1 gram
Irish potatoes 2 grams
Sweet Potatoes . . . . 3 grams
Spinach . . . . . 2 grams
Squash . . . . . 1½ grams
Tomatoes . . . . . 1 gram

NOTE: It is almost impossible to get LESS protein than you need, but it is very easy to get TOO MUCH.

Most people who eat lots of meat get too much protein. An average steak weighs a half pound. A large steak weighs from 3/4 to 1 pound.

A WORD OF WARNING ABOUT FLESH DIETS. While meat contains excellent protein, it also produces more poisonous waste material in the process of digestion than any other food. Unless you actually crave meat, you will profit by eliminating it entirely from your diet. Substitute nuts, milk and eggs. Also choose vegetables which have protein in appreciable amounts. Peas and beans are good sources of protein. For the food value received, meat is one of the most expensive foods you can eat. This is especially true of the better cuts, such as steaks and chops. If you weigh the bone in a high grade sirloin, you will be shocked at the amount of waste.

All Masters eat fleshless diets. The sprouts of certain seeds provide amazing food value. Bean sprouts are especially valuable. Tests have shown that animals can be rejuvenated by feeding them sprouted grains. Bean sprouts have been used for centuries by Adepts, and there is no doubt but what the sprouts have helped in keeping them "young" even though their other practices also played a big part, too.

Another "miracle food" is made by mixing honey and butter in the ratio of one part honey and two parts butter. This ratio may be changed somewhat, but this is the best. To make this mixture, called "Ghee" in the orient, melt the butter over hot water (a double boiler is best for this) and mix the honey and butter together while they are warm. Use about a tablespoonful every day.

NATURAL VITAMINS AND MINERALS

Brother Alpha's remarkable return to "youth" was greatly speeded by the fact that he followed a specific re-building program, eating foods specially prepared. He prepared all of his own meals to be sure they contained what his body needed. RAW VEGETABLE JUICES replaced all other beverages except water. Coffee, tea, "cola" drinks, etc., were eliminated. Carrot juice was his favorite. The vitamin A content of carrot juice is very high, and since he drank a full quart of carrot juice every day, he consumed many times the so-called "minimum daily requirement" of this vitamin. One ounce of fresh carrot juice contains a minimum of 2,000 International Units of vitamin A. According to most authorities, the "minimum" requirement is 6,000 Units. Brother Alpha consumed 10 times this amount. Of course, carrots also contain vitamin B and Vitamin C, as well as natural iron and other valuable minerals.

When brother Alpha drank his quart of fresh carrot juice daily, he obtained at least 10 times the "minimum" of Vitamin A, 4 times the "minimum" of Vitamin C, 3 times the minimum of vitamin B, and substantial amounts of calcium, phosphorus and iron. Brother Alpha raised his own carrots, so he saved many dollars in this way. Even if he had purchased them at the grocery store, his investment would have been a good one. (Directions for making all types of vegetable juices are given later.)

In addition to carrot juice, Brother Alpha also drank other vegetable juices, too. The TOPS of most vegetables contain as much food value as the vegetables themselves. By grinding these in a food grinder, or liquifying them in a blendor, all of the health-giving juices can be squeezed out. Carrot tops and beet tops are especially valuable. Beet tops contain even more vitamin A than carrots. In fact, one ounce of beet tops contains nearly three times as much vitamin A as carrots. Spinach and dandelion greens both contain about as much vitamin A as beet tops.

On the following page are recipes for making the various juice blends which Brother Omega made for himself. Anyone can experiment with different blends until he finds those which are especially appealing to him. By making different mixtures, you will not grow tired of any one of them, because you will always have a variety. It is best to always mix your juices fresh each day, although you can store your juices up to three or four days in the refrigerator. Some find it more convenient to make enough juice at one time to last several days. You can obtain a gallon jug and use it for a storage container.

FORMULAS FOR VEGETABLE JUICE BLENDS

FORMULA NUMBER 1

Carrot juice	8 ounces	(1 glass)
Tomato juice	6 ounces	(3/4 ")
Beet juice, include tops	4 ounces	(½ ")
Celery juice	4 ounces	(½ ")
Parsley juice	1 ounce	(1/8 ")
Water	9 ounces	(1 1/8")

This formula makes one quart of juice. The water should be added to the pulp which is left after squeezing out the pure juice and allowed to stand for 30 minutes. In this way you will get more value from the vegetables.

FORMULA NUMBER TWO

Carrot juice	12 ounces	(1½ ")
Apple juice	8 ounces	(1 glass)
Celery juice	2 ounces	(1/8 ")
Water	10 ounces	(1¼ ")

To make fresh juices from vegetables or fruit, mash or grind the products you wish to use, and then squeeze out the juice by placing the pulp in a clean flour or sugar sack and wringing it out.

FORMULA NUMBER THREE

Tomato juice	12 ounces	(1½ glass)
Cucumber juice	6 ounces	(3/4 ")
Spinach juice	6 ounces	(3/4 ")
Parsley juice	1 ounce	(1/8 ")
Water	7 ounces	(7/8 ")

Some vegetables, such as turnips, beets, carrots and raw potatoes, must be grated or ground, or else chopped fairly fine and liquified in an electric blendor. The best investment anyone can make is in a blendor or liquifier. This kitchen accessory is a "must" for those who want healthful, economical meals. Prices range from about $25.00 to $50.00. A family of four can save up to ten times that much in one year because of the elimination of waste. Children love the tangy falvor of vegetable juices, and nothing is better for them.

FORMULA NUMBER FOUR

Tomato juice	8 ounces	(1 glass)
Lemon juice	2 ounces	(¼ glass)
Celery juice	2 ounces	(¼ ")
Spinach juice	4 ounces	(½ ")
Green (Bell) pepper jc.	2 ounces	(¼ ")
Beet juice	4 ounces	(½ ")
Water	10 ounces	(1¼ ")

To make juices with an electric blendor, it is necessary to add some liquid to such chopped vegetables as turnips, carrots, potatoes, celery, etc. To avoid diluting the juices with water, start with the juciest vegetable first, or use a small amount of canned juice. Squeeze the same juice through the succeeding batches of ground vegetables. In other words, after you have made three or four ounces of juice, pour it into your liquifier again, and add more vegetables. Then squeeze these through your cloth bag. In this way you will add to your juice supply each time. At the end of your juice making, add the amount of water suggested in the various formulas and squeeze this through the pulp, after letting it stand for 30 minutes.

FORMULAS NUMBER FIVE

Peach or pear juice	8 ounces	(1 glass)
Carrot juice	6 ounces	(3/4 ")
Celery juice	2 ounces	(¼ ")
Apple juice	6 ounces	(3/4 ")
Water	10 ounces	(1¼ ")

THE ABOVE FORMULAS ARE GIVEN AS SUGGESTIONS. ANY FRUIT OR VEGETABLE CAN BE USED. SWEET POTATOES AND WHITE POTATOES CAN BE USED RAW. SWEET POTATOES CONTAIN NEARLY THREE TIMES AS MANY CALORIES PER OUNCE AS WHITE POTATOES, SO THE PERSON WHO IS OVERWEIGHT SHOULD USE THEM SPARINGLY. TEST BLENDS OF YOUR OWN. LETTUCE AND CABBAGE ARE VERY GOOD IN JUICE BLENDS, AND BOTH ARE HIGH IN VITAMIN AND MINERAL CONTENT, ESPECIALLY VITAMIN C.

APPROXIMATE VITAMIN AND MINERAL CONTENT OF FORMULAS

The above formulas all contain large quantities of essential vitamins and minerals. The following list will guide you in choosing your formulas.

Formula Number One: Vit. A - 37,000 Units; Vit. B_1 -250 Units; Vit. C - 2,000; Calcium - .6 grams; Phosphorus - .75 grams; Iron - 22 Milligrams. (1 milligram is 1/1000 of a gram.)

Formula Number Two: Vit. A - 25,000 Units; Vit. B_1 - 200 Units; Vit. C - 1200 Units; Calcium - .6 grams; Phosphorus - .6 grams; Iron - 10 milligrams.

Formula Number Three: Vit. A - 86,400; Vit B_1 - 250; Vit. C - 4,000; Calcium - .22 grams; Phosphorus - .4 grams; Iron - 11.7 milligrams.

Formula Number Four: Vit. A - 76,000; Vit. B_1 - 300; Vit. C - 7,000; Calcium - .6 grams; Phosphorus - .8 grams; Iron 30. milligrams.

Formula Number Five: Vit. A - 22,000; Vit B_1 - 125; Vit C - 2,000; Calcium - .3 gms., Phosphorus - .4 grams; Iron - 7 Milligrams.

MEDICALLY ESTABLISHED MINIMUM DAILY REQUIREMENTS OF VITAMINS AND MINERALS

The following table of Minimum daily Requirements of certain vitamins and minerals is based upon standards set up by U. S. Government specifications for adults, and may be considered correct. However, for those whose present state of health is not ideal, far greater amounts are recommended. Vitamins are given in International Units, Calcium and phosphorus in grams, and iron in milligrams.

VITAIMIN A	VITAMIN B_1	Vit. B_2	VIT. C	VIT. D	CALCIUM	PHOSPHORUS	IRON
4,000	333	2 milligm.	800	400	.7 gms.	1.4 gms.	15 milligm.

NOTE: Not all books and authorities agree exactly as to the amounts of vitamins and minerals needed by adults, but the variation is not great. Other vitamins and minerals are known to be necessary, but no definite amounts have been established under Government standards. Many authorities do not believe it is possible to get too much NATURAL VITAMINS AND MINERALS, but opinions differ concerning SYNTHETIC VITAMINS. Most vitamin capsules are synthetic. Anyone who drinks a minimum of 1 quart of vegetable juices daily will not lack any of the essential vitamins and minerals, providing he also eats wisely.

Almonds are high in calcium and phosphorus content, and also are an excellent protein food. Lemon juice should always be used in place of vinegar on salads. In warm weather lemonade and other natural fruit drinks should be used freely. Carrot juice diluted with about half water makes an excellent summertime drink, too. Since the liquid requirement is so much higher in summer, it is a good plan to dilute such concentrated juices as carrot juice, beet juice, spinach juice, and other pure vegetable juice. This may be done by adding cracked ice and sipping the juice slowly while the ice is melting.

During summer the liquid intake, including water, should be not less than three quarts (12 full glasses) and in winter not less than a half gallon (8 full glasses). The blood is kept purified by the kidneys which literally wash it many times a day in the water you drink. Whenever the urine becomes yellow this means your liquid intake is inadequate. If you are taking enough fluids, the urine will always be nearly clear. Since much more liquid is lost from the body through perspiration in summer than in winter, you must drink more in order to offset this added loss. When any burning sensation is felt during urination, this also is a sign of inadequate liquid intake in most cases. The heavy concentration of uric acid and other impurities burns the delicate lining of the urinary system. Learn to "listen" for nature's warnings, and heed them.

Space does not permit the listing of every known fruit and vegetable, but you can be sure that the juices of all of them are valuable. If you drink at least one quart of mixed vegetable juices daily, in addition to your regular meals, you are certain to get an abundant supply of natural vitamins and minerals.

APPROXIMATE FOOD VALUES OF SOME COMMON VARITIES OF FOOD

Every person interested in staying in good health should become familiar with the method of calculating the caloric value of foods, as well as their protein, fat, and carbohydrate content. The following chart will assist anyone in doing this. It should be understood that the values given are approximate, as it is nearly impossible to obtain completely accurate analysis, due to the different sources of foods. For instance, carrots grown in rich soil may contain 2000 units of vitamin A per ounce, while carrots grown in poor soil may contain only half that much. Vitamin values and mineral values given below are based on foods grown in good soil.

PROTEINS are muscle building foods, and are used only to replace worn out tissues in adults. Children need somewhat more protein per pound of body weight than adults, because they are growing rapidly. Most adults in America, especially meat-eaters, get far too much protein. An adult whose ideal weight should be 150 pounds needs not more than 70 grams (280 calories) of protein. Hard work does not increase the need for protein, as some erroneously believe. The "red meat" theory was advanced by the meat packers, not by health authorities.

CARBOHYDRATES are energy foods. Hard work increases the need for carbohydrates, NOT for proteins. All starches and sugars are high in carbohydrates. The need for carbohydrates varies with the amount of work you do. On an average, the body needs about 6 times as much carbohydrates as it does proteins.

FATS are needed in about the same proportion as proteins, but one gram of fat yields twice as much energy (calories) as one gram of either protein or carbohydrates.

The approximate ratio of PROTEINS, FATS AND CARBOHYDRATES is 1:1:6, which means 1 part proteins, 1 part fats, and 6 parts carbohydrates. As stated before, the intake of carbohydrates should be varied according to the type of work one is doing, and, therefore, the above ratio may change under some circumstances to 1:1:7, or even 1:1:8. The intake of protein and fat need not be changed, although in cold climates a slim person may find it helpful to increase the fat intake during the winter.

Now let us take an example using the formula 1:1:6 for intake of protein, fat, and carbohydrates. For practical purposes we can consider that one gram of protein yields 4 calories, 1 gram of fat yields 9 calories, and one gram of carbohydrate 4 calories. Therefore, using the 1:1:6 formula, and starting with 70 grams of protein, we find we should have 70 grams of fat and 6 times 70 or 420 grams of carbohydrate. To calculate the calories, we multiply the protein and the carbohydrate intak by 4 and the fat intake by 9. 4 times 70 equals 280 calories of protein. 9 times 70 gives us 630 calories of fat; and 4 times 420 equals 1680 calories of carbohydrate. Add these calories together and the total is 2590 calories. This is the amount usually recommended for men doing light to medium work. A woman doing light work may gain weight on that amount. The calorie recommendation for women ranges from 2,000 to 3,000. Each person must make his own chart, based upon observation. If he is gaining weight, then he must reduce his intake of carbohydrates and fats. If he is losing weight, or is slender and wishes to gain, he should increase his intake of carbohydrates and fats.

There is one exception to this rule: A few people eat almost TWICE as much as they need, yet remain slender. If these people reduce their food intake, they are likely to GAIN weight, rather than lose. The reason is this: By overeating they have clogged their entire system with poison to the point where almost all they eat goes right through without being assimilated. Sometimes a complete fast for several days will help such people to start gaining weight when they start eating again .... providing they eat correctly.

The chart on the following page will provide a guide to correct eating.

CHART OF FOOD VALUES

The food values given are approximate, since the locality where the food was raised, the method of preparation, and other factors have a bearing upon the exact quality of the food you eat. However, this chart is sufficiently accurate to enable anyone to plan a nutritionally correct diet. An average portion of about 4 ounces is used as the basis for computing the figures in the chart. It is not necessary to actually weigh out every bite of food, as the amount can vary considerably and still provide good nutrition. Most diets are way out of balance, however, rather than just the small amount which would ordinarily occur from day to day if reasonable effort were made to prepare a balanced meal.

NAME OF FOOD	Protein	Fat	Carbo-hydrate	Calcium	Phos-phorus	Iron	Vit. A	Vit. B_1	Vit. C
FRUIT									
Apples	1.2	3.8	60	.008	.012	.36	100	8	200(*)
Apricots	6	1.0	60	.015	.032	1.80	3000	--	-- (*)
Bananas	5	2.0	95	.008	.030	.70	400	20	200(*)
Cantaloupe	2.5	2.0	55	.017	.017	.42	250	10	500 (*)
Dates, dried	10	6.0	320	.08	.06	4.00	175	22	-- (*)
Grapefruit, fresh	2.0	1.8	45	.022	.021	.30	-- (*)	25	1,000 (*)
Grapes, fresh	5.5	12.0	60	.020	.036	.75	18	12	500 (*)
Olives, ripe	8.5	150.0	8	.11	.021	2.75	150	--	-- (*)
Oranges	3.5	2.0	50	.025	.019	.52	300(*)	28	1,000 (*)
Peaches, fresh	2.2	1.0	50	.011	.020	.35	2900	8	120 (*)
Pineapple, canned	2.0	1.0	85	.006	.008	.22	100	20	-- (*)
Prunes, dried	9.0	5.0	250	.050	.080	2.50	500	45	20
Strawberries, fresh	3.5	5.5	35	.036	.030	.70	--	10	1,200 (*)
NUTS									
Almonds	80.0	480.0	65	.26	.46	4.10	--	60	200(*)
Peanuts (or peanut butter)	100.0	410.0	80	.08	.41	1.9	--	75	- -
Walnuts, English	65.0	570.0	65	.09	.38	2.5	65-	--	600

(Most nuts contain about the same amount of protein as meat, but since nuts, with the exception of walnuts, are not acid forming, they are a better source of protein than meat. The large apes and gorillas, as well as the smaller monkeys, live on fruit, nuts, and tender shoots of plants exclusively. Their digestive system is very similar to that of a human being. They live much longer in proportion than human beings.)

SWEETS									
Honey (5 tablespoons)	2.0	0.0	320	.005	.021	.72	- -	- - - - - - -	
Molasses	0.0	0.0	245	.271	.03	7.40	- -(*)	- -(*)	- -(*)
Sugar, Brown	0.0	0.0	340	.087	.013	2.7			
Sugar, White (**)	0.0	0.0	400	(All minerals removed in refining. Very bad)					
VEGETABLES									
Beans, Lima (fresh)	30.0	8.0	95	.030	.14	2.5	--	120	1,000(*)
Beans,(dried wt.)	88.0	17.0	250	.15	.50	10.5	--	130	25(*)
Beans, fresh string	10.0	2.0	30	.06	.05	1.3	600	--	-- (*)
Beans, soy (dried)	140.0	165.0	50	.24	.70	7.0	--	500	200(*)
Beet Greens	8.0	2.0	25	.004	.041	3.3	21,000	40	1,000 (*)
Cabbage	10.0	2.0	22	.05	.04	0.5	---(*)	30	1,000 (*)
Carrots, fresh	5.0	2.5	40	.05	.045	0.7	2,000(*)	25	250 (*)
Celery	6.0	2.0	15	.08	.05	0.7	25	15	100(*)
Corn, sweet, fresh	15.0	11.0	85	.006	.11	0.5	--(*)	40	100(*)
Dandelion greens	12.0	7.0	35	.09	.04	3.2	28,000	--	500(*)
Lettuce	4.0	2.0	12	.02	.04	0.5	200	30	200(*)

(Continued on next page)

NAME OF FOOD	Protein	Fat	Carbo-hydrate	Calcium	Phos-phorus	Iron	Vit. A	Vit. B1	Vit. C
Onions	5.5	2.0	42	.042	.05	0.5	--	10	100(*)
Peas, fresh shelled	30.0	3.0	70	.024	.13	2.2	500(*)	300	500(*)
Peppers, Bell (Green)	5.0	2.0	25	.12	.03	0.42	1,000	5	3,000(*)
Potatoes, white	8.0	1.0	80	.013	.06	1.10	50	50	500(*)
Potatoes, sweet	12.5	11.0	190	.04	.08	1.40	6,500	50	600
Spinahh, fresh	9.0	3.0	14	.05	.05	2.60	21,000	40	1,000(*)
Squash, winter	6.0	3.0	35	.02	.03	0.60	7,000	20	200(*)
Tomatoes, fresh	4.0	2.5	18	.012	.03	0.46	1,200	28	500(*)
MEATS									
Chicken or other fowl	90.0	40.0(*)	--	.014	.24	3.4	--	45	--
Liver, calf	80.0	40.0	16	.012	.21	5.5	50,000	60	1,100
Sirloin steak (and most other lean beef)	80.0	150(*)	--	.008	.30	9.0	15	15	----
FISH (most varieties)	100.0	90(*)	(*)	.030	.30	1.4	--	15	---
DAIRY PRODUCTS									
Butter	3.0	800	15	.015	.02	0.2	5,000	--	100(*)
Cheese, cottage	80.0	7.0	18	.080	.27	--(*)	120	--	--
Milk, whole	14.0	30.0	20	.110	.09	0.2	280	17	(*)
Eggs, whole	50.0	100.0	4	.06	.24	3.0	1,600	40	100(*)
Egg yolks only	65.0	280.0	2.5	.13	.60	8.5	4,800	120	300(*)
Egg whites only	40.0	--	4.0	.015	.019	0.11	--	--	--
BREAD AND CEREALS									
Bread, white	35.0	18.0	210.0	.07	.10	0.80	--	15	--
Bread, whole wheat	40.0	10.0	200.0	.05	.16	1.60	--	130	--
Corn meal, yellow	38.0	34.0	300.0	.018	.16	0.90	850	80	--
Oats, rolled	60.0	70.0	270.0	.065	.40	4.85	--	95	--
Rice, unpolished	30.0	15.0	310.0	.070	.34	2.10	--	100	--
Rice, polished	30.0	3.0	322.0	.012	.12	0.90	--	10	--
Soybean flour	150.0	185.0	50.0	.220	.60	2.80	--	--	--
Wheat germ meal	100.0	90.0	200.0	.07	1.00	7.6	140	750	--
OILS									
Cottonseed, olive or corn-900			--	--	--	--	--	---	---

(*) Vitamin C content varies considerably in some types of food. The amounts given in this chart are average. When fresh vegetables and vegetable juices are taken daily in quantities recommended there is certain to be sufficent vitamins obtained. The fat content of both meat and fish vary. Therefore, the calories of fat in a four ounce portion depends upon individual conditions.

(**) White sugar should be completely eliminated from the diet. Its only value is as a body fuel, and this may be obtained in much more valuable form by using honey, molasses, or natural fruit sugars in the form of juices. Children naturally crave sweets because their bodies are using so much energy. Give them all the sweets they want....but NEVER in the form of candies, which are principally sugar. Honey, sweet fruits and raisin-nut confections are wonderful for children.

RECIPE FOR RAISIN-NUT CONFECTION

Grind 8 ounces of almonds, walnuts, or any other nuts in meat grinder, or in blendor. Grind 4 to 6 ounces of raisins (or figs may be substituted). Mix the two ingredients thoroughly. If the mixture seems too stiff, moisten with fruit juice (any kind.) This is a nourishing sweetmeat, and is wonderful for children and adults, both. Let them eat all they want ...but it should be masticated thoroughly, or a stomach ache may

result because it is such a highly concentrated food. All food should be eaten slowly, and should be masticated to a liquid in the mouth. Children should be taught from infancy to eat slowly....and their parents should set the example! America's biggest eating fault (aside from wrong diet in the first place) is hasty gulping of food.

No nation in the world has as much stomach distress as America. Careful study of eating habits will quickly show why.

DIRECTIONS FOR PREPARING "MIRACLE YOUTH" FOOD

Legend declares that this food was discovered by accident, but other reports show that Masters have known of it for many, many centuries. It has many names: "Youth auxinon", "Vril" and "prana" have all been applied at one time or another. Science, per s se, has not explained why this food does what it seems to do. Some doctors believe that there must be some unisolated vitamin responsible.

This food is so simple to produce that everyone can make it. It must be made at home, fresh, however, and it must be eaten raw to give its full benefits. The food is the young, tender shoots or sprouts of plants. The easiest seeds from which to prepare these sprouts are beans, with the little Chinese bean called the Mung bean, being the best of all, due to the rapid rate of growth. However, ordinary beans like you can buy in the store in cellophane bags are just as good.

Here is all you do: Soak the beans over night in water. Warm water is best. Then spread the beans out on damp newspaper placed in a dark or semi-dark place, such as a kitchen shelf or pantry, or even under the bed. It is best to put the newspaper in a pan to keep the moisture from soaking into the floor or shelf where you place it. Within two or three days you will find tiny sprouts starting from your beans, and within a week you can "harvest" them. They should be about two to four inches long when you eat them. Just break off the old bean, and eat the sprout. Clean sand may be used in place of newspaper. Experiment with other seeds, if you wish. All sprouts are good. Try corn, for example. These shoots are extremely sweet. Dry peas also will make sprouts in a short time. The Chinese Mung Beans will sprout in 48 hours in a warm room, and have edible sprouts within three days. Ask your local seed dealer to get them for you. Price changes from year to year, but at present (1954) the price listed by one seed company is 70 cents a pound. One pound will last a month, because they are so tiny.(About $\frac{1}{4}$ the size of ordinary beans or peas)

"WATERLESS" COOKING FOR HEALTH

The reason Brother Brown was so delighted with the wonderful flavor of the vegetables served at the Retreat was because they were cooked by the "waterless" process. Anyone can cook the "waterless" way right in his own home. Low heat, and stainless steel cooking ware are the combination which make this method work. Most stainless steel ware comes with lids that fit inside of a groove in the utensil. When the lid is in place, moisture cannot escape so long as the heat is kept low. The food does not quite boil....it just simmers. Therefore, it is not necessary to add any water at all to most vegetables you wish to cook. Just fill the utensil with the vegetables, put on the lid, and turn the heat low. Experience is the best teacher, so try this method at the first opportunity. Heavy aluminum ware is used by some for "waterless" cooking. Others object to aluminum ware for personal reasons.

In any case, the "secret" is low heat and a tight fitting lid. Of course, if you turn the heat high, the food will burn without water, so do not be in a hurry. The "waterless" way takes a few minutes longer, but oh what wonderful full flavor! It is worth the extra minutes! If you boil food, and then throw away the water, you throw away up to 50 percent of the food value. Many vitamins are "cooked out" into the water, so there go your vitamins, down the drain! Cook the "waterless" way today!

SUGGESTED MENUS FOR ONE DAY -OVERWEIGHT

BREAKFAST:

8 ounces orange juice
1 medium egg (2 oz.)
1 slice whole wheat toast
1 pat of butter (or substitute.)

Approximate calories: 500

LUNCH

6 ounces salad made with
2 oz. lettuce
2 oz. tomatoes
2 oz. cottage cheese
½ ounce lemon juice.
1 slice whole wheat bread
1 pat of butter.
8 ounce glass vegetable or fruit juice.

Approximate calories: 420

DINNER

Any protein food, 4 oz. serving (May be fish, cheese, macaroni, spaghetti, nut loaf, meat, liver, etc.)
4 oz. white potatoes, any style.
6 oz. salad made with raw vegetables and/or fruits.
1 slice whole wheat bread
1 pat of butter.
8 ounce glass of vegetable or fruit juice.

Approximate calories: 500

TOTAL APPROXIMATE INTAKE OF CALORIES: 1420 To have variety, simply substitute foods of similar food values from the chart on pages 24 and 25.

MENU FOR UNDERWEIGHT

BREAKFAST

8 ounces orange juice
2 medium eggs
2 slices whole wheat toast
2 pats of butter
2 oz. cereal with
2 oz. thin cream (*)

Approximate calories: 830

Thin cream: 60 calories per ounce.
Thick cream: 110 cal. per oz.

LUNCH

2 slices whole wheat bread
2 pats of butter
4 ounces cottage cheese (or other protein food)
4 ounces sweet potatoes
6 ounces salad (raw veg.)
2 ounces nut confection.
8 ounces juice (any kind)

Approx. calories: 900

DINNER

4 oz. protein food (see menu above.)
4 oz. white potatoes
2 slices whole wheat bread w/2 pats butter
2 ounces ripe olives
2 glasses milk or fruit juices.
2 ounces dates, prunes, or nut-raisin confection.

Approx. Calories: 950

In addition to meals; One quart vegetable juice. 360 calories

TOTAL APPROXIMATE INTAKE OF CALORIES: 3,040.

NUT-RAISIN CONFECTION, DATES, FIGS, DRIED PRUNES, all are highly concentrated foods. Therefore, using them is very economical because of the high amount of food obtained per dollar spent. Nuts also are excellent for those who desire to gain weight.

Most nuts average nearly 200 calories per ounce. a six-ounce package of nuts cost from 35¢ to 45¢, and contain 1200 calories of food! Raisins cost from 25¢ to 35¢ a pound...some places they are cheaper than that. One pound of raisins contains over 1500 calories! Also rich in iron, vitamin C, and vitamin B_1. By using the food charts as a guide you can learn to buy food by CALORIE CONTENT, and you will provide yourself and your family far better meals for less. Beans, peas, corn, potatoes, sweet potatoes, and many vegetables are "best buys" in food value per dollar of cost. Honey is an excellent value, even though it costs 25¢ a pound. By purchasing a five pound can, you can often buy it cheaper. "Fancy" grades are no better from the nutrition standpoint than "ordinary" grades. One pound contains about 1500 calories. Cost: 25¢!

A little time spent in planning food purchases will save you at least $50.00 a year per person in your family. A family of four can save $200.00 a year, and still be better nourished than 85% of the families in America! Try it and see!

REMEMBER: When you buy food, LEARN TO THINK IN TERMS OF CALORIES PER DOLLAR!

EXERCISES FOR INCREASING FLOW OF NERVE FORCE

Most people who lack "pep" and energy feel the way they do because the vital flow of nerve energy is partially cut off. As brother Alpha explained, this is partly because they have lost their "will to live". Without a real dynamic goal they just cannot get up any enthusiasm about life.

However, there are physical laws which also must be obeyed if we are to enjoy the fullest possible amount of energy. The following exercises are those Brother Brown and the other Aspirants practiced at the Retreat. Part of them were described in the foregoing pages of this monograph.

Exercise Number One

This exercise will increase up to THREE HUNDRED PERCENT your vital nerve force which helps keep your body "in the pink". It stimulates the spinal cord, and builds the muscles surrounding it. Brother Omega described this on page twelve of this Monograph.

Raise both arms overhead. Clasp your hands together and begin to stretch. Then bend forward and try to touch your fingers to the floor without bending your knees. "Bounce" slightly up and down to help you to bend forward still further. Do NOT perform this exercise more than five times a day for the first five days. Then increase one or two repetitions a day until you can do twenty-five repetitions without strain.

Exercise Number Two

This exercise not only limbers up the neck muscles and stimulates certain very important glands in the BRAIN, but it also stimulates the THYROID GLAND in the neck... sometimes called the "wisdom" gland, due to its effect upon rapid THINKING. See page thirteen for complete details. Place both hands on your forehead, and begin to shove your head backward while resisting with the muscles in your neck. First let your hands overcome your neck muscles, and then let your neck overcome your hands, sort of shoving your head backward and forward. Practice will show you the correct way. Then place one hand on the side of your head and shove your head to one side. Then let your head shove your hand back. Reverse hands so that both sides are exercised evenly. Practice in front of a mirror to get the correct position. Next, lace your fingers behind your head and follow a similar procedure, first letting your head overcome your hands, and then letting your arms overcome your head. The idea in this and the other neck exercises is to pit the strength of one set of muscles against another. Start with five of each movement. Increase one a day until you reach 15.

Exercise Number Three

This exercise should follow number two. Turn your head as far as possible to the right. Then turn to the left. Then bend your head forward until it touches or nearly touches your chest. Then bend it backward as far as you can. This exercise limbers the neck muscles and stimulates the nerves and glands.

Exercise Number Four

This exercise stimulates important nerve centers in the abdominal region, and builds strong abdominal muscles. Hook your feet under the edge of your dresser, or anything which is handy, after stretching out flat on your back on the floor. Of course, you can lie on your bed if it has a foot rail under which you can place your toes. Now come to the sitting position. Repeat this exercise five times at the beginning, adding one repetition every morning until you reach fifty or more.

Exercise Number Five

This is one of the finest stimulating exercises known. It is called "push-ups"

and when done correctly, will aid in toning up your entire body and circulation. Lie face down on the floor. Place your hands on the floor, palms down and even with your shoulders. Now shove against the floor, raising your body upward. Keep your body rigid if you can. Begin with five, increase one a day until you reach twenty-five or more.

IMPORTANT -- READ CAREFULLY

All information given in this monograph is intended for Aspirants only. Every effort within reason has been made to keep this monograph out of the hands of "dabblers" and "curiosity seekers". No results will be gained from any knowledge unless and until that knowledge is put to use.

No attempt can be made by anyone in this organization to diagnose any specific symptoms, or give personal advice on any ailment, imaginary or real. The student who receives this monograph must decide for himself if he wishes to apply the ideas and methods given. The publishers will not enter into any "mail-order arguments" about the merits of anything stated. We repeat: IT IS UP TO YOU HOW OR IF YOU WISH TO USE WHAT IS TAUGHT HEREIN.

Not only the Masters, but many medical doctors believe that if every man and woman would use sane health habits and reasonable exercise, the need for doctors would be cut in half, and possibly reduced by ninety percent! However, these same Masters and doctors know that 99 out of 100 people would rather -- it seems -- pay hundreds of dollars for medical bills than to use the common sense God gave them! This is perhaps, a startling statement, yet it is very true.

We believe 98 percent of all illness is avoidable. We believe that YOU can begin right now -- today -- and rebuild your body into an astounding "temple" of health and vitality if you make up your mind to do it.

We hope you WILL!

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