

SPIRITUAL SEEKERS' GUIDEBOOK
AND HIDDEN THREATS TO MENTAL & SPIRITUAL FREEDOM — RICHARD KIENINGER

SPIRITUAL SEEKERS' GUIDEBOOK

AND HIDDEN THREATS TO
Mental & Spiritual
Freedom

RICHARD KIENINGER

THE
STELLE
GROUP

Everyone wants to be happy, be able to love, and be increasingly effective in living; and these are afforded by psychological maturity, which Richard Kieninger equates with spiritual maturity. Based on his more than twenty years of designing programs for spiritual advancement, he asserts that sainthood is a natural stage in the development of every human being but that our cultures' underlying negativity stifles psychological/spiritual growth. In *Spiritual Seekers' Guidebook*, he:

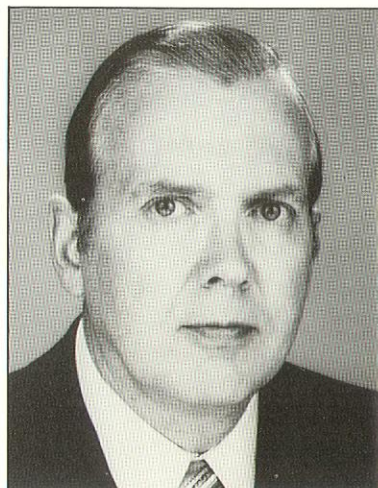
- points out the most productive and safe ways to attain real spiritual growth
- clearly describes the prevalent practices which are dangerous
- reveals the world-wide power groups in whose interest it is to suppress self-empowerment and maturity in the general populace
- discloses the veiled techniques used to induce the brain states which open a person to becoming mentally manipulated: techniques which involve the use of new and extremely effective, subliminal electronic and audial devices that are employed by cults and a few church organizations to capture converts en masse
- examines the age-old techniques of stressing, guilting, subtle hypnosis and spirit control
- gives concise descriptions of the forces that aim to control and diminish men everywhere

Fortunately, the author provides the information by which to protect oneself while also achieving new-found freedom, self-directedness, and practical spiritual maturity.

In the words of psychiatrist Dr. Arnold Walter Mech, "This book, probably more than any other, should save thousands of people who seek spiritual advancement from becoming caught in pitfalls that could lead to insanity and spiritual despair, and at the same time it should set many on a gratifying journey to human greatness."

The Stelle Group
P.O. Box 75, Dept. S
Quinlan, Texas 75474
(214) 864-0799

ABOUT THE AUTHOR



Richard Kieninger is an educator and author with twenty years experience promoting programs to enhance psychological maturity and spiritual advancement. His numerous writings include the widely-read book, *The Ultimate Frontier*, published under his pen-name, Eklal Kueshana, and the highly-acclaimed audio-cassette series, *On Becoming an Initiate*. Richard's work stresses a safe and natural approach to spiritual awakening and affords informed discrimination in metaphysical matters.

Richard is the founder of The Stelle Group, a not-for-profit organization that offers programs and workshops for responsible self-development. In 1971 The Stelle Group established the intentional community of Stelle, Illinois. Governed by its residents, the community offers mutual support for the pursuit of balanced social and spiritual advancement. Richard presently resides near Dallas, Texas, and is involved in creating a second community, Adelphi, designed to provide an enriched environment like Stelle's.

SPIRITUAL SEEKERS' GUIDEBOOK

and Hidden Threats to
Mental and Spiritual Freedom

by
Richard Kieninger

The Stelle Group / Quinlan, Texas, U.S.A.

Copyright ©1986 by Richard Kieninger

All rights reserved.

No part of this book may be reproduced in any form or means, electronic, mechanical or photographic, without prior written permission of the Publisher, excepting brief quotes used in connection with reviews for inclusion in a magazine or newspaper.

ISBN 0-9600308-6-7

published by THE STELLE GROUP
P. O. Box 75, Quinlan, TX 75474

Printed in the United States of America

Acknowledgments

I wish to express my gratitude to Mrs. Joanna Carnahan for her proofreading and to Mr. Robert Machiz for his help finalizing the manuscript for this book and to Miss Betty Van Dyck for her valuable suggestions in the preparation of the text.

SPIRITUAL SEEKERS' GUIDEBOOK

And Hidden Threats to Mental and Spiritual Freedom

TABLE OF CONTENTS

RECOGNITION by Dr. Arnold Mech i

FOREWORD iii

CHAPTER 1 — Spiritual Aspirations 1

The modern search for fulfillment — Rise of spiritual teachers — Safe and unsafe techniques — Churches' concern over occultism — Elevating oneself to sainthood — Clairvoyance defined — Levels in the realm of afterlife — Difference between mind and brain — Taking on and abandoning a body — The bio-electric brain.

CHAPTER 2 — Hypnotism 10

Human vs. animal awareness — Human aspirations — Loss of free will via mental enslavement — Free will essential to attaining wisdom — Mechanism of hypnotism — Dangers of hypnotism — Fallacy that a hypnotized subject will not act against his morals — Uselessness of hypnotism in effecting permanent cures of disease or neurosis.

CHAPTER 3 — Spirit Mediumship 21

Mediumship defined — How someone becomes a medium — How spirits control a medium — Mediumship not a divine gift — Dangers of mediumship — Higher Beings never deal through mediums — Spirit entities, earthbounds, nature spirits — Objectives of spirit Black Mentalists.

CHAPTER 4 — Seeking to be a Medium and its Toll. . . 34

Ease and attractiveness of becoming a medium — Spirit possession — Awake and sleeping mediums — Psychometry and fortune telling — Ongoing battle within everyone between goodness and evil — How to be invulnerable to nether spirits — Mediums suffer loss of self-control and health — A personal history of a medium — "Space Brothers" — Spirits' interests in controlling mediums and priests.

CHAPTER 5 — Unintentionally Becoming a Medium
through Divinations. 44

Desire to see the future — From Ouija to asylum: a personal account — Difference between spirit obsession and possession — Dangers of spirits to children — Methods and sources of divination.

CHAPTER 6 — Dangers and Benefits of Meditation . . 53

Purposes of meditation — Divining meditation vs. internal meditation — Violet Screen technique — Mystic Awareness — Characteristics of the Mystic — Cosmic Consciousness — Being Cognition — Dangerous and safe techniques to trigger Mystic Awareness.

CHAPTER 7 — Clairvoyance and Yoga 62

Childhood clairvoyance — Value of clairvoyance — Safe path to clairvoyance — Dangers of Hatha Yoga — Atomic structure of Higher Planes of Existence — "Prana" or "Orgone" — "Kundalini" and dangers of imbalancing "Chakras" — Fallacies of Tantric Yoga.

CHAPTER 8 — Astral Travel and Altered States
of Consciousness 77

Natural spirit travel during sleep — Various triggers for Astral Projection — Hallucinations and their causes — Drugs hamper spiritual progress — Sanity lies in total awareness — Overcoming destructive forces in the world.

CHAPTER 9 — Tibetan Mentalists and Occult Power . . . 84

Shamballah and Agartha: the Hierarchy — Hitler's Nazi beliefs based on Helena Blavatsky's Tibetan teachers — Alice Bailey's blueprint to set up a "Spiritual" world-wide dictator — Current resurgence of fascism, demonism, and drugs — Religious Order of Nazi SS based on Tibetan Occultism.

CHAPTER 10 — Charisma 97

Speaking in tongues — Various forms of healing — Haitian rites adopted into some Christian sects — Dangers of certain personality types being in positions of spiritual leadership.

CHAPTER 11 — Brainwashing and Subliminal Suggestion 107

Conversion via logic vs. by hyper-emotionalism — Psychological trauma resulting from brainwashing — Conversion techniques used by revivalists — Subliminal messages used by TV and movies — Brain control using music, Extra-Low-Frequency vibrations, and the Neurophone — Danger of using commercial subliminal cassette tapes to reprogram the subconscious.

CHAPTER 12 — The Path to Reality and a Full, Effective Life 121

Purpose of a spiritual philosophy — Your reality created by your mental images — Anxiety about having success and pleasure — Patriarchal society fosters subservient followers — The tragedy of surrendering self-reliance and control over your life to authorities — Growth comes from solving problems — Conditioning for failure — Love of self must precede love of neighbors and God — Saints' Love.

CHAPTER 13 — Reachable Goals and Safe Ways to Get There 133

Sainthood is a natural stage of human development —

Saints organized into seven Brotherhoods — Seven Qualifications for sainthood — Practice of the Twelve Great Virtues for character development — Opposition by others to your attempts at personal uplift — How to protect yourself against dangerous practices in some personal-growth programs.

* * *

RECOGNITION

In my practice as a psychiatrist, I have seen all too often the destructive effects suffered by followers of recently-revised religious practices and self-styled gurus. By contrast, Richard Kieninger's ideas produce positive results and genuine improvement in people's dealings with their environment and their development of self-esteem and ability to love. While the assessment of spiritual evolution is a personal and subjective matter and difficult to comment on objectively, those who have put his ideas to the test report a greater sense of happiness, effectiveness, and accelerated fulfillment of their human potentials.

In this day and age, Kieninger's honesty, legitimacy, and pragmatic approach to what works and what doesn't is refreshing and inspiring. He treats everyone as co-workers rather than as followers, and this enhances his efforts to enable people to take full responsibility for their own lives and accept all the challenges of freedom. To me, that spells maturity. For decades he has worked with all kinds of people who are on the firing line, as it were, of the perennial battle to pursue an effective path to complete humanness

while defending themselves against spiritual predators. This in-depth experience and success qualifies him to know what he's talking about. Like me, he has seen the human wreckage produced by unconscionable promoters of detrimental "spiritual" techniques that are primarily aimed at mentally subjugating those who practice them. The victims are not usually seen by the general populace to whom they could serve as warnings because they face either a lifelong series of repeated institutionalizations or are kept in the seclusion of their family's homes, hopelessly useless to themselves or anyone else.

I find Kieninger's writing style to be terse and clean, and his every word counts. He makes very understandable a complex subject that has been purposely muddled for centuries by those who profit from mysteriousness and obfuscation. This book, probably more than any other, should save thousands of people who seek spiritual advancement from becoming caught in pitfalls that could lead to insanity and spiritual despair, and at the same time it should set many on a gratifying journey to human greatness.

Arnold W. Mech, MD
Menninger Foundation
Topeka, Kansas
July 1985

FOREWORD

The great Teachers and Sages of the world all have recommended essentially the same formula for spiritual advancement. Significantly, their formula never involves occult techniques or strange practices, and it is effective and safe. Briefly stated, the formula requires the aspirant to refine his character, practice high morality, gain knowledge of Truth and assume self-responsibility. This book describes how to get started in the right direction and what the blind alleys are; and although the above formula sounds simple, it is a lifelong challenge for those who undertake it. Fortunately, the rewards are impressive and gratifying, and extraordinary mental powers naturally accrue to spiritually-evolved men and women.

Many people on a so-called spiritual path are mainly interested in acquiring powers like astral travel, telepathy, ESP and clairvoyance, which are traditionally the outer evidences of inner greatness. Unfortunately, having these powers does not necessarily convey spiritual development, and the techniques to gain them often lead people into gravely dangerous complications. There are many systems, some centuries old,

being promoted today which promise the student great mental powers and relatively-rapid spiritual advancement. Sorry to say, many of these systems are either risky or ineffective, and are sometimes both.

One of the main problems is that most systems of instruction reverse the cause-and-effect relationship between spiritual greatness and the special mental powers that naturally result. The approach is to try to teach people to gain occult powers first and claim that a collection of such powers will result in saintliness. Struggling to learn techniques that are claimed to convey mental powers does not result in spiritual growth but rather is likely to lead to the student's unwise or unscrupulous use of those powers, if indeed he can actually learn them. A person is almost certain to lose spiritual advancement by employing occult and spiritist practices.

Virtually any earnest effort one makes toward self-improvement, using any discipline, results in a noticeable change, and this encourages followers to believe they have found the one true system or teacher. However, to quantify positive effects is another matter. The measure of a given system's effectiveness should be the determining factor as to whether that system is worth one's effort, time, and expense. Probably everything works to some degree, but I believe most of the well-advertised systems are less than one percent effective. And I should add that a person rarely

gains spiritually within the traditional religions because they are so watered down for the masses that they emphasize faith and obedience rather than showing the way to personally becoming a saint. The Creator did not design us to require electronic or bio-feedback instruments to achieve spiritual fulfillment, and I doubt that He ever intended that we deliver ourselves into domination by spirits or clever occult manipulators of human brain functions. The time-tested, natural path to spiritual greatness may not have the popular appeal of schools claiming to deliver bliss and powers over others, but the natural way works; and it's safe and it's joyful.

The purpose of this book is to help the spiritual aspirant identify what he might be getting himself into by pursuing a given system, and what his likely benefits and risks will be. The information addresses old, new, conventional, and far-out paths of spiritual growth (or enslavement, as the case may be) offered on today's smorgasbord of competing philosophies, religions, and cults.

CHAPTER 1

Spiritual Aspirations

The last two decades have seen millions of people take a conscientious interest in their own self-betterment, not merely to become upwardly mobile economically and socially, but to become better human beings. There is wide-spread yearning to find emotional peace, to experience one's human potential more fully, to find first-hand knowledge of spiritual realms or to be "born again" and "hear God." Some have tried to gain for themselves the supernatural powers reported of certain publicized personalities who demonstrate extrasensory perception or can heal or prophesy. All these aspirations are certainly admirable.

In answer to this wave of earnest interest, there has arisen a multitude of therapists, gurus, cults, and churches to meet the demand for deeper spiritual teachings and guidance. As conscientious as these new teachers may be, however, most of them promote spiritual practices which can be highly dangerous. The fact that relatively few students

were actually engaged in those practices until recent years has been what has preserved the general population; but now the toll is mounting fast. Unfortunately, it is rare to find a qualified teacher who knows the signs of impending spirit possession or health crises due to unwise and misinformed pursuit of systems purported to result in spiritual powers and/or salvation. It is a tragedy for a man or woman to aspire to spiritual uplift only to end up in a mental institution. There are slow but sure systems one can pursue toward spiritual development; but Westerners want fast results, and this can lead them into grave problems or, at best, disappointment and despair.

In the following pages I will examine what works safely and effectively and what doesn't. I will treat the subject with enough detail to understand underlying principles, for that seems to be the best way for the reader to discern what is beneficial and to evaluate risks intelligently. Promoters of various techniques sometimes purposely withhold information about the negative sides of what they are selling. They may do so out of sincere though misguided motives, but in some cases there is actual subterfuge to ensnare people into frankly evil practices through enticements that are high-sounding and spiritually altruistic. Such promoters are interested in money and power to the deliberate detriment of their clients. And just because an organization and its methods have been around for centuries

does not necessarily mean it is safe or legitimate.

For more than twenty years I've been involved in helping thousands of people find sound, practical means for achieving psychological and emotional maturity and the subsequent spiritual growth which naturally follows—and genuine growth *does* proceed in just that order. I have also counseled hundreds of unfortunate victims of "fast" ways to allegedly attain spiritual powers. These range from those with ruined health, due to trying to eat their way to heaven through "spiritual diets," to those who are beyond help because of insanity through spirit possession. Most of the spiritual seekers I have talked with were spared from disaster by the fact that they experienced no results from their arduous and wasted years of following some occult discipline or working for charismatic gifts. They were merely disappointed; but, on the other hand, I've had to turn away people who begged me to help turn off the torturing voices of "spirit guides" they courted under false guidance. Their only hope is to find a qualified exorcist. It is extremely dangerous to be an exorcist; so an effective one is hard to find. Some people like to believe they can expel a spirit by invoking the name of Christ and commanding expulsion, but this merely causes the spirit to retreat temporarily. It requires great courage and skill to mentally wrestle with an infesting spirit entity and win. The risk of the exorcist ending up possessed by the spirit he is seeking to cast out is

great. The only good exorcist I knew of was killed by a spirit he was trying to expel from a client.

The traditional churches have long forbidden, or at least strongly discouraged, their pastors and congregations from indulging in divinations, occult practices, or seeking distinction by developing spiritual powers. It was long claimed that spiritual powers are received as gifts from God, as supposed in the case of saints. These prohibitions were originally invoked in order to protect everyone concerned from mediumship and spirit possession. In order to strengthen these prohibitions against dangerous avenues by which people might experience first-hand the existence of spiritual realms, the church also had to claim that saints are born saints and are not developed by their own efforts; therefore, there was nothing the average churchgoer could do to up-grade his spiritual rank. The true believers had to be content with faith alone. But the fact is that people *can* elevate *themselves* to sainthood; and they do it primarily through character improvement and by gaining psychological maturity. True saints are mature, loving men and women who derive great joy from serving the needs of mankind. The higher vibrations of their refined character put them mentally *en rapport* with the Higher Beings. Saints have a natural, worldwide communion between themselves that cuts across all racial and regional lines. They resonate to one another and readily recognize each other. A natu-

ral brotherhood of common interest and spiritual abilities links them in their aim to help all mankind to also eventually attain sainthood.

Every major religion around the world is aware of and recognizes saints for what they are. (In Christianity some martyrs were erroneously regarded as saints even though all they did was die for their faith in Christ, and some who were merely healers were popularly accorded sainthood.) One of the qualifications for sainthood is to be clairvoyant, which is the ability to mentally perceive the vibrations associated with another human being's various character traits whether that person is embodied or is a discarnate spirit. These vibrations are usually described as an aura of colored light. Admittedly, there are large numbers of people who are not saints that have this ability either naturally or acquired through study, but every saint is clairvoyant. It is this ability to which can be attributed most of their extraordinary powers to diagnose illness, perceive another's character, or receive information almost immediately about someone's past or future from confederate spirits functioning on higher planes of existence. Regardless of the culture in which a clairvoyant person is reared (the more primitive and matriarchal cultures have the highest percentage of natural clairvoyants in their populations), all genuine clairvoyants agree that the mind, which is the essential spiritual identity of an individual, is distinct and separate from the

brain and body through which he or she operates.

When a person's body dies, his attitudes, beliefs, and character continue in the spirit world just as when he was physically incarnate. The limitations imposed by functioning through a physical brain are removed when a spirit undergoes the death of his physical vehicle. Neuroses, fears, conditioned reflexes, and negative cultural responses are exclusively features of the brain. Moreover, the human mind has its own spirit memory which is quite distinct from brain memory, but it is rare that the larger knowledge one has as a spirit can all be transferred to one's brain in a lifetime. Thus, man has more clarity of mind and more versatile mental power as a spirit than as an incarnated person. Clairvoyant men and women do not fear death since they already are certain they will continue their existence in higher, spiritual realms like everyone else. Their regular communications with discarnate spirits has convinced them of the continuity of their own individual intelligence beyond physical life. So-called ancestor worship common in primitive cultures arises from the fact that the comparative prevalence of clairvoyants in such cultures allows them to continue communication with loved ones and revered leaders who have died.

Clairvoyants do not regard heaven or hell in the same way that folklore portrays them. Saints and other clairvoyants see both those "places" as being present on the surface of our planet—that

is, neither in the skies nor underground. Human spirits may be good or evil; but after death, they all reside on what is called the Astral Plane of Existence. The spirits with mostly negative attitudes and thoughts are *en rapport* with others like themselves because of the similar vibratory emanations radiated by their low character. They are "tuned in" to spirits of their own kind only, and this makes for a kind of reinforcing network which certainly seems hellish. Happy, loving, positive human spirits are also tuned in to one another; so they mutually experience a pleasant, uplifting, heavenly existence. Thus there is a Lower Astral and an Upper Astral, but those states are really distinctions between mental vibrations and not a difference in physical altitude or location. There are many intermediate levels of spiritual advancement represented by corresponding levels of "heaven," if you will. The phenomenon of spirits "seeing" only others of like mind with whom they are resonant has its parallel in large cities where people of different levels of education and social classes may all be mixed together in the work place; but on their own time after work, they seek out people like themselves with whom they feel comfortable—and thus is demonstrated that birds of a feather flock together.

Scientists who investigate extrasensory perception, psychic phenomena, and the human brain have in many cases come to the conclusion that

the mind is distinct from the brain. All Clairvoyants agree with this view. Consciousness and one's will survive the body at death and therefore are inherent in the spirit or soul of a person, and as such are part of the essence of the self. For the sake of clarity and definition in the following pages, I wish to introduce the Latin word *Ego* (which means "self") to hereafter represent the essential spiritual identity of a human being whether he is functioning through a living body or is a discarnate spirit. Your physical human body provides the means for you as an Ego to deal with the physical plane and to learn the lessons of life. Clairvoyants know that you and I are immortal Egos who have the power to will our brains to carry out our desires through the same mechanism by which hypnotism works. The human mind-brain link comprises the only direct interaction of spirit and the physical plane in the Universe.

Clairvoyants attending the peaceful death of a human being report that the Ego hovers outside the body and severs his mental bond to his brain. Clairvoyants in attendance at the birth of a baby perceive that an incarnating Ego mentally seizes control of the brain of the fetus as it emerges from the birth canal so it will take its first breath, at which moment the fetus becomes a human being by virtue of becoming occupied by a human spirit. This process is usually overseen by a Higher Being who assists the incarnating Ego in making

that connection. The nature of this Higher Being is the same as the spirit "Beings of Light" who were encountered and reported by persons who experienced near-death but then continued living. The living brain is highly electric, and its bioelectric field can be readily monitored by the sensitive electrodes of an encephalograph which are attached to one's scalp. The brain generates regular electric pulsations in four principle ranges of frequency which are associated with distinct levels of consciousness that are used by the Ego and can be controlled by the Ego. The entire brain is suffused with the continual building and discharging of electrical impulses which regulate or command the various automatic and voluntary functions of organs and muscles. Upon the willing of a command by your Ego, a release of electrical energy cascades through appropriate nerve pathways that you trained since childhood to respond. The brain is continuously on the verge of firing such energies, and it responds to even the weakest telepathic message of your Egoic mind to leap into action. The implications of the above basic principles are examined in the next chapters. Three closely related phenomena—hypnotism, mediumship, and spirit possession—will be explained first.

CHAPTER 2

Hypnotism

When an Ego is in control of and is functioning through the brain of his body, he is in a state of conscious awareness. Of all the animals, only man's brain affords this ability, which is quite different from the mere awake state of other animals. Animals operate entirely according to hereditary drives and responses built into them; and although some higher animals can solve simple problems to overcome barriers in the way of their attaining the fulfillment of one of their drives, animals cannot reason or be fully aware of future consequences. An animal is protected and guided by its built-in instincts. A baby spider spins a web characteristic of its species; a bird can build a nest and raise its young without having seen it done before. Man, on the other hand, has genuine emotions and will. Most of his goals are determined by his consciousness of his needs and wants. A man can delay his drives and satisfaction of needs by application of will, whereas an animal in nature cannot. Man has the faculties of

conscience, self-directedness, awareness of his own responsibility for the directions taken in his life, awareness of the consequences of alternative choices, and volition dictated by his free will. Man is also aware of his own impending death in old age. The human being is concerned with many interests and sources of satisfaction beyond his animal needs for food, warmth, security, and sex. He has higher aspirations which are unknown in animals—aspirations to experience joy and to find happiness, to build and create, to seek order and beauty, to love and be loved, to explore mysteries, and to emulate the ideal behavior and ways of being that he envisions in some God-like example of perfection.

To allow accomplishment of all these higher aspirations, man has been granted the power to exercise his free will and self-volition independently of outside influences. Being able to act intentionally and consciously in the expectation of gaining appropriate results is a basic, God-given freedom and right. In order to aid man in his understanding of and acceptance of personal responsibility for his acts, so that he eventually learns to behave only in ways which benefit others and never cause harm to his fellows, there is a universal "echo effect" that can be stated simply: for every action in human affairs, there is an equal but opposite reaction that returns to the initiator. That is, for every helpful and beneficial action a man initiates, an equal benefit eventu-

ally returns to him; and for every evil, hurtful, or dishonest thing he does to another person, an equal pain will eventually return to him. When a man finally understands this universal principle, he knows that whatever he does to another person, he has essentially done to himself at a future time. Thereby a man learns to become harmless in the use of his powers of will. As the Bible says, "Whatsoever a man soweth, that shall he also reap."

The worst disaster that can befall a man or woman is to lose or surrender his or her power of free will—whether it be through physical or mental enslavement or insanity. The very core of a human being's life is his power to make his own decisions according to his ethics, conscience, and awareness of what is in his best interests. When he obeys the dictates of others or slavishly follows the guidance of wise leaders who make all his decisions, then a man effectively learns nothing. The Creator has provided us with mental and bodily tools as well as the bounty of our physical environment so we can eventually learn everything there is to know about the world. God has spread before us a complete array of things and interpersonal options from which we can choose—and pay the appropriate price for.

By learning cause-and-effect relationships through your choices and their results, it is possible to become wise. Your own experiences allow you to truly know yourself and others. What you

are told is merely information which may be true or in error. What you live through and personally test becomes knowledge. You know thereafter the verity or falsity of the information upon which you acted, and you are not likely to be dissuaded by speculative theories that are counter to what you actually experienced on a practical level.

In the first chapter, I pointed out that a human spirit (Ego) directs his body's actions through the practiced command of will over his brain via his mental directives, and this process is identical to the way that hypnotism works. The brain is the electrical control center for all the voluntary and involuntary muscles of the body. The brain maintains a continual electrical charge which flickers over its surface, and it requires only a slight impulse from one's Egoic mind, which always acts from the spiritual realms, to set off a cascade of electrical energy through the nerves. This effect might be better visualized by using the analogy of a Geiger counter. This electronic device consists of an open-ended metal tube with a wire, unattached to the tube, running along the center of its axis, and the tube has a high electric charge relative to the wire. This assembly is enclosed in a glass envelope containing a low pressure gas. When an ionizing particle, such as from a radioactive element's decay, passes between the charged tube and the wire, an ionized path in the gas results. Millions of electrons then surge along that path from the metal tube to the wire, setting

off a signal which activates the counter. The brain similarly is always primed to respond instantly to signals from the mind. During the years of one's infancy and childhood, an exclusive and unique rapport is established between the Ego and the brain of the body of which he has use.

Under certain circumstances, a hypnotist can gain control over another person's brain. The hypnotist can either share his control and leave the subject conscious, or he can completely displace the conscious awareness of the subject, in which case the subject is totally unable to exercise volitional control over any part of his brain or body. Varying degrees of hypnotic states can therefore range from light suggestion and relaxation to a profound level of control over the subject's autonomic bodily functions such as breathing and heart beat to the degree that a condition resembling death can be produced.

How does a hypnotist take control of your brain? Usually, you let him do so by co-operating with him. Through guided imagery and suggestion or by use of drugs, a hypnotist can lead you to a state of relaxation bordering on sleep. At that point, your threshold of will and resistance to takeover are reduced so low that your brain begins to respond to the hypnotist's will along with your own will. After his mind gains a foothold, as it were, his will becomes dominant; and the hypnotist can then exclude your will from any brain or body function he chooses to command.

Thereupon, your brain is totally at his disposal even though he may allow you to remember the things he commands your body to say and do. The hypnotist may even command you to be unaware of a posthypnotic suggestion which he may implant for you to carry out at some future date or in response to a specific cue that you do not remember but cannot resist when the suggestion is activated. Scientific studies indicate that the first part of the brain to be taken over by a hypnotist is the frontal cerebral cortex. As the trance is deepened, the midbrain succumbs, and finally the brain stem and medulla, which control basic body functions, are affected if the hypnotist makes the trance that deep. The subject receives confused impressions through his sensory organs from the very beginning of the hypnotic process, for his awareness of his environment is mixed with the suggested images from the hypnotist. The subject's perception of reality is immediately warped. He sees, hears, and feels only what the hypnotist directs. Unfortunately, there are subtle avenues by which a hypnotist can take over your brain without your conscious co-operation. Techniques for inducing susceptibility to hypnosis will be discussed in later chapters. There are a few hypnotists who have learned how to capture a person's attention and induce a hypnotic state almost instantly, yet virtually undetected by the victim.

Each time you let yourself be hypnotized, you further reduce your ability to resist the next

attempt by a hypnotist to entrance you. Some people become extremely susceptible to the process and may periodically find their brains inadvertently being taken over by other people who are not even trained in hypnotic techniques. Practicing hypnotism is a serious problem for the hypnotist as well, because he becomes permanently linked to every person he hypnotizes for as long as they both live. This link is a mind/brain connection which usually results in telepathic sharing of ideas, thoughts, and attitudes as well as a blending of the vibrations unique to the bio-electric auras of both the hypnotist and his subjects. The verity of this connection can be detected through body dowsing techniques like Vivaxis. Breaking the link between the two people is practically impossible without special training.

I am personally acquainted with a physician who used hypnosis solely for anesthetizing surgery patients unable to tolerate conventional anesthesia. He told me of an elderly patient whom he had hypnotized a year earlier. The old man contacted his surgeon several months after his operation in order to give the surgeon a medical paper which the patient had written. The patient couldn't understand the complex subject matter of the monograph he authored, but the patient thought he might have received the information from God; and so it could be important. The surgeon passed it along to the hypnotist since it was his area of specialty. My physician friend

who had hypnotized the elderly patient was astounded to see that the contents of the patient's monograph was essentially the same as a research paper that my friend was working on. There had been no attempt at thought transference between them, yet a channel had been established simply by the one-time hypnosis.

The professor of a psychology course I took in college invited as a guest lecturer a scientist who used hypnotism in his research of the brain. The scientist used a student volunteer from our class to demonstrate that it is not necessary to give verbal commands to a hypnotized subject in order to have that person obey the hypnotist's will. The hypnotist merely visualized the complicated routine he wanted the student to execute, and the subject perfectly performed those activities without any signals being given other than silent, telepathic orders. Even when the student was blindfolded and his ears stoppled, he still acted on nonverbal command. This same scientist was honest enough to advise our class against a popular myth about hypnotism: namely, the fallacy that a hypnotized person will not carry out a command which is counter to his or her moral code. The fact is that the subject's body is completely under the dominance of the hypnotist, and the subject is helpless to resist doing whatever is commanded. It is only the hypnotist's code of ethics that is operative; and regardless of the verbal commands he issues to the subject, his telepathic images of

what is right overrides his words. There is a much-touted demonstration where a member of an audience is hypnotized on stage and then given a loaded automatic pistol, which upon command he fires with uncanny accuracy at a target on stage. Then the subject is told to walk down the aisle and stop by any person seated on the aisle. The subject is instructed to place the muzzle of the pistol at the temple of the seated person, which he does, and the hypnotist then verbally commands the subject to pull the trigger to kill the seated person. Of course, the subject is unable to fire. It is assumed that the subject's morality kept him from shooting the innocent person, but in reality it was the hypnotist's telepathically-transmitted abhorrence of murder that wouldn't allow the subject's finger pull the trigger. If the hypnotist were a murderer at heart, the seated person would have been killed had a second bullet been allowed in the pistol.

Our guest scientist pointed out to our class that many stage and professional hypnotists are genuinely unaware of the dangers and limitless power of hypnotism. Those hypnotists who are cognizant of the total dominance they can gain over people whom they encourage to innocently deliver themselves into a hypnotic state are the last to publicly admit to the absolute power of their control. Nevertheless, our guest lecturer was reluctant to damn hypnotism itself because he found it to be an irreplaceable tool for brain research and the

investigation of psychological powers despite dangers to his volunteer subjects and patients. He was strongly prejudiced toward hypnotism for use in psychiatry and behavior modification wherein a "moral" physician might remold a patient's sick psyche according to the doctor's views of what a well patient should be like. That concept, in my opinion, is totally unethical.

If everyone were aware of the true nature of what a person opens himself to by letting himself be hypnotized, the whole practice would be brought to a halt and be morally outlawed. There is no good enough reason or justifiable purpose, regardless how useful it may seem, to expose oneself to the grave risks of being hypnotized to any degree even once in one's lifetime. So-called cures of disease via hypnotism simply do not work. Temporary relief from pain and other symptoms can be induced hypnotically; but this is just a cover-up since the disease continues its ravages unchecked while it is unfelt by the patient. When evidence of further advanced disease emerges months later, genuine treatment is made more difficult if not impossible. Treatment of psychological ills by means of hypnotic personality revision, using such systems as Neuro-Linguistic Programming, amount to temporary masking of neurotic disorders. The same problems arise later or else appear in disguised form which are devilishly complicated to untangle. It is crucial that neurosis be resolved entirely on a conscious level, and

usually this requires professional aid. Almost everyone has heard of people who want to stop smoking or lose weight and seek help from a hypnotist. This can be effective, but a person can refrain from using tobacco or overeating just by using his own will power. By relying on the hypnotist's suggestions instead of his own will, he has in effect given his rightful personal power to the hypnotist. Regardless of whatever benefits being hypnotized may promise, it always involves the risk of losing a measure of your God-given free will.

A person's most precious possession is his free will and the full, volitional, self-control that infers. Without free will, one can hardly be truly defined as a human being. To surrender one's free will to a hypnotist, whether the hypnotist is physically embodied or is a spirit intelligence, is pure folly. It can open the way to total or partial loss of one's freedom of choice and, in many cases, can result in an incurable form of insanity. At best, one is saddled with being bonded to the hypnotist for the rest of one's life.

In the next chapter, we will begin to examine the methods and effects of spirit hypnotists and, if permitted an inroad, their profound powers over the brains of the living.

CHAPTER 3

Spirit Mediumship

A medium is a person who makes his or her entire physical organism available for use by a spirit intelligence in order to allow that spirit to communicate with incarnate human beings. The avenue by which it becomes possible for a spirit to do this is essentially identical to the way a hypnotist gains control over the brain of another person. The will of a spirit, just like the will of a living hypnotist, can gain dominance over the brain functions of a living person and can achieve identical results. The only difference is the manner in which hypnotic control over the subject is gained in the earliest stage of takeover.

A hypnotist verbally guides a person into the twilight stage of pre-sleep or uses a light dose of a narcotic drug to induce floating drowsiness. The drug, sodium pentothal, for instance, produces almost immediate submission and readiness for hypnotic takeover. Again, I want to stress that the subject's brain is utterly at the command of the hypnotist's will; yet there are hypnotists who

seem to be blissfully unaware of this inescapable fact. A spirit, somewhat differently, must find a person who has already prepared his own brain to a state of readiness by means of self-induction of a trance state, and this is like an open invitation to any passing spirit to seize control of the medium's entire organism. Thereby that spirit acquires the tool to express his opinions to the living either by voice or by automatic writing.

After a spirit gains control of the medium's brain, it is easy to will the medium's vocal cords and tongue to speak. The spirit does this just as he did when he had been incarnate in his own body. Similarly, a spirit can direct a medium's hand to write or type whatever he wills via the medium's brain. It is just as if the spirit borrows a body for his use, and the medium freely makes it available. It is important to note that it's impossible for a medium to predetermine which spirit or series of spirits will seize his brain when he enters the trance state. Some mediums claim they can exclude nether entities from taking control of their brain by surrounding themselves with a white light or praying to Christ for protection, and some say their personal advancement prevents negative types from using them; but the fact is that none of those suppositions is true. Once the medium is in trance, it's first-come, first-served for any and all spirits. However, there are cases where a specific spirit entity will hover about the same medium in expectation of getting

the first chance at each trance that is afforded. Some spirits will speak exclusively through one medium to establish identity with that specific medium. Thereby, a spirit can gain a following among the living and become their leader or spiritual guide.

The most astonishing thing about mediums is their willingness to entrust their brain, sanity, free will, and very life to unseen, unknown, spirit entities. Evidently, their philosophy has been molded by some teacher or author to convince them that a medium experiences a divine gift and that exalted spirit entities will bring truth and guidance for mankind through spiritualistic intercession. Nothing could be farther from the truth, but, indeed, there are teachers who have already been ensnared by spirit controls, and they are led to try to convince others that they too should provide an avenue for spirit communication to be channeled through them. The spirits themselves proclaim their greatness and misrepresent themselves as God or well-known Archangels or famous men. Thus an unsophisticated person is likely to be convinced of the legitimacy of being a medium. Probably the medium's expectation of becoming famous or being considered a holy vessel serves as a spur to submitting to a spirit's control.

Great religious leaders and saints have all warned that mediumship, hypnotism, witchcraft, and sorcery result in the degeneration of the soul

and the destruction of life. Such practices lead in directions opposed to true spiritual uplift, character improvement, and service to mankind. The saints certainly have not denied the reality of spiritist phenomena, for they recognize that it has been the undoing of thousands. Saints and clairvoyants can recognize the negativity of the entities who operate through mediums by the dark Egoic auras of the spirits. The more clever evil spirits, however, can exercise their control over a mediums's brain from the far side of the world, in which case the degree of the spirit's negativity is more difficult to determine.

Higher Beings and saints who reside in the spirit world are absolutely forbidden to take control of a living person's brain or to interfere in anyone's free will. A person's God-granted self-determination should never be interfered with, but nether entities seek to undo mankind and so do not care for the rights of the living. The only spirit entities who speak through mediums are human Egos of the dark side or else are earthbound (to be defined later in this chapter). Information from Higher Beings and the brotherhood of saints is transmitted to mankind through living philosophers and saints who have proven themselves to be great men and women of high character and spiritual refinement. A man must uplift himself by means of his intellectual grasp of true principles which he can consciously put into practice to test their verity. One's lack of self-

esteem and a sense of incompetence often lead to a desire to receive daily guidance from God or a saint so that one's path will hopefully be unerring. There are plenty of mediums, card readers, gypsies, witches, and churches who claim to provide God on a personal level whereby He tells one what to do and thus God accepts responsibility for the conduct of one's life. People are told that all they must do is get their tiny wills out of the way and instead become selfless vessels for the pure will of God. I have frequently heard the prayer to God, "Let Thy will be my will." What this prayer properly should mean is, "Let me perceive by my observation what Thy will is so I can make my life conform to Thy will through my own independent free will." Any other meaning would make one a puppet of God and would be a mockery of self-volition.

The vast majority of spirits who seek to influence men via mediums are motivated to confuse mankind, obscure truth, create chaos, and gain power over the living. It is almost a universal truism that such spirits always lie and represent themselves as revered historical personages or Angels and higher. That way they know people are more likely to pay attention to what they say or write via their mediums. Even the more-or-less harmless earthbound spirits will indulge in this sort of misrepresentation of who they are in order to have someone take heed of what they say. Some John Doe, to whom nobody ever listened during

his lifetime, as a spirit can have the heady experience of people hanging on his every utterance through a medium when John Doe proclaims he is the Archangel Michael or St. Germain.

When a person dies, he carries to the spirit world the same attitudes and philosophy he held during life; so if he is questioned at a seance about the truths of existence, he will expound what his beliefs were when he was incarnate. Since he seeks the company of other spirits on the Astral Plane who have the same beliefs as his own, they all reinforce his opinions. A person who was a Catholic will state Catholic doctrine when he becomes a spirit if he chooses to speak through a medium. A former Hindu will espouse Hinduism, and a former Muslim will earnestly describe Mohammedism as the universal ultimate. That is one reason why there is such mass confusion and contradiction if you deal with mediums in your search for truth. There are yet other spirits who mischievously concoct all kinds of bizarre scenarios presumably representing true cosmology and the nature of heaven, etc. And there are the cleverly evil spirits who gain the confidence of the hearer by presenting information that an intelligent person can verify as evident truth. These spirits may then introduce an untruth which cannot be verified but which seems plausible and so is accepted as true. This technique of seducing the earnest student uses truth as the small edge of the wedge by which falsity is then subtly mixed

with reality. Moreover, an evil spirit may well claim to be the Holy Spirit or Moses or Buddha or Christ in order to gain the credulity of the hearer.

Highly evolved beings *never* deal through gypsies, mediums or witches to announce a legitimate message or warning to mankind. But in all fairness, useful information sometimes is transmitted by humans from the spirit world. Edgar Cayce was a sleeping medium through whom earthbound spirits who had been physicians in former lives provided diagnoses and cures for hundreds of sick people who wrote to Cayce for such help. He rarely saw the people who asked his help, yet his spirit controls could correctly identify problems and give specific remedies, which, if used, proved effective. Cayce would put himself into a trance, and then his secretary would ask the spirits questions, and she would record the answers that the spirits gave through Cayce's brain and voice. These transcripts have been preserved, and they match the patients' medical histories, providing verification of the accuracy of the spirits. Not until Cayce awoke would he know what had been asked or what replies had been given. There were many and different kinds of spirits who spoke through Edgar Cayce. Indeed, most mediums are host to dozens of spirits that use their body. Some of Cayce's controls spoke of ancient history and others prophesied about coming earth changes and human events. The earthbound former physicians expressed themsel-

ves clearly and exactly, whereas the spirit historians and prophets who spoke through him usually were flowery and equivocally vague so as to be obscure in their meanings.

Some of the spirits who dealt through Cayce would sometimes volunteer information about a sick person's former lifetimes if the illness he was presently experiencing was presumably punishment for or the natural outcome of actions initiated during those prior lives and carried over to the present lifetime. There is no one to gainsay the accuracy of those reports about earlier incarnations, but many people began to correspond with Cayce solely to obtain a reading on their former lives. Thereafter, much of his time was absorbed in giving life readings.

After Cayce's death, other mediums filled the popular demand for life readings; and people of my acquaintance spent considerable sums of money to have them done for themselves. Those who sent away to two or three of the most famous mediums for cross verification of results could find no correlation between the different lists of their alleged former lives. It also seemed suspicious that the former lives listed for my friends were all well-known historical personages. There are no more than two thousand names on any complete list of noteworthy persons dating from ancient times through A.D. 1800. Of the tens of thousands of people who obtained personalized life readings, many clients were informed that

they had had eight to ten incarnations as famous people. There had to be much duplication in order to share only two thousand names among the tens of thousands of subscribers to life readings. Were the mediums frauds? Probably not, but their spirit controls certainly were. Emanuel Swedenborg, the famous Swedish mystic, declared that spirits who deal through mediums are liars and deceivers who usually brazenly claim to be something greater than they really are.

The spirit entities who speak through mediums are usually of lower moral character and lesser intelligence than their mediums. There are many people who never wanted to become mediums but find their brains captured by negative spirit entities as a result of their consciously seeking contact with, hopefully, wise "spirit guides" or "spirit guardians." These people were tricked by someone into following occult techniques that would supposedly give them advantage over others but which instead caused them to be dominated by spirits. Such techniques include creating mental visions of imaginary guides whom you can consult and ask for advice by calling them forth at will. After a while these imaginary guides begin to take on their own appearance rather than the way you first visualized them. Soon they propose thoughts and actions that are abhorrent to you, but you feel compelled to carry them out. Finally they speak to you continuously, interfering with your concentration on work or getting sleep, and

your life becomes a living hell. Another technique that turns out the same way is to stare into a mirror or a pan of still water in a dimly lit room until your reflection begins to blur and then takes on the image of someone else, who eventually proves to be a spirit. The intent of such spirits is to gratify their own personal desires by controlling incarnate persons. The majority of the spirits who manipulate the living by acting through people who chose to be mediums, or through unwitting mediums like the victims described immediately above, are criminal types or were vicious and perversely immoral when they were alive.

A good person never stoops to manipulate the lives of others; so after he dies and begins to function in the spirit world, he completely separates himself from the affairs of the living and instead raises himself to the consciousness of higher Astral existence. An earthbound spirit, on the other hand, continues to be so interested in the activities of the living that his consciousness is fixated upon physical existence. He often infests the environment of the living and tries to influence their lives. He or she tends to be an inveterate bathroom and bedroom snooper and often tries to telepathically project thoughts via sorcery upon the living in order to get them to do things which excite the spirit's interests. Some earthbound spirits perform as incubi (males) and succubi (females) who mimic sexual intercourse with living people of the gender opposite their

own. Young people's violent sexual fantasies are often mentally induced by such earthbound spirits who like to watch and get involved with the youngsters' responses. All Nature Spirits are earthbound human Egos who love the forests, streams, and plants so much that they seek to remain in earthly awareness of such places rather than move up to higher realms of consciousness. Clairvoyants perceive such earthbound nature worshipers as water sprites, wood nymphs, and satyrs. Because these spirits do not experience the limitation of having to operate through a brain, they can easily influence the growth of plants. All human beings, alive or spirit, can grow super flowers and vegetables, but we who are incarnate rarely believe we can, and so we don't really try.

Of the different kinds of spirits who communicate through mediums, earthbounds are the least manipulative and destructive. When earthbound spirits were themselves incarnate, they tended to be simple, below-average people who were generally careless in their morality and scruples. Other kinds of spirits, who in life were murderers, con men, tyrants, and the like, continue their same attitudes in the spirit world, and they eagerly engage in tricking and undermining the living. The worst spirits are the wholly evil types whose aim is to destroy goodness in everyone and to bring chaos throughout the world. They are behind witchcraft, devil worship, and the kinds of

spirit possession that result in insanity. They have mastered the techniques of telepathic hypnosis, and their character is so warped and negative that their auras radiate dark and murky colors (as opposed to saints' auras which are made up of clear, bright, pastel colors.) These base spirits are called Black Mentalists. Only nether spirit entities—earthbounds, criminal types, and Black Mentalists—deal through mediumistic channels. They desire to influence the living or to vent their hatreds in deleterious ways that are almost always disguised on the surface as beneficial. All spirit communications that come through mediums are highly suspect and, until *proven* correct, should be regarded as false since only negative spirits and earthbounds hypnotically seize the brain functions of living mediums.

Sadly, there is a type of person who actively courts alliance with Black Mentalists in hope of gaining mundane power for himself. In exchange, he is willing to give himself over to evil in order to become an instrument through which the spirits' wills can function on earth. The witch, the sorcerer and the person ambitious for political power so he can subjugate others fall into this class. A well-known example was Adolph Hitler.

It doesn't require much analysis to realize that the motivation for a person's entering an alliance with evil spirits is antithetical to love. One's personal drive to attain mundane power is based on the person's perceived need to control others,

which in turn is based on fear of or anger against others. People grow up imagining that the tyrant is in an enviable and even admirable position because he has the power of life and death over those whom he rules absolutely; therefore, he has agents to search out possible enemies in his realm and the means to crush them, and he has at his command armies to defend him against external enemies. Presumably he alone has the ultimate in personal safety so long as he is diligently alert to all possible dangers, but his existence nevertheless remains one of escalating fear and anger. Those who seek to emulate the tyrant, even though on a smaller scale, want revenge or security but don't realize that that path is brutalizing to all concerned, including themselves. The sage comes to appreciate that good works and love of others bring the only security that is valid. Love of others attracts their love in return, and good works return in kind to the doer. Every great religion teaches these facts, but some children have been so abused that, as adults, they cannot accept the truth of the essentially benign nature of the Universe, and so they see everything and everybody as threatening to them. Evil spirit entities are quick to recognize that the fearful and angry person is ripe for their exploitation, and it is not too difficult to recruit such a person into their nefarious plots against the harmless, loving, good people of the world; but spiritual degradation is the price of alliance with evil.

CHAPTER 4

Seeking to be a Medium and Its Toll

Becoming a medium is one of the easier things in the world to do. There are vast multitudes of nether spirit entities who are eagerly seeking an audience among the living. The mere thought of having any kind of spirit communicate through him is so spooky to the average person, that he would never consent to dealing with such an unknown factor by training himself to become a medium. We all have a built-in, natural abhorrence of any unknown, unseen, spirit presence in our lives. We have a kind of instinctual, fearful response to the negative vibrations and hidden agendas of the kinds of spirits who are eager to hypnotize a living person's brain. However, there are some occult organizations and churches that manage to convince their followers that by becoming mediums they will be providing communication channels for God or the Holy Spirit. With the prospect of becoming a direct pipeline for God, and by believing unquestioningly that it is truly

possible to be God's messenger, many men and women willingly undertake training to overcome their natural abhorrence of spirit takeover.

The principle requirement to prepare oneself to become a medium is to learn how to enter a trance state which is essentially the same as the twilight stage of sleep that occurs naturally to everyone in the moment just before falling asleep and immediately upon awakening. The trick that the prospective medium must learn is to sustain this twilight stage for minutes on end until some spirit becomes aware that a brain is being proffered for use, which the spirit then hypnotically seizes.

Mediums usually refer to their vocation as a gift, inferring a grant of a special ability from God. Of course, a medium who is a member of the Satanic Church claims his power comes from demonic spirits. The latter is closer to the truth; but in fact, all mediums have merely learned how to suspend their will from controlling their brain. This is certainly no gift—if anything, it ends up a loss. And that loss can become catastrophic for the medium because for every famous and long-lived medium, there are hundreds who are killed by their spirit controls. Many others are reduced to insanity if the control (or controls) never releases the medium's brain back to him. This latter condition is known as permanent spirit possession wherein the medium can no longer consciously function through his brain. The use-

fulness of his incarnation is effectively ended even though his body remains alive under the domination of a Black Mentalist. The spirit control is then responsible for the acts of that body and everything it says, just as a hypnotist is responsible for every act of his hypnotized subject. The rightful Ego is not then in charge of his body, nor can he properly be regarded as liable for its acts.

The medium who retains conscious awareness of what is going on while a spirit control exercises only a moderate degree of hypnotic suggestion is called an awake medium, as contrasted with the sleeping medium who is completely devoid of awareness during a trance. The awake medium can walk around, talk, and seemingly act in a totally natural way, as does the individual who has been hypnotized on stage but appears quite normal. An awake medium will speak in his own voice when channeling the messages of his spirit controls, whereas a sleeping medium's voice may take on the characteristics of the spirit personality speaking through him. For instance, a female medium may speak in a deep masculine voice with the distinct delivery and accent of an American Indian if that is the identity of her spirit control at the time.

An awake medium can be seen in the role of the inspirational speaker who can speak brilliantly on a subject that he may be only marginally acquainted with. Adolph Hitler's well-known ability as a spell-binding orator was totally different

from his normally dull, introverted conversational mode. Experts on Hitler's life acknowledge that he came under the control of a spirit when he addressed the throngs amassed before him. Another type of awake medium is the psychometrist who, when given an item belonging to a person unknown to him, can identify its owner and rapidly relate the past events, personal relationships, or future concerns of that person. A spirit control speaks directly through the psychometrist in such cases. Many fortune tellers and Tarot card readers function the same way. Any verifiable accuracy of the spirit in his statements encourages people to accept the advice and predictions also given, which may or may not be valid. Many (but certainly not all) types of healers are mediums whose body provides the physical agency for a spirit who actually effects the healing. Psychic surgeons fall into this category. In all events, no awake medium is able to distinguish his own thoughts and beliefs from those induced in his brain by his spirit controls even though he may be fully aware that he is being influenced by an outside entity. In some cases, the medium never realizes that he is operating in conjunction with a spirit and that he is unwittingly sharing his brain functions with another Ego.

It is rare for any person to know the source of his thoughts. They may arise from his brain's memory, from Egoic memory, from conscious logic, from being mentally *en rapport* with some-

one else's parallel thoughts, from someone else telepathically beaming their thoughts at him, or from a hypnotist or spirit implanting a thought hypnotically. Regardless of where one of your thoughts may originate, it can have no effect on you or power over you unless you dwell upon that thought and subsequently adopt it in your attitudes and philosophy. You alone decide which thoughts you reject and dismiss or which you dwell upon and embrace. If a thought pops into your consciousness that seems perverse or ugly to you, then immediately think of something else that is positive and beautiful to replace it. Nether spirit entities can bombard you all they want with intriguing, horrible, or destructive ideas; but as long as you reject those ideas, they cannot change you or undermine you. To concentrate upon loving and beautiful ideas prevents evil thoughts from taking hold in your consciousness. It is the intention of evil spirits to gradually change you through the quality of the thoughts you are willing to accept from them. Step-by-step, over many years if necessary, they can revise the morality and outlook of an individual downward, provided that individual accepts the negative images and induced fears which nether spirits specialize in. Truly, the battle of good versus evil is waged daily within the minds of everyone alive on Earth.

Whatever you *really* believe (not what you try to convince others or yourself that you believe) will eventually result in actions that will reveal your

true nature. Who you are today is the result of everything you have *thought* about all the things that have happened to you throughout your life. Your character and attitudes are the result of all your past thinking and decisions. Your character and attitudes determine your day-to-day choices, and those choices manifest in what you do. Every new thought and decision changes you for the worse or for the better depending upon the nature of the new thought. *As you think, so you are!* You will never act counter to what you really believe, and this may result in surprising actions. A self-proclaimed altruist may be astonished to find himself trampling over others to escape a burning building instead of rescuing the women and little children. A tough guy may crumble in the face of a scary challenge. A sweet old lady who presents herself as a helpless person may find herself an effective killer of a criminal intruder and curse him with vile words which she had used only inside her head all her life.

You are presently the result of all your past thoughts. Very simply, what you become in future years will be determined by the quality of the thoughts in which you indulge between now and then. By uplifting the nature of your thoughts, you will correspondingly uplift the inner you. This builds character and results in great deeds.

By contrast, a medium, whether of the awake or unwitting type, is no longer the master of his thoughts. His thoughts are so intertwined with

the thoughts of his spirit controls that he can no longer distinguish his decisions and beliefs from those of his controls. This inevitably results in the gradual deterioration of his motivations and character as well as his health being undermined. The unnatural condition of hypnotic control by spirits over a medium's brain presents a strain on the neurological apparatus of the body and also drains away life energy. This is especially true of mediums who are employed to produce ectoplasmic processes by which a spirit can make himself visible during a seance. All mediums also experience a gradual loss of memory and the ability to concentrate on matters at hand. They become increasingly irritable, suspicious, and prone to emotional outbursts. Their conversation is vague, and they develop an otherworldly airiness accompanied by a faraway look in their eyes.

Everyone's health is largely dependent upon his positive attitudes and enthusiasm for life. Because of the negativity of spirits who control the thoughts and actions of a medium, the positive mental attributes which promote vitality and loving creativity in him are stifled. Eventually the great majority of mediums are used ever more frequently by their spirit controls, and the medium no longer is the one who decides when he will enter the trance state—the spirit controls determine that. The spirits may eventually bleed the medium of his last bit of vital energy, and the medium is finally freed of his bondage to spirits

by the death of his body. The unlucky ones may linger on for decades in an insane asylum. This is the fate of even the unselfishly devoted, conscientious person who enters mediumship because he is persuaded by some authority on the pretext of serving God or some altruistic spiritual purpose. In spite of the fact that teachers and churches of spiritism see their followers eventually destroyed by liaisons with spirits, they continue to recruit still more potential victims. This is primarily because those teachers and the leaders of such churches themselves operate under the domination and direction of spirits. To their followers they rationalize the continuation of spiritualistic practices by claiming that the premature deaths are due to God summoning His faithful spokesmen and servants to heaven early as a reward, and the condition of insanity which often ensues might really be a prolonged state of enraptured bliss in communion with the Holy Spirit.

There was a very successful businessman who became enthralled with the possibility of learning truth by becoming a medium through whom high spirit beings might bring him knowledge of the cosmos. During much of the 1920's and 1930's he would very often place himself in a trance, and a spirit would speak through him to his secretary, who took it all down in shorthand notes. The man's spirit control variously claimed to be different Angels, Archangels, Jesus, Mary, and just about every biblical personage known plus some

names no one had ever heard of before. The spirit proclaimed accuracy and continuity for the bizarre cosmology being presented, and the man became more and more convinced of the genuineness of the nonsense being channeled through him, primarily because of the clever staging by the spirit. The spirit demanded that the man devote more of his time to being in trance so he could serve the "great purpose" of producing as much as possible of this message to mankind before he died. As a result, the man's business suffered, his personal relationships deteriorated, and he became drained and haggard. Finally, he could not eat or sleep properly, and his life was a shambles. Much of the remainder of his fortune was consumed in printing a huge book of spirit utterances which sound beautiful but are really nonsense. Meanwhile, the spirit control is probably still laughing.

A more modern version of this spirit con game concerns the claim of spirit entities that they are Space Brothers of superhuman abilities with a supreme technology from advanced civilizations in distant solar systems. From the mouths of their mediums, these spirits espouse a whole panoply of conflicting cosmologies; but most of them claim to be in outer space near our planet ready to rescue the faithful and transport them to a planetary paradise just in time to avoid an anticipated nuclear holocaust or other great disaster on Earth. The true believers in these so-called Space

Brothers are thus neatly diverted from working to help prevent war or from taking steps toward personal preparedness at a practical level.

No one is more interested than a spirit is in setting up a theocratic government in the world. Then the spirit's mediums become priests through whom direction and dogma are emitted; but the effectiveness of this depends upon some political machinery being developed which enforces continued obedience and faith in the priest/mediums. Under this scheme, the general populace is at the mercy of whatever the spirit directs. To establish a totally repressive rulership requires only one ambitious man who has been convinced by a spirit that he is hearing God speak to him. Earnest political and religious tyrants, whose rule usually becomes cruel and reactionary, can be convinced by a spirit in one of two general ways: a leader might be a devoted follower of a medium/priest or may himself become an unwitting medium without ever knowing he is host to a spirit control.

Next, let's explore how a person inadvertently can become mediumistically subject to spirit control without desiring it or training for it or ever becoming aware he's compulsively carrying out the will of another Ego.

CHAPTER 5

Unintentionally Becoming a Medium Through Divinations

Tens of thousands of people become mediums every year without wanting or expecting to. Each of these people became ensnared by a spirit control because he engaged in some activity or mental attitude which made him very susceptible to the partial takeover of his brain. The great majority of these unfortunate people undertook activities that were encouraged by promoters under the guise of attaining spiritually uplifting advantages for the aspirant, but in the long run the aspirant was gravely undermined by the spirits who hypnotically usurped his brain for their negative ends. The remaining minority of victims either engaged in seemingly harmless, commonplace activities without knowing the hazards involved, or else they opened themselves to telepathic attunement with a spirit via their habitual negative thinking, which naturally resonates to the mentality of nether spirits.

Take for example the widespread desire of many people to divine the future. The most common

divining methods that people are likely to read about or be introduced to by friends are the Ouija board, pendulums, casting the I-Ching, card reading, and passive meditations. Most people regard the Ouija as a joke or a silly pastime; and for people with that attitude, Ouija is usually harmless. If a bona fide message were to be transmitted by a spirit to such people, they would disregard it. Nevertheless, Ouija is for all too many other people the beginning of a troubled road to insanity through spirit possession or obsession. I am personally acquainted with a case that illustrates how someone can be drawn into the service of a spirit without having had any intention of becoming involved in that kind of situation.

As a young man in 1947, I was boarding in the Los Angeles home of an elderly couple while I worked at the University of Southern California. Both the man and his wife held graduate degrees, and another married couple who frequently came to visit their home were professors at U.S.C. The four would play bridge while listening to recordings of symphonic music, and they would converse about learned topics. The wife of the visiting couple had recently been given a Ouija board as a gift, and she had played with it for several months, testing her theory that messages from the device might represent the tapping of one's own subconscious wishes and subliminal knowledge. The woman brought up the subject of Ouija at one of their bridge games, and in an experi-

mental spirit, the foursome decided to test the device. The hosts dug out a board of their own, long ago put away with their equally unused Mah-Jongg game from the 1920's. Thus began a series of sessions that were to last several months. They soon discovered that the two wives were the most effective pair in getting messages from the Ouija; so the men relegated themselves to being critical observers.

The lady who had begun earlier by herself had learned how to ask psychologically sophisticated questions, and the answers she received were often long, detailed explanations that went beyond the learning of any of the four present. Subsequent research at the university library confirmed the relative accuracy of these explanations. The gentlemen began to ask questions about advanced scientific matters and were astounded to receive answers that accurately reflected knowledge and theory as of that era. All four people were beginning to put credence in the Ouija source. Questions were asked about future events that could later be readily verified, like the winners of coming sporting events and some stock market movements. All the answers they received turned out to be correct. Now they began to feel they were really onto something. About the same time, the lady who first introduced the topic of Ouija to their little group began to have intuitive hunches that the board wanted to communicate something especially important to her. She would

then operate the planchette by herself at home, and, indeed, information about world events would be given to her a week before they actually happened. Because the Ouija seemed so reliable and afforded a ready source of information, she began to consult it for guidance daily. Then a marvelous thing happened. A male voice accompanied the spelling out of each word on the board, and this quickly gave way to the voice alone without further movement of the planchette. The woman was pleased to learn that the voice would speak to her in a conversational mode whenever she heeded a preliminary high-pitched ringing or buzzing in her ears. Within a few weeks she was daily contacted by the voice. When at last she came to suspect that she was not dealing with her own subconscious as an inner voice, she asked that the source of the voice identify himself. The voice replied that He was God, and that He had chosen her to be His information channel to all mankind because of her high intelligence and conscientiousness.

The lady's husband became concerned for her when she told him that God had a special message for the four experimenters whenever they could gather next for a Ouija session. Since only she could hear God's voice, He had to convey His message to the other three people via the Ouija board. There was considerable scepticism and reluctance on the part of the other three participants to continue with the Ouija messages

because the claim of the voice seemed preposterous to them, but the hearer of the voice persuaded them at least to learn for themselves the important message God had for them. The others really felt the woman should have professional help if indeed she was hearing voices, but, on the other hand, her past level-headedness and scientific outlook made them willing to accept that something genuine might be happening although it was unconventional. Because of all the preliminary discussion, I was curious to see what was going to happen; so I sat in on the foursome's promising session. The Ouija message (presumably from God) began with exhortations against the evils of the times and went on to encourage good people to take action against evildoers. From there, the message claimed to divulge secret evils of then president Harry Truman and how his administration was undermining God's chosen nation—America. The message ended with a demand to the two couples that they arrange to assassinate the president. One of the husbands, who was a staunch Democrat, voiced protest that the demand was outrageous and ungodlike, to which the planchette violently and rapidly spelled out, "YOU MUST! YOU MUST!" and then flew out from beneath the fingers of the two ladies and broke against the wall across the room. After a moment of stunned silence, the gentleman of the house in which I was boarding gathered up the Ouija board and the pieces of the planchette

and threw them into the fireplace upon the burning logs. That was the end of their Ouija sessions.

Unfortunately, that was not the end of the voice that the woman had come to hear daily. She was still being urged to arrange for the assassination of the president, and as time went by, the voice spoke with her at length many times a day and was joined by several other voices. Some of the spirits shouted at her for hours on end and berated her and insulted her until she was reduced to tears. From that point, she never experienced a moment of inner silence. She couldn't sleep or concentrate on anything. It became impossible for her to continue her professorial duties; so she had to give up her job. It was necessary that she be sedated due to exhaustion and anxiety, and finally she was committed to an insane asylum where she died about five years later after enduring a tortured existence and the drowning-out of her brilliant intellect. There are thousands of similar cases which baffle psychiatrists in trying to find a remedy.

That case of spirit infestation set me on a quest to investigate phenomena of spirit control and channeling. I've since come to understand that this woman was being used by several spirits as if her body were their own in which to incarnate. She suffered from what is known as spirit obsession, which was initiated by her simply seeking information from a source that she didn't understand the real nature of. She was able to retain

conscious awareness of her own identity and speak to other people throughout the experience, but she had to listen to and argue with outside entities. This differs from spirit possession, for that amounts to a total takeover of a person's brain and rarely permits the rightful Ego's conscious awareness. Possession cases tend to be catatonic and unresponsive to stimuli whenever the controlling spirit is not actively causing the victim's body to speak or move through telepathic hypnotic control, which the spirit can induce from great distances. In obsession patients, a clairvoyant can perceive the nearby presence of an infesting spirit or spirits.

There is nothing about a Ouija board or Tarot cards, or any other system used in divinations, that could be considered inherently evil. It is unfortunate, however, that such things are given as gifts to children under the supposition that they are merely games, since a child tends to approach such items with enthusiastic curiosity in following the instructions that accompany the gift. Indeed, any so-called "game" with an occult theme can, and often does, lead to subtle spirit infestation without the child or his parents being aware of the source of his personality changes and behavior difficulties. The game called *Dungeons and Dragons* is an example. Spirit-induced suicide is all too common among youths, and schizophrenia in adolescents is frequently the result of hidden spirit influence. This is not to say that all

schizophrenia is spirit induced, for it is more likely the result of brain allergies or a genetic predisposition to require exceptionally large amounts of certain vitamins or emotional retreat from realities with which a person is unable to cope.

A diviner can assign a meaning or a language to a wide range of objects that can be employed by a spirit to communicate with him. Some diviners use a simple yes or no signal to have questions answered by a spirit, whether that be by table thumping, by a pendulum swinging in different directions, or by a candle flame dimming. A set meaning can be given to each card in a deck, and a spirit will then control the cutting of the cards or the shuffling of them to produce a message. The fall of coins or sticks thrown to obtain the references in the I-Ching book can be controlled by spirits to communicate answers to the questions posed by the diviner. The most prosaic items (*i.e.* bones of different lengths or dominoes) can be used by spirits if the questioner has given a fixed meaning to them. A diviner needs to believe in the messages received and must earnestly pursue his system repeatedly in order for a spirit to take an interest in communicating through that system.

While some diviners pursue information knowing it is coming from spirit sources, most people have no idea that spirits are behind the process. Some of the latter persons believe they are possi-

bly tapping their own subconscious mind or Universal Mind or their higher Egoic self or even the Holy Spirit. Such persons are being dangerously deceived. If they receive sensible responses, they are probably being played with by spirits, and, like the lady mentioned earlier who started innocently by experimenting with a Ouija board, they are unwittingly inviting spirit intervention into their lives and possibly will experience voices. Only earthbound spirits and nether entities engage in providing divinations, and as such they are deceptive and unreliable in the long run. God and Higher Beings do not deal through gypsies, card readers, or diviners. Most authors of occult books and purveyors of instructions on how to obtain supernatural powers and gain control over one's fellow men purposely withhold information on the ever-present dangers of dabbling in occult matters and spiritism.

CHAPTER 6

Dangers and Benefits of Meditation

One of the reasons some people meditate is to blank their minds so they can receive impressions that will provide them with divinations of the future or with insights into "reality." Few such meditators realize that the likely source of the impressions they receive is from nether spirits. Thus they become unwitting mediums.

Meditation is a valuable and legitimate technique to relax oneself and to still the incessant brain chatter we use to reason with ourselves. Further, meditation is a means of developing a conscious connection with our suppressed experiences and subconscious knowledge. It can also help in developing oneself for possible mystic awareness (to be discussed later in this chapter). All meditation, if it is effective, results in diminishing the brain waves in the beta frequencies (14 to 29 cycles per second) which are associated with alert response to external stimuli. There is a coincidental increase in alpha waves (8 to 12 cps), which indicates that the brain is concerned with

its own internal thoughts. There are two major classifications of meditation—with seed and without seed. Meditation without seed merely means that a person blanks out all thoughts in order to prepare for hearing and accepting whatever the “Universe” chooses to impress upon his consciousness. This can be a very dangerous practice because the trance-like passivity that results when the Ego’s mind relaxes control over his brain is a wide-open invitation to spirits to take hypnotic control of the meditator’s brain. Hearing voices or seeing spirit guides in the mind’s eye comprise the usual forms of communication received, and these can lead to a “spacey” dissociation from reality and eventual obsession. Meditation *with* seed applies to practices which occupy the consciousness in a neutral way and yet block the reception of outside thoughts in addition to suppressing one’s own thoughts. One of the few totally safe ways to meditate uses a visualization called the “violet screen.”

The violet screen is an imaginary violet light that can be made to fill one’s visual field when the eyes are closed. There is nothing occult or spiritually meaningful about this violet color. It’s quite natural; and in a dimly lit room, a small spot of the color is readily “seen” simply by squeezing the eyelids tightly or by pressing one’s finger against the front of the eye with the lids closed. The mental concentration required to expand this spot so it covers the majority of the

visual field is sufficient to keep the mind occupied to the extent that conscious awareness of thoughts can cease. The meditative process is enhanced by looking up about 23 degrees without opening the eyes. A person in an increased alpha-wave state naturally has his eyes rolled up to about that angle, and it works either way—rolling your eyes up enhances the alpha state. It is also important that you sit upright as comfortably as possible so that you do not become aware of your body while trying to shut out awareness of external or internal stimuli and also so you don’t fall asleep.

The aim of safe meditation is to not entertain any thoughts received from outside the self as well as to not initiate any thought internally. Concentrating on the neutral mental task of holding the violet screen in one’s imagination should be devoid of any intellectual input. There should be no geometric designs or pictures allowed to play upon the violet screen nor should internal chatter be permitted; but since pictures and chatter can come involuntarily from the brain itself rather than from Egoic intention, they are a bit more difficult to suppress. With practice they can be prevented from coming into awareness even though they will continue subliminally elsewhere within the brain. When one’s ability to discipline the mind and brain has been achieved so thoroughly as to experience moments of total mental silence, then the meditator is in possession of a

powerful tool for concentration which can be used singlepointedly to probe his own self and the nature of Existence.

Some teachers of meditation recommend the droning of a mantra aloud or in the mind's ear to help attain spiritual and emotional quietude. This defeats the maximum attainment of intensely alert concentration on achieving zero input because the endless repetition of a mantra leads to a mindless state that can easily slip into twilight sleep trance. Elmer Green of the Menninger Foundation in Topeka, Kansas, with his sophisticated brain wave monitoring equipment has proven that the deep relaxation experienced by some mantra meditators comes from falling asleep for a few moments without the meditator being aware of it. It has also been shown scientifically that people who regularly meditate for periods longer than twenty minutes at a time become unable to regain full beta brain function, and consequently they are less able to cope effectively with the practical affairs of their life. The ideal amount of meditation is two sessions per day at ten minutes each whether the practitioner is a beginner or an expert.

One of the aims of meditation can be to aid a person in achieving mystic awareness. This mental state has been brought out of esoteric realms into the light of legitimate scientific analysis with profitable results. The ability of mystics like Albert Einstein and Paul Dirac to mentally image

the realities of the construction of the Universe has given impetus to other theoretical physicists to try to acquire this same unique level of conscious perception.

The cortex of the human brain is limited in its ability to perceive reality. Normal, waking consciousness provides an exclusionary focus of concentration upon a set of ideas in rational, sequential order through the neurological switching mechanism within the cortex that can be best likened to a digital computer—a "yes-no" or "on-off" circuitry. Unfortunately, this does not allow a human being to perceive the Universe in the fullness of reality. Just as scientists and engineers must turn to analog computers to solve certain complex problems which human brains could never practically resolve, some scientists by means of their mystic awareness have been able to penetrate the awe-inspiring, improbable, non-rational, beautiful realities of Creation. The mystics of today and for ages past have been telling us that time, space, and the atom are fathomable in the brain state of mystic awareness. The mathematicians and physicists who have been able to thus visualize our Universe via their specially developed intellects have actually attained a state of neural integration between the "digital" cortex portions of their brains, through which waking consciousness functions, and the nonconscious "analog" portions, primarily the cerebellum which is coaxially constructed to provide electro-

magnetic induction across parallel nerve pathways. There is no possible way to otherwise experience and penetrate fourth dimension concepts, the mechanics of the Ether, or the vortex nature of matter and energy.

Mystic awareness involves a repatterning of neural networks in the brain in order to attain a previously nonexistent (but always possible) mode of intercellular communication between our two sub-brains and our conscious brain. The cortex (the thinking part) and the limbic system and thalamus (the emotion part) and the medulla oblongata (the instinctual part) integrate into a "new," whole brain in the individual who achieves the mystic state of consciousness. This gives the Ego a new mode of perception and feeling, and it provides nonrational (not irrational) forms of logic which are integrated simultaneously on many levels in addition to normal, sequential either-or forms of logic. Remember, however, that the brain is not an organ for generating consciousness, but rather is the physical instrument through which Egoic consciousness functions. It's also important to make the distinction that we are not discussing here the differences between right and left hemisphere brain functions.

Brain wave experimenters have established that mystic awareness is a genuine state of consciousness rather than merely imagination. Measurable physiological parameters are observable on the electroencephalograph whenever accom-

plished mystics are being monitored. Theta waves (4 to 7 cps) are produced by the brain when the thinker is conscious neither of his physical self nor the outside world. Mystics produce alpha waves at a high amplitude of 70-100 microvolts; and as their mental state deepens from alpha to theta, the amplitude remains high, indicating a unique state of intense mental alertness.

Whether a mystic began as an ascetic, scientist, or sought to penetrate the mysteries of God, his or her profound experiences in the mystic state are reported as overwhelmingly beautiful visualizations of abstract constructs. Mystics are usually regarded as aberrant by those who still labor under tradition-imposed philosophies and values. Therefore, a mystic prefers the company of other mystics who can understand him, and he essentially disappears from the public eye. Humanistic psychologists, such as A.H. Maslow, who have been analyzing the components of true mental health, believe they have found mystics to be the sanest and healthiest of individuals. The love of the mystic for other people cannot be sated, is nonpossessive, is therapeutic, grows in enjoyment, lacks anxiety-hostility, permits self-autonomy to both parties, deeply experiences the other person, and is a beautiful experience.

It is important to note that the experiences and percepts afforded in the mystic state of consciousness are limited to the data and emotions contained in the mystic's brain memory. He does not

contact other beings or receive information from outside himself as a result of gaining mystic awareness. Clairvoyance is a distinctly separate Egoic function from mystic awareness, and it is attained by different means. A person may acquire either mystic awareness or clairvoyance without the other. The person who has *both* mystic awareness and clairvoyance is said to possess cosmic consciousness.

Maslow's studies brought him to the conviction that a non-mystic, healthy, self-fulfilled person occasionally experiences glimpses into the true nature of his own reality (what Maslow called "Being-cognition") and finds maturity by living a life informed by these luminous moments which seem to be rudimentary mystical experiences. They are experiences of wholeness, of total attention, of enriched perception, of ego transcendence, of self-validating power, of time and space re-orientation, of absoluteness, of wonder, reverence and awe, of Godlike compassion, of world acceptance and acceptance of other people, of anxiety loss, of fusion with reality, of being graced, and of joyful playfulness—the kind of experiences that a genuine mystic traditionally knows.

The non-mystic person who has the above kinds of experiences typically has matured to the point where he can be in mystical union with all of mankind. He has learned to extend his love far beyond his boundaries of self, and he identifies with the world. By having first developed a strong

self via real love and discipline, he can psychically afford to "lose" himself in others. Such a person tends to merge emotionally with all life forms and works to uplift them, and he actively promotes freedom and spiritual growth for all.

There are many claimed techniques to trigger mystical experiences, but faithfully practicing them for years does not guarantee success. Indeed, few practitioners of the techniques ever achieve their goal. Most of the techniques involve methods either of inducing oxygen deficiency in the brain (through alkaline diet, fasting, high altitude, over-breathing) or by desynchronizing normal brain rhythms (with drugs, sensory bombardment or deprivation, strobe lights, drum beats) or by hypnotic induction. All these tend not to be effective and are dangerous because of opening the brain to influence by nether entities through the lowering of one's threshold of will during the floaty state that ensues. The intellectual techniques, on the other hand, are the safest since one's phasing from consciousness to super-consciousness is then never outside the control of the practitioner. Of the scientists who achieved the mystic state, few practiced meditation. Rather, they achieved it through internal cogitation while trying to penetrate a problem that cannot be understood by cortex thinking alone.

All saints have acquired greater perception of reality through their mystic awareness combined with controlled clairvoyance.

CHAPTER 7

Clairvoyance and Yoga

All clairvoyance is a condition whereby the Ego's mind is able to impress upon his brain's consciousness his mental perceptions of another Ego's mental vibrations. The mental vibrations of every Ego are determined by his emotions and his character traits. A clairvoyant usually perceives these mental vibrations as colored auras of light around a person's physical body or a spirit's Astral Body. On occasion, a clairvoyant may interpret others' mental vibrations as musical tones or as odors. In any event, clairvoyance is a mind-to-mind detection of another's essential nature and current state of mind but not of precisely what he is thinking. Clairvoyance is a natural ability for about ten percent of very young children. Probably this is because small children still tend to be relatively free from the anxieties that are the major blocks to adult clairvoyance. Many children report having intelligent, "invisible" playmates. These children also learn to perceive the true emotional state of people by learning through

experience the meaning of the colors they "see" in people's auras. In primitive societies, where it's likely that several tribal elders are clairvoyant, such children receive verification of the auras they observe and report. In Western societies, clairvoyant children almost never receive concurrence about what they see; rather, they are told to not exaggerate and to stop giving rein to an over-active imagination. A child who experiences continual lack of congruence between his observations and what is accepted by others will abandon and suppress his clairvoyance out of his conclusion that it must be false or that it is too risky to continue pursuing. Everyone's need for approbation and to have a sense of rightness, upon which self-esteem greatly depends, is so strong that, regardless of the truth, we eagerly seek to conform to the norms and beliefs of the society we incarnate into. Severe penalties are exacted by most societies upon an individual who dares to depart from the majority's customs and interpretation of reality. All of us have the inborn ability to mimic the ways of our forebears so perfectly that we unconsciously pass along our culture's traits for generation after generation. However, to adjust perfectly to a given society's myths, legends, and erroneous beliefs is to base one's actions and decisions upon unreal foundations. A person trying to make sane responses to life in accordance with a cultural philosophy that is founded on error has to be self-defeating.

A tremendous advantage to being an astral clairvoyant is that you can instantly perceive the character of living persons and of spirits and can detect the emotional states of those Egos at any moment. This means that you can see a spirit Ego with whom you are communicating and determine if that Ego is likely to be a trustworthy source of information. Communication of ideas is done telepathically; but if the clairvoyant is not skilled in telepathy, he needs only to speak normally and the spirit can understand. Because the discarnate Ego is accustomed to conversing mentally, he knows how to project his thoughts to the mind of the clairvoyant for a two-way conversation. Direct observance of responses by both parties greatly assists understanding. As a clairvoyant, you can deal with a spirit on his level without any kind of hypnotic influence or control being involved on either side.

Because it is difficult to discern truth from falsity, many people spend their lives pursuing promising but erroneous philosophies and waste years trying to make those philosophies work. Unfortunately, in the search for truth and practical ideals, a person is most likely to encounter philosophies and religious concepts that are beautifully couched in divine terms but which actual experience reveals to be without substance. And Evil almost always conceals itself behind high-sounding and flowery phrases. The clairvoyant has the advantage of operating his life on the

basis of truth that he can learn directly from highly evolved Teachers, living or spirit, whom he can personally verify as legitimate and competent as opposed to nether spirits who seek to deceive.

The obvious question for someone interested in avoiding blind alleys and in gaining direct access to advanced Egos who know Truth is, "How can I learn to be a clairvoyant?" Most of the organizations that claim to be able to teach a person how to become clairvoyant are actually involved with techniques that can result in mediumship or, at best, develop the student to become a psychic or a sensitive. (A psychic subliminally picks up impressions from a spirit and processes them as if they were his own ideas and thoughts. A sensitive essentially dowses other people's and spirits' energies, which he may even take on and feel within himself.) Such schools promote various systems that are likely to develop hallucinations in the belief, by the teachers and students alike, that these signal a growing enlightenment and are precursor to contact with the Divine. Generally, the students are strongly encouraged to surrender to God, to be open channels and to still their wills. These practices will not result in clairvoyance, but they can open a student to spirit incursions. Clairvoyance requires the sharp awareness of both physical and astral realities simultaneously. It does not result from lessening the will in floaty, twilight consciousness but rather by impressing one's will upon the brain

more effectively. This feat is accomplished with relatively little effort when the precondition of refined character has been fulfilled.

The surest, safest way to clairvoyance is to evolve one's character to a high level of ethical morality by way of virtuous living. Every character trait that one develops to a highly positive level produces a vibration which is perceived as a clear, bright, pastel color in the Ego's astral aura. But, more importantly, high character results in a *natural* breakthrough to the perception of the higher planes of existence. Human beings are designed to progress smoothly to awareness of etheric and astral realities while still incarnate when they become vibrationally more *en rapport* with those refined levels.

Hatha yoga (meaning "union through courage") offers a technique which can lead to clairvoyant experiences, but it involves many years of discipline and can be fraught with extreme risks to one's sanity. Should a yogi be successful in his quest, his essentially premature breakthrough into perception of the Astral Plane plunges the yogi into lower spirit realms where first he encounters the Dweller at the Threshold. This is a malevolent human spirit who is so terrifying that about half of all yogis who achieve the desired breakthrough become victims of spirit possession resulting in insanity. The problem here is that this kind of breakthrough is based on a forced imbalance of energies within the yogi's

body and not upon character uplift; thus, his entrance into the astral world is not at a refined level. The yogi knows that he will be expected to elbow his way past the Dweller by holding to thoughts of the Divine, but the Dweller has far greater mental powers, and the least faltering of the yogi into fear will be his undoing. Many of the yoga teachers involve their students in religious services and prayer, but Hatha Yoga does not necessarily teach the disciplines for uplifting character. Therefore, the yogi who happens to attain his prized glimpses of the astral world will not find himself *en rapport* with evolved Egos and saints; so his impressions of the astral are not very positive. Essentially, he merely views whatever activities his level of character development allows him to see there, but he cannot yet *function* on the Astral Plane. By function, I mean the ability to engage mentally with other Egos and take part in their astral activities.

As background information for what is to follow, it is important to know that everything living, whether it be a plant or animal, has a Vital Body which channels life energy to the cells and also acts as the binding force and pattern upon which living cells are integrated into a physical body. Vital Bodies do not exist on the physical plane but rather consist of atoms having a unique rate of wobble called nutational vibration. The Brotherhood of Saints teaches that there are seven planes of existence, each consisting of

atoms and particles of energy, and each of the seven has a distinctly different rate of nutational wobble. Atoms respective to the seven different planes freely intermingle with each other in the comparatively vast spaces between atoms. Because atoms of the physical plane do not resonate with atoms of the Etheric Plane upon which the Vital Body of a living person has its being, physical instruments cannot directly detect the presence of the Vital Body. Kirlian photography provides evidence of the Vital Body analogous to the way iron filings on a piece of paper over a magnet can reveal the lines of magnetic force that extend invisibly into space. A Kirlian photograph of a freshly-plucked leaf shows a pattern of energy emanating from it that contains myriad tiny flares. When a corner of the leaf is torn off and the remainder of the leaf is again photographed, the invisible Etheric pattern still shows its energy emanation as if the whole leaf were still intact. Every physical body has a corresponding Etheric Pattern on the second plane. Human Egos are part of the fourth plane of existence, or Mental Plane; and when discarnate, they reside as spirits on the third plane of existence, called the Astral Plane. Decarnate human Egos have bodies of a sort made of atoms of the third octave of nutational wobble, and this spirit body is really a shell without internal organs that is taken on so the Ego can be recognized. Also, animal and human bodies are animated on the cellular level by a spe-

cific band of the astral energies. The electromagnetic spectrum of the physical plane has an analogous spectrum of energies on the Astral Plane, and the quantum particles comprising these astral energies also have the nutational wobble of the third plane of existence. Nutational wobble is inherent in spinning objects. It is my understanding that nothing can change that rate in an atom; so atoms that are manifest on one plane cannot transfer to another plane of existence. The chemistry and physics of the atoms of the various nutational rates differ widely from one another.

Prana, often called orgone, is an etheric energy that acts as a kind of food to sustain Vital Bodies on the second plane of existence. This energy can be absorbed directly into the body as it radiates from the Sun. Prana also attaches to atoms of oxygen in the air and to oxygen that is part of the molecules of water. When breathed or drunk in the normal course of living, these oxygen atoms can give up their charge of prana to one's Vital Body as needed.

There is a distinction to be made between astral clairvoyance and etheric clairvoyance. Auras relating to the Vital Bodies of plants, animals or living persons are seen via etheric clairvoyance. This is usually the first stage a person reaches in viewing the higher planes. It is particularly useful for professionals in the healing arts to be able to observe the Vital Body (often called the subtle

body) of an ailing patient to learn directly the source of his symptoms or of an impending disease that has not yet resulted in symptoms. It is possible to be an etheric clairvoyant without yet being able to observe spirits or see character auras, but all astral clairvoyants are also etheric clairvoyants. It's necessary to distinguish between the seeming colors of the etheric and astral auras because they require quite different interpretations. Beginning clairvoyants usually make errors in this respect, yet distinctions between the two are rarely addressed in yoga.

Simply practicing the physical postures of yoga does not lead to negative involvements with nether spirits; however, certain breathing exercises, visualizations, and contemplation of one's plexi (centers of the autonomic nervous system located along the spinal cord) can imbalance the etheric energies of the Vital Body associated with the plexi, called chakras, and result in momentary projection of one's Egoic awareness of the Astral Plane onto one's brain consciousness. Chakras appear to clairvoyants as slowly turning vortices of etheric light. They are formed by the entrance and emergence of atmospheric prana.

There are a number of myths associated with yoga which have no basis in fact, yet yoga tradition promotes them generation after generation even though no one has ever been able to achieve certain of the hoped-for aims of yoga. The principal myth is that a yogi can achieve extrasensory

and spiritual powers by raising his kundalini spirit fire through the series of seven chakras. Kundalini refers to a combination of bio-electric energy and etheric energy normally found poised for expansion at the base of the human spinal cord. When any person is deep in concentration, a clairvoyant can see that person's kundalini as a light which has risen from the base of the spine to the top of the cranium, finally spraying out the top of the head. Yoga theory claims that as the kundalini is raised through each successive chakra, a specific spiritual power becomes available to the yogi, but that simply doesn't happen. In practice, the yogi contemplates a plexus to the point that the chakra associated with it "spins," but this also produces an imbalance in the endocrine gland associated with that specific plexus. This can start out feeling good, but it eventually leads to a health crisis. A woman of my acquaintance upset her hormonal balance doing this yoga exercise, and it produced a malfunction in her adrenal glands. Doctors didn't know how to reverse the effects of her contemplations, and she soon died. Edgar Cayce pointed out that when chakras are prematurely opened in kundalini imbalance, spirit possession is possible.

Swami Rama warns that advanced forms of patterned breathing, which is a common yoga exercise, can cause a person to harm himself irreparably. It is also his opinion that yogis who happened to acquire spiritual powers did so via

other parallel disciplines—not yoga itself. Swami Satchidananda observed that although ecstatic faintness gives a nice experience, the causative patterned breathing is not safe, and it doesn't help anything; but it may put an end to all of one's experience. Legitimate spiritual teachers all agree that attempts to gain spiritual powers must be preceded by selfless love and creative work, and that's more valuable than achieving a superbly conditioned body and experiencing strange and wonderful sensations.

All too many unqualified, self-styled gurus set up shop after having read a few books on yoga and meditation, and these people tend to encourage their students to gain fast results by engaging excessively and overzealously in what are already dangerous techniques. Such leaders usually also demand total obedience and the turning off of their devotees' minds. To practice yoga with the aim of achieving *siddhis* (powers) while residing anywhere other than in a lifelong retreat from the practical world is to ask for serious trouble. The demands of a busy life and the demands of the deeply contemplative life are truly incompatible. Students who have been inadvisedly thrust into these conflicting modes usually end up with kundalini imbalances that manifest in bizarre ways, but most commonly in a nervous breakdown of many years duration. Such practitioners may suddenly find themselves unintentionally locked into a rigid yoga posture for hours, or be filled with

agonizing burning sensations, or be unable to speak or move for days at a time. Some yogis believe such conditions indicate spiritual progress when really that is not so. It is dangerous and unacceptable. What is tragic about all this is that so much of a practitioner's time and effort is spent on pursuing an unrealizable dream. Moreover, yoga is an inappropriate discipline for the Westerner. There is no cultural background to support its practice in the West, and the devotee becomes a fish out of water socially and philosophically.

Undeniably, there are yogis who have learned how to take conscious control over their autonomic physiological functions like heart beat and temperature regulation. However, these feats are not accomplished by using yoga but rather by a form of auto-suggestion that acts much like a hypnotist being able to induce a deep trance state that reaches the point of control over his subject's brain stem where the basic life-functions are regulated. Also, a yogi who can enter the mystic state did not acquire that power through yoga. And those yogis who are spirit healers gained such powers almost exclusively by becoming mediums. Hatha yoga is useful for developing and maintaining a supple body, but yoga practitioners grow old and die at the same rate as everyone else. There are and have been saints in India, but their personal powers and greatness were derived from love, virtue, and high intellect—not from yoga. By developing high character, a person can

other parallel disciplines—not yoga itself. Swami Satchidananda observed that although ecstatic faintness gives a nice experience, the causative patterned breathing is not safe, and it doesn't help anything; but it may put an end to all of one's experience. Legitimate spiritual teachers all agree that attempts to gain spiritual powers must be preceded by selfless love and creative work, and that's more valuable than achieving a superbly conditioned body and experiencing strange and wonderful sensations.

All too many unqualified, self-styled gurus set up shop after having read a few books on yoga and meditation, and these people tend to encourage their students to gain fast results by engaging excessively and overzealously in what are already dangerous techniques. Such leaders usually also demand total obedience and the turning off of their devotees' minds. To practice yoga with the aim of achieving *siddhis* (powers) while residing anywhere other than in a lifelong retreat from the practical world is to ask for serious trouble. The demands of a busy life and the demands of the deeply contemplative life are truly incompatible. Students who have been inadvisedly thrust into these conflicting modes usually end up with kundalini imbalances that manifest in bizarre ways, but most commonly in a nervous breakdown of many years duration. Such practitioners may suddenly find themselves unintentionally locked into a rigid yoga posture for hours, or be filled with

agonizing burning sensations, or be unable to speak or move for days at a time. Some yogis believe such conditions indicate spiritual progress when really that is not so. It is dangerous and unacceptable. What is tragic about all this is that so much of a practitioner's time and effort is spent on pursuing an unrealizable dream. Moreover, yoga is an inappropriate discipline for the Westerner. There is no cultural background to support its practice in the West, and the devotee becomes a fish out of water socially and philosophically.

Undeniably, there are yogis who have learned how to take conscious control over their autonomic physiological functions like heart beat and temperature regulation. However, these feats are not accomplished by using yoga but rather by a form of auto-suggestion that acts much like a hypnotist being able to induce a deep trance state that reaches the point of control over his subject's brain stem where the basic life-functions are regulated. Also, a yogi who can enter the mystic state did not acquire that power through yoga. And those yogis who are spirit healers gained such powers almost exclusively by becoming mediums. Hatha yoga is useful for developing and maintaining a supple body, but yoga practitioners grow old and die at the same rate as everyone else. There are and have been saints in India, but their personal powers and greatness were derived from love, virtue, and high intellect—not from yoga. By developing high character, a person can

eventually come to truly function on higher planes of existence while still incarnate. Yogis work on their postures and kundalini-raising and breathing exercises for decades in hopes of merely glimpsing the Astral Plane as sort of voyeurs. Even the yogis who escape the clutches of the Dweller at the Threshold rarely achieve such glimpses. Few yogis ever experience clairvoyance after a lifetime of practicing yoga. If instead they had spent those wasted years in character development, they could have added significantly to their permanent spiritual development.

Another form of yoga, called tantra, attempts to achieve the same spiritual goals as hatha yoga but through the stimulation of intense sexual energies in intercourse between a man and woman. Yoga does not include women as being able to attain spiritual powers; but in tantra yoga, a woman is tolerated as valuable in aiding a man in his yogic quest. One of the theories of yoga is that a man's testes house the secret to attaining powers, and that his sexual apparatus benefits from intense sexual arousal so long as semen is not ejaculated. This theory is central to justifying tantric intercourse, but many a practiced devotee has actually learned to ejaculate sperm into his urinary bladder, and that does not qualify as conserving his creative energy (*oojus*) for theoretically gaining *siddhis*. Those tantric yogis who are effective in completely preventing any kind of ejaculation gain a sustained state of high-energy

agitation of feelings and exaggerated interest in sex. But this is counterproductive to serenity of spirit; and because of imbalances which then develop in the body's creative energy, such yogis become emotionally strange. One of the more valuable aspects of achieving sexual orgasm is the resultant balancing of etheric life energies and bio-electrical energies in the body, thus providing a regenerative fount of mental creativity. Psychologists have proven that pleasure is literally nutritive to the body's neurological structures, and that deprivation of pleasure can lead to emotional and mental illness as well as to violent, anti-social behaviors.

Most persons who became saints were balanced, loving people who did not abstain from sexual intercourse. There have been some saints who for various reasons were celibate, but to imitate their celibacy will not make you a saint. Ego is Mind. The way to Egoic advancement is through mentation, and that includes right thought (virtue) and right action (ethical living) which naturally follows. In India, tantric cults pose a serious civic problem because of their practice of bizarre sexual perversions that are hard to rationalize as being spiritual in intent. Undeniably, sex can be beautiful and uplifting when engaged in with the correct attitude, but that does not require Tantra Yoga. Witchcraft teaches, among other things, that methods to stimulate an intense emotional state which will thrillingly enhance one's

demonic powers include killing an animal or a person or having violent, unloving sex. It's not impossible that the tantric cults have touched this negative aspect of sex, thus mistaking the electric highs they experience as being spiritual.

In any event, yogic methods for hopefully gaining clairvoyance merely produce glimpses of the astral world and are of little practical use and are not at a spiritually refined level. Also, there are ways of having views of the Astral Plane granted by nether spirits through awake mediumship typical of witchcraft. Extrasensory powers gained by alliance with demonic entities carry a high price because the person is not Egoically freed from such an alliance when he dies. On the other hand, a possessed, obsessed or chronically hypnotized person is Egoically free as soon as his brain dies.

Much of the lure of various yogic techniques for the Westerner is in yoga's advertised promise to deliver enlightenment and powers. The people who want such benefits are usually unaware of the importance of proper motivation for gaining them. Selfish motivations block their attainment. But saints know that their knowledge and self-mastery must be diligently employed for the benefit of mankind, and they work tirelessly to help improve the world and to lovingly uplift everyone.

Again, real spiritual progress depends upon personal uplift of character. Every gain in this area becomes permanently a part of the Ego and serves an individual forever.

CHAPTER 8

Astral Travel and Altered States of Consciousness

Astral travel is also referred to as mental bilocation, and it is closely allied to clairvoyance in that it is a condition in which the Ego's mind is able to impress upon his brain's memory his Egoic experiences while traveling in astral form anywhere in the world. Every Ego travels elsewhere while his body is asleep. Sleep is a condition which the physical body needs daily to repair itself, at which time a built-in, biological brain mechanism shuts down the neurological avenues by which the Ego normally is able to will the brain to make his body act. While one's Egoic consciousness and brain activity are separated from one another, neither is aware of what the other is doing. There are many levels of brain activity that work continually and which do not require the Ego to oversee them. Examples are, maintaining breathing and digestion, brain dreaming that never rises to awareness, and subliminal processes of logic which sometimes result in an internal form of intuition. The brain never stops

working, not even during sleep or in deep trance; but when the Egoic consciousness is temporarily remote and disconnected for the night, the Ego is unaware of what his brain is processing. Similarly, the brain isn't involved in what the Ego does during the sleep period; so then the brain doesn't normally record the Ego's experiences.

Astral travel often occurs spontaneously and can be a rather disorienting experience the first time if it's unexpected. The astral traveler can view current events anywhere in the world and conduct surveillance on anyone, but he doesn't interact with Higher Beings. The trick to purposely induce astral travel is to keep one's brain in a twilight trance that is deep enough to allow the Ego to separate, as in sleep, but yet the Ego is still able to telepathically transmit information to his body's brain so that a record is made in the brain's memory. For all practical purposes, this requires a trance state identical to opening oneself to receive mediumistic spirit control except that total receptivity is not being offered to a spirit while the Ego is travelling astrally because he is still maintaining active input into his own brain. Since there is but a fine line between these two intentions for going into trance, unintentional mediumship often results anyway; for the astral traveler usually does not have the Egoic skills and character advancement to protect himself fully against a spirit taking over.

One of the more popular ways people try to

achieve astral travel is through sensory deprivation. This requires a special environmental chamber where one floats in body-temperature water in darkness and silence. It takes a while to accommodate to this procedure since most people tend to panic in such an unnatural and unprecedented environment. A few people have had psychotic episodes brought on by sensory deprivation, and this could be due in part to the influence of nether spirits terrorizing an already unstable personality. After a person gets used to the lack of sensory input, his brain is essentially tricked into responding as if the body is asleep even though his brain's mechanisms didn't initiate it. Meanwhile, he is still Egoically in awake control of his brain, and this does not require the immediate location of the Ego near his body since telepathic control over his brain works at any distance (in the same way that a hypnotist can control the brain of another person.) An out-of-body experience sometimes is induced by such sensory deprivation, but hallucinations more likely result.

Hallucination is caused by the Raphe cells in the brain stem failing to produce serotonin, a chemical which blocks the brain's amygdala and visual systems (the dream areas of the brain) from using the same nerve pathways that are normally reserved for exclusive use of incoming sensory stimuli while a person is awake. During sleep, the brain stops producing serotonin, and dreams result. The brain then emits another chemical

which paralyzes the voluntary muscles so a dreamer won't act out the content of his dreams. Sleepwalkers have a deficiency of this other chemical. The ingestion of LSD and peyote puts into the blood stream a chemical analog of the brain's natural serotonin, and this tricks the brain into sensing it is producing sufficient quantities of serotonin to suppress dreaming. Thus deceived, the brain stops producing the real serotonin even though the person is still awake; so dreams and incoming sensory stimuli from the real world are using the same pathways. Since there then is no way to distinguish what is real and what is dream, a person will try to respond to the information as if it were all valid. Likewise, a schizophrenic experiences a mix of dreams and reality, and his responses reflect this confusion. He may speak aloud in reply to people or voices in his awake dreams, or he may imagine seeing a tiger or a gunman enter his room and be totally unable to distinguish if that is real or not. His responses are going to seem bizarre to a normal person who obviously is not having to deal with the same input. This same kind of hallucination is also possible to a normal person as a result of sensory deprivation. Of course, hallucinations have no spiritual significance. Their contents arise from one's own brain memory and largely reflect one's mood at the moment.

There are people who seek to have spiritual experiences by fasting and sitting in solitude in

the dark. What is most likely to result is hallucinations or trance-like floating sensations that can lead to mediumistic infestation by spirits. People living in the East who are vegetarians and fruitarians are particularly susceptible to slipping into floating sensations because their diet alkalizes their blood, causing a lessening of oxygen to the brain. Meditating at high altitudes in the mountains has much the same effect. Meat and carbohydrates in the diet acidify the blood, and this tends to protect the brain from the kind of inadvertent spirit takeover that could arise from oxygen deprivation due to alkaline blood. It is interesting that people enjoy feeling lightheaded, dizzy, floaty, dreamy, uninhibited, other-worldly, and expansive even at the risk of becoming temporarily or permanently insane or ruining their health with the drugs and techniques used to produce these effects. People seem not to appreciate the tragic dangers of drugs until they are too deeply involved in their use. Many drugs, from LSD to opium, have been touted to provide the means to blissful highs along the way to superconsciousness, but the saints insist that true spiritual experiences and progress are hampered by the use of drugs that tamper with the brain. Without exception, every drug that can alter one's mood is psychologically addictive. Drugs act only on the physical brain by altering its chemical functions. Drugs cannot influence an Ego in any beneficial way because Egos exist on a different

plane of existence. Moreover, backsliding of character almost always accompanies drug usage.

All Egoic advancement depends upon living one's life passionately on the sharp point of reality. The person who is healthy emotionally and psychologically enjoys the exhilaration and profoundness of all his emotions and finds deep satisfaction in acquiring control over the challenges in his life. Ultimate sanity lies in total awareness and perception of one's environment plus having the ability to cope with it effectively. Life presents the challenge to learn all it has to teach, and successful living is a long series of solving problems. The real joys, satisfactions and richness of life are not experienced in the intoxicated haze of drugs or in any state less than full and present awareness. Drug-induced altered states of consciousness are but dreams or escapism. No one feels good about himself when he is dependent on chemicals. Healthy-minded men and women must assert their God-given sovereign independence, intelligence, and self-control in order to rise to the potential greatness which is inherent in every human being. Everyone is needed to overcome the destructive human forces in the world that seek to undermine mankind, diminish his personal powers, and enslave him through drugs, false beliefs, and submission to negative spirits. But independent self-responsibility and freedom are so scary to some people that they surrender them to power-seekers of church and state.

Relative to astral travel, a group of Tibetan experts at telepathic hypnosis promote out-of-body experiences in order to entice people onto the Astral Plane where they are relatively defenseless. Once a person has been taught how to project his Egoic awareness of Astral experience onto his brain, he then can be developed as a reporter of misinformation. These incarnate Tibetans can induce visions of any scene and impress conversation upon the Egoic mind of the Astral traveler. This is done so perfectly and convincingly that the traveler has no question but that he was really transported to other planets or Heaven or anywhere else the conjuror induced in his consciousness. The traveler believes totally that the situations and information he has been made to perceive were genuine, and he becomes an earnest disciple who spreads the Tibetans' deceptions. These Tibetans have a tricky way of killing a devotee when his usefulness is ended, and sometimes they kill just for the amusement of showing off their cleverness. This is accomplished when a traveler is on the Astral Plane. For example, a scenario is mentally induced wherein the traveler is presented with an image of God or a great saint who entices the traveler to directly serve God on the higher planes by abandoning his physical life. The traveler is usually so honored and flattered by the offer, that he willingly severs the bond to his body (with the help of the Tibetan) and so appears to have died in his sleep.

CHAPTER 9

Tibetan Mentalists and Occult Power

Who are the Tibetans who act together to undo other men? They are part of a very ancient cult and have lived in two cave communities named Shamballa and Agartha for thousands of years. They refer to themselves as the Hierarchy, and they have long been the archenemies of Christ's plan to uplift mankind through the efforts of the worldwide Brotherhood of Saints (often called the communion of Saints because of their ability to stay in touch with one another through telepathy). The Agarthis specialize in teaching astral travel (which is called Eckankar) and inducing illusory scenarios to ensnare such travelers. Agarthis also inspire false leadership in nations, lodges, and churches all over the world. They develop the lust for power in susceptible people and promote the misuse of magical powers. Agarthis work hand-in-hand with the Shamballists, and the latter specialize in romanticizing materialism and fostering perverse sexual and emotional cravings in the people of the world in

order to lead them to despair so that man is made to lose sight of his spiritual possibilities and great destiny. The aims of these two cults are essentially identical with those of the evil human Egos who reside on the Lower Astral Plane, and, indeed, there is a certain level of cooperation between them; but there is no chain of command among evil spirits because none of them is willing to take directions or orders from any of the rest of them.

Together, the Agarthis and Shamballists have managed to pervert virtually every avenue ever established for the uplift of mankind. They have done it by manipulating into positions of authority and power the kind of people who have been susceptible to thoughts suggested telepathically by these Tibetans working in conjunction with nether spirits. People who are already ambitious for power or who are arrogantly self-centered and cruel are unknowingly selected and gradually developed to believe it is their right to impose their views upon other people by whatever means—even using imprisonment, economic enslavement, and death. Then these types of budding tyrants are gradually insinuated into positions of power and influence through the supporting structures of similarly perverted persons. Thus, by means of the unseen mental suggestions of the distant Tibetans, who maintain telepathic surveillance on all the principle persons in power, most of the world's leaders are

manipulated like a great chess game. Thereby, wars and murderous persecutions have been brought about, and the great philosophical truths and the paths to freedom have been subverted or completely replaced by lies over the centuries. Great Teachers like Christ and Buddha come to help mankind overcome the fear and hatred promoted by evil, but the Agarthis and Shamballists soon arrange the establishment of power structures, presumably designed to institutionalize and preserve the truth, but which are used more to enslave men's minds and to turn brother against brother. Today we hear such absurd and frightening perversions of God's Love as, "Kill a Jew for Allah!" "Kill a Muslim for Vishnu!" "Kill a Commie for Christ!" These are the cries of hatred and fear, not of love of God.

Hitler made a direct alliance with the Agarthis and brought a score of them to Berlin to advise the Nazis in ways to gain the intercession of evil forces to aid Germany in their conquest of the world. It was these Agarthis who authored the plan for the human sacrifice of 500,000 European Gypsies. Millions of people were killed by orders from Hitler just as were killed by Caesar, Gengis Khan, Joseph Stalin, Mao Tse-tung and Pol Pot. The Agarthis and Shamballists are expert in bringing about such terrifying bloodlust. The difference between Hitler and the other tyrants is that he consciously courted evil, practiced black magic, used peyote, personally practiced human

sacrifice, was a medium, and knowingly served as an agent of evil in exchange for gaining political power. He became a member of the Thule Society, which was a group of occultists and anti-Bolsheviks in Bavaria during the early 1900's. Hitler was indoctrinated into the group by Dietrich Eckart, who personally trained Hitler in the Black Arts and helped him to be leader of the socialist labor movement that was being revitalized by the German Army after World War I. After Eckhart's death, General Karl Haushofer founded the Nazi religion upon the teachings of Madame Helena Blavatsky, who herself had been enticed into Tibet where she became a medium under the control of two Shamballists, Morya and Koothumi, who ruled her telepathically for the rest of her life. It was their intention to further undermine Christianity and the work of the Brotherhood of Saints by disseminating confounding philosophical nonsense and fostering a plan to create a spiritual dictator who is supposed to rule the world both politically and religiously under a one-world government by the end of this century. Blavatsky wrote prolifically via automatic writing and eventually gained such fame that she was able to take over the Theosophical movement, which dates back to ancient Greece, and recast its philosophy to reflect the concocted cosmology and history tales that her Shamballist teachers taught her. Blavatsky died in 1891, and another woman, Alice Bailey, an American, later took up

the cause of establishing a spiritual world dictator who, it is claimed, will embody a powerful spirit known as Maitreya, and who reputedly will not be able to be killed. Bailey was also an automatic writer who came under the telepathic hypnotic control of a later Shamballist named Djwal Khul.

The Shamballists help promote many false religions through mediums and their spirit guides. Any philosophy or religion which is delivered through a medium is *ipso facto* false and designed to mislead. Everything the Tibetan cults and nether spirits promote is designed to confuse and to generate fear and hatred in the long run. Political and religious demagogues everywhere feed upon frightened, bewildered, and frustrated feelings of people, and they inflame the populace into fanaticism and prejudices of all stripes. Furthermore, the populace is being perverted by negative entertainment that glorifies violence and loveless sex, by commercial music using anapestic rock rhythms and lascivious lyrics to create anger and despair in its listeners, and by the ready availability of drugs. As in the 1930's, we again see the rise of fascistic, conservative sentiments and a trend toward militaristic state religions along ultrafundamentalist lines among Arabic, Jewish and Christian sects. Believers are exhorted to feel a strong conviction of their own righteousness and are told they must take up arms to defend themselves against the ever-present, ever-

threatening iniquity of everyone who believes differently. Here we can see the not-so-subtle hand of the two Tibetan cults and the spirit mentalists stirring up hatred and chaos on every hand. They stand against everything good and beautiful in man. The combined efforts of nether entities and Tibetan telepathic hypnotists to create popular acceptance of spiritist and occult phenomena is a powerfully dangerous trend. It can be offset most effectively by consciously developing attitudes of love and fearlessness and refusing to indulge in negative thoughts or images and hypnotic techniques.

The danger of religious fanaticism is equalled by the pursuit of occultism. The popular appetite for fantasy, magic, and esotericism reached its apex in Nazi Germany's hysterical romance with hidden powers and super-beings; and we may merely be experiencing but a lull in man's growing fascination with demonic forces. People who are not sophisticated in the sciences and the higher forms of metaphysics will often be one-sidedly influenced by science fiction and allegorical novels that explore alternative realities; thus they may romantically come to view a portion of their world in terms of a fantasy. The authors of such works can serve to expand our perceptions and provide a fresh, objective look at ourselves and our institutions, but new views and ideas must always be tempered by cautious, rational adherence to experience and science. The innate

arrogance of being in on what one considers to be the "real lowdown" can lead to fanatic absurdities. The compelling persuasiveness of many occult fantasies had a disastrous influence on the lives of many people during the past half century, as we shall now explore.*

In 1887 a secret group that was an offshoot of the English Rosicrucian Society was formed in England and called the "Golden Dawn." Some of England's most brilliant minds were attracted to become members, and most were already leading Freemasons. Unfortunately, their attention became caught up with weird and fascinating aspects of Oriental Mysticism, Kabalistic magic, Tibetan sorcery, Merlin lore, and pagan mythology. Their preoccupation with ceremonial magic seemed to carry them away from Christ-inspired considerations, especially under the leadership of the neopaganist, Aleister Crowley. The Golden Dawn was in contact with similar German societies, and at that time the Germanic mind was much taken with Wagnerian hero tales of Nordic mythology. Germans shared with the English certain Druidic lore and a common bond in the traditions of King Arthur and the Holy Grail. Bulwer Lytton, a member of the Golden Dawn, wrote a

*The occult religion and beliefs of the Nazis referred to in this chapter are historically substantiated. For further details and verification, I recommend the reader to the following books:

The Morning of the Magicians - Louis Pauwels and Jacques Bergier.
The Spear of Destiny - Trevor Ravenscroft.
Hitler, The Occult Messiah - Gerald Suster.

fantasy novel, *The Coming Race*, about the imminent arrival of men psychically advanced with godlike powers and living in the bowels of the Earth like Nordic demigods. This played into the superman views expounded by Nietzsche, and found fertile ground among some Germans. Willy Ley, the rocket expert who fled Germany in 1933, revealed the existence in Berlin of a community of occultists founded literally on Bulwer Lytton's book as if it were a factual treatise! It was called "The Luminous Lodge" and also "The Vril Society."

The frustrated intelligentsia and nobles of Germany in the 1920's were dreaming heroic glories of a Parsifal-like deliverance of the Germans back to world power, and many other German people of influence were exploring the seductively glorious myths of Wagner and Lytton as if they were valid. This was the kind of background that helped place Germany in the hands of Hitler and the occultists who promoted him. Hitler espoused a mixture of magic paganism and modern technology which had a timely emotional appeal to the defeated, impoverished German people.

One is almost certain to draw the influence of nether spirits into his life if he actively seeks occult or mental power over others. These English and German intellectuals explored magic of the kind gained through propitiation of the Dark Powers revealed in occult lore. Occultism has its own myths, which in most cases are cunningly

implied to be secret knowledge reserved for the mighty. The Golden Dawn society had the resources at its disposal to test these theses against science in order to penetrate to the truth, but the wacky Hindu, Tibetan and Teutonic occult myths apparently promised more rapid and dramatic results.

Hitler believed himself to have experienced personal contact with sinister "unknown supermen" referred to in the "black" occult writings of both the East and the West. These cruel and powerful supermen were supposedly living under the Earth after having come from other planets. Hitler's "divine" mission was to prepare the world for the glorious emergence of the supermen. It was General Karl Haushofer who chose the backward swastika as the Nazi symbol, and he propounded the Aryan-Atlantean superiority theories of Blavatsky. He also believed that Nordic demigods associated with Thule, a legendary island in the North Atlantic Ocean, served as intermediaries between man and Giants who supposedly control the world. The elite German "Lords" of the "Thule Society" were to become the masters of the world and be protected by Satanic powers derived from Tibet. The dreaded Schutz Staffel members (SS) were organized like a religious order of monks, and the "Black Order" was a mystical aspect of the Thule Society. The cadets in the SS seminaries learned their destiny was killing and dying for supernatural powers. They

dedicated their lives to bringing the Third Reich into existence by fanatically eliminating all so-called "pseudo-men" (i.e. Jews and Negroes) and any "under-men" (non-Aryans) who might foolishly resist the Nazi super-race. The immoral scum of Germany emerged to exalt their vicious depravity in the name of divine destiny.

Men of good will must be on guard against the types of men who exult in such sport. It is necessary that we learn to recognize a negative situation in its incipient stages so we can take steps to avoid being overwhelmed by it.

A few of the following examples are the kind of results one can expect when people who court the voices of spirits or "God" are given positions of religious or political leadership. Hitler declared, "There is a Nordic, National-Socialist Science that is opposed to Judeo-Liberal Science." The "holy" conflict of World War II was to decide which view of man the world was to live—the magical or humanist. Hans Hoerbiger, with Hitler's backing, intimidated the learned professors of German universities, by threat of ouster from their posts, into adopting the state doctrine of "Eternal Ice" which held that the stars are really ice and that all humanity rises and ebbs in response to a continual struggle between the forces of ice and fire. All employees in government and business were even required to sign affidavits of their belief in the doctrine of Eternal Ice. The Nazis also taught that the Earth is hollow and

that we are living inside it. Rays from the Sun supposedly are pressing us against the surface instead of gravity. They officially declared that man is on the brink of a formidable mutation due to a cosmic cycle which will confer upon him the powers of the gods and that a few such men are already here. These fantastic notions are far from dead! A result of the long Nazi occupation of Europe and their takeover of the schools is that millions of people in and outside of Germany still believe in these ideas wholeheartedly. Many new books propound the same nonsense. A large number of Western people expect that extraterrestrial, superhuman beings are on their way to bring salvation and a glorious Edenic life to Earth and to confer godlike powers on all mortal men who have pure Aryan blood in their veins.

The Nazis were strongly anti-intellectual, anti-humanist, and against established scientific knowledge and theoreticians. They burned books and killed men of knowledge. Nazis believed that the people's minds were being poisoned by Western science. Modern astronomy and mathematics were supposedly Jewish lies which could not be corroborated by ancient Nordic mythology, which the Nazis officially regarded as the inerrant final authority. Between 1933 and 1945 the science of Germany digressed into a fantasy which makes virtually no sense to rational scientists. The Universe is admittedly still largely unfathomable, but we must adhere to scientific rules of evidence

or be cast adrift from reasonable hope of ever perceiving truth. The anti-rational lunacy that gripped Nazi Germany is apparently still gathering momentum underground. Truth is difficult to acquire, whereas fantasies do not require precision or proofs and are more effortless to disseminate. Many more millions of people may yet have to die in even greater wars to decide if rational truth or blind faith in ancient myths and "spokesmen for God" is to prevail on Earth.

The Antichrist mentioned in the Biblical *Book of Revelations* may well be catapulted into power by millions of Europeans who hunger after economic security, political stability, and racial dominance through the leadership of a "savior" who can successfully stage a claim to superhuman or occult powers. The sheer madness of this century's murderousness and hatred has had its roots in widespread, blind acceptance of occultism or "revealed religion," both of which have been further used to undermine mankind through distortions introduced by Shamballists and Agarthis and through their development of tyrants and demagogues who are telepathically inspired to use myths of all kinds to manipulate the masses.

Every student of truth must employ metaphysical and scientific tests to prove what is factual. Neither occult practices nor faith alone are acceptable bases upon which to make life decisions. Both have repeatedly led to terrible consequences. Science and religion seek to find the

ultimate truths of everything. Wherever they agree, they merge into a unity at that point. In many cases, two forms of thinking must be employed—objective logic using physical proofs based on physical instrumentation; and mental penetration into other realms using mystic awareness and clairvoyance, which will always have to be on a subjective level. Great scientists and other searchers for truth have used both forms of mental probing in concert. These are legitimate tools as opposed to the consulting of spirits and the acceptance of answers from unseen voices. Many Nobel scientists also believe in God, and that is consistent with being a scientist-philosopher.

CHAPTER 10

Charisma

Webster's Dictionary defines charisma as, "an extraordinary power given a Christian by the Holy Spirit for the good of the church." Because of the Trinity concept in Christianity, wherein Father, Son, and Holy Spirit are the three aspects of God, the Church then must take the position that anyone through whom the "Holy Spirit" speaks is giving voice to God. It can be easily seen why a devout Christian who hears a spirit voice claiming to be the Holy Spirit is going to be very attentive to what the voice says. Down through the centuries the Christian Church has been very cautious in accepting the phenomenon of people speaking God's advice or instructions, and church officials have vigorously examined anyone who has presented himself as a hearer or mouthpiece of God. During the many centuries of Christianity, virtually all the claimants to that miracle have fallen quite clearly into one of three categories: charlatans trying to trick the gullible; the obviously insane; and mediums influenced by

nether entities. Close questioning by church authorities usually tripped up both the charlatans and the mediums controlled by nether spirits. Long, negative experience has educated the traditional Church to repudiate such claimants as well as the whole phenomenon of someone acting as the voice of God or the Holy Spirit.

Since the early 1900's, a new movement has sprung up in the U.S.A. wherein certain sects of Christians have adopted the theological expectation that all their members should personally hear the voice of the Holy Spirit, speak in tongues, receive the power to heal, and be able to cast out devils. Their expectation of these gifts stems from an interpretation of the New Testament Book of Acts in which it was shown that certain disciples of Christ received the Comforter through a baptism of fire from the Holy Spirit on the day of Pentacost (a Jewish feast following Passover by fifty days). One of the most remarkable evidences of something quite miraculous having happened was that the recipients of this gift were able to understand perfectly any language even though they had never heard it before, and more amazingly, were able to argue philosophy very cogently in that language without having previously spoken it. This was a powerful tool and an encouragement for the witnesses who went abroad to spread the word of Christ. The gift was given to some thirty persons, and possibly to as many as fifty, but only advanced, first-

generation disciples received it.

The power to heal the sick was a different matter, for it was theoretically made possible to anyone who believed in the Messiahship of Christ and who asked for a cure in the name of Christ. Some healers became a matter of consternation for the Apostles and early disciples because known wizards and magicians who long before had been curing people through the power of nether spirits would at times cite Christ as the source of their healings, probably in order to gain customers among Christians. The world is still full of healers everywhere who work effective cures, and they may never have even heard of Christ. Most genuine healers are mediums acting as physical agents for some kind of human spirit with healing knowledge who, being an earthbound or lower spirit, often uses healing to gain acceptance by the persons being healed as a first step in eventually wielding control over them. Moreover, virtually all "Christian" healers also are spirit mediums, but certainly not of the Holy Spirit.

There is another form of healing called faith healing which depends solely upon the total belief of the sick or lame person that the practitioner with whom he is dealing has the gift of healing. The power of anyone's mind to cause sickness and hysteric lameness can be reversed in a moment to release the patient from his own mentally-induced infirmity. Guilt and fear are the founda-

tions for such unconsciously self-inflicted maladies. The sufferers merely need to completely believe that Christ has truly forgiven them when the preacher declares it's so, and they are cured, usually in an instant and in a few cases permanently. (Most revert in a few days to their former condition because their causative, subconscious attitudes did not change.) There is some important preparation needed for this method of healing to occur. One doesn't just coolly walk up to the preacher and become healed. A fairly lengthy warm-up period of prayer plus methods which increase suggestibility by inducing alpha-wave brain activity are commonly used. Faith healing works best when conducted in the excited atmosphere of a crowded religious service after a build-up of emotionalism and high expectations.

Actually, the power to heal resides naturally in every person who is able to love. Love is the great creative and healing force emanating directly and continuously from God, and persons who are non-neurotic can actually receive the power of love and focus and redirect it for the purpose of healing. There are mothers all over the world who have used love alone to heal their children in cases of sickness and injury without ever being aware of the mechanism involved. All truly loving people have healing hands.

Those churches that claim charisma for their followers unintentionally promote mediumship along the same lines that the spiritualist

churches do. In Haiti, for instance, voodoo priests continue the superstitions and practices of their African forebears. Their rites build up to a state of high emotionalism with wild chanting and tom-toms and exhausting dances until some of the participants fall down and begin frothing at the mouth as they flail about in convulsions. Some begin babbling or screaming nonsensical noises that sound almost like language. Then the celebrants know that the juju spirits are in them, and they can have ecstasies and feel like they have superhuman powers such as working magic and doing healings. Many of the congregation do not roll on the ground or wail gibberish as do their fellows who have come under direct spirit control, instead another phenomenon overtakes them—group hysteria. The hysteria manifests as shouting, wailing, entering trance, and fainting. Each person's actions and mental state are highly influenced by the frenzied activities around him. These rites and their results are certainly not spiritually uplifting, but they are seductively exciting and tend to bond a group together because of their intense, shared experience. Even scientific observers find that they cannot resist the effects of such rites and become compulsively drawn in. The congregation's extremely suggestible state during the hysteric phase is most gratifying to the voodoo priests because of the more-or-less permanent personal control they then can gain over their followers. Nether spirits

who gather to take part in these rites welcome this opportunity for wholesale hypnotic manipulation of the brains of many people. The spirits don't care that their mental control is detrimental to their victims. On the other hand, the saints and God and all other positive beings would never take away, even for a second, a person's right to total self-control and independence of thought. Every instance of submitting to hyper-emotionalism in order to pass into altered mental states where a spirit may take control is to take a step toward spiritual degradation.

The practices mentioned above are not limited to Haiti, and they are becoming more prevalent in the U.S.A. Many black worshipers in some churches have retained certain African rites of their forebears, and they have incorporated them into their brand of Christian worship and beliefs, which some whites then adopted. Holy Rollers justify their exhilarating services, which are like those in Haiti, as being brought about by the Holy Spirit. Today charismatic sects of Christian heritage, plus some individual congregations within sects which do not condone charismatic activities, serve the interests of nether entities by providing a continual supply of adults and children to be taken over by spirits. The conduct of a charismatic service is virtually identical in its techniques and results to the Haitian rites described in the preceding paragraph. It is obvious to a clairvoyant observer of such religious

services that the mob of spirits who do their part from the lower Astral Plane in order to make the event successful are unmistakably negative, and some may be frankly evil. The spirits swarm into the room in large numbers, each eagerly competing to seize control of a victim as he or she becomes susceptible. It's reminiscent of a pack of sharks attacking a school of fish in a feeding frenzy. The depressing feeling experienced by a visitor who doesn't arrive at such services until the point where the congregation is being possessed is due to his sensing the predatory viciousness of the spirits that are present. Ministers who pass along the erroneous belief that speaking in tongues is evidence of the work of the Holy Spirit may be honestly sincere, but they are nevertheless serving to diminish the free will and happiness of their flocks. Genuine speaking in tongues (glossolalia) always comes from temporary possession by a nether entity; so it is certain that anyone who in his head hears a voice claiming to be the Holy Spirit or God is being duped by a spirit mentalist.

Then there is the minister who pays lip service to love of the Lord but actually imbues his congregation with fear and hatred because he is of the personality type which exhibits high aggression, low self-esteem, and contempt of others. He covertly likes to see people suffer if they don't believe as he does or if they do things of which he disapproves. He may even seek to gain dominance over

the very souls and lives of others, and he is enraged by people who disregard his commands; for he feels that others' failure to be obedient is a disrespectful defiance of his self-righteous authority. People with this personality are attracted to careers in the military, ministry, law enforcement, and as prison guards, all of which satisfy their drive to angrily but subtly impose their own will upon others. I do not mean to imply that everyone in those professions has the personality type under discussion—far from it. But those who do have it tend to be absolutist, arrogant, domineering, exploitive, and subtly cruel. They are expert at guilting, punishing, ridiculing, and undermining people over whom they assume the posture of infallible authority. As church leaders, such individuals are especially damaging to the well-being and psychological health of the members in their congregations. The people of this personality who become ministers and priests are just as destructive as the same type who set up religious cults or secret societies that engage in occult practices. They all use whatever means is needed to subjugate their followers even if that entails brainwashing, subliminal suggestion, hypnotism, and isolationism. It is this personality type that is especially looked for and developed by Shamballists and then jockeyed into positions of even greater power where they can better serve the aims of nether entities. The great tragedy is that such churchmen falsely profess the beauties

of Christ's teachings to attract the churchgoer but then exploit him. They poison the minds of their followers against everyone of different Christian denominations and other religions by claiming that only their own sect's members will be accepted in Heaven and that outsiders are a danger to their children because other beliefs could lead a child astray and into Hell. The Shamballists have led nations into religious civil wars with such arguments. Death squads are established to defend the faith by going forth to murder the "evil" Christians of other sects who believe in "false" doctrines. The murder of one's fellow Christians is justified by those church leaders who proclaim that "misguided" followers of other sects must be in league with Satan and thus deserve death for their enmity against God. Such twisted thinking spreads ever-widening circles of fear and hatred. No mortal can ever be so sure of the ultimate validity of his beliefs that he is entitled to kill those who express alternative viewpoints.

A person who attends church should not have to be wary or suspicious of his minister; but because so many churchmen have the personality I've described, it's wise to thoroughly understand the doctrines and theology of one's church in order to distinguish if false concepts are being introduced by individual preachers. Although church programs on television and radio make attractive entertainment, one should also be aware that

some shows use these media as a means to slip in a few concepts that are calculated to undermine the brotherhood of man, or promote political issues which divide the nation, or create new theologies with subtle reinterpretations of the Bible that steer away from Christ's goals to establish universal peace, love, freedom, forgiveness, charity, moral uplift, and right thought. It is clearly in violation of Christian ethics to exhort people with threats of hellfire, bombast, public castigations, and accusations of sinfulness; but these are proven ways of breaking the will of the believers and binding them to the church through guilt and the promise of divine forgiveness if they will support the church and give rigid obedience to the will of the preacher (because he is acting as God's representative). If the true believer is thus made to renounce himself as a miserable sinner who is unworthy of making his own decisions so that his life must be directed by his church's all-knowing God-surrogate, then he has surrendered his free will and individuality. He has given away his personal power in an attempt to be rid of an unwanted self and is prevented from developing a sense of an esteemed self. Breaking the will of a follower is a complicated psychological process which is used in some churches and in all cults. Its methods are directly related to mind-control systems that result in brainwashing.

CHAPTER 11

Brainwashing and Subliminal Suggestion

Converting to another philosophical concept or religious belief is sometimes necessary for open-minded individuals to be able to structure a new way of life that seems to better match their experience and intelligence. As long as conversion of belief is arrived at through careful consideration and examination in a cool and logical way, over time, such revisions of outlook and testing of reality are legitimate and can be very growth-engendering. However, there are techniques of immediate conversion that are used extensively by many human-potential training groups, all the cults, all revivalists, and those religious sects that employ hyper-emotionalism in their rites and services. The techniques used are usually called brainwashing when used in cults but are called conversion when used in churches; nevertheless the effect is the same. It is common to hear about the way outlandish cults operate to ensnare converts from college campuses and then brainwash them to make them want to stay with the cult

even though they are not physically kept from leaving. The cults' brainwashing methods were adopted from so-called "Christian" groups that were formed during the last two decades and that have church affiliations, but the Christian cults are less publicized in the news media. In 1981, an extensive, nation-wide survey was conducted on the longterm effects of cult ritual techniques on their members.* Of forty-eight very active groups in the study, surprisingly, thirty groups (62%) had arisen out of fundamentalist churches or branches of the new right-wing Christianity. Traditional, orthodox religions are appalled at the member-stealing tactics of church cults on U.S. campuses, and they are trying to combat it through warnings to their followers. The above-mentioned thirty Christian cults imposed on their converts a higher average of time spent in ritual and indoctrination than the other major cults. The Christian cults even rated higher than all the other cults in both the long-term destructive effects on converts and the average time to rehabilitate them. Long-term effects included emotional problems such as a suicidal tendency, depression, and feelings of fear, guilt, and humiliation, plus mental disorders such as disorientation, amnesia, nightmares, delusions, and hallucinations.

Psychologists who have studied the phenomenon of cults have delineated the characteristics

*Science Digest — January 1982. "Information Disease," page 86.

which distinguish them from legitimate religious organizations as well as those intentional communities that encourage self-responsibility and free will in their participants. It should be noted that some religious leaders have begun their own personality cults within the framework of a conventional, long-established, Christian sect. There can be tremendous differences between individual congregations depending upon the motivations and methods used by their separate pastors to recruit and retain new members. Some parishioners may not be able to recognize the actions and attitudes of the members of another congregation, although nominally of the same sect, as being consistent with what they thought their church universally stood for.

In any event, if a group or organization exhibits several of the following traits, which are normally associated with a cult, it probably bears closer scrutiny before joining it or remaining in it: 1.) Demands total obedience. 2.) Applies intense indoctrination. 3.) Restricts the ability to leave the group. 4.) Appeals to fear of not being enlightened or saved. 5.) Uses humiliation or guilt to control behavior. 6.) Appeals to egotism and vanity in becoming one of the elect. 7.) Promises having power over others. 8.) Restricts access to outside people and ideas. 9.) Demands stereotyped behavior and group conformity. 10.) Encourages hyper-emotionalism and manipulation of feelings. 11.) Plays on feelings of inadequacy or low self-

esteem. 12.) Encourages deception or violation of personal ethics. 13.) Encourages overdependency and relinquishment of personal responsibility. 14.) Restricts independent action and privacy. 15.) Uses intimidation or threats in recruiting or retaining members. 16.) Demands all members' money. 17.) Is paranoid about outsiders. 18.) Stockpiles arms for protection. 19.) Uses any brainwashing method discussed in this book.

It is one of the basic characteristics of being converted that you can never be aware that you have been brainwashed, and you will refuse to believe it happened to you. You will instead stoutly maintain that you have found *the* truth, and you will consider the people who manipulated you in terms of heroic idealization and utter loyalty. Psychologists who study the process of brainwashing have identified the way the human brain responds to the stimuli that induce it, such as musical rhythms and oral suggestion. A skilled speaker can create in his hearer a sense of being inadequate or a sinner; and then, by drawing vivid word images of an impending negative fate, he can build up extreme dread in his audience. The suggestible person's composure shatters due to his sense of personal wrongness, and he grasps at any straw to be saved from the horrible end he may be induced to envision. Such emotional turmoil sets up a brain condition in which a person becomes extremely rejecting of what he formerly has believed and becomes accepting of reprogram-

ming; moreover, this condition is enhanced if there are other agitating stimuli present such as are employed in revivalist meetings.

Most revivalist preachers are experts in the tricks of brainwashing, and they use them. Before their services begin, soft music is played which is much like a lullaby and is done at a specific tempo just a bit slower than heart-beat rate. This has the effect of inducing a high level of alpha-wave activity in the brain, which makes a person at least twenty times more suggestible than before he enters this altered state of consciousness. As people sit waiting for the service, some begin to show signs of trance: their eyes dilate and their bodies sway with their hands in the air. To further induce trance, an assistant to the preacher starts the proceedings with a monotonous, hypnotic talk using a patterned rhythm that has a distinct beat. He then generates excitement and anticipation by rapidly asking questions to which the audience is certain to repeatedly shout, "yes!" Singers begin to sing Gospel songs, and excitement builds with greater and greater audience participation and shouting. About this time, a plant on stage or in the audience claims to be possessed of the Holy Spirit, and the tension of excitement leaps to new heights. Next, the revivalist comes out and preaches about the horrors of Hell and the eager clutches of the Devil or the impending end of the world. This purposely creates high levels of fear in the audience.

Next come testimonials by members of the audience of past healings or exorcisms, and then those who are ready to confess their sins are asked to step to the front to be converted and to receive forgiveness and baptism by the Holy Spirit. At this point many faint or experience spirit-induced glossolalia, and the entire congregation may explode into a frenzy of emotionalism. The revivalist has to scream to be heard, and he exhorts everyone to feel the presence of the Lord and to receive Him and put one's life into His hands and to serve Him obediently. Many are converted on the spot and feel the rush of being spiritually reborn.

Some persons are able to feel the thrill of "divine presence" only during revivals because the inducing spirits depart and travel with the revivalist wherever he goes. All that remains then is their brainwashed conversion to a new belief system. These days, the charismatic movement is providing the revival format regularly in year-round, weekly church services, with most or all of the traveling revivalist's techniques being used to reinforce and entrench the "born again" feeling and selfless devotion to the cause against enemies of the church. Continually repeated exposure to these techniques makes a person susceptible to suggestion by designated authorities, and this is really a subtle form of hypnotism. In some cases, spirits can make their suggestions "audible" to such continually-sensitized churchgoers so

that a person thinks he is hearing an Angel or God. This inroad provided to nether spirits, whereby they gain lasting control of converts, may produce in some people various forms of emotional ecstasy or religious mania that all too often ends in suicide or commitment to an asylum. Even ministers can be conditioned to experience voices induced by spirits that seek control over church leaders. Some ministers have been subject to such conditioning since childhood.

Revivalists are very sophisticated in their business and are continually adapting other mind-control techniques from new research. They often find ways to exploit the various brain functions of the unwary person so he will become a zealous pawn for the organization which he is induced to adore and serve. Special sound systems, psychologically-tested lighting, and better auditorium design have been shown statistically to increase the percentage of converts made and to double the money taken in. As science unveils new evidence of the ways in which the human brain can be manipulated in normally undetectable ways, there are unscrupulous operators who devise techniques to milk the unsuspecting by using those scientific facts and equipment. In any event, absolutely none of this promotes sane, contemplative worship, and the traditional Christian denominations are deeply disturbed by the popular trend toward hyper-emotionalism in the revival churches. Developing one's internal moral

fibre is being replaced by brainwashed adoration of media-created religious celebrities. Instead of being encouraged to investigate public issues and vote their conscience, people are being mentally seduced into voting as they are told by unscrupulous leaders scattered throughout the churches and cults.

People who have been brainwashed rarely are able to rationally defend their beliefs since those beliefs are usually acquired as oft-repeated slogans while the subjects are in an altered brain state. Because they don't know why they hold their beliefs, such people become insecure when questioned. They tend to resort to anger and fanatic responses against others who might like to engage them in objective philosophic discussion.

The newer brain-control devices referred to above emerged from electronic and psi-onic experiments and come under the heading of subliminal suggestion. The physiological functions that make the phenomena of subliminals possible began to receive wide attention years ago when it was revealed that movie theatres and television programs used subliminal advertising. A message would be flashed onto the screen that was so fast a viewer could not consciously see it, but the eye readily picked it up, and the subconscious recorded it. The messages would say something like, "I'm hungry for pop corn," or "I'm thirsty for a cola." A person's subconscious reaction to such

subliminal input is to translate that into a conscious desire for the item mentioned. However, if a person has been told in advance the content of such a message and when to expect it, the effect is gone. In order for the technique to work, a viewer must not know it's happening. There is considerable variation between individuals as to the effectiveness of subliminal suggestion, and one's mood can vary the degree of response. There was a considerable furor over the practice at the time of its disclosure, but no legislation has ever been passed to make it illegal. It was left as a moral issue which advertisers should refrain from imposing on unsuspecting persons. Nevertheless, it continues to be done, and it's difficult to detect. Advertisers, TV evangelists, political campaigners, and governments use subliminal messages hopefully to command the desires and actions of their viewers.

In addition to visual subliminal persuasion methods, it has been discovered that a person's moods can be regulated by sounds of specific vibrations. Of course, it has been long known that different kinds of music can soothe or excite the listener, and the anapestic beat used in most rock music can make a person angry and physically weak. Some horror movies subliminally hide the sound of pigs being slaughtered into the music accompanying a certain scene so as to invoke terror, or they may incorporate the sound of a swarm of angry bees into the music in order to arouse

apprehension. There are other subtle tools called Extra Low Frequency (ELF) beats which are below the lowest note that can be heard by the ear. Inaudible ELF beats at a specific frequency will cause a person to become emotionally upset and actually feel ill due to specific body disfunctions caused by that frequency. At a slightly higher frequency, an eyes-open trance with high alpha waves ensues. A bit higher frequency makes a person feel elated or euphoric. At a still higher frequency, depressive agitation sets in that can lead to violent action. Any of these four frequencies can be introduced by loudspeaker and be undetectable by anyone, but their brains respond nevertheless; and there is no defense against it. Music can be used to mask ELF frequencies without reducing their effectiveness, or they might be disguised under air conditioner noises. An even more sophisticated development lies in the discovery that silent ELF radio waves have the same effect as the ones discussed just above that use physical vibrations. The brain's inherently electrical nature resonates directly to electromagnetic radiations of ELF frequency range. Scientific experiments have proven that people's moods and behavior can be taken over *en masse* by broadcasting such radio signals.

An electronic invention called the Neurophone can induce music or speech directly into the brain's audial center, by-passing the ears, when the device is placed anywhere on the skin. No

sound is generated, but the brain translates the device's electronic signals directly into understandable information, like hearing a voice inside one's head. The inventor has since discovered that he can broadcast the same kind of silent signals from an aerial and have people's brains "hear" and understand clearly any message without having to have the device in contact with the skin. By placing hidden subliminal messages on a recording and broadcasting them in an auditorium, the "hearers" will respond as desired without ever being consciously aware of the manipulation. With this device, instructions can be more direct and responses more specific than what can be achieved simply through ELF mood control or induction of alpha states to enhance suggestibility.

These techniques have been used for several years in some human-potential training seminars where the presenters have but a weekend to capture the lasting loyalty of the trainees. I suggest that the content of these training seminars may often be immaterial to the people who put them on. The subject matter proposed to be taught may be just the bait to get people to attend—the main concern, rather, is to build a large organization of fervent supporters who will be obedient to a revered leader and be eager to go out and recruit new converts. When this is so, a human-potential training organization exhibits some of the principal characteristics of the cults.

The human-potential training seminars of this nature also use methods learned long ago by armies and convents for breaking down recruits and then remaking them into the desired mold: exhausting schedules which cause mental fatigue, being subjected to humiliating experiences, harsh verbal abuse by trainers, a humorless and austere atmosphere, mind-numbing routine, severe discipline for minor disobedience, physical hardship. These are time-tested tools for breaking the will and inducing such anxiety that the recruit's brain switches to an alpha state in order to diminish the uncomfortable reality of his situation. This increases acceptance of unaccustomed attitudes and behavior in true brainwashing style. Often after conversion is assured, there is an official celebration with encouragement of an *esprit de corps* among those who made the grade, which unites everyone into a proud unit identified with its honored traditions.

Another use of subliminals is as a means of learning or for changing attitudes and habits. There are many businesses selling audio cassette tapes that are advertised with exaggerated claims that they can give you extrasensory perceptions or a success consciousness or control over acquaintances and your environment merely by listening to the tapes into which are imbedded undetectable suggestions to your unconscious brain. In order for the tapes to work, it's important that you not know what is on them, but that

presents a problem. The temptation must be great to suggest customer loyalty for the purchase of more tapes and to induce admiration for the author. A greater danger lies in the etheric connections that can result between the user and the speaker on the subliminal program. Dr. Charles Tart of the University of California has demonstrated experimentally that any person can subconsciously tune in on any other specified individual (even without being named) anywhere in the world. This is accomplished by a form of telepathy, but almost nobody is able to do it consciously. If you were to personally speak with the person who recorded the subliminal parts of tapes to which you listen for reprogramming, a link (such as forms between every hypnotist and his subjects) would develop retroactively because of prior exposure to the same voice. The recorder and his voice would then be a unity; and to you, his tapes would thereafter be hypnotic. Verbally guiding a subject's mental images and using subliminal cues are the heart and substance of the preliminaries for inducing hypnotic takeover. The great degree of openness and receptivity of the listener to subliminal tapes would make him especially vulnerable thereafter to the will and current thoughts of the recording person, which is in keeping with Dr. Tart's demonstrated connection.

There are no shortcuts to spiritual development without playing risky games with your brain. The

time-honored methods of self-improvement are slower but safe. The advertised fast methods have unacceptable trade-offs that sellers of various programs "forget" to mention, or else they are not knowledgeable about them. The widespread misuse of brain-control techniques by commercial, occult, religious, governmental, and military organizations grows daily, and this calls for a guarded approach to employing any kind of appliance or technique for so-called mind development. Any of these groups may well be secretly behind such programs and be manipulating them to serve their own ends. Watching television may be conditioning you daily through subliminal suggestion and ELF's in order to influence you to buy, to vote, or to join various organizations. Anyone's use of subliminal persuasion, brainwashing, and hypnosis is simply immoral. These methods are used to gain profit and power, and they make dupes of the rest of us.

The effective, yet paradoxically joyful, path to psychological-spiritual growth is mental effort and persistent self-discipline. The temptation to get involved in easy-sounding methods stems from the human tendency to laxity. Our preference for ease, avoidance of truly solving the problems of life, and our fear of change are the treacherously effective blocks to Egoic advancement. People who work and think as little as possible may slide by, but their lives remain small and empty.

CHAPTER 12

The Path to Reality and a Full, Effective Life

What purpose and value does a religion or a spiritual philosophy serve in a person's life? A person derives a sense of direction when he believes he knows the purpose of human existence and what is expected of him in order to accomplish that purpose. Religions and philosophies embody a code of ethics based on the long social experience of human cultures. Religion and philosophy ideally provide genuine instruction on how to achieve joy, love and the beneficial pleasures of life. A person has need to seek out a belief structure that he judges to be most exactly representative of ultimate reality and truth.

Every mentally healthy person seeks a more perfect way of life, and this amounts to a "spiritual" or psychological quest. It is crucial to having a rewarding life that a person perceive his environment and interior self for what they really are and make appropriate responses in his search for sanity as well as find more effective means to meet his ideals and desires. In the last analysis,

everyone, even the atheist and nihilist, has a philosophy of life by which he guides his life and makes moral choices. In a manner of speaking, this is his "religion."

It is a fact that every person's reality is created by his mental images. In different parts of the world people may or may not believe there are germs, that the world is round, there once were dinosaurs, there is an afterlife, or that women have souls. What an individual believes to be so *is his world*. How closely his personal view corresponds with ultimate reality is the measure of how effective his decisions and actions will be in meeting his needs. A whole nation or culture has a self-image and makes group decisions on the basis of its aggregate philosophical beliefs, its religious ethics (or lack of them), and its justifications for exercising power in the grand scheme of things. The fact that their assumptions and beliefs may be almost totally at odds with ultimate reality does not prevent them from carrying out national and cultural policies that can eventually destroy them. Peoples everywhere are trying to operate effectively in the face of superstitions, ignorance, state lies, and religious mythologies.

Universal Laws all substantiate the fact that each person is ultimately responsible for the happenings and conditions in his life as a result of his mental attitudes and the actions he initiates toward others; but being totally self-responsible is too much for most people to accept. It is psycho-

logically more comfortable to blame outside influences for one's troubles and assume the posture of being a victim rather than the cause.

In addition to *your* world being what you believe it to be, you yourself are what you believe yourself to be. You live up to and comply with your self-image. If your wants are modest and you have enough money to fulfill those wants with enough left over for small savings, you could well deem yourself rich even though your income is well below average. Indeed, you could feel prosperous and have an attitude of abundant resources flowing to you. On the other side, were you to be a millionaire yet feel deprived of the wherewithal to accomplish grandiose ambitions and were you to also feel blocked, frustrated, and miserably wanting in funds, you could easily believe yourself to be poor in spite of having great amounts of money compared to everyone else. This example concerning monetary resources can be applied to all the other departments of life.

One literally becomes what he thinks! His world and the people in it respond to his mental images and help reinforce his beliefs and attitudes. A grouchy misanthrope's behavior prompts people to respond to him in negative ways that further justify his beliefs; and a cheerful, loving person is responded to in ways which prove his view correct that people and the world are beautiful and loving. One's success in any area of life depends upon his sense of confidence, self-worth,

and belief of entitlement to success in that particular area of life.

Unfortunately, many people are unconsciously led to be losers by just about everyone in their environment as they grow up. As adults, some believe that for every joy, pleasure, and good they experience, they must expect a balancing sorrow, pain or evil. This piece of medieval folklore derives from St. Paul's exhortation against physical pleasures which he, being a Pharisee, claimed will doom the soul to hell. Putting his kind of morality into practice inevitably produces an anxiety about enjoying pleasures of any sort. Even the thoughtless pleasures of tiny children—scribbling on the wall, getting thoroughly muddy, hosing down the cat into an open window, squishing mashed potatoes between one's fingers at the supper table or touching one's genitals—usually result in stormy and confusing responses from parents who scold or interrupt seemingly whenever the child is exploring or being delighted. The message a child usually gets from this is that pleasure and amusement are bad and fraught with danger. His subconscious memory of punishment that follows pleasure, combined with a parent's anti-pleasure moral philosophy, can create a lifelong anxiety about having good things happen in his life. Indeed, virtually everyone subconsciously learns to armor his or her body against feeling pain and pleasure, and this deadening lasts a lifetime. Fun, pleasure, or relaxation are

virtually impossible for most people except at very subdued levels. People are encouraged to work hard to acquire the good "things" in life, but the average person is literally unable to enjoy them after he earns them. Most people subconsciously expect the "inevitable" axe to fall and sweep it all away. It has been engrained in them that they are somehow undeserving. Why is this such a wide-spread attitude? It has to do with the patriarchal ways of our civilization that operate on the basis of authoritarianism.

Authoritarianism depends upon obedient, subservient followers. People forego their independence and right to self-determination when they feel incapable and unworthy. Fear and guilt (self-hatred) are the primary emotions behind such feelings. Authoritarianism thrives because of fear and guilt; and conversely, fear and guilt are the natural result of authoritarianism, forming a vicious circle. Guilt is essentially a feeling of anger against the self. It says, "I am unworthy, unlovable, even terrible. I want to hurt me for being so bad." Depending upon conditions, one's anger may be turned outward against others, so that one becomes an authoritarian, instead of against the self, whereby one becomes subservient. Most people are a mixture of both.

People reared in cultures with a matriarchal world view tend to be motivated by love, fairplay, harmlessness, and shared helpfulness. There are few matriarchal cultures left because they tend to

be overrun by patriarchal cultures that vent their rage by making war. Matriarchal cultures are characterized by their belief that pleasures make everyone happy and content, fulfill Nature's plan, and are good for people. Such peoples are not aggressive or guilt-ridden, nor are they subservient or obedient followers of leaders. There is a kind of natural democracy among them which leads to group decisions wherein all are equals.

The guilt-trained person doesn't question the System when things go wrong in his society or when injustices abound. Instead, he is conditioned to neurotically blame his suffering on his deserving to suffer. This is the preferred response so far as authorities in command are concerned. Another way to make a populace subservient is to restrict their power to be self-sufficient. Dictators and despots devise ways to make their subjects dependent upon the government for their basic needs. Contrived shortages of food, clothing, and housing require controlled allocation through rationing; and rationing brings the governed under control by the governors. Slavish followers get privileged treatment, whereas rebellious types are deprived of essentials. At one time, farmers and small cooperatives were totally self-reliant and depended upon no one else. The fulfillment of their needs were within their own power; therefore, they *had* power, and they resisted surrendering to authorities that independence-engendering control they had over their own lives.

Moreover, they were their own experts in virtually everything they needed to know in order to conduct their affairs. Once a patriarchal system becomes established, most things work to the advantage of the authorities, for the average person seeks to abdicate responsibility because he is afraid of making wrong judgments which will bring punishment and further guilt; so he takes flight from freedom and self-empowerment, and he willingly surrenders his personal power to authorities. It is part of the psychology of the person who has been made to feel guilty, unworthy, powerless and ignorant to behave obediently, accept punishment, and admire his oppressors for their freedom to exercise power. For millennia, tyrants, gurus, and priests have successfully induced guilt so they can stay in charge of the world and rule those who have been convinced they are inadequate to run their own lives.

To a large extent, patriarchalism fosters neurosis because the average person feels trapped by a system in which he is mostly cut off from the contenting pleasures of life, from his own power, and ultimately from his ability to love. He senses that his personal growth is not possible unless he has freedom of choice to pursue and test many options and unless he accepts the responsibilities and risks of emotional pain as he works through his problems. Yet, because he tries to avoid the pain of struggle, he tends to surrender to the decisions of "wise superiors" or to an all-providing state.

He can see that this surrender frustrates his basic drive for growth and he senses his weakness in giving up his power, and this makes his life doubly bitter. He also knows that over the years he is permitting the state to formalize into law more and more restrictions on his options until there is no freedom left for his progeny.

Successfully solving problems produces Egoic growth, and it is through adversity that one grows best. The human tendency is to reject new information and to defend oneself against change. We denounce disquieting facts as erroneous or evil. We are inherently afraid of whatever we aren't in control of, what we do not understand, and what is unknown to us. Therefore, one must discipline the self to accept the mental discomfort of pursuing maturity and spiritual growth, which demand dedication to finding reality at all costs. Constant self-examination and willingness to revise one's concepts of reality are essential to transcendence and transformation of one's basic nature by means of re-education and an endless series of psychologically painful rebirths.

One of the greatest sources of happiness comes from successfully achieving one's aims. The greater one's goals, the greater the happiness in attaining them. One should strive toward great goals, since little goals don't stir men's blood. It is through such striving that life takes on its spiritual meaning. It is never easy, and isn't intended to be, but the rewards of intermediate successes

along the way make life truly worthwhile for the person who takes on difficult tasks. Ask any Saint! Success breeds confidence, and new confidence breeds further success. With every success comes more self-esteem and the willingness to assume more self-responsibility. Life is a series of new problems; and the mature person has learned how to deal effectively with so many difficulties that they are no longer problems but merely something to again deal with routinely.

The tendency to avoid new situations on the grounds that one is inadequate, untrained, or inept is self-defeating. Obviously, the only way to become competent in anything is to learn from experience by starting on the ground floor. Children eagerly try to learn how to do whatever they see others doing. Repeated practice at roller skating, riding a bicycle, dancing, or even courtship is essential to becoming competent. Yet feeling embarrassed at being less than adept keeps many people from engaging in enjoyable activities that require but a little practice to be as good as anyone else. No one can become competent without practice and going through the failures that are inherent in gaining experience. The stigma of failure is a major reason people avoid reaching out for what they want. But failure is an imposter and should not be feared. In failure lies the best instructor. Successes that come easy do not encourage us to seek cause-and-effect relationships between what produces or prevents desired

results. Statistically, almost everybody is completely successful in ninety percent of everything they set out to do, but the failure of ten percent looms like a great boogeyman and tends to make us inordinately reluctant to try again. Fearing possibly painful consequences or the suffering inherent in struggle makes most people evade life itself. It is admittedly hard work to learn, and so all too many prefer to remain ignorant. People will even pretend that problems in their lives do not exist or else procrastinate in tackling them. Many take drugs or alcohol to shut out problems that cause them pain. The extreme effort put forth by most people to weasel out of difficult situations usually exceeds the effort required to meet those problems straight on and thus master them. It should be remembered that problems recur over and over until they are eventually resolved. So why not get them out of the way? The neurotic person will construct elaborate fantasies in which to live just so he can avoid the realities of life's inherent problems. This tendency becomes perfected when total withdrawal from reality is finally reached in the insane state. But insanity puts an end to everything. There is virtually no ceiling on man's abilities. He limits himself only by his beliefs, attitudes, and ignorance; and all these can be revised. Until a person is made aware that problems or opportunities exist, he can not address them to solve them or use them to his advantage. The challenges imposed by becom-

ing aware of unsuspected problems can be an unwanted burden, but growth and sanity depend upon ever-widening perception of such realities.

Rising to the challenge of learning all there is to know is the most rewarding way to live your life. Moreover, it's fun because you feel so alive in meeting and mastering challenges. Some people find out that they can do almost anything to which they set their mind. They feel they are on top of their increasingly full lives and love it. They become well-liked by others and are recognized as being those who actively improve the world. As such, they also learn to truly like themselves and feel worthy of the good things they make happen for themselves. It all starts, at any age, by deciding to become as fully human as possible and then pursuing that with passion.

As our first duty, we are called upon to love God; but then we feel vaguely guilty because we really don't know how to fully do so. Also, it is said that you must love your neighbor as yourself. Actually, you *cannot* love your neighbor more than you love yourself! If you hate yourself because of your myriad guilts induced by the culture, then you cannot help but hate your neighbor. If you love who and what you are, you naturally can see the same good qualities in your neighbors and love those things in them. You can't love what you haven't yet seen or haven't yet come to understand about human beings. All such awareness is learned through your own

internal experiences. You project onto the world what you believe yourself to be, for that is your reality. You can change your internal reality at any time with new information and new attitudes, but, like anything else, that requires effort and discipline. Vague wishes don't make Egoic growth happen. However, when you have learned to love who *You* are, you finally can love God and your neighbors. God's love is infinite, but you can love the Divine only to the degree that you have developed self-love through worthy deeds and right thought.

But what of saints? What did they have to learn? Many of them began a lifetime almost crippled emotionally by their miserable upbringing. And many others had become profligates before turning themselves around. Did these men and women receive some special dispensation from God? No! They all discovered the way to attain joy, and they pursued that path with a burning passion because it is so satisfying in every way. It required that they learn through experience, and often extreme hardships, to become confident, happy, successful people who are able to love and be loved. Because of a saint's great love, which is devoted to the spiritual uplift of others, he is happy to teach his knowledge to whomever will truly listen so they too can enjoy the same enthusiasm for life and have the same control over themselves and over their life's circumstances.

CHAPTER 13

Reachable Goals and Safe Ways to Get There

I have used saints as models because ideally an advanced person has the traits we associate with saints—he or she is loving, healing, gentle, patient, social, competent, energetic, courageous, psychologically mature, insightful, wise, serene, and psychically well-developed, among many other admirable qualities—in short, a well-rounded, effective, human being who brings high ideals into the lives of others. A saint represents a high level of human attributes that *everyone* has the potential to achieve. Sainthood is simpler to attain than is popularly supposed, and there are established yardsticks by which to measure one's progress. Sainthood represents a specific level of human development which is, and has been, the same throughout the world regardless of the cultural and religious background out of which a saint may arise. The vast majority of saints have not been recorded in history, and some who were historically regarded as saints really weren't.

Saints are organized into seven Brotherhoods,

each of which specializes in developing different groups of people to become saints themselves. The seven Brotherhoods each consist of an exactly equal number of male and female saints. These seven divisions are not drawn along geographical boundaries but rather along lines of psychological types among mankind in general. One Brotherhood, for example, directs its appeal to practically-minded people while another attracts idealistic-esthetic types. All saints are human Egos, and they work together to uplift mankind and offset the influence of evil. One of the characteristics of saints is that they can recognize one another and can communicate with each other telepathically and clairvoyantly on a world-wide scale. Several ten thousands of men and women who have achieved sainthood are currently alive and are working in a concerted manner for the further evolution of the human race everywhere on our globe. The great majority of saints are now discarnate spirits; for once a person becomes a saint, he or she continues as such on the Astral Plane after physical death. Whatever level of knowledge and mental skills are attained in life are not lost by dying. Saints who reside in "heaven" work hand-in-hand with living saints to provide an extremely practical task team that protects, educates, and preserves the rest of us who have not yet made it to their level of understanding.

Saints are organized like a great volunteer

army with those of greatest competence at the head coordinating the assignments of all their number. Every saint in the Brotherhoods has an assignment, and he or she works for the greatest good of the human race within the disciplines of that organization. Were a saint to use his mental powers to control the brain of an incarnate person via telepathic hypnosis or contrive to directly manipulate someone's life or the course of a nation, he would be dismissed from his Brotherhood. For all practical purposes, this means that the methods used by mentalists, such as the Shamballists and nether spirits, to directly control incarnate persons are not available to the saints. This is a tremendous disadvantage for the Brotherhoods as they try to offset the influence of evil in the world. The forces of light are limited primarily to the use of educational techniques and appeals to justice and goodness among those who are predisposed to hear their wisdom. All good people along with the living saints must take positive, humane, physical action to subdue crime, cruelty, depravity, and war among their fellow men. The enormity of the task is obvious, especially since the modern instruments for brainwashing and mind control are properly off limits to those who work on the positive side. But to use the same dirty tricks that Evil uses would be evil as well. Interference in the thought processes of anyone for any reason is a grave crime against that person's free will and Egoic indepen-

dence. Freedom and Self-determination, upon which Egoic growth depends, are sacred.

Once a person becomes aware that it is possible to learn to become a saint and is given information on how to achieve that status, he has an obligation to fulfill his potential to be more fully human. To become a saint is a natural stage of Egoic growth that is expected of mature men and women, but this is unsuspected by almost everyone in Western Civilization. When you have fulfilled all the necessary conditions for sainthood, then those who are already saints formally recognize your advanced development in a ceremony at which you are granted Initiate status in a Brotherhood. There are seven distinct requirements for becoming a saint. You must have: 1.) a long record of good works, 2.) a positive mental attitude which includes a cheerful personality, 3.) attained a balance between practicality, spirituality, and mentality so as to be a practical idealist and scientist-philosopher, 4.) superlative health and stamina, 5.) a high level of skill in a trade or profession in order to earn a good income, 6.) a burning desire to become a saint in order to sustain the effort and self-discipline required, and 7.) (the most difficult requirement) have cosmic consciousness, which is the combination of mystic awareness and controlled clairvoyance. Mystic awareness (Chapter 6) allows you to combine information in your brain in a unique way, and clairvoyance provides insights into the next two

higher planes of existence. When the powers of mystic awareness are used to process information gathered on the Etheric and Astral Planes through clairvoyance, the knowledge gained is cosmic in scope, especially in comparison to what most people perceive reality to be.

It is important that your breakthrough into perception of the Astral Plane be onto the upper level where reside the more highly-evolved human Egos. This is assured when you achieve clairvoyance as the natural consequence of developing yourself to have good character rather than using forced methods like kundalini imbalance or an alliance with nether spirits who can induce glimpses of the Astral world through hypnotic induction. A principle study technique aimed at character uplift is the practice of the Twelve Great Virtues. This method was referred to openly by Benjamin Franklin, who was the student of two Brotherhood schools, each of which was established for aiding worthy persons to work more rapidly toward sainthood. Franklin fulfilled most of the requirements for Initiation as a saint, but he died without becoming one. In my work of over twenty years instructing people how to develop themselves spiritually, I have seen hundreds of men and women achieve remarkable progress by using as a daily discipline the hallmarks of personal excellence described by the Twelve Great Virtues. To give an idea what is entailed, the Twelve Great Virtues are titled: tolerance,

patience, kindness, forbearance, charity, humility, devotion, courage, sincerity, precision, efficiency, and discernment. In a nightly retrospection of each day's events, you grade your conscious and unconscious responses to person-to-person situations in light of the virtue you designate for that week, and then you mentally explore future opportunities for doing even better. Since you become what you practice and you behave in accordance with your attitudes and manner of thinking, your concentrated application of virtuous living will bring profound change in your life and Egoic development. Other people soon notice the change and begin asking the source of your obvious improvement. Another regular discipline that should accompany the daily practice of the Twelve Great Virtues is the Violet Screen meditation (Chapter 6).

There are additional mental exercises, which, however, work best in group practice. Hundreds of mature students of the philosophical instruction established long ago by the seven Brotherhoods have founded two towns in the United States of America in order to enjoy the mutual support of fellow students in their efforts to revise their lives upward. These two towns are not communes, but they are admittedly intentional communities established specifically to enhance the spiritual development of the residents. People who make permanent residence in these two communities have the advantage of being able to better control

their environment to the extent that they are consciously striving to evolve a superior culture for themselves and their children. This has been a desirable cooperative aspect of their work toward self-improvement because working toward social refinement goes hand-in-hand with personal Egoic uplift. When like-minded people reside, play, and work together, their aims-in-common are attained more rapidly. Whenever an individual there is working through a tough personal problem, he has the support of everyone else; for they understand thoroughly.

In the world at large, your goal of becoming a better person is actively disparaged by others who see your aspiration as a threat to their own self-image. They will accuse you of being elitist or of being arrogant if you are candid enough to state you are seeking to become saintly. Their reaction can be summed up in the attitude, whether spoken or implied, "Who are you to think you should be better than the rest of us?" Most people feel they are wasting their lives; so they don't like to see someone else achieve the fullness that life really ought to be. They will do or say almost anything to dissuade you from embarking on the path to the great personal rewards you are heir to if you will but grasp the opportunities for growth enthusiastically. Whatever you learn is never lost, and that knowledge enhances your afterlife as well. In the last analysis, *you* have to make the effort to gain these valuable rewards. Without dis-

cipline, effort, study, and correct information, nobody can gain worthwhile results. But with them, over time, anyone can.

The spiritually-evolved person has deeply developed his competence, self-discipline, and love. As a result, he has extraordinary power to accomplish good coupled with a refined sense of duty and purpose that arises out of his love for the world of mankind. The world desperately needs him, and he responds by serving. He may seem an ordinary person, and indeed, like the saints, he will wield his power in inobtrusive and concealed ways. Such power does not derive from imitating the clothing of saints or their eating habits or the ascetic mannerisms of some pretenders to sainthood. Many who are simply imitators of these externals really believe they have become saints and are unable to see they are living a childish illusion. Power comes from the painful process of self-development and by starting on the ground floor and struggling up through every stage of maturity by solving the problems of life. After gaining a highly-evolved self-identity based on competence and self-worth, one is finally in a position to achieve the ego-transcendence of sainthood whereby he serves selflessly in meeting the needs of others to grow. In such service lies ever-renewing joy for the doer.

How to Protect Yourself in Personal Growth Programs

Hundreds of new self-help programs, "spiritual" techniques, and "human potential" seminars have been presented to the public in response to the desire of people to find a "better way" and to aid in the fulfillment of their lives. Unfortunately, many of these programs may actually be harmful because they use systems that decrease a person's ability to make personal choices and diminish his awareness by which the correct information needed for positive growth can be discerned and accepted. Changes induced in a person's life by another's will do not constitute Egoic growth, and any such "improvement" is not lasting. One's own will and discriminating consciousness are essential keys to personal development and are precious. Prospective participants of personal growth programs should be very discerning in what they choose. In many instances people not only lose their self-determination but spend large sums of money undertaking programs that diminish them Egoically. That is like paying someone to usurp some part of your brain's functions and giving him a measure of power over you. I suggest that programs be avoided if they use any of the following techniques:

Hypnotism requires the complete submission of participants' wills to a hypnotist's control. Even with beneficial intent and stated positive goals, hypnotism is a potentially harmful technique that should be *completely* avoided because it subjugates a person to the will of another.

Subliminal commands, either verbal or visual, seek to control participants' minds at a subconscious level. This technique is dangerous, and reputable personal-growth programs never use it.

Verbal abuse or denigration of participants, used by some so-called personal-growth seminars, is detrimental because it decreases participants' self-esteem. This actually goes counter to self-development because a good self-image is the foundation upon which positive change is built. It is an age-old brainwashing device that makes a person vulnerable to suggestion.

Sensory deprivation, such as prolonged periods spent in darkness and silence, can be harmful because it disorients the brain and makes practitioners susceptible to suggestion and control.

Guided imagery has a participant creating images in his mind at another person's direction. This involves surrendering conscious control of one's thoughts and, over time, it subtly weakens the will to resist being hypnotized.

Prolonged meditation may result in diminished ability to deal effectively with physical reality and can lead to distortions of kundalini energy, producing bizarre bodily malfunctions.

Oxygen deprivation, using alkalizing diets or extreme fasting, results in diminished brain function, dreamy disorientation, and trance-like states which can be precursor to hypnotic takeover by spirit entities.

Altering brain rhythms, such as through strobe lights, metronomes, and drum beats, present the same dangers as oxygen deprivation.

Consciousness-altering drugs, all of which are likely to lead to addiction, primarily result in a retreat from reality. Their use never produces spiritual growth; and their pleasant distortions of perception only *seem* spiritual.

Charismatic experiences, Voodoo, witchcraft, and mediumship all involve surrendering one's brain function to control by nether spirits, thus leading to loss of will and eventual insanity.

Hyper-emotionalism and conversion techniques are used to replace an unsuspecting participants' beliefs with completely different beliefs, resulting in worshipful obedience to the programmer and loss of rational discrimination.

Excessive ritual indoctrination is anything over fourteen hours a week of mandatory, intensive group study, exercises, chanting, and dances.

Before deciding to participate in any personal-growth program, call the organizers and ask if any of the above techniques are used. If they are, or if the organizer won't answer your questions directly, the program should probably be avoided.

If, after having begun participation in a program you discover any of the above techniques are being used, discontinue your involvement.

Legitimate self-improvement programs increase their participants' self-esteem and emphasize the students' free will and self-directedness in helping them control their own lives and making their own decisions. Organizations offering positive programs will recommend useful techniques and describe their benefits and limitations while allowing their participants freedom to choose whether to follow them or to work at whatever their own comfort level is. Everyone's efforts toward personal growth are certainly to be encouraged as long as prospective participants are able to make an informed choice of a system which has proven to be safe, effective, and ethical.

It is important that the prospective student of any system approach its philosophy and methods with skepticism. Since the impetus to explore new ways arises from one's seeking expansion of the self and from questioning hand-me-down beliefs, a skeptical attitude is probably already operative. But to exchange one set of rigid beliefs for an unquestioning faith in a new set of ideas does not indicate growth. The spiritual path involves an unending search for Truth and gain of knowledge, challenging and casting off outworn, restrictive ways, and forging one's own tested beliefs. This usually means giving up cherished, traditional notions in order to eventually fly unfettered.

**Other Publications
of
The Adelphi Organization**

The Adelphi Quarterly is available free of charge upon request.

The Adelphi Organization brochure and application forms free on request.

***The Hidden Christ* by Richard Kieninger**

A fresh view of Christ that is historically correct and heart warming.
Soft-cover book = \$8.95 + \$1.30 postage

***Commentaries* by Richard Kieninger**

A collection of essays on topics of Brotherhood philosophy.
Soft-cover book = \$9.95 + 1.30 postage

The Great Virtues Workbook

A self-paced guide to assist the student's acquisition of growth in the Virtues. Ben Franklin's *Recorder*, a system for measuring progress, is included in the workbook.
Soft-cover = \$19.95 + \$2.00 postage

Personal Growth Handbook

This convenient pocket-sized book contains thumbnail definitions of the Twelve Great Virtues, weekly records to track progress in achieving goals for each Virtue, a monthly record of tithes, and basic Lemurian Philosophy information.
Soft-cover = \$6.95 + \$1.30 postage

continued on next page

Children's Virtue "Fun" Book

Definitions of the Twelve Great Virtues written for understanding by children. This book contains fun activities for families, teachers and students to assist in making the Virtues a part of their everyday lives.
Soft-cover = \$14.95 + \$2.00 postage

Philosophy Lessons

This series of printed lessons presents expanded information on specific areas of the Brotherhoods' Philosophy. \$5.00 each postpaid. \$75.00 for the bound set of 18 lessons.

1. The Brotherhoods' Cosmology
2. The Spiritual Evolution of Man
3. History and the Great Plan
4. The Brotherhoods
5. Qualifications for Brotherhood
6. Twelve Great Virtues
7. Ten Qualities of Mind
8. Law of Karma
9. Law of Precipitation
10. Ten Lemurian Laws
11. Economics in The Nation of God
12. Early Childhood Education
13. Marriage, Family and Culture
14. Male/Female Roles
15. Discriminating Metaphysics
16. The Hidden Christ
17. Growth Disciplines
18. Culture in the Next Few Years

continued on next page

Audio Cassette Tapes

In Pursuit of The Ultimate Frontier

An album of 10 tapes containing 20 half-hour radio shows with Richard Kieninger and popular talk-show host Charlie Jones. Entertaining conversations on many topics related to *The Ultimate Frontier* book. Ideal for introducing the philosophy to your friends. Great for learning while driving.

1. The Marvelous Mind of Man
2. The Nature of Reality
3. The Great Pyramid
4. The Brotherhoods
5. Working Toward Brotherhood
6. Why Reincarnation?
7. Discriminating Metaphysics
8. The Five Great Civilizations
9. Economics in the Nation of God
10. The Balanced Way
11. Matriarchy/Patriarchy
12. Mental Precipitation
13. The Law of Cause and Effect
14. Good Versus Evil
15. Some Thoughts on Loving
16. Cosmic Consciousness
17. Emotional Maturity
18. The Nation of God
19. Universal Laws
20. Christ Among Us

\$99.00 for the set of 20 shows.

Mail your request for books and tapes along with your check or money order to:

The Adelphi Organization
P.O. Box 2423
Quinlan Texas 75474

The Adelphi Organization is always seeking people who want to increase their understanding and practice of the Brotherhood's philosophy. Towards this goal we offer many publications that are designed to increase your level of understanding in the many-faceted aspects of the Philosophy. To those who choose to become members of The Adelphi Organization, we offer an environment where the higher principles of human life can be practiced on a daily basis—the town of Adelphi, Texas. Here we have the freedom to test and practice those precepts, given by the Brotherhoods, that are essential in the building of a new civilization. The structure of that civilization, which is continually being refined, has been worked out based on Brotherhood information and verified by our research of past and present cultures. We have chosen those characteristics that have proven to foster the healthiest, sanest, and most loving individuals. In the process we've found that as each individual grows and prospers, so does the culture.

Our aims include the promotion of the arts, advanced technology, natural health and healing, and a plan of surviving and rebuilding after the Earth changes which will be occurring in the not-too-distant future.

If you would like to know more about us and what we offer, please check the appropriate boxes, cut out and return to:

The Adelphi Organization

Admissions

P.O. Box 2423

Quinlan Texas 75474

☐ Visiting Adelphi ☐ Mailing List ☐ Membership Information

<http://www.adelphi.com>

admissions@adelphi.com

Name _____

Address _____

City _____

State _____ Zip _____

An account of the ancient Brotherhoods and their profound, world-wide influence during the past 6000 years

Here can be found the inspiring story and world view of a brotherhood of scientist-philosopher saints dedicated to improving and preserving the best of civilization. Their philosophy provides a common-sense approach to personal spiritual growth that has been used successfully by thousands of men and women who have learned to overcome the negative aspects of contemporary society and now lead happy, prosperous and fulfilling lives. The world view of the brotherhood includes the probability of coming economic strife, increasing incidence of destructive winds, drought, floods, seismic and volcanic activity, and a reapportionment of Earth's land masses prefacing a Golden Age of humaneness and spiritual enlightenment. Some of the other fascinating subjects are:

- Evidence of a magnificent civilization that once flourished on now-submerged land in the Pacific Ocean.
- The coordinated program behind the works of several members of the Brotherhood—Jesus, Moses, Buddha, Isaiah, Akhnaton, Confucius, and Lao Tzu.
- Jesus' world travels between his thirteenth and thirtieth years of age.
- A moving story of a community that is actually living by the Brotherhood's philosophy in the U.S.A.
- A Master Plan, dating from 4700 B.C. and involving the Great Pyramid, to establish a new nation dedicated to the uplift of mankind.

This book explains the mysteries of human existence intelligently and provides a moving and practical message of hope.

ISBN 0 - 9632252 - 0 - 0



The Adelphi Organization
P.O. Box 2423
Quinlan, TX 75474

US \$9.95

NON-FICTION

THE ULTIMATE FRONTIER

a call to
the builders

By Eklal Kueshana