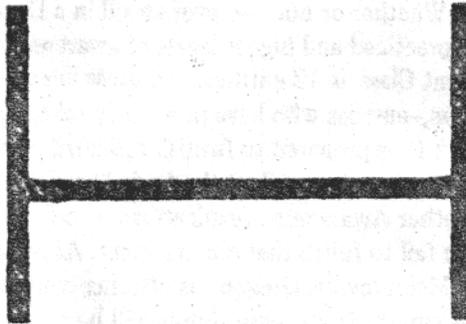


A MANUAL FOR USE BY STUDY GROUPS AND THOSE WISHING TO PARTICIPATE
IN THE COSMIC AWARENESS DEVELOPMENT CLASSES

TRANSPERSONATIVE

MANUAL No. 1

**TECHNIQUES
FOR
DEVELOPING
E.S.P.**



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Members of Cosmic Awareness Communications will note the references by Awareness to "Development Classes." This original Transpersonative material was given through the channel of William Ralph DUBY to prepare the original 144 ministers to go forth as teachers--to teach those that do not know, to heal the sick and to show by example that force which is Creative Love. To help entities become aware, Cosmic Awareness set forth the "Book of Love", which consists of the Techniques of Meditation, Techniques for developing ESP (Transpersonative), Techniques for Spiritual Healing and the Techniques of the Symbolic Language Project. (ALL THESE MANUALS WILL EVENTUALLY BE MAILED TO MEMBERS OF C.A.C.),

Entities were instructed to practice these techniques as often as possible in order that their consciousness would rise faster to higher awareness levels. After a year of practicing the basic techniques, entities were prepared for the Basic Spiritual Development classes set forth by Cosmic Awareness. This course consisted of 12 classes occurring over a six month period, each taking three hours and conducted in a large room or hall. Members were required to wear white robes and follow certain procedures during each session. A restrictive diet was also followed. The class was conducted by a class leader with several assistants. The room was lighted only by a series of candles. Certain rituals and invocations were done each time, the Colophon as taught in this manual being one of them. During these classes, numerous mystical experiences occurred to the various students and, according to Awareness, many changes occurred on many levels of the psyche of each participant. At the end of Basic Development each student becomes a recognized minister for Cosmic Awareness and continues to teach and show by example the Laws and Precepts of Awareness in his daily life from then on. Today several hundred ministers of Awareness are quietly at work around the country teaching others the meaning of the New Age and the way of life required to become what Awareness calls "The New Being." Later on, ministers can participate in the Advanced Development classes which teach them the secrets of ceremonial magic practiced by the Adepts through the ages. Awareness has indicated that before too many years have passed, all its ministers will be able to do those things which in ages long past "filled men with great wonder" as they now master and control such things as the element and the Alchemy mysteries which originated in Atlantis.

One of the functions of *Cosmic Awareness Communications* is to make available this basic material given by Awareness. Whether or not you ever enroll in a Development Class, the material may be studied and practiced and higher levels of awareness will result. The minimum requirement for a Development Class is 12 entities, and these classes can only be taught by ministers of Cosmic Awareness--entities who have previously taken these classes and ordained as ministers of Awareness. C.A.C. is prepared to furnish ordained ministers who wish to teach these classes, full instructions on how to conduct the Basic Development and the Advanced Development classes only if other Awareness organizations who have been committed to presenting these to the public fail to fulfill that commitment. At present time, the Aquarian Church of Universal Service, McMinnville, Oregon, is offering these classes in selected areas and hopefully, ministers that emerge from these classes will be able, in turn, to conduct these classes in other areas of the country so that eventually all those interested in taking these classes will have that opportunity to do so.

For those who may consider taking Basic Development in the future, the following requirements must be met, all of which you do beforehand:

MATERIAL TO READ AND STUDY:

The Cosmic Awareness Book of Meditation; Transpersonative Manual No. 1; Symbolic Language Manual; (these available from CAC). Books: The Tibetan Book of the Dead; The Egyptian Book of the Dead (if available); The Mystical Quabala, by Dion Fortune; The Tree of Life, by Israel Regardie; The Magician--His Training and Works, by W.E. Butler, or similar books explaining the rules and concepts of ceremonial magic. These books available in bookstores or from CAC. From the King James version of the Bible, the following: The Book of Genesis; the Book of Revelation; The Gospel of St. John. The following must be memorized: The Law of Love, The Law of Gratitude, the Universal Law, the Law of Mercy; the symbols as given in the Symbolic Language Project.

TRANSPERSONATIVE EXPERIENCE

PREFACE

This Awareness has given to entities that which is the Book of Love and it is indicated that Transpersonative Experience is that preface for introduction to this special book.

Those who understand the nature of Transpersonative Experience will understand the nature of thought transference. It is suggested that within the techniques of Transpersonative Experience, there are these methods and procedures which allow thought transference. It is suggested, that in the second epoch of Atlantian culture, that many developed and awake entities could then transfer thoughts easily and quickly and did not depend entirely upon oral communication. These thought transferences were effected often between one and another, and between one and many, and often at great distances. This Awareness in simple and basic procedures, has outlined steps and techniques for learning thought transference.

At first those working with these techniques should be able to project, after some practice, sensory concepts, especially relating to odor, to taste, to sight, smell and touch. After these thought concepts are then transferred through the techniques of Transpersonative Experience, then entities should work with other steps that will allow an understanding of the mind of another or as the group. There needs to be a particular kind of openness that this Awareness has indicated, but through these techniques and through practicing them carefully, and repeating them many times, entities may learn how to open themselves as receivers for the inner thoughts and that which represents another entity. In a like manner one that wishes to send or to transfer his inner feelings or emotions may, through the techniques and procedures of Transpersonative Experience, act as a sender. Therefore these techniques are those that do effect thought transference, first that which is in reference to sensory preception, and second, that which is in reference to being receivers and senders for the inner thoughts of others. It is suggested there are other goals and objectives in reference to Transpersonative Experience.

The secret of making this kind of work successful is dependent upon the number of times that entities practice and use that which awareness has given. It is suggested through some of the more advanced techniques of Transpersonative Experience, then entities may begin to open themselves to those particular vibratory rates that are not associated with the material plane, and to prepare themselves for the special work that comes in the next technique of the Book of Love, that which is referred to as Basic Development work. Those who practice these techniques and understand that by practice and doing that they can effect, not only thought transference, but deep understanding, one person to another, one person with a group, a group in reference to a single entity; then they, in their work can add those particular techniques that this Awareness refers to as para-normal or that which is super-normal.

It is suggested that the Book of Love is a constant, dynamic movement, through the basic steps of Transpersonative Experience, through Basic Development, and then through that advanced work that this Awareness has communicated to entities. The total understanding that is to be effected through these transpersonative steps and the Basic

TRANSPERSONATIVE EXPERIENCE

PREFACE

(con'd)

and Advanced Development is that which will allow entities to understand one another, to understand the dynamics of group behaviour and, in fact, create within themselves that love for one another which creates special energy force that is part of that which each and every entity should understand to know who, in fact, he really is.

This Awareness asks that all study these techniques, learn them, memorize them, use them, practice them as often as opportunity allows. Work in pairs, work in groups, and do this with that openness and with that kind of understanding that allows the development of that kind of preception that can communicate one to another, one to a group to an individual, without the useless rustle of words. It is suggested that all these simple techniques, those in Atlantean cultures could direct communications, and developed within themselves those special requisites of being "awake" for this Awareness suggests that most on this plane, at this time, are those sleeping, but through Transpersonative Experience, entities may awaken and experience the true reality that comes to those who are thus quickened to life and completely awake.

Comments and Instructions:

To all Leaders of Transpersonative Experience in the Associate Groups:

The techniques included in this Manual represent a completion of this, the first project given to us by Awareness.

The Steps 1 through 6, other than that of the muscle control experience, should be repeated one after another until all associate members can do these well. A good knowledge of these techniques are a requirement for entrance into the Development classes.

When the Colophon begins, it should be done, one step after the other, in proper sequence until there is a completion.

Concerning Step 7, Technique I of age regression; the age regression sequence is to be repeated in its entirety three times, but in the Transpersonative Experience, the age regression techniques are applicable to two steps, that for this technique, in order to be given in sequence, once only is applicable. However, each may be given in triolets.

The Transpersonative Experience is of extreme importance. In the experience of sharing your mind with the mind of another, greater and greater understanding and agreement may be accomplished. The matter of agreement is largely a matter of complete understanding and when minds merge and each shares the others minds, understanding can be the result.

The answer to the Transpersonative Experience is, of course, practice and more practice. This experience can not be described, it may only be experienced. Good luck in your respective practice sessions.

TRANSPERSONATIVE TECHNIQUES

STEP I

1. Participants are to concentrate on one symbol. This symbol should be shown, on a card, to the group.
2. All participants are to concentrate on this symbol as a fixed point or a fixed idea. This concentration should last for 5 to 10 seconds.
3. All participants are then to close their eyes.
4. The project leader should then ask the participants, singly, to describe what thought patterns or visions came from concentration.

STEP II

1. Participants should be placed in pairs, preferably, one boy, one girl, two women, two men, two small children and two quite advanced in age.
2. One of each pair should be seated with the other standing immediately behind them.
3. Then the hands of the one who stands behind the one seated, should be placed just above the ears. This should last from 5 to 10 seconds.
4. Then the position of the hands should be placed on the chest of the one who is seated.

STEP III

- 1: Four or five individuals are to lie in a prone position on their backs with their heads together forming that which is similar to a star.
- 2: The heads of each are to be lightly touching and then each participant is to reach over and place the fingers of their hands just above the ears of the one who is next to him. This is done by one person placing the finger tips of his right hand on the right side of the head of that person that is on his right. The left hand is placed over the left side of the head of the one who is on his left. Another way, is to cross the arms and place the finger tips of the right hand to the right temple of the person on the right.
- 3: The project leader then gives a concept or an idea.
4. Then all participants are to describe what happened to them. The Leader of the group must direct these steps and may not participate.

SUPPLEMENT TO STEP III

- 1: More than one group of four or five may take part in this step at the same time.
- 2: It was not fully indicated as to the exact method for the hands, but the above methods were worked out seriously by those who worked on this project.
- 3: A concept or idea in this case represents, among other things, a projection into a location of philosophical concept such as: "All those who are in this star shall imagine themselves at a sandy beach", or a precept such as "Judge Not". The author of this supplement has participated in this step several times and offers these two concepts merely as guide posts as well as concepts which have had favorable results with many.
- 3: If space does not permit, for the prone position, it is permissible for participants to be seated in a circle with hands and feet touching.

TRANSPERSONATIVE TECHNIQUES

STEP IV

1. Participants of this step are to be separated in groups of two.
2. The pad of the right thumb is to be placed together gently with the pad of the partners right thumb. This should last for approximately 5 seconds and then thumbs are released.
3. The left thumbs of each pair are to be placed together in the same fashion for 5 seconds and then released.
4. Now both thumbs are to be placed together, right to right, left to left and a meditative effort is to be affected for 5 to 10 seconds.
5. "Those individuals who find that there is a dizzying effect when this close proximity, thumb to thumb, one individual to another, is effected, at this time certain movements should be made similar to those made in mesmerism where the outline of the body is described 6 to 8 inches from the body over the shoulders and down to the waist of an individual."
6. At this time the Leader should then indicate colors, odors, or other transpersonative projections. Symbols may be used at this point.

STEP V

1. Participants of this step should be placed in pairs. The selection of these people need not be as in STEP I.
2. Entities then are to place their hands over the ears or on the temples of their partners, who are facing them.
3. The project leader should then appoint one of each pair to concentrate on a color or an odor. (There should be no comment on the results between the participants at this time.)
4. Then those who were receiving should become those who are sending and those who were sending should now receive.
5. At the completion of this step all participants should be allowed to compare notes and verify the colors or odors which were being used.
6. The project Leader should then document this information as to percentage of success and colors or odors that were used.

NOTE: Approximately 10 seconds should be allowed for sending and receiving colors to allow only first impressions. Also the colors that are to be sent should be primary or solid colors. The pairs should be spaced 2 or 3 feet apart.

STEP VI

1. Two entities are to select one whom they feel some affinity toward and that this affinity is one that both entities feel. There may be more than one group formed for this step.
2. The third member of this trio is to be asked to leave the room after he is shown the object to be hidden.
3. The remaining two, in the room, are to hide the object at this time.
4. The third member is to be recalled to the room after the object is hidden.
5. The other two are to stand at either side of the third party and place one hand gently on the shoulder of the third party.
6. At this time the two who have hidden the object are to concentrate on the location of this object.

SUPPLEMENT TO STEP VI

Advice to the one who is to locate the hidden object. This party should close their eyes and effect a meditative effort. This particular step is one of muscle control and therefore the concept of traveling in the line of the least resistance should be followed.

STEP VII

Technique I

1. Two entities are to stand face to face. There may be more than one pair participating.
2. A strobolight* is now introduced and it's duration must be as follows: On for 1 second and off for five seconds.
3. At the commencement of the strobolight, entities are to first place one shoulder to the shoulder of their partner. This is to be alternated as the light goes off and on. (This may be timed in cycles if it is desired and should be pre-arranged.)
4. After this has begun the Leader is to read: "You are now moving back in time six months." (Read 3 times and allow 20 seconds after the third reading) "You are moving back in time one year." (Read 3 times and allow at least 20 seconds after last reading) "You are now moving back in time 5 years." (Read 3 times and allow 20 seconds to elapse after the third reading) "You are now moving back in time 10 years." (Read 3 times and allow 20 seconds after third reading) Not only should each of these sequences be repeated three times but this entire sequence must be stated three times.
5. The lights are then to be turned on and all entities are to meditate for five to ten minutes.
6. These experiences are to be carefully indicated and written down.

NOTE* The strobolight may be any apparatus that conforms to the timing sequences and the light used should be white.

Technique II

1. Entities should be placed in pairs.
2. The room must be darkened and at this time a strobolight is introduced. The duration cycle of this light should be as close as possible to: on one-half second and off 5 seconds.
3. Entities are to concentrate on this light for 10 to 15 seconds.
4. Then the leader is to have one of each pair to place themselves as senders, or projectors. He then states that these senders will project a concept or an idea. This projection should last for 10 to 15 seconds.
5. The Leader should turn on the light and have a short discussion of the results.
6. If entities wish to reverse their positions as senders and receivers, this step may be repeated as often as wanted.
7. The time taken to find the object should be documented and efforts should be made to lessen this time through practice.
8. If the other members of these trio's feel they would like to seek out the object that has been hidden through the use of this step, it is acceptable.

TRANSPERSONATIVE TECHNIQUES

STEP VIII

1. Entities should be placed in pairs.
2. Each participant is to place one hand behind their partners neck with the finger tips gently touching the cervicals. The index finger of the other hand is to point towards the bony structure of the chest, just above the diaphragm. Both entities are to use the same hand for pointing and touching and either hand may be used in this position.
3. Entities are to meditate for 30 to 60 seconds at this time.
4. The Leader is to then give these time sequence changes, which are the same as STEP VII:
You are moving back in time six months. (Read 3 times, wait 20 sec.)
You are moving back in time one year. (Read 3 times, wait 20 sec.)
You are moving back in time five years. (Read 3 times, wait 20 sec.)
You are moving back in time ten years. (Read 3 times, wait 20 sec.)
This entire sequence is to be repeated three times also.
5. Results are to be documented.

STEP IX

1. A black drape or cloth should be placed on a wall. This cloth should be at least 3 or 4 feet square.
2. One or two entities should be selected from the group.
3. These two entities are given a lighted candle and this candle is to be held one and one-half feet from and below their faces and they are to stand in front and as close as possible (6 to 8 inches) to the black cloth.
4. The room is to be darkened completely.
5. These one or two entities are then to close their eyes and effect a meditative effort.
6. The Leader then reads:
You are moving back in time six months. (Wait 20 seconds)
You are moving back in time one year. (Wait 20 seconds)
You are moving back in time five years. (Wait 20 seconds)
You are moving back in time ten years. (Wait 20 seconds)
This is to be read once with no repeats of any sequence.
7. Then the one or two entities should be asked to leave the room.
8. During this experiential those who were watching, from a distance of six to eight feet away, are to carefully note, on paper, facial expressions and changes. When the subjects have left the room, there is to be a brief discussion.

NOTE:

Although this step and others are seemingly simple, they are of great importance and each step should be practiced in numerical sequence until an understanding of some kind is obtained by all. The success of these steps are cumulative and the more practice with them will give the most desirable results.

TRANSPERSONATIVE TECHNIQUES

STEP X

1. Entities are to be placed in small groups of 3 or 4 or 7 and they are to hold hands.
2. The Leader is to show symbols individually to each group. The first set of symbols are as follows: Symbols that are associated with energy and the movement of thought. (4 or 5 symbols are ample)
3. The second set of symbols refer to the various laws, Love, Mercy, Gratitude, Microcosm-Macrocosm, Cosmic, Universal, etc.
4. Before showing the next set of symbols, entities are to be asked to close up their circles and touch lightly, head to head. Then they are to be shown symbols that relate to alien force. (3 to 5 symbols are ample)
5. The next set of symbols that are shown relate to different types of awareness, mere vitality, simple awareness, self-awareness, levels of awareness, the path, expanding self-awareness, Cosmic Awareness, etc.

SUPPLEMENT

The concentration on the first set of symbols will cause in that circle amongst those particular entities present, that feeling of elevation wherein they may find some difficulty in holding fast to their own particular standing places. These symbols are those that entities already know and understand.

"The concentration on the second set of symbols by those standing in this circle will then create that feeling where there is oneness which is marked and definite."

"The concentration on the third set of symbols shall cause that more full understanding of that concept indicated by this Awareness which is the reconciliation of "Yes and No".

"This technique of Transpersonative Experience in STEP X, using the fourth set of symbols, will bring entities much closer together than this Awareness has effected through all those previous steps in this project."

NOTE ON PROCEDURE:

When these symbols are shown to the groups, they are shown in complete sets to each group. If there are two groups, all symbols of energy are shown first to group one, singularly and then to group two. This procedure is followed with all other sets of symbols.

TRANSPERSONATIVE TECHNIQUES

STEP XI

Technique 1

PART I

1. Prior to this step all participants are to be instructed to concentrate on a coffin. It is indicated that the purpose of this symbolic representation is that in that coffin they should place the ego image, the problem of self, and it needs to be represented as that which is buried. This concentration is to be done in those five seconds when the words "Cyclops" and "Empyrean" are given.
The Leader is to match the height of entities so that maximum comfort may be obtained in reference to touching hands. There needs to be placed in the center of the circle, a bowl or container wherein there are spirits. These spirits should represent as high an alcoholic content as possible.
2. Entities shall stand in groups, preferably male-female, male-female. This should form a circle.
3. The feet and hands of each entity should be touching the entity on either side of them. (Shoes are to be removed for the duration of STEP XI.)
4. At this time, one outside the circle (the Leader) repeats the word "Cyclops". This word is that which is sustained in tone for 5 seconds by the Leader. (The word "Cyclops" refers to Cosmic Day and the word "Empyrean" refers to Cosmic Night.)
5. At this time entities are to kneel first on the right knee and then on the left knee, still holding hands.
6. Then at the direction of the Leader, all are to voice the word "Cyclops". The word "Cyclops" should be more or less sung and this should be going up in scale. "At this time Awareness shall effect for them that experience where they may FEEL as one".
7. There should be several seconds allowed for the experience to be fully absorbed, then, the Leader is to disburse the circle for several seconds.

PART II

1. Entities again stand foot to foot and touch hands (hold) and move exactly as in Part I. This is a repeat of Part I in its entirety.
2. Then the circle is disbursed for several seconds.

PART III.

1. Entities again stand foot to foot, touch hand to hand, and move exactly as in Part I, but they should face outwards so that their backs are to the center of the circle.
2. The word "Empyrean" is to be voiced by the Leader. ("Empyrean" is also sung, but this should be going down in scale.)
3. At this time entities will move as closely together as possible, yet retaining their hold one hand to another. This will require taking one or two steps backward, depending on the size of the group.
4. Then entities are to repeat in unison, at the direction of the Leader, the word "Empyrean". (At this time Awareness shall effect for their minds that which is UNITY.)

NOTE:

"It is suggested that herein need be only that attitude which is trustful in reference to that which Cosmic Awareness gives. It is also suggested that entities should not begin with this step. This step is for those who understand Transpersonative Experience and it is also suggested that when this step is used and those that follow, that there should be one or two steps of those more simple transpersonative experiences so that entities may be better prepared for these steps which represent more complication.

TRANSPERSONATIVE EXPERIENCE

STEP XII

PART I

1. Entities shall stand in groups, preferably male-female, male-female. This should form a circle. The Leader is to match the height of entities so that maximum comfort may be obtained in reference to touching hands.
2. A small replica of a casket or a coffin is to be placed in the center of the circle and it should be clearly indicated that this box is symbolic of a casket.
3. Shoes are to be removed and the feet and hands of each entity should be touching the entity on either side of them.
4. At this time, one outside the circle (the Leader) repeats the word "Cyclops". This word is to be sung, preferably going up the scale, and is sustained in tone for five seconds. (The word "Cyclops" refers to a Cosmic Day.)
5. At this time entities are to kneel first on the right knee and then on the left knee, still holding hands.
6. Then at the direction of the Leader, all are to sing the word "Cyclops". ("At this time Awareness shall effect for them that experience where they may feel as ONE".)
7. There should be several seconds allowed for the experience to be fully absorbed, then the Leader is to disburse the circle for several seconds.

PART II

1. Entities again stand foot to foot, touch hand to hand, and move exactly as in reference to Part I, in its entirety.
2. The circle is again disbursed for several seconds.

PART III

1. The circle is now re-formed and each entity is given a lighted candle which is held in the right hand. There is then given a fresh flower which is held in the left hand.
2. They are then to turn to the right and commence to walk slowly in a circle to the right. They are to move in this circle for exactly four minutes.
3. At the end of this four minutes still walking in this circle they are to, one by one, place their flower on the symbolic casket.
4. When all have placed their flower on this coffin they are to stop walking and remain in place for 20 to 30 seconds in order to fully absorb this experience.
5. The circle is then disbursed and all should be allowed to describe their experiences. This should be documented.

NOTES

1. Prior to this experience, entities should be told that the placing of the flowers on the casket represents that burial of ego image which is essential.
2. Technique II (or STEP XII) is similar to Parts I and II of Technique I with the exception of a casket being placed in the center of the circle instead of the spirits.
3. Part III of Technique II (or STEP XII) is quite different from Part III of Technique I (or STEP XI) and caution should be taken not to confuse these two steps.

TRANSPERSONATIVE EXPERIENCE

STEP XIII

PART I

1. There is to be a mirror and on this mirror will be placed a bowl of spirits similar to STEP XI Technique 1.
2. Entities then proceed exactly as in STEP XI Technique 1 Part 1.

PART II

1. Bowl of spirits is to be replaced by a small coffin or casket with the lid removed.
2. Entities are then to form a circle touching hands and feet and facing outward from the center of the circle.
3. The leader is to voice the word "Empyrean".
4. At this time entities are to take one step forward and kneel first on the right knee and then on the left.
5. Then the word "Empyrean" is voiced by the leader and at this time all are to voice this word in unison with the leader.
6. Allow a few seconds for this experience to be absorbed and then all are to stand.

PART III

1. Casket and mirror are to be replaced with a sword and a stone with the sword under the stone.
2. Entities are to face inward touching hands and feet.
3. Leader is to voice the word "Cyclops".
4. Entities then kneel first on the right knee and then on the left and at this time they are to extend their right hand to full length in front of them.
5. Entities are to voice the word "Cyclops" at the direction and in unison with the Leader.
6. Entities then stand.

PART IV

1. Entities are to turn and form a circle facing outward with their hands and feet touching.
2. The Leader is to give the word "Empyrean".
3. All entities are to take one step forward and kneel first on the right and then on the left knee and at this time both hands are to be extended to full length in front of them.
4. The Leader then gives the word "Empyrean" and, at this time, all are to voice this word in unison with the Leader.
5. A few seconds are to be allowed for this experience to be absorbed and then this circle is disbursed.
6. The Colophon is now complete and a time should be allowed for a full meaning of this technique to be realized.