



1  
00:00:39,950 --> 00:00:35,660  
her light publications proudly presents

2  
00:00:42,810 --> 00:00:39,960  
William Alexander aura bellows psychic

3  
00:00:46,290 --> 00:00:42,820  
self-defense workshop conducted in

4  
00:00:49,049 --> 00:00:46,300  
Philadelphia Pennsylvania who followed a

5  
00:00:52,950 --> 00:00:49,059  
certain path until it freed them from

6  
00:00:57,020 --> 00:00:52,960  
limited thinking today I will share some

7  
00:01:00,840 --> 00:00:57,030  
of these tremendous powerful techniques

8  
00:01:04,279 --> 00:01:00,850  
which you can and will set you free from

9  
00:01:08,130 --> 00:01:04,289  
the limitations of our human existence

10  
00:01:12,260 --> 00:01:08,140  
but before I go into the lessons I want

11  
00:01:12,270 --> 00:01:19,850  
close your eyes

12  
00:01:26,500 --> 00:01:23,380  
I want you to be

13  
00:01:29,140 --> 00:01:26,510

think of your feet

14

00:01:34,700 --> 00:01:29,150

and think in your mind I want my feet to

15

00:01:34,710 --> 00:01:40,249

feel the tension leave your toes

16

00:01:45,250 --> 00:01:42,319

the soles of your feet the heels the

17

00:01:45,260 --> 00:01:50,590

think of your legs up to your knees

18

00:01:50,600 --> 00:01:56,500

desire the detention leave your legs

19

00:02:04,880 --> 00:01:59,290

feel the tension leave your legs up to

20

00:02:13,080 --> 00:02:07,760

now think of your nervous system and the

21

00:02:13,090 --> 00:02:16,949

think of the

22

00:02:16,959 --> 00:02:25,220

chest and lower back relax

23

00:02:32,300 --> 00:02:29,320

think of your upper back and shoulders

24

00:02:40,120 --> 00:02:32,310

roll your shoulders a little bit rotate

25

00:02:47,380 --> 00:02:45,070

now think of your neck and throat

26

00:02:56,610 --> 00:02:47,390

roll your head around

27

00:03:02,720 --> 00:02:59,949

now think of your face

28

00:03:06,190 --> 00:03:02,730

concentrate on relaxing your facial

29

00:03:11,030 --> 00:03:06,200

muscles the muscles around your mouth

30

00:03:17,880 --> 00:03:11,040

your forehead around the eyes

31

00:03:17,890 --> 00:03:21,830

very good

32

00:03:28,910 --> 00:03:26,930

now I want you to visualize with me the

33

00:03:35,330 --> 00:03:28,920

mental picture which I described to you

34

00:03:36,970 --> 00:03:35,340

that you may get an image of something

35

00:03:42,880 --> 00:03:36,980

which will bring more peace more

36

00:03:51,210 --> 00:03:45,160

think that you are in a beautiful garden

37

00:03:57,780 --> 00:03:51,220

and in this garden there are many trees

38

00:04:07,930 --> 00:04:02,230

you feel at peace in the start there is

39

00:04:12,010 --> 00:04:07,940

a wall a white wall surrounding this

40

00:04:12,020 --> 00:04:21,440

so that you feel protected and secure

41

00:04:21,450 --> 00:04:24,920

you have no fear

42

00:04:30,790 --> 00:04:27,110

for the white wall around the garden

43

00:04:34,510 --> 00:04:30,800

represents the white light of the price

44

00:04:38,360 --> 00:04:34,520

which preserves and protects you and

45

00:04:40,879 --> 00:04:38,370

keeps you from any intrusion by any

46

00:04:49,620 --> 00:04:40,889

alien force close your eyes and see the

47

00:04:55,470 --> 00:04:52,110

and now in this garden it is as though

48

00:04:59,490 --> 00:04:55,480

you are lying down you have lie down on

49

00:05:02,700 --> 00:04:59,500

the green grass and you feel more and

50

00:05:04,800 --> 00:05:02,710

more at peace with yourself more in

51  
00:05:09,220 --> 00:05:04,810  
harmony with the universe than you felt

52  
00:05:16,000 --> 00:05:12,220  
I want you to visualize that as you lie

53  
00:05:19,920 --> 00:05:16,010  
down on the grass of the garden that's

54  
00:05:24,400 --> 00:05:19,930  
suddenly there are two angelic beings

55  
00:05:27,880 --> 00:05:24,410  
beings of pure light essence one on one

56  
00:05:31,840 --> 00:05:27,890  
side and one on the other and their

57  
00:05:37,150 --> 00:05:31,850  
hands are raised above you and they are

58  
00:05:42,119 --> 00:05:37,160  
sending healing energies to you these

59  
00:05:42,129 --> 00:05:46,280  
goodness

60  
00:05:53,080 --> 00:05:48,940  
and healing

61  
00:05:56,730 --> 00:05:53,090  
which heal you of every turmoil of every

62  
00:06:00,340 --> 00:05:56,740  
problem mental emotional physical

63  
00:06:07,180 --> 00:06:00,350

spiritual and bring you the inspiration

64

00:06:10,240 --> 00:06:07,190

that you need in your daily life very

65

00:06:15,310 --> 00:06:10,250

good now I want you to take a deep

66

00:06:20,140 --> 00:06:15,320

breath and open your eyes open your eyes

67

00:06:22,420 --> 00:06:20,150

and come back to here and now every day

68

00:06:28,680 --> 00:06:22,430

awareness open your eyes and come back

69

00:06:28,690 --> 00:06:32,160

intelligent

70

00:06:39,630 --> 00:06:34,860

cosmic power flows throughout all

71

00:06:43,730 --> 00:06:39,640

manifestations of life from the highest

72

00:06:46,790 --> 00:06:43,740

most advanced galaxy to a grain of sand

73

00:06:51,620 --> 00:06:46,800

throughout every expression of life

74

00:06:55,940 --> 00:06:51,630

there flows in energy and that energy is

75

00:06:58,830 --> 00:06:55,950

cosmic intelligence and cosmic power

76

00:07:04,290 --> 00:06:58,840

when one understands how to use this

77

00:07:09,510 --> 00:07:04,300

power they can become a dynamo of

78

00:07:14,760 --> 00:07:09,520

energy mental energy spiritual energy to

79

00:07:16,890 --> 00:07:14,770

work miracles in their everyday life we

80

00:07:19,520 --> 00:07:16,900

must all realize that even though we may

81

00:07:23,660 --> 00:07:19,530

be on the path to spiritual advancement

82

00:07:27,480 --> 00:07:23,670

that we have needs which require that we

83

00:07:31,350 --> 00:07:27,490

receive finances that we have

84

00:07:33,090 --> 00:07:31,360

inspiration for business dealings that

85

00:07:35,910 --> 00:07:33,100

we're able to deal with people in

86

00:07:40,920 --> 00:07:35,920

relationships all of these things are

87

00:07:44,940 --> 00:07:40,930

necessary so this great power that I

88

00:07:51,100 --> 00:07:44,950

speaking makes us a dynamo

89

00:08:00,120 --> 00:07:56,920

to work this great power I teach a

90

00:08:03,970 --> 00:08:00,130

technique known as mental transmutation

91

00:08:06,570 --> 00:08:03,980

now the word transmutation means to

92

00:08:12,240 --> 00:08:06,580

transmute something or change something

93

00:08:15,040 --> 00:08:12,250

from one form into another the word

94

00:08:17,200 --> 00:08:15,050

transmutation has come to us down

95

00:08:21,610 --> 00:08:17,210

through the ages and the legends and

96

00:08:26,020 --> 00:08:21,620

stories of alchemy as some of you know

97

00:08:28,060 --> 00:08:26,030

the alchemists were beings who it is

98

00:08:35,250 --> 00:08:28,070

said of them they were able to take a

99

00:08:42,130 --> 00:08:38,230

through a mysterious substance known as

100

00:08:46,540 --> 00:08:42,140

the Philosopher's Stone the elixir of

101

00:08:48,730 --> 00:08:46,550

life the universal solvent it was said

102

00:08:51,520 --> 00:08:48,740

that through a certain practice through

103

00:08:54,340 --> 00:08:51,530

a certain experiment they could

104

00:08:57,280 --> 00:08:54,350

transmute base metals or lead into fine

105

00:09:02,350 --> 00:08:57,290

gold such as could not be found by any

106

00:09:04,990 --> 00:09:02,360

jeweler or goldsmith now a great deal

107

00:09:10,360 --> 00:09:05,000

behind the story of the alchemists has

108

00:09:13,990 --> 00:09:10,370

to do with spiritual significance the

109

00:09:17,800 --> 00:09:14,000

lead or the base metal represents us in

110

00:09:20,860 --> 00:09:17,810

our lower expression in our lower

111

00:09:24,610 --> 00:09:20,870

expression of the limited life that most

112

00:09:29,410 --> 00:09:24,620

of us experience we experience a light

113

00:09:33,730 --> 00:09:29,420

that is beset by disappointments by

114

00:09:39,310 --> 00:09:33,740

failure by fear worry anxiety

115

00:09:42,820 --> 00:09:39,320

pain confusion and this type of life is

116

00:09:44,740 --> 00:09:42,830

the lead or the base metal board keeps

117

00:09:47,530 --> 00:09:44,750

us way down if you were to fill your

118

00:09:49,170 --> 00:09:47,540

pockets or your clothing with lead you

119

00:09:52,000 --> 00:09:49,180

wouldn't get around much with you

120

00:09:54,730 --> 00:09:52,010

because it would pull you down even

121

00:09:57,360 --> 00:09:54,740

further than gravity the weight of it

122

00:10:00,190 --> 00:09:57,370

would make you feel tired easily and

123

00:10:02,260 --> 00:10:00,200

that's the way it is with the problems

124

00:10:05,650 --> 00:10:02,270

that we face the problems that we carry

125

00:10:09,130 --> 00:10:05,660

around us but through the alchemical

126

00:10:11,680 --> 00:10:09,140

transformation or transmutation we are

127

00:10:14,860 --> 00:10:11,690

able to transform the lower components

128

00:10:18,070 --> 00:10:14,870

of our being into higher components or

129

00:10:21,520 --> 00:10:18,080

change them or transform our lives into

130

00:10:24,370 --> 00:10:21,530

that of pure gold a satirical and this

131

00:10:29,380 --> 00:10:24,380

means that our fear may be changed into

132

00:10:32,740 --> 00:10:29,390

faith our worries may be transported to

133

00:10:36,700 --> 00:10:32,750

confidence our failure may be

134

00:10:40,300 --> 00:10:36,710

transformed into success our illness

135

00:10:45,370 --> 00:10:40,310

transformed into radiant health our

136

00:10:49,240 --> 00:10:45,380

poverty into prosperity our downfall

137

00:10:53,440 --> 00:10:49,250

into new possibilities of greater things

138

00:10:55,690 --> 00:10:53,450

in our life so when I speak of mental

139

00:10:59,500 --> 00:10:55,700

transmutation I speak of using our

140

00:11:03,160 --> 00:10:59,510

thinking in a practical effort to do

141

00:11:08,090 --> 00:11:03,170

this alchemical transformation within

142

00:11:11,449 --> 00:11:08,100

our life's experience by our thinking we

143

00:11:15,379 --> 00:11:11,459

can change our lives it has been said

144

00:11:18,889 --> 00:11:15,389

that thoughts are things it has been

145

00:11:21,170 --> 00:11:18,899

said that energy follows thought it has

146

00:11:25,309 --> 00:11:21,180

also been said that thought begets

147

00:11:27,110 --> 00:11:25,319

action therefore we can safely assume

148

00:11:30,499 --> 00:11:27,120

that by changing our thoughts we can

149

00:11:32,930 --> 00:11:30,509

change our actions the by manipulation

150

00:11:36,650 --> 00:11:32,940

of our thoughts we can transform or

151  
00:11:38,809 --> 00:11:36,660  
redirect our energy and do the things

152  
00:11:41,749 --> 00:11:38,819  
that we have to do to have greater

153  
00:11:44,900 --> 00:11:41,759  
happiness and success at all levels of

154  
00:11:47,090 --> 00:11:44,910  
our life now there are five steps to

155  
00:11:48,620 --> 00:11:47,100  
mental transmutation which I will give

156  
00:11:51,910 --> 00:11:48,630  
to you now I'll run over them briefly

157  
00:11:55,100 --> 00:11:51,920  
and then we'll cover each one in detail

158  
00:11:58,220 --> 00:11:55,110  
the five steps of mental transmutation

159  
00:12:03,610 --> 00:11:58,230  
are number one know exactly what you

160  
00:12:07,300 --> 00:12:03,620  
want number two have a definite plan

161  
00:12:12,530 --> 00:12:07,310  
number three seek for inspiration and

162  
00:12:15,379 --> 00:12:12,540  
guidance while in the silence number

163  
00:12:19,460 --> 00:12:15,389

four visualize yourself doing exactly

164

00:12:22,129 --> 00:12:19,470

what you want to do and number five set

165

00:12:25,220 --> 00:12:22,139

about taking advantage of every

166

00:12:29,059 --> 00:12:25,230

opportunity which comes your way to see

167

00:12:31,340 --> 00:12:29,069

that your goals are fulfilled now that

168

00:12:33,290 --> 00:12:31,350

I've run over this list of five points

169

00:12:35,949 --> 00:12:33,300

of mental transmutation let's go over

170

00:12:38,929 --> 00:12:35,959

them just a little bit in more detail

171

00:12:43,879 --> 00:12:38,939

number one know exactly what you want

172

00:12:45,679 --> 00:12:43,889

I have asked hundreds of people in my 20

173

00:12:48,439 --> 00:12:45,689

years of working in the sport

174

00:12:49,040 --> 00:12:48,449

professionally maybe even thousands of

175

00:12:52,610 --> 00:12:49,050

people

176

00:12:57,930 --> 00:12:52,620

I've asked them what do you want in life

177

00:13:04,170 --> 00:13:00,480

and it would amaze you how many people

178

00:13:08,040 --> 00:13:04,180

do not know what they want they have a

179

00:13:12,540 --> 00:13:08,050

general idea they have a general concept

180

00:13:13,680 --> 00:13:12,550

but nothing definite some people say I

181

00:13:16,080 --> 00:13:13,690

don't know what I want

182

00:13:18,840 --> 00:13:16,090

I guess I just want to live the best way

183

00:13:20,460 --> 00:13:18,850

I can and I gather for most of the

184

00:13:24,630 --> 00:13:20,470

people that answer me that their whole

185

00:13:27,120 --> 00:13:24,640

lives have been one misdirection that

186

00:13:29,820 --> 00:13:27,130

they never have any idea of where

187

00:13:31,920 --> 00:13:29,830

they're going what they want to

188

00:13:35,600 --> 00:13:31,930

accomplish or who they are or anything

189

00:13:39,120 --> 00:13:35,610

else that they should know a good way to

190

00:13:43,980 --> 00:13:39,130

determine what we want is to sit down

191

00:13:45,870 --> 00:13:43,990

and write out our priorities I should

192

00:13:47,970 --> 00:13:45,880

say before we do that we should write

193

00:13:49,640 --> 00:13:47,980

down all the things that are existing in

194

00:13:54,690 --> 00:13:49,650

our lives

195

00:13:57,990 --> 00:13:54,700

that includes people it includes our

196

00:14:00,270 --> 00:13:58,000

activities sit down and write everything

197

00:14:02,090 --> 00:14:00,280

that you're involved with everyone that

198

00:14:06,570 --> 00:14:02,100

you're involved with and ask yourself

199

00:14:10,080 --> 00:14:06,580

are these people beneficial are they

200

00:14:13,740 --> 00:14:10,090

leading me in the wrong direction or are

201  
00:14:15,930 --> 00:14:13,750  
they good for me are all of these

202  
00:14:18,210 --> 00:14:15,940  
activities good for me or are some of

203  
00:14:22,830 --> 00:14:18,220  
them wasting my time time that I could

204  
00:14:25,710 --> 00:14:22,840  
use to better myself to improve myself

205  
00:14:29,280 --> 00:14:25,720  
in every way when you go over the list

206  
00:14:31,059 --> 00:14:29,290  
start crossing out the things that are

207  
00:14:33,680 --> 00:14:31,069  
not really in

208  
00:14:35,150 --> 00:14:33,690  
start crossing out the people that you

209  
00:14:37,400 --> 00:14:35,160  
could do with that you know there are a

210  
00:14:40,790 --> 00:14:37,410  
lot of people who have told me gee I

211  
00:14:42,350 --> 00:14:40,800  
have a lot of friends and when people

212  
00:14:44,990 --> 00:14:42,360  
tell me they have a lot of friends I

213  
00:14:46,370 --> 00:14:45,000

smile and if they're asking me for

214

00:14:48,439 --> 00:14:46,380

advice or if they're with me for a

215

00:14:50,650 --> 00:14:48,449

reading I'll ask them what makes you

216

00:14:54,710 --> 00:14:50,660

think are your friends

217

00:15:00,559 --> 00:14:54,720

we had many acquaintances but her friend

218

00:15:06,590 --> 00:15:00,569

is another matter I was at a deathbed of

219

00:15:08,780 --> 00:15:06,600

a very well-known person and they said

220

00:15:12,809 --> 00:15:08,790

to me that they had met thousands of

221

00:15:17,279 --> 00:15:15,719

and in a form of confession or sharing

222

00:15:19,799 --> 00:15:17,289

with me at the last minute they said

223

00:15:24,779 --> 00:15:19,809

that they could count their friends

224

00:15:26,849 --> 00:15:24,789

their true friends on one hand sure

225

00:15:29,819 --> 00:15:26,859

anybody's your friend that you got some

226

00:15:31,919 --> 00:15:29,829

money if you're showing everybody a good

227

00:15:34,469 --> 00:15:31,929

time throwing a party you'll have a lot

228

00:15:39,900 --> 00:15:34,479

of people that will say I'm your friend

229

00:15:43,799 --> 00:15:39,910

but have you ever taken stock of your

230

00:15:46,369 --> 00:15:43,809

friends how many of them weigh you down

231

00:15:49,619 --> 00:15:46,379

with things that you don't need feelings

232

00:15:51,689 --> 00:15:49,629

problems how many people ask for your

233

00:15:54,569 --> 00:15:51,699

advice and never take it and just waste

234

00:15:57,359 --> 00:15:54,579

your time on the telephone

235

00:15:59,369 --> 00:15:57,369

waste your time in person get you into

236

00:16:03,479 --> 00:15:59,379

situations that you would not care to

237

00:16:06,119 --> 00:16:03,489

begin this is why when we start to

238

00:16:08,789 --> 00:16:06,129

evaluate our friends and our activities

239

00:16:11,159 --> 00:16:08,799

we come to say okay I could do without

240

00:16:12,629 --> 00:16:11,169

this I could do without that one I can

241

00:16:14,460 --> 00:16:12,639

do without the other we start to drop

242

00:16:16,919 --> 00:16:14,470

the heavy weight in other words we drop

243

00:16:21,719 --> 00:16:16,929

the dead weight and we put down another

244

00:16:23,429 --> 00:16:21,729

list which includes our priorities find

245

00:16:24,329 --> 00:16:23,439

out what is most important to you and

246

00:16:27,110 --> 00:16:24,339

make a

247

00:16:29,579 --> 00:16:27,120

of the most important things and then

248

00:16:33,829 --> 00:16:29,589

make a list of the things that you

249

00:16:39,689 --> 00:16:33,839

really want in life have a definite idea

250

00:16:44,309 --> 00:16:39,699

second have a definite plan a lady spoke

251  
00:16:46,920 --> 00:16:44,319  
to me a few weeks ago and said I want to

252  
00:16:48,569 --> 00:16:46,930  
move out of the state that I live in she

253  
00:16:53,579 --> 00:16:48,579  
said I want a beautiful home in another

254  
00:16:56,999 --> 00:16:53,589  
state I want to have a big house with

255  
00:16:58,559 --> 00:16:57,009  
four bathrooms and six bedrooms and this

256  
00:17:03,179 --> 00:16:58,569  
and that and I said what have you done

257  
00:17:07,549 --> 00:17:03,189  
to bring about this house she said well

258  
00:17:11,870 --> 00:17:07,559  
I'm thinking about it I visualize it and

259  
00:17:15,090 --> 00:17:11,880  
I said is that all don't you have a plan

260  
00:17:17,460 --> 00:17:15,100  
don't you have any type a plan to raise

261  
00:17:20,519 --> 00:17:17,470  
the money she said well if I visualize

262  
00:17:25,110 --> 00:17:20,529  
that the money will come and that

263  
00:17:29,279 --> 00:17:25,120

reminds me of the of the person who

264

00:17:33,019 --> 00:17:29,289

expects God to drop out of heaven with

265

00:17:35,370 --> 00:17:33,029

an instant answer and an instant miracle

266

00:17:38,039 --> 00:17:35,380

to give them everything they need at

267

00:17:40,350 --> 00:17:38,049

once with no preparation no plans but

268

00:17:42,200 --> 00:17:40,360

listen it has been said god helps those

269

00:17:45,120 --> 00:17:42,210

who help themselves

270

00:17:48,810 --> 00:17:45,130

do you not realize that we are made in

271

00:17:52,200 --> 00:17:48,820

the image of God therefore it is only

272

00:17:55,470 --> 00:17:52,210

our creation that brings something into

273

00:17:57,120 --> 00:17:55,480

our life so have a definite plan of

274

00:18:00,590 --> 00:17:57,130

getting what you want after you know

275

00:18:03,570 --> 00:18:00,600

what you want have a definite plan a

276

00:18:05,870 --> 00:18:03,580

young man said to me one time he said I

277

00:18:07,520 --> 00:18:05,880

want I want to have a beautiful

278

00:18:11,570 --> 00:18:07,530

girlfriend one who loves me and cares

279

00:18:13,520 --> 00:18:11,580

about me and and one who takes care of

280

00:18:15,140 --> 00:18:13,530

me and one who I can be proud of and I

281

00:18:16,970 --> 00:18:15,150

said well what have you done to get a

282

00:18:19,610 --> 00:18:16,980

girlfriend you said well nothing I'm

283

00:18:21,800 --> 00:18:19,620

just waiting on God I think you're

284

00:18:24,740 --> 00:18:21,810

waiting on who he said I'm waiting on

285

00:18:29,540 --> 00:18:24,750

God I said what this God had to do with

286

00:18:33,470 --> 00:18:29,550

that why are you waiting for God God has

287

00:18:35,660 --> 00:18:33,480

created all people and in this great

288

00:18:38,500 --> 00:18:35,670

vast creation there's somebody for you

289

00:18:41,000 --> 00:18:38,510

why aren't you out there looking for her

290

00:18:42,620 --> 00:18:41,010

well I'm afraid if I go out there look

291

00:18:47,360 --> 00:18:42,630

for her he said I'm going to find the

292

00:18:51,140 --> 00:18:47,370

wrong one and get hurt fear is a great

293

00:18:54,080 --> 00:18:51,150

drawback fear keeps us from the

294

00:18:57,800 --> 00:18:54,090

blessings that we need to have fear

295

00:18:59,390 --> 00:18:57,810

keeps us from achieving our desires he

296

00:19:03,620 --> 00:18:59,400

knew what he wanted all right but he had

297

00:19:05,750 --> 00:19:03,630

no plan I told him and and this seemed

298

00:19:09,050 --> 00:19:05,760

like a revelation to him and I was very

299

00:19:11,780 --> 00:19:09,060

surprised because I thought anyone a

300

00:19:14,090 --> 00:19:11,790

government ghost but it was a revelation

301

00:19:16,250 --> 00:19:14,100

I said you have to get out you have to

302

00:19:19,280 --> 00:19:16,260

meet people you have to be willing to

303

00:19:20,750 --> 00:19:19,290

take chances sure you may be someone who

304

00:19:26,060 --> 00:19:20,760

doesn't turn out to be the right one

305

00:19:29,450 --> 00:19:26,070

sure you may get hurt so what we're

306

00:19:32,299 --> 00:19:29,460

sturdier than we realize and time does

307

00:19:38,250 --> 00:19:35,160

know what you want that have a definite

308

00:19:41,160 --> 00:19:38,260

plan to get what you want set about to

309

00:19:43,650 --> 00:19:41,170

do things have a plan of action whether

310

00:19:47,310 --> 00:19:43,660

it's a relationship a bigger bank

311

00:19:49,799 --> 00:19:47,320

account a new car a new home a better

312

00:19:52,770 --> 00:19:49,809

job you want a better job start looking

313

00:19:54,600 --> 00:19:52,780

into it figure out what you need to get

314

00:19:56,580 --> 00:19:54,610

that job what would qualify you for that

315

00:19:58,650 --> 00:19:56,590

job do you have to go back to school do

316

00:20:00,990 --> 00:19:58,660

you have to study a certain thing do you

317

00:20:05,580 --> 00:20:01,000

have to get certain credits work on it

318

00:20:09,419 --> 00:20:05,590

find out what it is get a plan together

319

00:20:11,370 --> 00:20:09,429

and then work that when seek for

320

00:20:13,919 --> 00:20:11,380

inspiration and guidance while in the

321

00:20:16,410 --> 00:20:13,929

silence that's the third step of mental

322

00:20:20,880 --> 00:20:16,420

transmutation of changing our lives now

323

00:20:23,250 --> 00:20:20,890

what does this mean it means this many

324

00:20:25,560 --> 00:20:23,260

of us are looking for inspiration and

325

00:20:28,560 --> 00:20:25,570

guidance from all directions except

326

00:20:32,230 --> 00:20:28,570

where we should be looking and that is

327

00:20:38,740 --> 00:20:35,920

within you within me within all

328

00:20:43,150 --> 00:20:38,750

individuals is the answer to everything

329

00:20:46,300 --> 00:20:43,160

we see true knowledge does not come from

330

00:20:48,700 --> 00:20:46,310

books true knowledge does not come from

331

00:20:50,740 --> 00:20:48,710

a teacher all a teacher does is

332

00:20:53,730 --> 00:20:50,750

reconfirm something you know or

333

00:20:58,060 --> 00:20:53,740

stimulate a response from within you

334

00:20:59,830 --> 00:20:58,070

books actually stimulate the memory a

335

00:21:03,250 --> 00:20:59,840

soul memory of something you learned

336

00:21:07,120 --> 00:21:03,260

perhaps ages ago in another incarnation

337

00:21:09,820 --> 00:21:07,130

or in another lifetime or in the

338

00:21:13,780 --> 00:21:09,830

infinite cosmos before you even came

339

00:21:18,520 --> 00:21:13,790

into this evolution you have the answer

340

00:21:22,180 --> 00:21:18,530

within you the cosmic mind and our mind

341

00:21:25,720 --> 00:21:22,190

is one the same therefore we can seek

342

00:21:28,590 --> 00:21:25,730

for answers through other people through

343

00:21:31,810 --> 00:21:28,600

books through classes but all these are

344

00:21:34,120 --> 00:21:31,820

our springboards for us to look within

345

00:21:37,930 --> 00:21:34,130

ourselves to find the true and complete

346

00:21:41,650 --> 00:21:37,940

answers seek for inspiration and

347

00:21:44,440 --> 00:21:41,660

guidance concerning all and every affair

348

00:21:47,680 --> 00:21:44,450

you have but you must do this while in

349

00:21:50,110 --> 00:21:47,690

the silence now what is the silence the

350

00:21:53,760 --> 00:21:50,120

silence means to steal your mind from

351

00:21:56,730 --> 00:21:53,770

all the clutter and all the outside

352

00:22:01,120 --> 00:21:56,740

distractions that are around us and to

353

00:22:04,450 --> 00:22:01,130

go within into that state of peace and

354

00:22:08,380 --> 00:22:04,460

harmony into the eye of a storm so to

355

00:22:11,160 --> 00:22:08,390

speak to find that answer and that

356

00:22:15,250 --> 00:22:11,170

guidance that inspiration that we need

357

00:22:17,360 --> 00:22:15,260

to go into the silence is very simple we

358

00:22:21,350 --> 00:22:17,370

simply do what we did

359

00:22:24,160 --> 00:22:21,360

workshop today you close your eyes you

360

00:22:26,780 --> 00:22:24,170

allow your physical body to become as

361

00:22:28,970 --> 00:22:26,790

relaxed as possible by taking several

362

00:22:32,299 --> 00:22:28,980

deep breaths and then breathing relaxed

363

00:22:34,870 --> 00:22:32,309

and normal you think of your feet your

364

00:22:37,730 --> 00:22:34,880

legs the other parts of your body

365

00:22:40,520 --> 00:22:37,740

systematically from the bottom to the

366

00:22:42,260 --> 00:22:40,530

top and will and desire that each part

367

00:22:47,150 --> 00:22:42,270

of your body relaxed until you are

368

00:22:49,130 --> 00:22:47,160

almost active at the edge of sleep this

369

00:22:51,860 --> 00:22:49,140

is a mild trance state which you can

370

00:22:54,980 --> 00:22:51,870

induce and it is not dangerous it's not

371

00:22:56,810 --> 00:22:54,990

like hypnosis or a deep trance you can

372

00:22:58,520 --> 00:22:56,820

control it you can come out of it

373

00:23:00,680 --> 00:22:58,530

anytime you like just by taking a deep

374

00:23:03,380 --> 00:23:00,690

breath and opening your eyes and coming

375

00:23:07,910 --> 00:23:03,390

back to here now but by placing yourself

376

00:23:10,100 --> 00:23:07,920

in such a relaxed state you enter the

377

00:23:12,350 --> 00:23:10,110

inner state known as the silence or the

378

00:23:15,770 --> 00:23:12,360

mental state of silence and from that

379

00:23:17,419 --> 00:23:15,780

state by sitting quietly how long bill

380

00:23:20,240 --> 00:23:17,429

how long should I sit quietly

381

00:23:24,020 --> 00:23:20,250

that depends you may sit there for 30

382

00:23:24,690 --> 00:23:24,030

seconds and suddenly inspiration comes

383

00:23:32,180 --> 00:23:24,700

to

384

00:23:34,680 --> 00:23:32,190

minutes before anything comes forth my

385

00:23:37,800 --> 00:23:34,690

advice to you is don't try too hard

386

00:23:40,380 --> 00:23:37,810

don't sit too long in the silence 15

387

00:23:42,720 --> 00:23:40,390

minutes is plenty if the answer does not

388

00:23:44,430 --> 00:23:42,730

come at the time if your inspiration or

389

00:23:47,700 --> 00:23:44,440

guidance concerning any problem does not

390

00:23:49,470 --> 00:23:47,710

come come out of the silence take a deep

391

00:23:52,460 --> 00:23:49,480

breath open your eyes go about your

392

00:23:55,560 --> 00:23:52,470

daily business perhaps later on the day

393

00:23:59,850 --> 00:23:55,570

later on in the day of mental flash will

394

00:24:02,820 --> 00:23:59,860

come to you as sudden intuition you'll

395

00:24:06,480 --> 00:24:02,830

know what to do it may not come that day

396

00:24:09,560 --> 00:24:06,490

it may come days later weeks later you

397

00:24:12,720 --> 00:24:09,570

may have a dream a symbolic dream and

398

00:24:16,440 --> 00:24:12,730

this dream may give you the answer that

399

00:24:18,660 --> 00:24:16,450

you see so we know so far the five steps

400

00:24:21,510 --> 00:24:18,670

of mental transmutation is know exactly

401  
00:24:24,660 --> 00:24:21,520  
what you want number two have a definite

402  
00:24:26,310 --> 00:24:24,670  
plan number three seek for inspiration

403  
00:24:29,010 --> 00:24:26,320  
and guidance while in the silence and

404  
00:24:31,350 --> 00:24:29,020  
number four visualize yourself doing

405  
00:24:33,690 --> 00:24:31,360  
exactly what you want now

406  
00:24:36,780 --> 00:24:33,700  
while we're in the silence if we want to

407  
00:24:38,940 --> 00:24:36,790  
kill time if we want more than just an

408  
00:24:41,790 --> 00:24:38,950  
answer say you want to take advantage of

409  
00:24:44,430 --> 00:24:41,800  
15 minutes in the silence what you would

410  
00:24:47,010 --> 00:24:44,440  
do is just after you relax just

411  
00:24:50,970 --> 00:24:47,020  
visualize yourself doing the thing that

412  
00:24:53,820 --> 00:24:50,980  
you want to do if you want to get a new

413  
00:24:58,770 --> 00:24:53,830

automobile that will run better a finer

414

00:25:03,690 --> 00:24:58,780

home a better job a new of a new friend

415

00:25:06,930 --> 00:25:03,700

a may two companion whatever it is see

416

00:25:07,820 --> 00:25:06,940

yourself doing those see yourself in

417

00:25:10,070 --> 00:25:07,830

that new home

418

00:25:13,759 --> 00:25:10,080

see yourself doing that better job see

419

00:25:19,190 --> 00:25:13,769

yourself doing whatever it is that you

420

00:25:23,120 --> 00:25:19,200

want to do number five set about taking

421

00:25:25,399 --> 00:25:23,130

every opportunity to advance don't wait

422

00:25:28,250 --> 00:25:25,409

for the answer to drop in your lap from

423

00:25:31,940 --> 00:25:28,260

out of heaven because it has been said

424

00:25:33,470 --> 00:25:31,950

that God moves in mysterious ways the

425

00:25:39,500 --> 00:25:33,480

answer may come through a new

426

00:25:42,830 --> 00:25:39,510

acquaintance a friend an enemy through

427

00:25:46,399 --> 00:25:42,840

the least expected source your help may

428

00:25:48,799 --> 00:25:46,409

come look around you every day brings

429

00:25:51,919 --> 00:25:48,809

new opportunities and new chances to

430

00:25:53,750 --> 00:25:51,929

advance yourself in every way but if

431

00:25:55,970 --> 00:25:53,760

you're looking for a certain thing if

432

00:25:58,159 --> 00:25:55,980

you're limiting yourself to a certain

433

00:25:59,840 --> 00:25:58,169

plan you will not notice these

434

00:26:02,210 --> 00:25:59,850

opportunities you will not see them

435

00:26:06,769 --> 00:26:02,220

coming you will not know when that right

436

00:26:10,310 --> 00:26:06,779

person comes into your life a lady came

437

00:26:13,820 --> 00:26:10,320

to me about six months ago and counseled

438

00:26:16,129 --> 00:26:13,830

with me and she says I broke up with my

439

00:26:19,490 --> 00:26:16,139

boyfriend two years ago and I haven't

440

00:26:21,200 --> 00:26:19,500

been able to get one sense and I said

441

00:26:24,409 --> 00:26:21,210

well haven't you been out haven't you

442

00:26:26,930 --> 00:26:24,419

dated anyone haven't you circulated out

443

00:26:28,330 --> 00:26:26,940

there but she said yes I have I said

444

00:26:31,639 --> 00:26:28,340

well what's the problem

445

00:26:34,009 --> 00:26:31,649

she said well every time somebody talks

446

00:26:37,370 --> 00:26:34,019

like so-and-so talked and she was

447

00:26:40,009 --> 00:26:37,380

referring to her her boyfriend she broke

448

00:26:43,580 --> 00:26:40,019

up with two years earlier I think he's

449

00:26:44,830 --> 00:26:43,590

just like he was and she commenced the

450

00:26:50,649 --> 00:26:44,840

cullet of things

451  
00:26:54,489 --> 00:26:50,659  
and she said if they sound the same I

452  
00:26:56,950 --> 00:26:54,499  
know they're they're not good if they do

453  
00:26:58,509 --> 00:26:56,960  
something that's similar then I don't

454  
00:27:01,960 --> 00:26:58,519  
trust them and I won't see them again

455  
00:27:07,659 --> 00:27:01,970  
and I began to explain that a young lady

456  
00:27:10,480 --> 00:27:07,669  
that we cannot capsulate our reactions

457  
00:27:14,019 --> 00:27:10,490  
to things because every individual is

458  
00:27:16,899 --> 00:27:14,029  
different we even know by science that

459  
00:27:21,009 --> 00:27:16,909  
there are no no two snowflakes exactly

460  
00:27:24,310 --> 00:27:21,019  
alike how much more complex beings such

461  
00:27:28,869 --> 00:27:24,320  
as a human how much different is each

462  
00:27:33,310 --> 00:27:28,879  
human from one another but we must watch

463  
00:27:36,970 --> 00:27:33,320

for all of these reactions that have

464

00:27:39,750 --> 00:27:36,980

been programmed into us excuse me for

465

00:27:42,270 --> 00:27:39,760

just a moment ladies when we can

466

00:27:47,010 --> 00:27:42,280

see for you there and there's a chair

467

00:27:52,400 --> 00:27:47,020

right there there's a yellow chair right

468

00:27:59,580 --> 00:27:54,470

so happy for our friends from New York

469

00:28:06,409 --> 00:28:01,470

dear friend take the lid off of

470

00:28:09,960 --> 00:28:06,419

yourself take the lid off of others in

471

00:28:11,850 --> 00:28:09,970

the area of binding your soulmate many

472

00:28:14,730 --> 00:28:11,860

people have not found their true

473

00:28:16,789 --> 00:28:14,740

soulmate because they're looking for

474

00:28:21,149 --> 00:28:16,799

something that they may never find oh

475

00:28:23,879 --> 00:28:21,159

he's too tall he's too short he's too

476

00:28:26,249 --> 00:28:23,889

fat he's too skinny and guys think the

477

00:28:30,029 --> 00:28:26,259

same way all she she had blonde hair I

478

00:28:33,629 --> 00:28:30,039

want to prune it you see all of these

479

00:28:36,930 --> 00:28:33,639

things tend to keep us from true

480

00:28:38,869 --> 00:28:36,940

happiness most of us have these hang-ups

481

00:28:42,659 --> 00:28:38,879

because of the way we've been taught

482

00:28:44,639 --> 00:28:42,669

we've been taught that certain things

483

00:28:46,950 --> 00:28:44,649

are certain ways according to how we see

484

00:28:49,710 --> 00:28:46,960

them and therefore we should react in a

485

00:28:52,190 --> 00:28:49,720

certain way when we begin to realize

486

00:28:53,810 --> 00:28:52,200

that our subconscious mind does not

487

00:28:57,029 --> 00:28:53,820

analyze anything

488

00:28:58,710 --> 00:28:57,039

it automatically accepts everything that

489

00:29:01,369 --> 00:28:58,720

we've been taught everything we see

490

00:29:04,499 --> 00:29:01,379

everything we feel everything we hear

491

00:29:07,470 --> 00:29:04,509

goes into the subconscious mind and it's

492

00:29:09,499 --> 00:29:07,480

according to our upbringing if we have

493

00:29:12,359 --> 00:29:09,509

been taught to react in a certain way

494

00:29:14,779 --> 00:29:12,369

even though our conscious mind may be

495

00:29:18,149 --> 00:29:14,789

changed about that subject the

496

00:29:19,390 --> 00:29:18,159

subconscious mind continues to react in

497

00:29:21,600 --> 00:29:19,400

the same manner

498

00:29:24,520 --> 00:29:21,610

the same way in every situation

499

00:29:29,100 --> 00:29:24,530

throughout our lives so what should we

500

00:29:32,170 --> 00:29:29,110

do we should also use the term or the

501

00:29:35,910 --> 00:29:32,180

period of the silence to speak to our

502

00:29:39,610 --> 00:29:35,920

subconscious mind and say to it

503

00:29:43,630 --> 00:29:39,620

subconscious mind you have accepted many

504

00:29:47,740 --> 00:29:43,640

things throughout my life that has

505

00:29:51,400 --> 00:29:47,750

caused you to prepare certain actions

506

00:29:53,380 --> 00:29:51,410

and reactions to certain things some of

507

00:29:55,810 --> 00:29:53,390

these reactions have been negative and

508

00:30:00,760 --> 00:29:55,820

have produced negative results in my

509

00:30:05,820 --> 00:30:00,770

life subconscious mind it is time to

510

00:30:08,729 --> 00:30:05,830

release some of these reactions

511

00:30:12,919 --> 00:30:08,739

we must let them go so that I can have

512

00:30:16,229 --> 00:30:12,929

harmony within my life now by so doing

513

00:30:17,850 --> 00:30:16,239

by speaking to your subconscious mind as

514

00:30:21,299 --> 00:30:17,860

though it is another person inside of

515

00:30:23,549 --> 00:30:21,309

you important in a way it is you will

516

00:30:24,389 --> 00:30:23,559

persuade it to give up some of its own

517

00:30:26,310 --> 00:30:24,399

ideas

518

00:30:29,340 --> 00:30:26,320

you see our elders some of them were

519

00:30:31,080 --> 00:30:29,350

they meant well but they were not in the

520

00:30:33,239 --> 00:30:31,090

light of understanding that some of us

521

00:30:34,560 --> 00:30:33,249

are coming into now therefore they

522

00:30:37,470 --> 00:30:34,570

taught us many things that were

523

00:30:40,759 --> 00:30:37,480

incorrect and have causes a lot of pain

524

00:30:44,359 --> 00:30:40,769

in our lives

525

00:30:48,330 --> 00:30:44,369

ideas become concrete thoughts and

526

00:30:50,700 --> 00:30:48,340

eventually ideas become energy to

527

00:30:53,729 --> 00:30:50,710

manifest this reality within our

528

00:30:56,820 --> 00:30:53,739

everyday life your enter your inner

529

00:31:00,229 --> 00:30:56,830

mental concepts create an unconscious

530

00:31:02,700 --> 00:31:00,239

mental attraction by which outer reality

531

00:31:07,590 --> 00:31:02,710

manifests now what this means is that

532

00:31:11,759 --> 00:31:07,600

the more we dwell a certain thought the

533

00:31:13,950 --> 00:31:11,769

more we create a magnetic situation by

534

00:31:18,090 --> 00:31:13,960

which we attract to us that which we

535

00:31:20,310 --> 00:31:18,100

think about most of the time hasn't it

536

00:31:22,259 --> 00:31:20,320

been said that people who think of a

537

00:31:25,889 --> 00:31:22,269

certain illness can attract that illness

538

00:31:29,039 --> 00:31:25,899

student hasn't it been said even in the

539

00:31:32,099 --> 00:31:29,049

Holy Bible the thing which I fear has

540

00:31:34,560 --> 00:31:32,109

come upon me therefore watch your

541

00:31:37,080 --> 00:31:34,570

thoughts our mind is like a radio

542

00:31:39,210 --> 00:31:37,090

receiver we receive all types of

543

00:31:40,940 --> 00:31:39,220

thoughts not just our own but other

544

00:31:44,549 --> 00:31:40,950

people's thoughts as well

545

00:31:48,440 --> 00:31:44,559

thoughts float around long after their

546

00:31:51,060 --> 00:31:48,450

originators have died from physical life

547

00:31:51,510 --> 00:31:51,070

these have been called thought forms and

548

00:31:54,840 --> 00:31:51,520

these the

549

00:31:57,690 --> 00:31:54,850

forms find a resting place in the

550

00:31:59,490 --> 00:31:57,700

individual or individuals that are

551  
00:32:02,370 --> 00:31:59,500  
sympathetic to their nature for instance

552  
00:32:04,410 --> 00:32:02,380  
if you are in a state of fear like the

553  
00:32:06,720 --> 00:32:04,420  
tracks like you're going to draw fearful

554  
00:32:09,030 --> 00:32:06,730  
thoughts if you're in a state of

555  
00:32:12,030 --> 00:32:09,040  
confusion you're going to draw confusing

556  
00:32:14,520 --> 00:32:12,040  
thoughts if you are in a state of

557  
00:32:18,270 --> 00:32:14,530  
depression you're going to attract other

558  
00:32:21,660 --> 00:32:18,280  
thoughts from the dimensions around you

559  
00:32:23,330 --> 00:32:21,670  
to give you more depressing thoughts so

560  
00:32:25,919 --> 00:32:23,340  
what's what you think

561  
00:32:28,470 --> 00:32:25,929  
Einstein's theory of relativity states

562  
00:32:32,250 --> 00:32:28,480  
that energy can be converted into matter

563  
00:32:34,680 --> 00:32:32,260

and matter can be reconverted back into

564

00:32:37,169 --> 00:32:34,690

the source of energy now what this means

565

00:32:39,030 --> 00:32:37,179

is that you can take the energy of your

566

00:32:42,120 --> 00:32:39,040

thought and project them forth and

567

00:32:44,190 --> 00:32:42,130

create them into physical life not that

568

00:32:46,680 --> 00:32:44,200

you take a thought and cause something

569

00:32:47,220 --> 00:32:46,690

to appear before you this is not what I

570

00:32:49,680 --> 00:32:47,230

mean

571

00:32:53,430 --> 00:32:49,690

but that you hold a certain mental

572

00:32:56,610 --> 00:32:53,440

concept a concept of happiness a concept

573

00:32:59,700 --> 00:32:56,620

of prosperity a constant set of radiant

574

00:33:02,640 --> 00:32:59,710

health a concept of harmony and

575

00:33:05,220 --> 00:33:02,650

happiness with a relationship and what

576

00:33:09,720 --> 00:33:05,230

you do is attract unconsciously that

577

00:33:12,210 --> 00:33:09,730

individual that money that prosperity or

578

00:33:14,460 --> 00:33:12,220

that condition into your life

579

00:33:16,860 --> 00:33:14,470

you will automatically come into the

580

00:33:20,340 --> 00:33:16,870

situations which will make them happen

581

00:33:21,810 --> 00:33:20,350

as a physical reality for you are there

582

00:33:24,300 --> 00:33:21,820

any questions so far

583

00:33:30,720 --> 00:33:24,310

or what I've said anyone have any

584

00:33:30,730 --> 00:33:50,360

I'm going to get you

585

00:33:57,150 --> 00:33:52,470

Hut

586

00:33:57,160 --> 00:34:02,830

so far more than they

587

00:34:02,840 --> 00:34:10,330

you know

588

00:34:10,340 --> 00:34:19,300

we're his lover

589

00:34:19,310 --> 00:34:33,750

for us

590

00:34:41,310 --> 00:34:36,950

I'll tell you a case of a young lady who

591

00:34:42,750 --> 00:34:41,320

shared her method with me and I thought

592

00:34:45,089 --> 00:34:42,760

it was great and so I'm going to share

593

00:34:48,060 --> 00:34:45,099

it with all of you know she had a

594

00:34:49,010 --> 00:34:48,070

general idea of the man the appearance

595

00:34:53,540 --> 00:34:49,020

of a man she

596

00:34:56,510 --> 00:34:53,550

her life but she said in prayer her

597

00:34:59,750 --> 00:34:56,520

moments of prayer meditation let it be

598

00:35:01,430 --> 00:34:59,760

the one who would be best for me so she

599

00:35:03,380 --> 00:35:01,440

found a picture in one of these

600

00:35:04,670 --> 00:35:03,390

magazines gentlemen's quarterly or one

601  
00:35:07,250 --> 00:35:04,680  
of these magazines or some other

602  
00:35:10,280 --> 00:35:07,260  
magazine she come in a picture which was

603  
00:35:12,170 --> 00:35:10,290  
similar to the man of her dreams who

604  
00:35:15,350 --> 00:35:12,180  
looked like the man she would like to

605  
00:35:17,690 --> 00:35:15,360  
have in her life and so she made up

606  
00:35:19,730 --> 00:35:17,700  
several pages she pasted that picture on

607  
00:35:21,020 --> 00:35:19,740  
the first page said this is my dream guy

608  
00:35:24,620 --> 00:35:21,030  
that's what she said

609  
00:35:27,380 --> 00:35:24,630  
but then she had other pages with other

610  
00:35:28,820 --> 00:35:27,390  
nice men of different appearance she

611  
00:35:31,160 --> 00:35:28,830  
said but this is a possibility

612  
00:35:34,670 --> 00:35:31,170  
she wrote that on machine or this is a

613  
00:35:36,740 --> 00:35:34,680

possibility or this or that and at the

614

00:35:39,050 --> 00:35:36,750

end of the book on the last page which

615

00:35:43,220 --> 00:35:39,060

she made up her own rule book she just

616

00:35:46,520 --> 00:35:43,230

wrote out on the page which ever type is

617

00:35:49,610 --> 00:35:46,530

best for me let me know him when he

618

00:35:52,040 --> 00:35:49,620

comes let it be someone who will lift my

619

00:35:54,760 --> 00:35:52,050

spirits who will bring joy peace

620

00:35:57,200 --> 00:35:54,770

happiness and good things into my life

621

00:36:01,090 --> 00:35:57,210

someone who'll treat me right someone

622

00:36:05,319 --> 00:36:01,100

who will take care of me and who will be

623

00:36:08,650 --> 00:36:05,329

what I think of good

624

00:36:10,630 --> 00:36:08,660

and she left it at that over the period

625

00:36:13,329 --> 00:36:10,640

of several months she meant just about

626

00:36:15,640 --> 00:36:13,339

every type of the book but she wound up

627

00:36:18,430 --> 00:36:15,650

settling for one who was not her first

628

00:36:21,400 --> 00:36:18,440

choice because she was more attracted to

629

00:36:24,160 --> 00:36:21,410

one and all the others but she was

630

00:36:28,029 --> 00:36:24,170

perfectly happy today so we should have

631

00:36:31,209 --> 00:36:28,039

a general idea of our pursuit of our

632

00:36:33,519 --> 00:36:31,219

first thought but be open do not limit

633

00:36:37,359 --> 00:36:33,529

ourselves to that one concept to be open

634

00:36:40,779 --> 00:36:37,369

to the best for our lives and truly a

635

00:36:43,870 --> 00:36:40,789

universal mind or God knows everything

636

00:36:46,299 --> 00:36:43,880

about us the universal line will bring

637

00:36:48,699 --> 00:36:46,309

the person that is best for us into our

638

00:36:52,660 --> 00:36:48,709

life we put the vibrations out there we

639

00:36:56,170 --> 00:36:52,670

will attractiveness in all occult

640

00:36:59,499 --> 00:36:56,180

practices we must remember the law that

641

00:37:01,959 --> 00:36:59,509

like attracts like if we are in a state

642

00:37:03,699 --> 00:37:01,969

of confusion if we are in a state of

643

00:37:06,849 --> 00:37:03,709

imperfection we're going to draw such a

644

00:37:10,239 --> 00:37:06,859

person to us the more we try to bring

645

00:37:13,390 --> 00:37:10,249

harmony within ourselves inner harmony

646

00:37:16,630 --> 00:37:13,400

is the key then we will attract someone

647

00:37:19,660 --> 00:37:16,640

of the same caliber the appearance may

648

00:37:22,090 --> 00:37:19,670

not be exactly as we may have visualized

649

00:37:25,090 --> 00:37:22,100

but the character or the quality of the

650

00:37:31,750 --> 00:37:25,100

person will be of the utmost value to us

651

00:37:36,280 --> 00:37:34,090

don't don't be saying that I don't bite

652

00:37:39,860 --> 00:37:36,290

what do you think of subliminal tapes

653

00:37:47,410 --> 00:37:43,300

my personal opinion about that is that

654

00:37:55,150 --> 00:37:50,530

I feel that many times these things are

655

00:37:58,180 --> 00:37:55,160

overrated they're overrated because we

656

00:38:01,089 --> 00:37:58,190

can buy visualization and buy

657

00:38:04,780 --> 00:38:01,099

affirmations affirmations are dynamic

658

00:38:06,490 --> 00:38:04,790

degrees or positive statements we can

659

00:38:09,650 --> 00:38:06,500

bring about the same change within the

660

00:38:16,029 --> 00:38:13,120

I know that many people do use hypnosis

661

00:38:20,420 --> 00:38:16,039

many people do use subliminal persuasion

662

00:38:22,880 --> 00:38:20,430

but I am in favor of tuning in to the

663

00:38:24,450 --> 00:38:22,890

inner self

664

00:38:26,640 --> 00:38:24,460

instead of using those math

665

00:38:32,059 --> 00:38:26,650

because I feel that that's more positive

666

00:38:32,069 --> 00:38:39,590

that is your question

667

00:38:45,260 --> 00:38:41,240

all right I'm going to give you three

668

00:38:48,500 --> 00:38:45,270

simple steps to a new light three simple

669

00:38:51,950 --> 00:38:48,510

steps change negative thoughts into

670

00:38:57,140 --> 00:38:54,530

as I said a moment ago we attract folks

671

00:38:59,839 --> 00:38:57,150

that are of the same caliber as the mood

672

00:39:00,170 --> 00:38:59,849

that we're in at any given time all

673

00:39:02,359 --> 00:39:00,180

right

674

00:39:04,849 --> 00:39:02,369

don't think about what you don't want

675

00:39:07,870 --> 00:39:04,859

you don't want to be sick or ill or

676

00:39:10,400 --> 00:39:07,880

upset don't think about such things

677

00:39:14,300 --> 00:39:10,410

let's consider for a minute the word

678

00:39:19,970 --> 00:39:14,310

forget the word forget may be broken up

679

00:39:23,390 --> 00:39:19,980

into two words or and get for a certain

680

00:39:27,560 --> 00:39:23,400

thing or for this or in the place of

681

00:39:30,410 --> 00:39:27,570

this get something else so that's the

682

00:39:33,829 --> 00:39:30,420

way to change our thoughts if something

683

00:39:35,920 --> 00:39:33,839

is bothering you change the thought by

684

00:39:38,450 --> 00:39:35,930

replacing it with something else

685

00:39:40,220 --> 00:39:38,460

the more you try not to think of

686

00:39:43,040 --> 00:39:40,230

something the harder will be to stop

687

00:39:44,130 --> 00:39:43,050

thinking of that thing it will become an

688

00:39:47,040 --> 00:39:44,140

obsession with you

689

00:39:48,720 --> 00:39:47,050

but if you replace that thought with

690

00:39:51,510 --> 00:39:48,730

something else another thought a better

691

00:39:55,710 --> 00:39:51,520

phone that is a way of changing your

692

00:39:59,610 --> 00:39:55,720

thoughts we must understand the concept

693

00:40:03,000 --> 00:39:59,620

of crystallization anything we do in our

694

00:40:06,420 --> 00:40:03,010

lives at any level must first begin as a

695

00:40:10,440 --> 00:40:06,430

mental concept as an idea and that idea

696

00:40:13,980 --> 00:40:10,450

what it is held becomes a concept and it

697

00:40:16,410 --> 00:40:13,990

may become a mental obsession and from

698

00:40:18,690 --> 00:40:16,420

that point of our evolution it is

699

00:40:22,560 --> 00:40:18,700

crystallized then into a lower dimension

700

00:40:24,960 --> 00:40:22,570

of the astral the astral means emotional

701  
00:40:27,180 --> 00:40:24,970  
desirable passionate all of these

702  
00:40:30,030 --> 00:40:27,190  
feelings come from our astral body or

703  
00:40:33,360 --> 00:40:30,040  
the astral dimension the body of feeling

704  
00:40:35,610 --> 00:40:33,370  
desire emotions so things first begin as

705  
00:40:37,440 --> 00:40:35,620  
a thought from our mental body then they

706  
00:40:39,630 --> 00:40:37,450  
crystallize into our astral body or

707  
00:40:42,420 --> 00:40:39,640  
emotions and it may become desires and

708  
00:40:44,730 --> 00:40:42,430  
from that point they crystallize in the

709  
00:40:47,490 --> 00:40:44,740  
physical manifestation we think of

710  
00:40:52,050 --> 00:40:47,500  
something then we start desiring it then

711  
00:40:53,880 --> 00:40:52,060  
we do it so by understanding this we can

712  
00:40:56,850 --> 00:40:53,890  
better control our thoughts because we

713  
00:40:59,100 --> 00:40:56,860

don't want something to crystallize into

714

00:41:00,870 --> 00:40:59,110

our emotional component and finally into

715

00:41:03,990 --> 00:41:00,880

our physical component that we should

716

00:41:04,970 --> 00:41:04,000

love it out the best way you can while

717

00:41:08,510 --> 00:41:04,980

it's still in its

718

00:41:11,810 --> 00:41:08,520

early idea stages anything you do want

719

00:41:14,900 --> 00:41:11,820

to happen foster the thought nourish the

720

00:41:17,450 --> 00:41:14,910

thought keep thinking the thought until

721

00:41:19,609 --> 00:41:17,460

it becomes a mental obsession some

722

00:41:21,980 --> 00:41:19,619

mental obsessions are good some people

723

00:41:25,040 --> 00:41:21,990

have the obsession to be a success some

724

00:41:27,740 --> 00:41:25,050

people have the obsession to be a better

725

00:41:31,700 --> 00:41:27,750

individual those are good obsessions

726

00:41:35,210 --> 00:41:31,710

keep those thoughts a purity perfection

727

00:41:36,890 --> 00:41:35,220

goodness whatever is good to you hold

728

00:41:38,840 --> 00:41:36,900

those thoughts and soon they

729

00:41:42,050 --> 00:41:38,850

crystallized into a strong desire to

730

00:41:46,070 --> 00:41:42,060

make it happen and from there they

731

00:41:47,900 --> 00:41:46,080

crystallize into a physical reality so

732

00:41:50,270 --> 00:41:47,910

the first step to a new life is change

733

00:41:53,050 --> 00:41:50,280

negative thoughts into positive law the

734

00:41:56,960 --> 00:41:53,060

second step has changed negative speech

735

00:41:59,300 --> 00:41:56,970

into positive speaking that's something

736

00:42:02,570 --> 00:41:59,310

that most people never do is change

737

00:42:05,300 --> 00:42:02,580

they're speaking at us every time and

738

00:42:07,900 --> 00:42:05,310

especially when you advance on this

739

00:42:10,700 --> 00:42:07,910

spiritual path and the spiritual work

740

00:42:12,740 --> 00:42:10,710

remember what we have been told in the

741

00:42:16,250 --> 00:42:12,750

scriptures that God created with his

742

00:42:18,200 --> 00:42:16,260

word now is also written you are made in

743

00:42:20,300 --> 00:42:18,210

the image of God therefore you create

744

00:42:23,300 --> 00:42:20,310

with your word and the greater that you

745

00:42:26,000 --> 00:42:23,310

develop in metaphysics the more what you

746

00:42:29,870 --> 00:42:26,010

say will happen where you set certain

747

00:42:31,640 --> 00:42:29,880

vibrations and certain laws in motion so

748

00:42:36,069 --> 00:42:31,650

every time you say something like I'll

749

00:42:38,809 --> 00:42:36,079

be whatever

750

00:42:42,079 --> 00:42:38,819

you are in reality and technically

751  
00:42:43,910 --> 00:42:42,089  
placing a curse on yourself every time

752  
00:42:46,069 --> 00:42:43,920  
you say something about someone else

753  
00:42:47,769 --> 00:42:46,079  
like that you are putting a bad vibe on

754  
00:42:50,359 --> 00:42:47,779  
that person

755  
00:42:52,970 --> 00:42:50,369  
it is like earlier when we began this

756  
00:42:55,249 --> 00:42:52,980  
workshop today I went to each individual

757  
00:42:58,279 --> 00:42:55,259  
and I spoke words to you I gave you all

758  
00:43:00,529 --> 00:42:58,289  
a message and when I spoke some of you

759  
00:43:03,680 --> 00:43:00,539  
felt the impact of the spoken word that

760  
00:43:05,359 --> 00:43:03,690  
I was speaking what I was doing was

761  
00:43:09,799 --> 00:43:05,369  
using the spiritual energy flowing

762  
00:43:14,089 --> 00:43:09,809  
through me in my speech I was making it

763  
00:43:16,400 --> 00:43:14,099

happen with the spoken word now this can

764

00:43:19,370 --> 00:43:16,410

be used for good or for negative

765

00:43:22,039 --> 00:43:19,380

purposes so every time you speak

766

00:43:25,160 --> 00:43:22,049

especially with strong emotion you are

767

00:43:27,170 --> 00:43:25,170

putting certain things into orbit you

768

00:43:30,980 --> 00:43:27,180

are creating certain conditions through

769

00:43:32,720 --> 00:43:30,990

the spoken word so work on that stop

770

00:43:35,150 --> 00:43:32,730

saying negative things about her so I

771

00:43:37,249 --> 00:43:35,160

heard about a lady one time who she kept

772

00:43:40,249 --> 00:43:37,259

saying now she was having some financial

773

00:43:42,829 --> 00:43:40,259

difficulties and she kept saying I can't

774

00:43:45,859 --> 00:43:42,839

get on my feet I can't get on my feet I

775

00:43:48,319 --> 00:43:45,869

just don't know seems like I just can't

776

00:43:51,180 --> 00:43:48,329

get on my feet that she was talking

777

00:43:52,770 --> 00:43:51,190

about money right

778

00:43:55,950 --> 00:43:52,780

you know what happened one day now this

779

00:43:58,250 --> 00:43:55,960

woman was in metaphysical work one day

780

00:44:02,550 --> 00:43:58,260

she got out of bed and fell before

781

00:44:05,250 --> 00:44:02,560

because she couldn't stand up she

782

00:44:07,940 --> 00:44:05,260

couldn't stand up there again the

783

00:44:10,410 --> 00:44:07,950

subconscious mind took that literally

784

00:44:13,050 --> 00:44:10,420

see she was growing in metaphysics

785

00:44:15,120 --> 00:44:13,060

learning to meditate learning how to use

786

00:44:17,670 --> 00:44:15,130

the power of the spoken word except one

787

00:44:20,250 --> 00:44:17,680

thing she failed to change her speaking

788

00:44:21,990 --> 00:44:20,260

at us so she kept saying I can't get on

789

00:44:22,890 --> 00:44:22,000

my feet and one day she got up and she

790

00:44:25,080 --> 00:44:22,900

was crippled

791

00:44:28,200 --> 00:44:25,090

now when the doctors checked her out

792

00:44:31,200 --> 00:44:28,210

there was no medical reason for her not

793

00:44:35,130 --> 00:44:31,210

to be able to stand up or walk no

794

00:44:37,440 --> 00:44:35,140

medical reason she had a companion who

795

00:44:40,770 --> 00:44:37,450

said to her you know it just came to me

796

00:44:42,390 --> 00:44:40,780

you're studying metaphysics and you've

797

00:44:44,190 --> 00:44:42,400

been able to help a lot of people with

798

00:44:46,500 --> 00:44:44,200

your advice just by the spoken word

799

00:44:47,850 --> 00:44:46,510

you've been saying lately you just can't

800

00:44:49,680 --> 00:44:47,860

get on your feet she said yeah but

801  
00:44:52,170 --> 00:44:49,690  
that's the bigger speech I meant that I

802  
00:44:55,050 --> 00:44:52,180  
can't get ahead financially he said yeah

803  
00:44:56,700 --> 00:44:55,060  
but your subconscious took that

804  
00:44:58,800 --> 00:44:56,710  
literally and thought we don't want to

805  
00:45:00,079 --> 00:44:58,810  
get on your feet so you couldn't get on

806  
00:45:02,269 --> 00:45:00,089  
your feet

807  
00:45:04,939 --> 00:45:02,279  
so you see the more you grow in this

808  
00:45:08,199 --> 00:45:04,949  
work the more careful you must be what

809  
00:45:12,559 --> 00:45:08,209  
you say especially say it with emotion

810  
00:45:16,099 --> 00:45:12,569  
emotion has power this is why in many of

811  
00:45:19,160 --> 00:45:16,109  
the metaphysical circles among the

812  
00:45:20,929 --> 00:45:19,170  
American Indians among the other peoples

813  
00:45:22,759 --> 00:45:20,939

of the world when they do a spiritual

814

00:45:25,429 --> 00:45:22,769

ritual or a magical ritual they get real

815

00:45:26,929 --> 00:45:25,439

emotional why is that they get real

816

00:45:30,019 --> 00:45:26,939

emotional before they say the

817

00:45:32,089 --> 00:45:30,029

incantation or the spell or whatever it

818

00:45:36,189 --> 00:45:32,099

is they're doing it's because emotion

819

00:45:38,959 --> 00:45:36,199

behind words make something happen okay

820

00:45:40,819 --> 00:45:38,969

another another lady came to me years

821

00:45:43,279 --> 00:45:40,829

ago and she confessed she said what

822

00:45:45,049 --> 00:45:43,289

should I do she said I was growing in

823

00:45:46,640 --> 00:45:45,059

this work and she said my car gave me

824

00:45:50,660 --> 00:45:46,650

trouble and I kicked the car and I

825

00:45:52,819 --> 00:45:50,670

cursed the car I said it was no blahblah

826

00:45:55,609 --> 00:45:52,829

good and she said that car has been

827

00:45:58,849 --> 00:45:55,619

getting worse I said well that car never

828

00:46:01,219 --> 00:45:58,859

will be the same you better trade it off

829

00:46:04,819 --> 00:46:01,229

and get another one and watch what you

830

00:46:07,279 --> 00:46:04,829

say say because she tapped into

831

00:46:09,259 --> 00:46:07,289

something she was angry enough an

832

00:46:11,660 --> 00:46:09,269

emotional month that she tapped into the

833

00:46:14,449 --> 00:46:11,670

power of the spoken word and cursed the

834

00:46:18,259 --> 00:46:14,459

car and damned it and that car was

835

00:46:20,630 --> 00:46:18,269

banned from that moment for the third

836

00:46:22,609 --> 00:46:20,640

step to a new light is changed negative

837

00:46:24,169 --> 00:46:22,619

actions and reactions in the positive

838

00:46:26,719 --> 00:46:24,179

ones and of course we already discussed

839

00:46:29,299 --> 00:46:26,729

that have you been absurd try not to

840

00:46:31,280 --> 00:46:29,309

judge or prejudge people based on other

841

00:46:35,010 --> 00:46:31,290

people's actions from your past

842

00:46:36,569 --> 00:46:35,020

remember the past is finished those who

843

00:46:40,140 --> 00:46:36,579

you've known in the past they are

844

00:46:42,599 --> 00:46:40,150

exactly there in your past just because

845

00:46:44,339 --> 00:46:42,609

someone may say something similar to

846

00:46:48,000 --> 00:46:44,349

someone in your past does not mean that

847

00:46:49,500 --> 00:46:48,010

a new person is like the ogres because

848

00:46:51,240 --> 00:46:49,510

there are many expressions of might

849

00:46:52,950 --> 00:46:51,250

which many people use there are many

850

00:46:56,549 --> 00:46:52,960

situations that may appear to be the

851

00:47:00,660 --> 00:46:56,559

same but in reality my friends every

852

00:47:03,720 --> 00:47:00,670

individual is different a good exercise

853

00:47:05,970 --> 00:47:03,730

to put these practices into motion

854

00:47:09,660 --> 00:47:05,980

one good exercise is to look into a

855

00:47:13,140 --> 00:47:09,670

mirror sit relaxed in front of a mirror

856

00:47:15,329 --> 00:47:13,150

and light a candle and turn the other

857

00:47:17,430 --> 00:47:15,339

lights out with the candle to the side

858

00:47:20,730 --> 00:47:17,440

and look into the eyes of your reflected

859

00:47:24,839 --> 00:47:20,740

image and as you look into the eyes of

860

00:47:28,650 --> 00:47:24,849

your reflected image start speaking to

861

00:47:36,569 --> 00:47:31,829

I want you to change this negative trait

862

00:47:38,010 --> 00:47:36,579

into this and state a positive trait if

863

00:47:41,400 --> 00:47:38,020

you're afraid of something look at

864

00:47:44,670 --> 00:47:41,410

yourself and say I want you to stop

865

00:47:48,089 --> 00:47:44,680

being afraid of this or that or the

866

00:47:49,650 --> 00:47:48,099

other in other words as you look in your

867

00:47:51,630 --> 00:47:49,660

reflected image and look into your eyes

868

00:47:52,289 --> 00:47:51,640

it has been sent the eyes or the windows

869

00:47:55,589 --> 00:47:52,299

of the soul

870

00:47:57,029 --> 00:47:55,599

and as you speak to yourself now don't

871

00:47:57,569 --> 00:47:57,039

let anyone see you they'll think you're

872

00:48:02,069 --> 00:47:57,579

deranged

873

00:48:04,039 --> 00:48:02,079

if you're talking to yourself but this

874

00:48:06,539 --> 00:48:04,049

is something you should do in private

875

00:48:09,599 --> 00:48:06,549

another good exercise is to write a

876

00:48:12,029 --> 00:48:09,609

letter you can address that letter to

877

00:48:13,770 --> 00:48:12,039

God address the letter to your spirit

878

00:48:16,980 --> 00:48:13,780

guide your guardian angel one of the

879

00:48:19,829 --> 00:48:16,990

ascended masters or address the letter

880

00:48:22,170 --> 00:48:19,839

to your high cell write a letter and say

881

00:48:24,990 --> 00:48:22,180

I wish to change the sand so in my life

882

00:48:27,270 --> 00:48:25,000

I want to stop fearing this certain

883

00:48:29,220 --> 00:48:27,280

thing I want to stop reacting in a

884

00:48:31,410 --> 00:48:29,230

certain negative way which causes me

885

00:48:32,130 --> 00:48:31,420

heartache and pain and my dealings with

886

00:48:34,230 --> 00:48:32,140

other people

887

00:48:36,839 --> 00:48:34,240

trouble on the job or whatever and I

888

00:48:39,830 --> 00:48:36,849

want to change my actions and life into

889

00:48:43,340 --> 00:48:39,840

a positive frame and start writing

890

00:48:46,010 --> 00:48:43,350

tales of what you want to happen after

891

00:48:50,750 --> 00:48:46,020

you write this letter fold it up and

892

00:48:53,690 --> 00:48:50,760

burn it and as the letter burns say out

893

00:48:55,220 --> 00:48:53,700

loud as the fire changes the form of

894

00:48:58,670 --> 00:48:55,230

this paper from one form into another

895

00:49:01,280 --> 00:48:58,680

and as the fire transmutes this material

896

00:49:05,440 --> 00:49:01,290

so does the light of the Christ within

897

00:49:08,750 --> 00:49:05,450

me change my life into a better life and

898

00:49:12,410 --> 00:49:08,760

you can do that time and time again as

899

00:49:15,440 --> 00:49:12,420

often as you think necessary if you're

900

00:49:18,050 --> 00:49:15,450

holding a grudge against someone write a

901  
00:49:20,450 --> 00:49:18,060  
letter to that person you're not going

902  
00:49:22,810 --> 00:49:20,460  
to mail a letter to them so you can go

903  
00:49:25,100 --> 00:49:22,820  
ahead and sandblast them all you want

904  
00:49:27,380 --> 00:49:25,110  
you're not going to tell them these

905  
00:49:29,000 --> 00:49:27,390  
things to their face or that may cause a

906  
00:49:31,760 --> 00:49:29,010  
heard in that person that you can never

907  
00:49:34,130 --> 00:49:31,770  
take back but if someone has done

908  
00:49:36,170 --> 00:49:34,140  
something to hurt you write a letter to

909  
00:49:39,560 --> 00:49:36,180  
them and tell them exactly what it is

910  
00:49:42,440 --> 00:49:39,570  
that you have against them again pull

911  
00:49:44,690 --> 00:49:42,450  
the letter burn the letter and as the

912  
00:49:46,820 --> 00:49:44,700  
letter burns know that fire does not

913  
00:49:50,630 --> 00:49:46,830

destroy it just changes something from

914

00:49:54,290 --> 00:49:50,640

one form into another see that the fire

915

00:49:56,870 --> 00:49:54,300

is the light of Christ or the universal

916

00:49:59,600 --> 00:49:56,880

mind or God with a you changing that

917

00:50:02,450 --> 00:49:59,610

bitter feeling into a feeling of

918

00:50:06,230 --> 00:50:02,460

acceptance of feeling of forgiveness

919

00:50:09,079 --> 00:50:06,240

remember to err is human but to forgive

920

00:50:12,380 --> 00:50:09,089

is the bargain we've heard it said over

921

00:50:14,990 --> 00:50:12,390

and over again or get your enemies but

922

00:50:18,170 --> 00:50:15,000

no one ever tells us out you can go to

923

00:50:20,809 --> 00:50:18,180

your church your synagogue your masses

924

00:50:22,849 --> 00:50:20,819

your services for years and yet no one

925

00:50:25,069 --> 00:50:22,859

will tell you how to put the teachings

926

00:50:27,230 --> 00:50:25,079

of a master Jesus into practice what I

927

00:50:30,260 --> 00:50:27,240

just told you is a way of doing a

928

00:50:32,540 --> 00:50:30,270

practical way to do it writing a letter

929

00:50:34,549 --> 00:50:32,550

to the people who have harmed and say

930

00:50:37,339 --> 00:50:34,559

you've done this to me you've done that

931

00:50:40,910 --> 00:50:37,349

to me you hurt me I resent you but with

932

00:50:44,089 --> 00:50:40,920

God's help my per game be honest about

933

00:50:47,480 --> 00:50:44,099

it because as the fire burns a letter

934

00:50:50,599 --> 00:50:47,490

you are transmuting those feelings into

935

00:50:52,460 --> 00:50:50,609

a higher expression we're going to take

936

00:50:55,280 --> 00:50:52,470

a break and then we're going to talk

937

00:50:57,230 --> 00:50:55,290

we're running a little late I've been

938

00:50:59,089 --> 00:50:57,240

doing more than I even advertised in

939

00:51:01,280 --> 00:50:59,099

this today see we talked about the soul

940

00:51:03,290 --> 00:51:01,290

mate he said we're gonna talk about that

941

00:51:07,549 --> 00:51:03,300

we talked about the mystic power

942

00:51:10,700 --> 00:51:07,559

techniques we didn't talk about

943

00:51:14,030 --> 00:51:10,710

development yet as much as I would like

944

00:51:16,250 --> 00:51:14,040

to how to develop your psychic abilities

945

00:51:17,300 --> 00:51:16,260

we talked about the all the mystic power

946

00:51:19,780 --> 00:51:17,310

techniques we're going to talk about

947

00:51:23,030 --> 00:51:19,790

psychic self-defense and psychic energy

948

00:51:26,690 --> 00:51:23,040

but just get up and walk around few

949

00:51:44,030 --> 00:51:26,700

minutes and stretch and you can come

950

00:51:50,320 --> 00:51:47,220

dear friends I want to get back to our

951  
00:51:54,990 --> 00:51:50,330  
class now to finish

952  
00:51:55,000 --> 00:51:58,520  
um

953  
00:52:03,440 --> 00:52:01,040  
I want to first of all share some

954  
00:52:07,940 --> 00:52:03,450  
techniques and as I said anything we

955  
00:52:09,400 --> 00:52:07,950  
don't cover fully fit verbally if your

956  
00:52:12,319 --> 00:52:09,410  
name is on this

957  
00:52:15,910 --> 00:52:12,329  
I'm going to send you up

958  
00:52:18,740 --> 00:52:15,920  
right no

959  
00:52:24,240 --> 00:52:21,550  
ebolans okay

960  
00:52:28,890 --> 00:52:27,250  
we talked about the mystical energy how

961  
00:52:32,100 --> 00:52:28,900  
we could use it

962  
00:52:35,310 --> 00:52:32,110  
that and I'm going to tell you some

963  
00:52:37,740 --> 00:52:35,320

other ways to use I want everyone right

964

00:52:43,230 --> 00:52:37,750

now is rub your hands together like so

965

00:52:47,310 --> 00:52:43,240

just rub your hands together and slowly

966

00:52:49,650 --> 00:52:47,320

pull them apart slowly and do you feel

967

00:52:52,050 --> 00:52:49,660

that energy that you just created you

968

00:52:54,690 --> 00:52:52,060

feel that now that could be used for

969

00:52:58,470 --> 00:52:54,700

many things do it again just rub your

970

00:53:00,480 --> 00:52:58,480

hands together and then slowly pull your

971

00:53:05,280 --> 00:53:00,490

hands apart and you can almost feel it

972

00:53:09,480 --> 00:53:05,290

pull like an energy now you can do this

973

00:53:13,440 --> 00:53:09,490

and visualize a certain color and place

974

00:53:16,560 --> 00:53:13,450

that color into your body if you need

975

00:53:17,880 --> 00:53:16,570

stimulation see the color red when you

976

00:53:21,540 --> 00:53:17,890

put your hands apart red is a

977

00:53:25,200 --> 00:53:21,550

stimulating color and put the red in

978

00:53:27,750 --> 00:53:25,210

yourself and you'll get that get up and

979

00:53:31,260 --> 00:53:27,760

know that you need if you are ill

980

00:53:33,750 --> 00:53:31,270

physically blue blue light is the

981

00:53:35,520 --> 00:53:33,760

healing color you just rub your hands

982

00:53:38,400 --> 00:53:35,530

together slowly pull up

983

00:53:41,490 --> 00:53:38,410

in your mind a blue light and just put

984

00:53:45,030 --> 00:53:41,500

it within you see it using from your

985

00:53:48,990 --> 00:53:45,040

hands and into your head on down care

986

00:53:51,440 --> 00:53:49,000

physical body blue is a healing power if

987

00:53:55,230 --> 00:53:51,450

you need prosperity you would see green

988

00:53:58,440 --> 00:53:55,240

green is a color of money if you need

989

00:54:00,210 --> 00:53:58,450

more love you would see pink see all of

990

00:54:01,050 --> 00:54:00,220

these colors are relative to certain

991

00:54:03,750 --> 00:54:01,060

snakes

992

00:54:06,240 --> 00:54:03,760

red is stimulation don't use too much

993

00:54:09,090 --> 00:54:06,250

red though because you don't want to be

994

00:54:13,470 --> 00:54:09,100

over stimulated then you won't be these

995

00:54:15,510 --> 00:54:13,480

then you'll be really tight if you need

996

00:54:17,670 --> 00:54:15,520

love if you're suffering from a

997

00:54:19,560 --> 00:54:17,680

resentment someone has hurt you and you

998

00:54:22,080 --> 00:54:19,570

want to heal yourself of this feeling

999

00:54:24,960 --> 00:54:22,090

you have rub your hands together slowly

1000

00:54:28,260 --> 00:54:24,970

pull it apart and see a pink energy and

1001

00:54:33,140 --> 00:54:28,270

put the pink in yourself pink is a here

1002

00:54:39,019 --> 00:54:36,410

another way to create this energy is to

1003

00:54:42,829 --> 00:54:39,029

hold your hands together about that far

1004

00:54:44,059 --> 00:54:42,839

apart and take several deep breaths I

1005

00:54:48,230 --> 00:54:44,069

want you to do that right now

1006

00:54:50,239 --> 00:54:48,240

take several deep breaths and after

1007

00:54:56,170 --> 00:54:50,249

about the third deep breath start moving

1008

00:55:03,160 --> 00:55:00,430

start moving your hands like this keep

1009

00:55:04,460 --> 00:55:03,170

taking the deep breaths now do this with

1010

00:55:08,540 --> 00:55:04,470

your hands

1011

00:55:10,460 --> 00:55:08,550

back and forth do you feel an energy

1012

00:55:12,470 --> 00:55:10,470

how many already feel an energy it's

1013

00:55:15,410 --> 00:55:12,480

almost like you're pressing against the

1014

00:55:18,079 --> 00:55:15,420

bowl of cotton or something and then you

1015

00:55:20,030 --> 00:55:18,089

felt that energy and that wonderful

1016

00:55:22,880 --> 00:55:20,040

do you see you've just demonstrated to

1017

00:55:25,819 --> 00:55:22,890

yourself that you have this power you

1018

00:55:28,460 --> 00:55:25,829

see now what is this power it has been

1019

00:55:32,000 --> 00:55:28,470

called magnetism it's been called prana

1020

00:55:36,950 --> 00:55:32,010

it's been called the otic force it has

1021

00:55:40,040 --> 00:55:36,960

been called by various names various

1022

00:55:43,010 --> 00:55:40,050

terms what it is it is the energy that

1023

00:55:46,579 --> 00:55:43,020

comes from all of your bodies your

1024

00:55:49,550 --> 00:55:46,589

higher bodies the mental body the astral

1025

00:55:51,859 --> 00:55:49,560

body the physical body the etheric vital

1026  
00:55:55,180 --> 00:55:51,869  
body all put together and charged with

1027  
00:55:58,490 --> 00:55:55,190  
spirit energy produces this magnitude

1028  
00:56:02,150 --> 00:55:58,500  
now if someone is ill and you wish to

1029  
00:56:05,359 --> 00:56:02,160  
heal someone as you know there is a

1030  
00:56:09,470 --> 00:56:05,369  
technique of the laying on of hands many

1031  
00:56:12,050 --> 00:56:09,480  
people are under the idea or are of the

1032  
00:56:15,079 --> 00:56:12,060  
idea that a healer just touches someone

1033  
00:56:16,740 --> 00:56:15,089  
that prays but a lot more is happening

1034  
00:56:19,110 --> 00:56:16,750  
behind the scenes at the

1035  
00:56:21,810 --> 00:56:19,120  
is really doing their homework they are

1036  
00:56:24,840 --> 00:56:21,820  
visualizing a blue light going from

1037  
00:56:28,500 --> 00:56:24,850  
their hands into the person they're

1038  
00:56:30,720 --> 00:56:28,510

touching and while they have been alone

1039

00:56:33,060 --> 00:56:30,730

they have practiced visualization they

1040

00:56:34,830 --> 00:56:33,070

have practiced meditation that this

1041

00:56:36,600 --> 00:56:34,840

energy keeps getting stronger and

1042

00:56:39,630 --> 00:56:36,610

stronger and they use the rubbing hands

1043

00:56:42,810 --> 00:56:39,640

techniques the rubbing hands technique

1044

00:56:44,730 --> 00:56:42,820

the holding the hands close and the deep

1045

00:56:48,150 --> 00:56:44,740

breathing technique many healers do this

1046

00:56:53,340 --> 00:56:48,160

for hours to generate this energy in

1047

00:56:55,110 --> 00:56:53,350

their life and they use this several

1048

00:56:58,200 --> 00:56:55,120

minutes before they go on the platform

1049

00:56:59,850 --> 00:56:58,210

to do their healing okay

1050

00:57:02,790 --> 00:56:59,860

so now you know the secret of many

1051  
00:57:05,510 --> 00:57:02,800  
healers and you can use this on yourself

1052  
00:57:08,250 --> 00:57:05,520  
by placing an energy in yourself and

1053  
00:57:11,190 --> 00:57:08,260  
willing that that energy drive out the

1054  
00:57:12,900 --> 00:57:11,200  
illness drive out the problem you could

1055  
00:57:15,240 --> 00:57:12,910  
also do this with other people with

1056  
00:57:18,060 --> 00:57:15,250  
their permission of course if you want

1057  
00:57:20,090 --> 00:57:18,070  
to heal someone absolutely try to get a

1058  
00:57:23,670 --> 00:57:20,100  
picture of the person or a lock of hair

1059  
00:57:24,970 --> 00:57:23,680  
generate this energy into your hands and

1060  
00:57:28,300 --> 00:57:24,980  
cook your hands Oh

1061  
00:57:30,760 --> 00:57:28,310  
the picture and as you visualize the

1062  
00:57:33,130 --> 00:57:30,770  
energy going into the picture try to

1063  
00:57:37,480 --> 00:57:33,140

focus your attention on that person and

1064

00:57:42,160 --> 00:57:37,490

say I am Clark the ceiling energy into

1065

00:57:45,430 --> 00:57:42,170

that person wherever they are I heard

1066

00:57:47,470 --> 00:57:45,440

about a person who had a relative who

1067

00:57:51,270 --> 00:57:47,480

was an alcoholic

1068

00:57:55,000 --> 00:57:51,280

and someone related the story to me and

1069

00:57:58,540 --> 00:57:55,010

she wanted to help this man get over his

1070

00:58:01,030 --> 00:57:58,550

alcoholism to make something of his life

1071

00:58:03,580 --> 00:58:01,040

to better himself and improve your show

1072

00:58:05,380 --> 00:58:03,590

he wasn't a bad person he had just had a

1073

00:58:07,660 --> 00:58:05,390

problem with drinking to the point where

1074

00:58:09,730 --> 00:58:07,670

he started to really let things go and

1075

00:58:12,390 --> 00:58:09,740

slip away from him everything he worked

1076

00:58:16,660 --> 00:58:12,400

for was slipping through his victim so

1077

00:58:18,520 --> 00:58:16,670

what she did and when I heard this event

1078

00:58:22,200 --> 00:58:18,530

I want to relate it to you what she did

1079

00:58:24,730 --> 00:58:22,210

was she got a picture of the man and

1080

00:58:26,620 --> 00:58:24,740

would do this every day and every night

1081

00:58:29,740 --> 00:58:26,630

get the energy in her hand and put it

1082

00:58:32,770 --> 00:58:29,750

over the man's picture and said let this

1083

00:58:35,320 --> 00:58:32,780

energy touch the lower self love and she

1084

00:58:37,810 --> 00:58:35,330

mentioned the man's name let him create

1085

00:58:40,660 --> 00:58:37,820

in his heart a desire to better his life

1086

00:58:43,810 --> 00:58:40,670

to stop drinking so much where is

1087

00:58:45,910 --> 00:58:43,820

hindering him from being a success to

1088

00:58:49,210 --> 00:58:45,920

stop wanting to drink to the point of

1089

00:58:51,220 --> 00:58:49,220

harming his body and she kept doing this

1090

00:58:54,460 --> 00:58:51,230

for several weeks until the man of his

1091

00:58:56,069 --> 00:58:54,470

own accord stopped his drinking he went

1092

00:58:59,219 --> 00:58:56,079

to Alcoholics Anonymous

1093

00:59:02,099 --> 00:58:59,229

and began to get help because he was

1094

00:59:05,160 --> 00:59:02,109

doing it so badly that it is ruling is

1095

00:59:09,029 --> 00:59:05,170

like and those around it so this is

1096

00:59:13,470 --> 00:59:09,039

another way you could use this energy if

1097

00:59:13,480 --> 00:59:17,819

and you look beyond the person

1098

00:59:23,969 --> 00:59:20,339

you can see their aura you know about

1099

00:59:26,549 --> 00:59:23,979

the aura everybody has one but you may

1100

00:59:28,890 --> 00:59:26,559

not see it like you're seeing me right

1101  
00:59:31,799 --> 00:59:28,900  
now or seeing any object you may not see

1102  
00:59:34,109 --> 00:59:31,809  
it except you may just feel it but you

1103  
00:59:35,549 --> 00:59:34,119  
can know what anyone is thinking what

1104  
00:59:38,459 --> 00:59:35,559  
they're really thinking if you had any

1105  
00:59:40,739 --> 00:59:38,469  
kind of inclination that a person may be

1106  
00:59:42,209 --> 00:59:40,749  
trying to deceive you if you have any

1107  
00:59:45,269 --> 00:59:42,219  
kind of hunch that a person may be

1108  
00:59:47,370 --> 00:59:45,279  
trying to get something from you or take

1109  
00:59:49,140 --> 00:59:47,380  
you to the cleaners or deceive you in

1110  
00:59:50,219 --> 00:59:49,150  
business or whatever the case may be now

1111  
00:59:52,349 --> 00:59:50,229  
I'm going to give you something that

1112  
00:59:56,279 --> 00:59:52,359  
will help you to know yourself and to

1113  
00:59:57,749 --> 00:59:56,289

know other people look at the person but

1114

01:00:01,259 --> 00:59:57,759

look beyond them like over their

1115

01:00:04,739 --> 01:00:01,269

shoulder and ask in your mind is this

1116

01:00:06,959 --> 01:00:04,749

person sincere and the first thought

1117

01:00:08,849 --> 01:00:06,969

that comes to your mind is usually the

1118

01:00:11,220 --> 01:00:08,859

right honey

1119

01:00:12,989 --> 01:00:11,230

just by looking at a person but not

1120

01:00:15,059 --> 01:00:12,999

looking directly at them looking beyond

1121

01:00:19,349 --> 01:00:15,069

them a couple of cake you see let's

1122

01:00:21,690 --> 01:00:19,359

direct your gaze beyond them okay and

1123

01:00:23,309 --> 01:00:21,700

that ball and then as mentally what is

1124

01:00:25,680 --> 01:00:23,319

this person thinking are they on the

1125

01:00:29,039 --> 01:00:25,690

level or are they are they negative and

1126

01:00:32,309 --> 01:00:29,049

you'll get a hunch a definite impression

1127

01:00:34,739 --> 01:00:32,319

on both other commercial no matter what

1128

01:00:36,790 --> 01:00:34,749

their appearances are go by that

1129

01:00:39,829 --> 01:00:36,800

impression because

1130

01:00:45,170 --> 01:00:39,839

beneficial and save you a lot of

1131

01:00:49,160 --> 01:00:45,180

heartache I have known people who have

1132

01:00:52,280 --> 01:00:49,170

been able to hear over vast distances

1133

01:00:55,040 --> 01:00:52,290

and in my book the masterful spiritual

1134

01:00:58,160 --> 01:00:55,050

power I give several techniques to see

1135

01:00:59,990 --> 01:00:58,170

beyond walls and to hear beyond walls

1136

01:01:02,680 --> 01:01:00,000

and over vast distances through using

1137

01:01:05,710 --> 01:01:02,690

your psychic power which everyone has

1138

01:01:08,300 --> 01:01:05,720

but another way to develop this site is

1139

01:01:10,329 --> 01:01:08,310

like I told you how to look beyond a

1140

01:01:13,220 --> 01:01:10,339

person to know what they're thinking

1141

01:01:15,559 --> 01:01:13,230

also you can go into the mental state of

1142

01:01:18,680 --> 01:01:15,569

silence if I taught you earlier today

1143

01:01:21,290 --> 01:01:18,690

and that technique the mental state of

1144

01:01:23,780 --> 01:01:21,300

silence is the foundation for everything

1145

01:01:26,349 --> 01:01:23,790

you do in metaphysics it is the

1146

01:01:28,940 --> 01:01:26,359

foundation for success in all types of

1147

01:01:31,010 --> 01:01:28,950

psychic development all types of

1148

01:01:33,770 --> 01:01:31,020

metaphysical work all types of

1149

01:01:35,930 --> 01:01:33,780

meditation if you can work on going into

1150

01:01:38,200 --> 01:01:35,940

that state of silence that's the key and

1151  
01:01:40,790 --> 01:01:38,210  
that's 80% of your success right there

1152  
01:01:42,089 --> 01:01:40,800  
and any type of meditation or a

1153  
01:01:45,479 --> 01:01:42,099  
self-improvement

1154  
01:01:49,140 --> 01:01:45,489  
but you can take your hands like so now

1155  
01:01:51,089 --> 01:01:49,150  
you cup your hands over your eyes and do

1156  
01:01:54,420 --> 01:01:51,099  
this for several minutes while going

1157  
01:01:57,539 --> 01:01:54,430  
into the silence and desiring that you

1158  
01:02:01,969 --> 01:01:57,549  
have the ability to see beyond what you

1159  
01:02:06,509 --> 01:02:01,979  
would normally see also practice

1160  
01:02:10,259 --> 01:02:06,519  
observation lay onto your bed and look

1161  
01:02:13,200 --> 01:02:10,269  
at the ceiling and try to see everything

1162  
01:02:17,430 --> 01:02:13,210  
that is on that ceiling try to notice

1163  
01:02:19,849 --> 01:02:17,440

every speck of color anything that

1164

01:02:23,249 --> 01:02:19,859

shouldn't be there even a speck of dust

1165

01:02:25,259 --> 01:02:23,259

trying to take in everything take a

1166

01:02:30,599 --> 01:02:25,269

ballpoint pen in your hand and look at

1167

01:02:31,460 --> 01:02:30,609

it and twirl it around and look at it

1168

01:02:34,499 --> 01:02:31,470

real good

1169

01:02:37,349 --> 01:02:34,509

you see try to notice that he scratches

1170

01:02:40,710 --> 01:02:37,359

on the pen like you know damage on the

1171

01:02:42,630 --> 01:02:40,720

panel or dents or anything in other

1172

01:02:47,470 --> 01:02:42,640

words when I'm saying practice being

1173

01:02:49,940 --> 01:02:47,480

observant go into a room

1174

01:02:52,609 --> 01:02:49,950

turn on the light look around the room

1175

01:02:55,130 --> 01:02:52,619

turn the light off and go outside and

1176

01:02:59,170 --> 01:02:55,140

think now let me see if I can recall

1177

01:03:03,829 --> 01:02:59,180

everything I just saw and where it's at

1178

01:03:06,140 --> 01:03:03,839

Buddha the great avatar would do a

1179

01:03:08,960 --> 01:03:06,150

similar exercise at helping his students

1180

01:03:13,660 --> 01:03:08,970

to develop second sight he would arrange

1181

01:03:16,660 --> 01:03:13,670

several objects on a tray or at about

1182

01:03:19,250 --> 01:03:16,670

and he would cover it with a cloth

1183

01:03:22,880 --> 01:03:19,260

he put the board in front of him he may

1184

01:03:25,430 --> 01:03:22,890

have a a cup here and a bowl there and a

1185

01:03:27,829 --> 01:03:25,440

key there and a coin there and another

1186

01:03:30,410 --> 01:03:27,839

coin here of another denomination of

1187

01:03:32,510 --> 01:03:30,420

currency and maybe a two or three other

1188

01:03:34,160 --> 01:03:32,520

things and he asked the student to sit

1189

01:03:36,200 --> 01:03:34,170

in front of the table that was covered

1190

01:03:38,210 --> 01:03:36,210

now and go into a state of mental

1191

01:03:41,960 --> 01:03:38,220

silence then he'd say open your eyes

1192

01:03:43,609 --> 01:03:41,970

slightly and he lifts the cloth and let

1193

01:03:46,410 --> 01:03:43,619

him look and close it he said okay what

1194

01:03:51,180 --> 01:03:49,620

many people who were spies and for

1195

01:03:53,970 --> 01:03:51,190

different governments would practice

1196

01:03:55,319 --> 01:03:53,980

this ability of observations is such a

1197

01:03:59,730 --> 01:03:55,329

great point that they could walk through

1198

01:04:03,059 --> 01:03:59,740

a room of people many times with several

1199

01:04:05,250 --> 01:04:03,069

dozen people and know who was who in

1200

01:04:08,760 --> 01:04:05,260

that room just walking through a room

1201

01:04:11,670 --> 01:04:08,770

now this takes practice but if you can

1202

01:04:13,859 --> 01:04:11,680

learn observation and then have moments

1203

01:04:15,829 --> 01:04:13,869

of meditation where you cup your hands

1204

01:04:18,180 --> 01:04:15,839

on your eyes and meditate in silence

1205

01:04:20,760 --> 01:04:18,190

just in quiet you don't even have to

1206

01:04:23,670 --> 01:04:20,770

think of anything just relax your mind

1207

01:04:26,630 --> 01:04:23,680

let's sit looking into the darkness in

1208

01:04:29,660 --> 01:04:26,640

the cupped hands this helps you to say

1209

01:04:32,510 --> 01:04:29,670

to yourself when you're meditating later

1210

01:04:37,770 --> 01:04:32,520

the better you get at this you can say

1211

01:04:40,680 --> 01:04:37,780

what is so-and-so doing who's in another

1212

01:04:42,990 --> 01:04:40,690

town who's across the city now if you

1213

01:04:44,400 --> 01:04:43,000

spy on your boyfriend and you find out

1214

01:04:50,490 --> 01:04:44,410

he's doing something don't tell him you

1215

01:04:51,690 --> 01:04:50,500

learn the technique from me okay I don't

1216

01:04:56,460 --> 01:04:51,700

want to give it any trouble with anyone

1217

01:04:59,730 --> 01:04:56,470

so but many people have been successful

1218

01:05:01,890 --> 01:04:59,740

and they say it's like they could sit in

1219

01:05:03,450 --> 01:05:01,900

darkness with eyes open or closed

1220

01:05:05,460 --> 01:05:03,460

and suddenly desire to know what

1221

01:05:09,650 --> 01:05:05,470

someone's doing and suddenly get a

1222

01:05:11,660 --> 01:05:09,660

mental impression or even see a vision

1223

01:05:14,210 --> 01:05:11,670

with their eyes open or closed of what

1224

01:05:16,940 --> 01:05:14,220

that other person is doing sometimes

1225

01:05:19,670 --> 01:05:16,950

people will look into a mirror with just

1226

01:05:21,499 --> 01:05:19,680

a candle lit and have the candle not on

1227

01:05:24,170 --> 01:05:21,509

the surface of a mirror but they under a

1228

01:05:26,059 --> 01:05:24,180

table where it's given getting indirect

1229

01:05:27,700 --> 01:05:26,069

lighting in the room and go into the

1230

01:05:30,950 --> 01:05:27,710

silence after they have done this

1231

01:05:32,210 --> 01:05:30,960

exercise for several months they'll sit

1232

01:05:35,509 --> 01:05:32,220

in front of a mirror and look in the

1233

01:05:37,309 --> 01:05:35,519

mirror and look beyond their image with

1234

01:05:39,890 --> 01:05:37,319

the indirect candlelight and they would

1235

01:05:42,140 --> 01:05:39,900

desire to see what a friend or loved one

1236

01:05:45,160 --> 01:05:42,150

was doing at a distance and actually say

1237

01:05:47,329 --> 01:05:45,170

that they saw a hazy image company and

1238

01:05:49,309 --> 01:05:47,339

show them what the other person was

1239

01:05:52,549 --> 01:05:49,319

doing and there has been a great deal of

1240

01:05:55,640 --> 01:05:52,559

success in this where the seer related

1241

01:05:57,109 --> 01:05:55,650

to their object I saw you doing so and

1242

01:05:58,579 --> 01:05:57,119

so last night the other person was

1243

01:06:01,549 --> 01:05:58,589

amazed and said that's right how did you

1244

01:06:04,069 --> 01:06:01,559

know that I was behind closed doors ten

1245

01:06:06,109 --> 01:06:04,079

miles from here across the country how

1246

01:06:08,480 --> 01:06:06,119

did you know that so these things do

1247

01:06:13,279 --> 01:06:08,490

work you can also tune in to hear what

1248

01:06:14,990 --> 01:06:13,289

people are saying by tuning in to the

1249

01:06:16,970 --> 01:06:15,000

finer frequencies that you're here

1250

01:06:19,820 --> 01:06:16,980

see many of these psychic gifts there's

1251

01:06:21,770 --> 01:06:19,830

nothing mystical about them in a sense

1252

01:06:24,200 --> 01:06:21,780

there is a mystical power which goes

1253

01:06:27,050 --> 01:06:24,210

beyond psychic development but psychic

1254

01:06:29,630 --> 01:06:27,060

development in its in its basic state is

1255

01:06:31,880 --> 01:06:29,640

not as supernatural as one may think it

1256

01:06:34,280 --> 01:06:31,890

is a gift that we all have is a sense

1257

01:06:36,680 --> 01:06:34,290

that we all have and by these different

1258

01:06:41,960 --> 01:06:36,690

exercises and techniques I give you you

1259

01:06:44,090 --> 01:06:41,970

can develop those those senses but what

1260

01:06:46,090 --> 01:06:44,100

I strive to do in my teaching is not

1261

01:06:49,190 --> 01:06:46,100

only show people how to develop their

1262

01:06:51,560 --> 01:06:49,200

psychic sense but to go beyond that to

1263

01:06:53,450 --> 01:06:51,570

learn their mystical uses and spiritual

1264

01:06:56,020 --> 01:06:53,460

development which is much greater than

1265

01:06:58,610 --> 01:06:56,030

psychic see psychic is at one level

1266

01:07:02,180 --> 01:06:58,620

Vista gives it another level level and

1267

01:07:03,410 --> 01:07:02,190

spiritual goes beyond that okay we're

1268

01:07:06,170 --> 01:07:03,420

shooting for the highest development

1269

01:07:07,880 --> 01:07:06,180

Hospital is that okay that is the

1270

01:07:11,420 --> 01:07:07,890

ultimate goal of my work to lead you to

1271

01:07:14,140 --> 01:07:11,430

the very highest possibility of touching

1272

01:07:17,380 --> 01:07:14,150

base with God the God within you

1273

01:07:20,080 --> 01:07:17,390

so this is what we do

1274

01:07:26,260 --> 01:07:20,090

you can cup your hands over your ears to

1275

01:07:28,780 --> 01:07:26,270

hear and again you would tune in to the

1276  
01:07:30,580 --> 01:07:28,790  
sound that is produced by cupping your

1277  
01:07:33,900 --> 01:07:30,590  
hands over your ears it's almost like

1278  
01:07:37,840 --> 01:07:33,910  
putting a seashell into your ears and

1279  
01:07:39,490 --> 01:07:37,850  
hearing this the ocean if a person was

1280  
01:07:42,010 --> 01:07:39,500  
to take two seashells and put it over

1281  
01:07:44,080 --> 01:07:42,020  
their ears and listen to that sound and

1282  
01:07:46,480 --> 01:07:44,090  
go into the mental state of silence and

1283  
01:07:49,210 --> 01:07:46,490  
keep the shells there for several

1284  
01:07:52,720 --> 01:07:49,220  
minutes and do this every day they would

1285  
01:07:55,540 --> 01:07:52,730  
develop the ability to hear what people

1286  
01:07:57,850 --> 01:07:55,550  
are saying if they desire to do so again

1287  
01:08:01,690 --> 01:07:57,860  
practice remember this and everything

1288  
01:08:05,110 --> 01:08:01,700

practice makes perfect practice

1289

01:08:08,370 --> 01:08:05,120

breathing deeply and closing off your

1290

01:08:11,470 --> 01:08:08,380

ears and trying to hear your breath

1291

01:08:13,420 --> 01:08:11,480

listen to the functions of your body you

1292

01:08:16,789 --> 01:08:13,430

can almost if you desire here your blood

1293

01:08:23,299 --> 01:08:19,450

many nights that you go to sleep

1294

01:08:24,419 --> 01:08:23,309

concentrate on hearing the sounds that

1295

01:08:27,990 --> 01:08:24,429

are going on

1296

01:08:29,760 --> 01:08:28,000

let's go bottom by doing so you are a

1297

01:08:33,809 --> 01:08:29,770

tuning your hearing your sense of

1298

01:08:37,410 --> 01:08:33,819

hearing beyond what it's normal function

1299

01:08:38,910 --> 01:08:37,420

is right now in this room here Brett I

1300

01:08:42,419 --> 01:08:38,920

guarantee you that there are things

1301  
01:08:44,430 --> 01:08:42,429  
happen not in a supernatural but right

1302  
01:08:46,530 --> 01:08:44,440  
here in the natural there are things in

1303  
01:08:48,630 --> 01:08:46,540  
this room that our eyes cannot see

1304  
01:08:51,749 --> 01:08:48,640  
because we've been trained to see only

1305  
01:08:53,820 --> 01:08:51,759  
so far but through observation you can

1306  
01:08:57,149 --> 01:08:53,830  
see that maybe there's a speck of dust

1307  
01:09:02,280 --> 01:08:57,159  
floating in the air you see there are

1308  
01:09:05,039 --> 01:09:02,290  
all types of things happening in this

1309  
01:09:07,079 --> 01:09:05,049  
so-called empty space between me and

1310  
01:09:10,110 --> 01:09:07,089  
this gentleman there seems to be nothing

1311  
01:09:11,610 --> 01:09:10,120  
but empty space but I guarantee you that

1312  
01:09:16,079 --> 01:09:11,620  
there are things happening in that empty

1313  
01:09:18,899 --> 01:09:16,089

space that are natural but we are not

1314

01:09:21,539 --> 01:09:18,909

aware of them many years ago I saw an

1315

01:09:24,899 --> 01:09:21,549

advertisement about a whistle this

1316

01:09:27,390 --> 01:09:24,909

whistle was sign you could blow into

1317

01:09:29,820 --> 01:09:27,400

this whistle and no one can hear except

1318

01:09:32,220 --> 01:09:29,830

the dog it was a whistle to call a dog

1319

01:09:35,519 --> 01:09:32,230

it was such a high pitch that only a dog

1320

01:09:36,749 --> 01:09:35,529

here to listen do you see this could be

1321

01:09:40,740 --> 01:09:36,759

happening right

1322

01:09:44,249 --> 01:09:40,750

for example right at this moment in this

1323

01:09:45,870 --> 01:09:44,259

room there are dozens of pictures coming

1324

01:09:49,200 --> 01:09:45,880

through this room from all the

1325

01:09:52,890 --> 01:09:49,210

television stations in this area that we

1326

01:09:55,470 --> 01:09:52,900

can pick up there are hundreds of voices

1327

01:09:59,250 --> 01:09:55,480

coming through this room now those

1328

01:10:02,880 --> 01:09:59,260

voices are beaming out from radio

1329

01:10:04,620 --> 01:10:02,890

broadcasting towers those broadcast

1330

01:10:07,200 --> 01:10:04,630

waves are coming through this room but

1331

01:10:10,440 --> 01:10:07,210

we're not aware of those sounds the

1332

01:10:12,300 --> 01:10:10,450

pictures from the television stations

1333

01:10:14,880 --> 01:10:12,310

are beaming through this room but we are

1334

01:10:17,370 --> 01:10:14,890

not aware of them however we turned on

1335

01:10:19,470 --> 01:10:17,380

that television we would tune in through

1336

01:10:21,990 --> 01:10:19,480

a certain frequency to one of those

1337

01:10:23,790 --> 01:10:22,000

television stations if we had a radio

1338

01:10:26,820 --> 01:10:23,800

here we could tune in one of those radio

1339

01:10:29,010 --> 01:10:26,830

stations coming in we change the channel

1340

01:10:30,900 --> 01:10:29,020

we view one of the other but the point

1341

01:10:33,479 --> 01:10:30,910

I'm trying to make is that they are all

1342

01:10:35,540 --> 01:10:33,489

simultaneously coming in through this

1343

01:10:38,220 --> 01:10:35,550

room and through all other space

1344

01:10:41,520 --> 01:10:38,230

so-called empty space in the city of

1345

01:10:44,209 --> 01:10:41,530

Philadelphia at the same time but we are

1346

01:10:47,979 --> 01:10:44,219

not aware of them unless

1347

01:10:50,750 --> 01:10:47,989

so we can do these things through our

1348

01:10:53,300 --> 01:10:50,760

into the faculty or our psychic sense

1349

01:10:54,979 --> 01:10:53,310

for example how many times have you

1350

01:10:58,490 --> 01:10:54,989

heard the phone ring or knew was going

1351

01:11:01,840 --> 01:10:58,500

to ring before grant in reality you

1352

01:11:04,220 --> 01:11:01,850

heard the phone ring before it right

1353

01:11:06,560 --> 01:11:04,230

something told you it was going to ring

1354

01:11:09,310 --> 01:11:06,570

how many times have you have you knew

1355

01:11:11,870 --> 01:11:09,320

that you were going to get a letter from

1356

01:11:15,140 --> 01:11:11,880

someone and that day something came with

1357

01:11:16,550 --> 01:11:15,150

a mail from that person how many times

1358

01:11:19,100 --> 01:11:16,560

have you touched the letter and you

1359

01:11:21,920 --> 01:11:19,110

picked it up from your mailbox and felt

1360

01:11:25,850 --> 01:11:21,930

a wave of depression come over you and

1361

01:11:27,500 --> 01:11:25,860

just knew it was bad news even though it

1362

01:11:28,939 --> 01:11:27,510

didn't have to be bad news you knew it

1363

01:11:31,550 --> 01:11:28,949

was and you open the letter and read it

1364

01:11:34,729 --> 01:11:31,560

and it was bad news has that happened to

1365

01:11:37,070 --> 01:11:34,739

any of you have you ever thought of a

1366

01:11:39,530 --> 01:11:37,080

person for two or three days you hadn't

1367

01:11:43,340 --> 01:11:39,540

seen in years or suddenly unexpectedly

1368

01:11:46,450 --> 01:11:43,350

you see that person and all these things

1369

01:11:49,490 --> 01:11:46,460

are for a reason and it's because we are

1370

01:11:52,340 --> 01:11:49,500

unconsciously seeing things before they

1371

01:11:55,850 --> 01:11:52,350

happen we are unconsciously seeing

1372

01:11:58,430 --> 01:11:55,860

beyond or seeing what could happen or

1373

01:11:59,650 --> 01:11:58,440

time and space are an illusion even

1374

01:12:02,660 --> 01:11:59,660

though you may see the person tomorrow

1375

01:12:04,760 --> 01:12:02,670

tomorrow is in the now yesterday is in

1376

01:12:07,070 --> 01:12:04,770

the now this is the secret to happiness

1377

01:12:09,540 --> 01:12:07,080

into everything else is to live moment

1378

01:12:12,540 --> 01:12:09,550

to moment to be in the now

1379

01:12:13,879 --> 01:12:12,550

but you saw in the now what was going to

1380

01:12:16,530 --> 01:12:13,889

take place tomorrow

1381

01:12:19,620 --> 01:12:16,540

how much more if you develop these

1382

01:12:21,600 --> 01:12:19,630

faculties how much more can you do these

1383

01:12:26,549 --> 01:12:21,610

things if you are exactly what you're

1384

01:12:29,069 --> 01:12:26,559

doing so try these experiments that I

1385

01:12:34,200 --> 01:12:29,079

just shared with you and you'll have a

1386

01:12:39,830 --> 01:12:36,479

how about lucky charm someone asked me

1387

01:12:41,340 --> 01:12:39,840

how can I make a lucky charm for myself

1388

01:12:47,160 --> 01:12:41,350

okay

1389

01:12:49,320 --> 01:12:47,170

charms are usually made of metal on

1390

01:12:51,870 --> 01:12:49,330

which are inscribed or paper or

1391

01:12:56,280 --> 01:12:51,880

parchment on which are inscribed certain

1392

01:13:00,020 --> 01:12:56,290

symbols or they may consist of a bag of

1393

01:13:03,229 --> 01:13:00,030

various herbs stones minerals whatever

1394

01:13:05,910 --> 01:13:03,239

how do these things come to have power

1395

01:13:11,340 --> 01:13:05,920

why do they have power do they really

1396

01:13:17,130 --> 01:13:11,350

have power well during the creation of

1397

01:13:20,940 --> 01:13:17,140

all there is we are told that God made

1398

01:13:23,610 --> 01:13:20,950

everything in six days but I want to

1399

01:13:26,040 --> 01:13:23,620

share something with you each one of

1400

01:13:28,399 --> 01:13:26,050

those days may have been thousands of

1401

01:13:32,629 --> 01:13:28,409

years in our reckoning of time

1402

01:13:35,750 --> 01:13:32,639

and as everything came into existence as

1403

01:13:39,830 --> 01:13:35,760

everything came to be say the herb

1404

01:13:42,550 --> 01:13:39,840

hyssop as it was being created there

1405

01:13:45,500 --> 01:13:42,560

were certain planetary influences

1406

01:13:47,479 --> 01:13:45,510

because of the alignment of certain

1407

01:13:49,720 --> 01:13:47,489

planets and astrological signs those

1408

01:13:52,850 --> 01:13:49,730

influences were beaming into the earth

1409

01:13:57,080 --> 01:13:52,860

at the time of the creation of say the

1410

01:13:59,620 --> 01:13:57,090

earth listen kisum now at another time

1411

01:14:02,680 --> 01:13:59,630

another herb called five finger grass or

1412

01:14:06,070 --> 01:14:02,690

whatever herbalist reduces an example

1413

01:14:08,180 --> 01:14:06,080

was developing and being created another

1414

01:14:11,660 --> 01:14:08,190

vibration was beaming down the earth

1415

01:14:13,580 --> 01:14:11,670

because these might have taken 20

1416

01:14:17,240 --> 01:14:13,590

million years of our time for all these

1417

01:14:19,640 --> 01:14:17,250

creations to be completed now because of

1418

01:14:21,379 --> 01:14:19,650

these influences that were feeding on to

1419

01:14:24,919 --> 01:14:21,389

the earth during the creation of the

1420

01:14:27,290 --> 01:14:24,929

various minerals like the stones that we

1421

01:14:30,680 --> 01:14:27,300

are told are psychic enhancers like

1422

01:14:33,290 --> 01:14:30,690

amethyst the opal the Onyx stone the

1423

01:14:35,030 --> 01:14:33,300

diamond the lodestone what all of these

1424

01:14:37,550 --> 01:14:35,040

things were being created while all of

1425

01:14:40,430 --> 01:14:37,560

these herbs were being created there

1426

01:14:42,410 --> 01:14:40,440

were various influences beaming down on

1427

01:14:46,189 --> 01:14:42,420

the earth so it gave certain properties

1428

01:14:50,300 --> 01:14:46,199

and virtues and energies to these

1429

01:14:54,410 --> 01:14:50,310

various Earth's so the wise men and the

1430

01:14:55,280 --> 01:14:54,420

wise women of all ages discovered this

1431

01:14:57,830 --> 01:14:55,290

knowledge

1432

01:15:00,560 --> 01:14:57,840

through working with the laws of nature

1433

01:15:03,080 --> 01:15:00,570

and through experimentation with

1434

01:15:05,300 --> 01:15:03,090

mystical knowledge and herbal knowledge

1435

01:15:08,900 --> 01:15:05,310

they came to find out in certain herbs

1436

01:15:10,970 --> 01:15:08,910

and minerals at certain properties so

1437

01:15:13,580 --> 01:15:10,980

therefore this is the scientific

1438

01:15:17,810 --> 01:15:13,590

breakdown of why these things affect us

1439

01:15:21,200 --> 01:15:17,820

so herbs are not only used for for

1440

01:15:23,390 --> 01:15:21,210

medicine they are also used to place

1441

01:15:25,100 --> 01:15:23,400

certain vibrations upon us because as

1442

01:15:27,380 --> 01:15:25,110

they were created they receive certain

1443

01:15:31,640 --> 01:15:27,390

properties and all the descendants of

1444

01:15:34,190 --> 01:15:31,650

that herb contains those properties the

1445

01:15:34,700 --> 01:15:34,200

same with stones the mystical uses of

1446

01:15:38,750 --> 01:15:34,710

stones

1447

01:15:41,780 --> 01:15:38,760

now the wise beings of all ages devised

1448

01:15:45,380 --> 01:15:41,790

what are known as magical words and do

1449

01:15:47,660 --> 01:15:45,390

what about those do they work again the

1450

01:15:50,650 --> 01:15:47,670

secret behind so-called magical words

1451

01:15:54,500 --> 01:15:50,660

lies in the power of the spoken word

1452

01:15:57,260 --> 01:15:54,510

many of the languages of all the nations

1453

01:16:00,590 --> 01:15:57,270

were devised and invented and developed

1454

01:16:05,060 --> 01:16:00,600

by mystics who knew the power of certain

1455

01:16:07,850 --> 01:16:05,070

sounds and certain forming of words when

1456

01:16:11,120 --> 01:16:07,860

spoken would reduce certain mental

1457

01:16:14,350 --> 01:16:11,130

states this is why many of the magical

1458

01:16:17,960 --> 01:16:14,360

words are taken from Latin or from the

1459

01:16:20,750 --> 01:16:17,970

ancient Sanskrit or the Aramaic which is

1460

01:16:23,450 --> 01:16:20,760

the language to Jesus photo many of

1461

01:16:25,640 --> 01:16:23,460

these magical words come from these

1462

01:16:28,850 --> 01:16:25,650

languages because some of the ancient

1463

01:16:30,680 --> 01:16:28,860

languages are very mystical there were

1464

01:16:33,830 --> 01:16:30,690

never developed by mystics therefore

1465

01:16:35,070 --> 01:16:33,840

they are they contain great power in the

1466

01:16:37,990 --> 01:16:35,080

way the words are

1467

01:16:40,270 --> 01:16:38,000

okay so that's the reason some words

1468

01:16:42,760 --> 01:16:40,280

produce magical results that's the

1469

01:16:47,140 --> 01:16:42,770

reason abs and stones do and what about

1470

01:16:49,750 --> 01:16:47,150

the symbols inborn within every one of

1471

01:16:51,340 --> 01:16:49,760

us in our subconscious mind when we come

1472

01:16:54,040 --> 01:16:51,350

into this world there is a certain

1473

01:16:59,160 --> 01:16:54,050

knowing a certain instinct that we all

1474

01:17:03,040 --> 01:16:59,170

have again the Mystics devised a system

1475

01:17:06,820 --> 01:17:03,050

that when we see certain lines certain

1476

01:17:10,120 --> 01:17:06,830

shapes and when we see these variety of

1477

01:17:14,370 --> 01:17:10,130

shapes put together or by themselves it

1478

01:17:18,750 --> 01:17:14,380

produces a certain subconscious reaction

1479

01:17:22,360 --> 01:17:18,760

there were four basic symbols used in

1480

01:17:28,330 --> 01:17:22,370

metaphysics throughout the ages the

1481

01:17:30,760 --> 01:17:28,340

circle the triangle the square and the

1482

01:17:37,210 --> 01:17:33,700

and from these four symbols came many

1483

01:17:41,410 --> 01:17:37,220

deviations of many symbols the circle

1484

01:17:44,440 --> 01:17:41,420

because in the beginning the divine mind

1485

01:17:47,380 --> 01:17:44,450

was neither mother or father it was not

1486

01:17:50,830 --> 01:17:47,390

a person yet consisted of all persons

1487

01:17:54,160 --> 01:17:50,840

that would ever be in the beginning to

1488

01:17:58,360 --> 01:17:54,170

divine mind was only able to be

1489

01:18:02,530 --> 01:17:58,370

conceived as a vast circle of energy it

1490

01:18:05,380 --> 01:18:02,540

was nothing yet everything it was no one

1491

01:18:09,550 --> 01:18:05,390

yet everyone it was existent yet

1492

01:18:13,510 --> 01:18:09,560

non-existent it just was it was eternal

1493

01:18:16,810 --> 01:18:13,520

energy in folding and unfolding from and

1494

01:18:19,890 --> 01:18:16,820

back into itself and therefore the

1495

01:18:22,050 --> 01:18:19,900

circle was the first mystical symbol

1496

01:18:25,470 --> 01:18:22,060

if you were to draw the circle and and

1497

01:18:27,960 --> 01:18:25,480

look at it and draw it again how many

1498

01:18:31,680 --> 01:18:27,970

people do you ever do just sit down

1499

01:18:34,200 --> 01:18:31,690

right or an herbal draw the circle and

1500

01:18:37,110 --> 01:18:34,210

meditate on the circle and you'll come

1501

01:18:39,090 --> 01:18:37,120

to know the first cause the Mystics told

1502

01:18:41,850 --> 01:18:39,100

people to draw circles many mystics took

1503

01:18:44,010 --> 01:18:41,860

a magical step and alleged magical step

1504

01:18:46,620 --> 01:18:44,020

through the circle on the sand and

1505

01:18:48,600 --> 01:18:46,630

meditate upon it then then they wipe it

1506

01:18:53,220 --> 01:18:48,610

out and draw it again over and over

1507

01:18:57,090 --> 01:18:53,230

again then the divine mind was all

1508

01:19:00,990 --> 01:18:57,100

energy and then it came into itself in a

1509

01:19:05,600 --> 01:19:01,000

point and manifested as a person or an

1510

01:19:09,330 --> 01:19:05,610

intelligence or as a form yet a great a

1511

01:19:12,420 --> 01:19:09,340

great form beyond our comprehension as I

1512

01:19:14,430 --> 01:19:12,430

am that I am and then they put a survey

1513

01:19:17,010 --> 01:19:14,440

eight point in the center of the circle

1514

01:19:20,910 --> 01:19:17,020

and that represents the time the divine

1515

01:19:23,040 --> 01:19:20,920

mind capsulated itself manifest then

1516

01:19:27,420 --> 01:19:23,050

from that point came a triangle of

1517

01:19:28,689 --> 01:19:27,430

father mother son father mother son and

1518

01:19:32,919 --> 01:19:28,699

dockage with self

1519

01:19:35,560 --> 01:19:32,929

the original origin of the triangle that

1520

01:19:38,819 --> 01:19:35,570

was the second symbol at the divine mind

1521

01:19:42,009 --> 01:19:38,829

first manifested as I am that I am and

1522

01:19:45,129 --> 01:19:42,019

then the one became - it was fathered

1523

01:19:47,020 --> 01:19:45,139

mother God and then the son Bob and

1524

01:20:01,970 --> 01:19:47,030

mother son or creation the Sun

1525

01:20:01,980 --> 01:20:23,710

disturbing

1526

01:20:23,720 --> 01:20:36,690

when I read the word

1527

01:20:36,700 --> 01:20:52,680

ask about

1528

01:20:59,990 --> 01:20:54,530

depends how it's used

1529

01:21:04,610 --> 01:21:00,000

in some of the fraternal orders

1530

01:21:08,870 --> 01:21:04,620

a mystic origin they sometimes placed a

1531

01:21:14,180 --> 01:21:08,880

triangle with a point down to typify how

1532

01:21:16,400 --> 01:21:14,190

that the Sun or creation see in the

1533

01:21:18,200 --> 01:21:16,410

beginning was the word and the Word was

1534

01:21:19,280 --> 01:21:18,210

with God the word waka and the word

1535

01:21:22,870 --> 01:21:19,290

became flesh

1536

01:21:26,030 --> 01:21:22,880

we as the sons of God collective one son

1537

01:21:28,520 --> 01:21:26,040

came into the slower dimension and we

1538

01:21:32,360 --> 01:21:28,530

reverse our thinking instead of looking

1539

01:21:38,000 --> 01:21:32,370

towards our source inverter down so it

1540

01:21:41,360 --> 01:21:38,010

represents that we have fallen okay that

1541

01:21:43,370 --> 01:21:41,370

the creation is reversed sometimes

1542

01:21:46,850 --> 01:21:43,380

though it means the reflection of the

1543

01:21:49,610 --> 01:21:46,860

great base for instance if someone had a

1544

01:21:52,370 --> 01:21:49,620

basin of water and they put their face

1545

01:21:53,780 --> 01:21:52,380

near it with the proper light and they

1546

01:21:55,580 --> 01:21:53,790

can get a reflection of their face and

1547

01:21:58,160 --> 01:21:55,590

their face of the upside down so

1548

01:22:01,430 --> 01:21:58,170

sometime represents that we are the

1549

01:22:02,870 --> 01:22:01,440

microcosm or the little face or the

1550

01:22:06,590 --> 01:22:02,880

little universe

1551

01:22:08,810 --> 01:22:06,600

a reflection of the brain but if it's by

1552

01:22:12,570 --> 01:22:08,820

itself it depends

1553

01:22:18,630 --> 01:22:15,840

for all right well then if represent it

1554

01:22:23,280 --> 01:22:18,640

it representative that that whole group

1555

01:22:26,160 --> 01:22:23,290

was about using magical power permit

1556

01:22:28,920 --> 01:22:26,170

when it's used that way especially with

1557

01:22:41,470 --> 01:22:28,930

a horrible human and try to point it

1558

01:22:41,480 --> 01:22:47,480

like that or

1559

01:22:47,490 --> 01:22:52,540

I always

1560

01:22:58,600 --> 01:22:55,840

also in the star beta which is a

1561

01:23:00,610 --> 01:22:58,610

mystical symbol six pointed star one

1562

01:23:02,980 --> 01:23:00,620

triangle is pointing down the other up

1563

01:23:05,200 --> 01:23:02,990

and it forms a six want to start but in

1564

01:23:09,100 --> 01:23:05,210

that context represents the macrocosm

1565

01:23:10,990 --> 01:23:09,110

and the microcosm the great universe the

1566

01:23:12,850 --> 01:23:11,000

small universe or that we are made in

1567

01:23:16,879 --> 01:23:12,860

the image of God and that's what that

1568

01:23:24,290 --> 01:23:21,770

the third symbol is the square and it

1569

01:23:27,290 --> 01:23:24,300

tells us that after the divine infinite

1570

01:23:30,919 --> 01:23:27,300

intelligence became manifested as father

1571

01:23:34,220 --> 01:23:30,929

mother son first as a circle as infinite

1572

01:23:37,250 --> 01:23:34,230

power and then as a triangle that the

1573

01:23:41,060 --> 01:23:37,260

next thing is that it formed the kingdom

1574

01:23:45,290 --> 01:23:41,070

of the four elements a square has four

1575

01:23:48,260 --> 01:23:45,300

corners which reveals that that is the

1576

01:23:49,820 --> 01:23:48,270

next step of the foundation known in the

1577

01:23:52,550 --> 01:23:49,830

Tree of Life as the kingdom of the

1578

01:23:56,750 --> 01:23:52,560

foundation which means that now the

1579

01:23:59,300 --> 01:23:56,760

energy has taken form to crystallize in

1580

01:24:02,600 --> 01:23:59,310

a material manifestation so that's what

1581

01:24:06,740 --> 01:24:02,610

the square means the cross represents

1582

01:24:12,919 --> 01:24:06,750

our state our condition of being limited

1583

01:24:15,680 --> 01:24:12,929

to the world of Orleans you see the

1584

01:24:19,399 --> 01:24:15,690

cross existent as a symbol long before

1585

01:24:21,830 --> 01:24:19,409

Christianity came on the scene

1586

01:24:24,740 --> 01:24:21,840

long before Jesus of Nazareth was

1587

01:24:30,229 --> 01:24:24,750

crucified the cross has always been a

1588

01:24:36,439 --> 01:24:30,239

symbol of mystical significance the

1589

01:24:40,550 --> 01:24:36,449

Hindu sages over 5,000 years ago carved

1590

01:24:44,359 --> 01:24:40,560

a picture on a stone wall in a cave and

1591

01:24:45,980 --> 01:24:44,369

that picture represents the crucifix

1592

01:24:48,570 --> 01:24:45,990

that we have seen

1593

01:24:52,730 --> 01:24:48,580

in the churches all our lives

1594

01:24:57,780 --> 01:24:52,740

it was a figure of a man stretched out

1595

01:25:00,900 --> 01:24:57,790

on a cross and carbon tests have proven

1596

01:25:02,610 --> 01:25:00,910

that that symbol was carved over 5000

1597

01:25:03,370 --> 01:25:02,620

years ago three thousand years before

1598

01:25:06,729 --> 01:25:03,380

Christ

1599

01:25:09,339 --> 01:25:06,739

and the message that was written card in

1600

01:25:12,660 --> 01:25:09,349

Sanskrit under the picture says this is

1601

01:25:17,200 --> 01:25:12,670

the state of man or es fallen and is

1602

01:25:19,300 --> 01:25:17,210

affixed to the cross of matter so you

1603

01:25:22,629 --> 01:25:19,310

see when master Jesus went through all

1604

01:25:25,089 --> 01:25:22,639

of this and showed to us what his

1605

01:25:27,280 --> 01:25:25,099

passion was is his death and everything

1606

01:25:30,189 --> 01:25:27,290

what he was doing was showing to the

1607

01:25:32,350 --> 01:25:30,199

world as you see me this is the state of

1608

01:25:36,100 --> 01:25:32,360

all of you for all of you have fallen

1609

01:25:38,439 --> 01:25:36,110

from your original state all of you are

1610

01:25:41,290 --> 01:25:38,449

affixed to a cross of the four elements

1611

01:25:43,780 --> 01:25:41,300

in other words you're stuck here in this

1612

01:25:47,680 --> 01:25:43,790

lower world you find yourself on a

1613

01:25:50,470 --> 01:25:47,690

deserted island right you're here in the

1614

01:25:55,649 --> 01:25:50,480

limitations of earth air fire and water

1615

01:26:01,140 --> 01:25:58,459

but then when we realize that we are

1616

01:26:03,569 --> 01:26:01,150

what we do is go through what is called

1617

01:26:08,100 --> 01:26:03,579

industry teaching as the philosophic

1618

01:26:10,080 --> 01:26:08,110

death okay we die upon the cross in

1619

01:26:12,600 --> 01:26:10,090

other words we realize our limitation

1620

01:26:13,799 --> 01:26:12,610

but then we die and go inside in other

1621

01:26:16,709 --> 01:26:13,809

words we die to the outward

1622

01:26:18,209 --> 01:26:16,719

manifestation we die out to the nature

1623

01:26:20,699 --> 01:26:18,219

of always reaching outside of ourselves

1624

01:26:23,640 --> 01:26:20,709

and we start and we're buried in the

1625

01:26:26,790 --> 01:26:23,650

tomb for three days which means we go

1626

01:26:28,729 --> 01:26:26,800

into our heart for three degrees of

1627

01:26:30,740 --> 01:26:28,739

mystical teaching

1628

01:26:34,400 --> 01:26:30,750

in all mystery schools there has always

1629

01:26:36,050 --> 01:26:34,410

been 3 degrees at nine initiations three

1630

01:26:39,530 --> 01:26:36,060

initiations for each of the three

1631

01:26:41,690 --> 01:26:39,540

degrees so our three days in Hell for

1632

01:26:44,690 --> 01:26:41,700

going through all these changes now of

1633

01:26:47,300 --> 01:26:44,700

trying to discover the truth three days

1634

01:26:50,090 --> 01:26:47,310

in the cave or the Sepulcher which means

1635

01:26:54,770 --> 01:26:50,100

we go in our heart to discover who we

1636

01:26:58,700 --> 01:26:54,780

really are but then we resurrect come

1637

01:27:03,200 --> 01:26:58,710

back you see from within ourselves as a

1638

01:27:06,770 --> 01:27:03,210

great resurrected being so everything

1639

01:27:11,180 --> 01:27:06,780

that Jesus did and the other avatars and

1640

01:27:13,170 --> 01:27:11,190

everything he did was to show us what we

1641

01:27:16,710 --> 01:27:13,180

all do inwardly

1642

01:27:18,990 --> 01:27:16,720

that changes we go through for instance

1643

01:27:21,270 --> 01:27:19,000

we see in the church the seven Stations

1644

01:27:23,790 --> 01:27:21,280

of the Cross where the master fell with

1645

01:27:27,700 --> 01:27:23,800

the cross seven times how many shoppers

1646

01:27:30,640 --> 01:27:27,710

do we have seventh

1647

01:27:34,480 --> 01:27:30,650

on his way up to Golgotha the place of a

1648

01:27:40,390 --> 01:27:34,490

skull the Savior fell seven times in the

1649

01:27:42,820 --> 01:27:40,400

skull is the pineal gland okay where the

1650

01:27:44,760 --> 01:27:42,830

cosmic fire raises through the seven

1651

01:27:48,250 --> 01:27:44,770

chakras that is crucified and

1652

01:27:49,920 --> 01:27:48,260

resurrected and ascends back into the

1653

01:27:52,030 --> 01:27:49,930

lower regions and then comes back

1654

01:27:54,310 --> 01:27:52,040

resurrected what would become

1655

01:27:57,580 --> 01:27:54,320

enlightened so all of these things are

1656

01:27:59,200 --> 01:27:57,590

to tell us what goes on that's what I

1657

01:28:01,870 --> 01:27:59,210

meant a moment ago when I said we teach

1658

01:28:03,280 --> 01:28:01,880

beyond the just ordinary psychic

1659

01:28:07,880 --> 01:28:03,290

development and we try to get into the

1660

01:28:12,220 --> 01:28:09,970

okay

1661

01:28:15,160 --> 01:28:12,230

so all of these symbols that's what we

1662

01:28:18,070 --> 01:28:15,170

were talking about symbols right okay we

1663

01:28:26,419 --> 01:28:18,080

have the circle the triangle they the

1664

01:28:32,600 --> 01:28:29,300

yes because the symbol of death of a

1665

01:28:36,410 --> 01:28:32,610

simple implementation becomes also a

1666

01:28:38,300 --> 01:28:36,420

symbol of our salvation because there is

1667

01:28:38,939 --> 01:28:38,310

another symbol there are several schools

1668

01:28:42,060 --> 01:28:38,949

that you

1669

01:28:43,700 --> 01:28:42,070

the rows across there's about five

1670

01:28:47,060 --> 01:28:43,710

organizations

1671

01:28:50,990 --> 01:28:47,070

they use that term Rosicrucian or the

1672

01:28:53,180 --> 01:28:51,000

rows across in reality no organization

1673

01:28:56,780 --> 01:28:53,190

claimed that name or the order of the

1674

01:28:58,370 --> 01:28:56,790

rows across is a hidden order and it's

1675

01:29:00,950 --> 01:28:58,380

none other than the group known as the

1676  
01:29:03,590 --> 01:29:00,960  
great white Brotherhood or the masters

1677  
01:29:04,310 --> 01:29:03,600  
of wisdom that group which are higher

1678  
01:29:07,280 --> 01:29:04,320  
beings

1679  
01:29:08,720 --> 01:29:07,290  
you see and when I say great white

1680  
01:29:12,920 --> 01:29:08,730  
Brotherhood I don't mean like a white

1681  
01:29:14,750 --> 01:29:12,930  
race the white light you see of but the

1682  
01:29:16,540 --> 01:29:14,760  
being known as the ascended masters the

1683  
01:29:19,340 --> 01:29:16,550  
hierarchy they are the true Rosicrucians

1684  
01:29:23,870 --> 01:29:19,350  
or the rosy cross in other words they

1685  
01:29:26,870 --> 01:29:23,880  
teach man kind how by mystical practices

1686  
01:29:29,150 --> 01:29:26,880  
to bring forth the rose or the living

1687  
01:29:31,130 --> 01:29:29,160  
substance out of symbol of death the

1688  
01:29:34,490 --> 01:29:31,140

cross is a symbol of them but it's also

1689

01:29:37,820 --> 01:29:34,500

a symbol you see the golden cross with

1690

01:29:41,150 --> 01:29:37,830

the red rose which means that the symbol

1691

01:29:44,150 --> 01:29:41,160

of four elements again transmutation of

1692

01:29:46,850 --> 01:29:44,160

lead into gold it becomes a symbol of

1693

01:29:49,390 --> 01:29:46,860

purity through which the soul evolves

1694

01:29:53,609 --> 01:29:49,400

even though we're confined to the

1695

01:29:57,000 --> 01:29:55,169

I've I've read you know you can read

1696

01:29:59,430 --> 01:29:57,010

stories in the entire of the star war

1697

01:30:01,890 --> 01:29:59,440

mystics and Exorcist is the cross is a

1698

01:30:05,389 --> 01:30:01,900

protect a symbol against lower negative

1699

01:30:09,189 --> 01:30:05,399

energies well remember

1700

01:30:13,030 --> 01:30:09,199

the cross has always been

1701

01:30:14,950 --> 01:30:13,040

from ancient Egypt they had the the pump

1702

01:30:20,650 --> 01:30:14,960

towards a cross with a loop at the top

1703

01:30:22,689 --> 01:30:20,660

and the cross in its religious term

1704

01:30:25,570 --> 01:30:22,699

seeing the cross represents three

1705

01:30:28,180 --> 01:30:25,580

different things it depends how it's

1706

01:30:29,740 --> 01:30:28,190

used it represents the four elements it

1707

01:30:32,520 --> 01:30:29,750

represents suffering within the four

1708

01:30:34,570 --> 01:30:32,530

elements but then it represents

1709

01:30:39,609 --> 01:30:34,580

spirituality when it's a bold and cross

1710

01:30:42,310 --> 01:30:39,619

and special to the Rose the priest

1711

01:30:47,870 --> 01:30:42,320

use the exorcism ritual I talked to one

1712

01:30:53,760 --> 01:30:51,150

shared with me the fact that he was

1713

01:30:55,850 --> 01:30:53,770

aware of this knowledge that the symbol

1714

01:30:59,850 --> 01:30:55,860  
of Christ hanging on the cross is

1715

01:31:04,320 --> 01:30:59,860  
synonymous with the rose okay that when

1716

01:31:06,030 --> 01:31:04,330  
negative spirits or like we see in the

1717

01:31:09,979 --> 01:31:06,040  
old vampire movies when they when they

1718

01:31:12,750 --> 01:31:09,989  
see the crucifix what they're seeing is

1719

01:31:14,400 --> 01:31:12,760  
not a symbol of the four elements but

1720

01:31:16,140 --> 01:31:14,410  
they're seeing a transmuted symbol

1721

01:31:18,000 --> 01:31:16,150  
something that has been blessed

1722

01:31:21,840 --> 01:31:18,010  
something in which good vibrations have

1723

01:31:24,450 --> 01:31:21,850  
been placed and they see that it is

1724

01:31:26,990 --> 01:31:24,460  
possible for man to break out of the

1725

01:31:29,939 --> 01:31:27,000  
confines of the four elements and

1726

01:31:31,770 --> 01:31:29,949

blossom is the rose to see that the

1727

01:31:33,689 --> 01:31:31,780

image of Christ that we see on the cross

1728

01:31:34,870 --> 01:31:33,699

is the same as the rose and the

1729

01:31:36,700 --> 01:31:34,880

Rosicrucians

1730

01:31:39,580 --> 01:31:36,710

in other words out of something that

1731

01:31:41,379 --> 01:31:39,590

suffering comes something would out of

1732

01:31:43,870 --> 01:31:41,389

the Golden Cross comes a red rose which

1733

01:31:45,879 --> 01:31:43,880

means the soul has blossomed forth

1734

01:31:47,919 --> 01:31:45,889

and then the Christian version of the

1735

01:31:49,919 --> 01:31:47,929

Cross is here is the image of Christ and

1736

01:31:52,660 --> 01:31:49,929

as through his shed blood we have

1737

01:31:54,490 --> 01:31:52,670

salvation so it's all the same the red

1738

01:31:56,379 --> 01:31:54,500

blood the red rose is a symbol of

1739

01:31:58,930 --> 01:31:56,389

something good coming out of the

1740

01:32:01,589 --> 01:31:58,940

limitation so in the negative spirit see

1741

01:32:04,540 --> 01:32:01,599

that they know that there's hope for

1742

01:32:06,370 --> 01:32:04,550

those on the path it does frighten them

1743

01:32:08,350 --> 01:32:06,380

because then they know that that person

1744

01:32:10,410 --> 01:32:08,360

is showing the cross realizes that

1745

01:32:12,310 --> 01:32:10,420

they're in touch with the Cosmic Christ

1746

01:32:16,120 --> 01:32:12,320

that they know that there's protection

1747

01:32:18,939 --> 01:32:16,130

in that symbol so we were talking about

1748

01:32:20,410 --> 01:32:18,949

symbols and why they're used for good

1749

01:32:24,430 --> 01:32:20,420

fortune and protection and everything

1750

01:32:26,979 --> 01:32:24,440

but in certain definite forms that's why

1751

01:32:29,229 --> 01:32:26,989

the crucifix isn't powerful because

1752

01:32:32,620 --> 01:32:29,239

they're to combine symbols the cross and

1753

01:32:36,290 --> 01:32:32,630

the Christ figure which represents the

1754

01:32:48,040 --> 01:32:42,560

also a money night back when the Buckeye

1755

01:32:51,770 --> 01:32:48,050

was created the vibrations were of such

1756

01:32:54,020 --> 01:32:51,780

where it serves as a magnet to draw

1757

01:32:57,410 --> 01:32:54,030

prosperity and this is the belief of

1758

01:33:01,700 --> 01:32:57,420

many mystics and sages throughout the

1759

01:33:03,920 --> 01:33:01,710

ages so several years ago I learned that

1760

01:33:05,840 --> 01:33:03,930

a best way to bank the night a magnet to

1761

01:33:10,250 --> 01:33:05,850

for drawing prosperity is to take a

1762

01:33:12,710 --> 01:33:10,260

Buckeye and to anoint it with olive oil

1763

01:33:14,990 --> 01:33:12,720

or you can go to a spiritual supply

1764

01:33:18,950 --> 01:33:15,000

store get an oil that I can prepare and

1765

01:33:21,530 --> 01:33:18,960

blessed for money and just anoint the

1766

01:33:24,860 --> 01:33:21,540

Buckeye with the oil and then wrap a

1767

01:33:26,720 --> 01:33:24,870

piece of currency around like a dollar

1768

01:33:29,420 --> 01:33:26,730

bill and then tape it and carry that

1769

01:33:32,330 --> 01:33:29,430

around and just the vibrations of the

1770

01:33:34,040 --> 01:33:32,340

buck value and the dollar bill around it

1771

01:33:36,380 --> 01:33:34,050

and if you look at that often that will

1772

01:33:38,840 --> 01:33:36,390

stimulate certain subconscious reactions

1773

01:33:40,490 --> 01:33:38,850

in you to take advantage of different

1774

01:33:45,090 --> 01:33:40,500

opportunities to bring more prosperity

1775

01:33:45,100 --> 01:33:48,140

what

1776

01:33:55,220 --> 01:33:50,960

no it's and today it's a type of nut

1777

01:33:57,350 --> 01:33:55,230

like an acorn and I'm not sure where it

1778

01:34:01,420 --> 01:33:57,360

grows I know that they say Ohio was the

1779

01:34:03,200 --> 01:34:01,430

Buckeye State but it's a form of a nut

1780

01:34:06,590 --> 01:34:03,210

it grows on trees

1781

01:34:11,850 --> 01:34:06,600

and you can get an America store or a

1782

01:34:20,790 --> 01:34:18,140

try to go yeah that's it because of a

1783

01:34:22,620 --> 01:34:20,800

when I said about the old technique of

1784

01:34:24,780 --> 01:34:22,630

wrapping the dollar bill around and that

1785

01:34:27,240 --> 01:34:24,790

actually started at almost at the

1786

01:34:31,050 --> 01:34:27,250

foundation of this country when they

1787

01:34:33,379 --> 01:34:31,060

started printing paper money that's

1788

01:34:38,850 --> 01:34:33,389

correct that's why it's called above

1789

01:34:43,060 --> 01:34:38,860

Seabury dis lady is very observant any

1790

01:34:48,520 --> 01:34:44,800

all right we're running late on time

1791

01:34:52,080 --> 01:34:48,530

we've run I think what over an hour now

1792

01:34:54,280 --> 01:34:52,090

I mean over an hour as opposed to so I

1793

01:34:57,460 --> 01:34:54,290

still wanted to talk about psychic

1794

01:34:59,770 --> 01:34:57,470

self-defense but as I said if your name

1795

01:35:01,360 --> 01:34:59,780

is on this type of it you wrote down

1796

01:35:05,260 --> 01:35:01,370

your name and address clearly I'm going

1797

01:35:09,190 --> 01:35:05,270

to send you a set of these notes and I

1798

01:35:09,910 --> 01:35:09,200

have three pages alone on psychic