

BEYOND WICCA

JOURNEY TO THE ONE

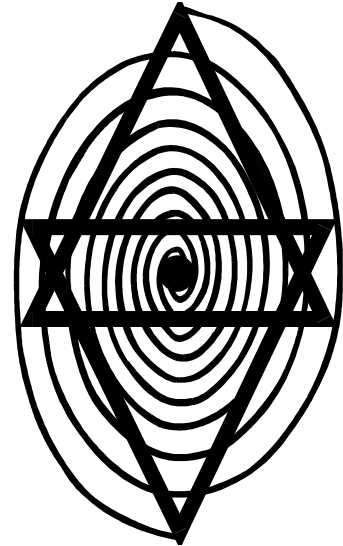
Life Effectiveness

The welfare of humanity

What we will be going into here is a very practical application of occult principles. These are principles that have been taught for thousands of years yet most people have never heard of them because they've been hidden for most of this time. Motivation speakers of the "Dr. Feel Good" variety teach some of what we're going into, but not all. We believe that the world is ready for happiness and well being. YOU are ready for happiness and well being — it's time!

One of our basic laws is that the welfare of humanity as a whole depends on the well-being of all the individual parts, all the people comprising the complete human race. This means we start with you.

YOU must be happy to make a positive contribution to humanity. Happiness and health are contagious. Your happiness and your good health will also make your neighbor happy and healthy.



The First Step — What Do You Want?

We must have a specific goal. Pick your primary, single, specific purpose, what you need most right now in your life.

* * * * * PRIMARY is important * * * * *

* * * * * SINGLE is important * * * * *

* * * * * SPECIFIC is important * * * * *

PRIMARY — What do you need the most in your life right now? Be realistic. Not just what you want, but what do you NEED? Be careful when choosing this goal, think about it carefully because, if you follow these directions, it WILL manifest!

SINGLE — There's going to be a temptation to choose a bunch of stuff you feel you need, but there is always ONE overpowering necessity. For right now, choose only one goal. When you reach it, choose another, and another, etc. When your primary need seems too high, too lofty, almost impossible, take it a step at a time. It's important to make each goal realistically attainable.

SPECIFIC — Don't be wishy washy here, be specific. Don't say something like, "To help the entire human race!" How do you want to help them? What do you want to do? Maybe a statement like, "To help homeless people in my hometown find gainful employment" would be better for a start. Work your way up. We're going to talk more about *specific* later in this lesson, but for now, make that goal something you can actually see happening — in detail.

The Statement Of Power

"I will apply all my powers, and the powers within me of the God and Goddess, to achieve _____"

Fill in the above blank and say this many times each day. This is your statement of power. Learn it well. Say it the first thing in the morning when you get up and the last thing at night before going to sleep. Say it like you mean it too! Put passion into it, put the Element of Fire into it, really intend for it to happen, not some vague time in the future, but know that it's already started to happen — NOW!

Yeah, there are a few catches. Your desire must be in accordance with the laws of life and justice. Within those laws you may have anything you desire and be anything you want. Think of the Wiccan way of working Magick for someone. Don't put anyone's name in your statement of power without their wanting it to be there.

There are always two things in life we want most, love and money. Just ask people who work psychic phone lines. Their questions usually revolve around these two universal wants and necessities of life.

We all need love, but do we really want it from someone who doesn't want to give it? Don't be tempted to put someone's name in a love goal unless they ask you to. Just word your goal to bring the proper person to you, the proper person for you. There's someone wonderful for everyone and you're wonderful for someone else. Always word love goals to simply bring the proper people together. This may seem like a violation of the *be specific* rule here, but we can still be specific and not affect someone else who doesn't really want to be affected!

So how can money hurt anything? You could take it away from someone else for one example. So, again, be careful. Word your power statement so that you get the money you need without taking it away from anyone who needs it just as much as you. You could also get a big windfall of money if someone near and dear to you with a big insurance policy should die suddenly. Is this the way you want to make your goal? Ask for what you need, plus a little bit more. Don't be greedy. Be careful!

Remember the Mission Statement of the Journey to the One:

"To live this life with joy and happiness, harming as little as possible, while living in harmony with Mother Earth."

Make sure the goal of your power statement agrees with this - - - - -

Review

The words, "All my powers" indicate the seriousness of this entire undertaking. Adding the words, "... the powers within me of the God and Goddess" make it even more so. You have tremendous power and we're just starting to learn how to use it.

Remember, this **MUST** be your **PRIMARY** craving or need. Take a serious look at your **NEEDS** here instead of just your wants.

It's important to work with one thing at a time. Success is a pathway, not a destination. It's one event following another in the correct sequence. Take another serious look at this statement:

Success is a pathway, not a destination

It's important to realize this little fact of life. Too many people think success is the thing at the end of the trail while it's actually walking the trail and being happy doing it. If you're not happy walking the trail, you'll never be happy with what you find at the end. We all know someone who gave up their entire life for work, for accumulating wealth so they could retire in happiness. Did they? Most of them either had heart attacks trying and didn't even make retirement or they did and were just as miserable as they were working! Say it again, and again, "Success is a pathway, not a destination."

Do not *hope* for this important goal you have chosen, do not *wish*, only have absolute clearly defined genuine wants and needs, then *know* they have already begun to happen.

A Lesson From Eliphaz Levi

The great 19th century French writer on the occult, Alphonse Louis Constant, known as Eliphaz Levi, penned the following words:

- *"Every intention which does not assert itself by deeds is vain intention.....We must act in order to be....."*
- *"In order to do a thing, we must believe in the possibility of our doing, and this faith must be forthwith be translated into acts."*
- *"Date to formulate your desires, then set to work at once, and do not cease acting after the same manner and for the same end. What you want shall come to pass, and by you and for you it has indeed already begun."*

This ties right in to what we've been saying above. These are not new principles, they've been around a long, long time. Now, here's what he says about universal power:

- "There exists a force in nature.....It is diffused throughout infinity; it is the substance of heaven and earth. When it produces radiance it is called light. The will of intelligent beings acts directly upon this....."
- "To know how to master this agent so as to profit by and direct its currents is to accomplish the Magnum Opus (Great Work), to be master of the world, and the depository even of the power of God."
- "Being the instrument of life, this force naturally collects at living centers; it cleaves to the kernel of plants as to the heart of man....."

What Is This Great Universal Power?

To put it simply and bluntly, we don't know! Neither do the greatest scientists the world has ever known. We know how to use electricity to perform tasks unheard of just a few years ago, but we don't know exactly what it is! We can manipulate light to produce wonderful accomplishments in growth cycles of plants and certain animals. We use it to produce great photography, and various effects of light such as sunrises and sunsets will stimulate us emotionally to no end, but we still don't know exactly what it is!

There's been a long standing argument about whether light is composed of waves or particles. The generally accepted theory now is that it's both. It can be either as it adapts to accomplish what needs to be accomplished. This universal power is called electricity when it's of a certain wavelength, light when it's of a much higher wavelength, and radio or electromagnetic radiation when it's another.

It's called light when it produces radiance of a wavelength that our eyes are sensitive to. It's called gravity when it's in an extremely weak form that attracts every material object to every other material object. Electricity and magnetism are two forms of this power very closely related to each other. Electricity produces magnetic lines of force that can be contained to do useful work and magnetism induces electricity in wires passed through its fields. This is called electro-magnetic or sometimes electro-motive force (EMF) and one is always associated with the other.

Can you see now that it's basically all the same thing. All these things we've mentioned above are tied together. Not too many years ago this all permeating substance was called Ether. The Christians consider this to be the power or energy directly from God called Holy Spirit or Holy Ghost. The Jews call it *Rauch*, described in another lesson as a feminine term which makes the Trinity of certain Christian groups to be Father, Mother and Son! We can call it Mind Stuff, Life Energy, Universal Power or even God Stuff if we really wanted. During the Journey to the One we're going to call it *The One*. We insist on a genderless term which embodies both male and female yet is neither male nor female. *The One* will do just fine!

The human body is basically an electrical machine. We use energy from *The One* to run this machine and are also able to send it off, imperceptible to ordinary senses. Human thought and will act directly on this force. See why we're spending some time on this now? This is the force that actually IS everything, material and non-material. If we can affect it with our mind, we can manifest anything we want. All that is really necessary is to believe — know with all your heart and soul that this is absolutely true — and your fondest dreams, desires and necessities will manifest. We're going to learn how to use this power as a few more pages unfold.

This also ties very well into our concept of Morphic Fields, which surround us and permeate the entire universe. Read the Journey to the One lesson on *Morphogenesis*.

Living In Our Own World

Each of us lives in our own world according to our imagined mental pattern. If this position doesn't suit you, you have the power to change it! You do not have to learn much at all to do this, any more than you had to learn how to teach your heart to beat or digest your dinner. You just have to direct the power of *The One* according to your will.

You don't even have any need to learn this. You already have the knowledge. You just have to master its usage. We will learn easy, natural proficiency of the art of directing the mind in this lesson so as to produce the manifestations you desire. The most amazing thing about this is that all the power we require to accomplish all this is ours right now, this very minute. We just have to tap into it.

Our mental patterns today will determine our tomorrow!

The "Special" People

People with unusual command over themselves exist in every generation, Newton, Einstein, etc. They wield great influence over themselves, their fellow human beings and even nature. We can become as them. This work will transform us into special people.

We ALL have the power to do it - - - - -

Back To The "What Do You Want?" Of Above

Now that we've learned a bit more of the basic theory behind all this, lets get back to the practical application again and have a short review of what we've learned so far.

Review the first couple pages of this lesson and recite the statement "*I will apply all my powers, and the powers within me of The One, to achieve _____*" at least every morning, several times during the day, and every night before going to sleep. This cannot be over emphasized!

An old Magickal law is to *know*, to *will*, to *dare*, to *be silent*. Let's take a look at these, one at a time, and relate them to the Elements of Air, Water, Fire and Earth.

Know exactly what you want, do one primary goal at a time. This is from the Element of Air, where we receive inspiration and new ideas. Air influences our mighty imagination and intuition. Its powers will bring us the new beginning we desire.

Will. Use all your Will to accomplish what you know you want and need. Apply everything you have, "*.....apply ALL my powers.....*". This relates to the Element of Fire, which is the giver of creativity, passion and WILL.

Dare to aspire for whatever you may desire and need. Really put your feeling and emotion into this. Daring comes from the element of Water where we work with our feelings and our total love for what we're doing. Remember, *whatever* you may desire and need!

Be silent. Keep your decision to yourself, unless you're working with a dedicated group or a Magickal partner who you know is totally with you. Anyone else can dilute the effort. Keep on plugging away. The Element of Earth is what helps us do this. Everything preceding this has been mental. Now we're really doing it. Apply the effort and it will happen.

Don't make the goal too remote, make it reachable. If you have a very lofty goal, that's wonderful but take it one step at a time. Remember, success is a journey, not a destination.

Make your goals definite, not something like "To be of service....."

BEING And DOING

In order to BE, we must DO, some type of action will be necessary. Look at what the Element of Earth does for us. It gives us the power and stability to move ahead, but we must take some sort of initiative and do it. If we do all the *knows*, *wills* and *dares* in the world and strongly focus on the attributes of Air, Fire and Water, without applying the actual effort of Earth, nothing will ever come to pass. We can believe all we want but we can't just sit back and wait for something to occur, we must DO something to help make it happen.

Below is an excerpt from the Journey to the One lesson on *Morphogenetics*. It makes a point that needs to be made right about now:

A favorite illustration of my own is one in advertising. Being a small business owner for many years, I have always done my own advertising campaigns and an amazing but true fact, advertising starts working before it actually gets out! We had geared one advertising campaign to the legal profession and already contracted for an ad to be placed in the main directory of services used by lawyers in our area. Before the publication reached the market, the phone was ringing with more business from this profession. One point here, this must be real, not just faked, real energy and dollars must be put in and real advertising must follow. We can't just say we're going to do it and expect the magickal results to happen. Sincerity means everything and we must follow through with the actual advertising but, the point is, results will usually start to happen before the advertising is fully out in the public. Advertisers all over the world can verify this.

What the above is saying is that we must go through the stages of *Knowing, Willing and Daring* and the Elements of Air, Fire and Water, but if we don't do the *Be Silent* thing and actually plod ahead with the Element of Earth, the principle won't work. This just illustrates a point this author has proved many times. When you even start to put something into motion, the effects start taking place. The catch here is that you must REALLY start it, put effort into it, put money into it and fully intend to go ahead and implement it. If you start this with all good intentions then drop the program when the business starts to pick up, it won't stay "picked up" very long! If you start it with the intention of not following through just to try to "fool" the principle into working, the business won't pick up at all. It MUST be real!!

A Serious Look At The Subconscious Mind

The subconscious works below the level of conscious awareness. It controls every function of our organism, the body and every organ in it. We are not aware this is happening. It just happens. We don't think about turning on the digestive system after eating dinner. We don't think about making the heart pump faster and the lungs breathe deeper when we work or exercise hard, the subconscious does all this for us. This is done just as well for everybody, a helpless infant or a brilliant scientist.

The subconscious cures every disease. Doctors and medicines simply remove obstacles to the free manifestation of this hidden power. At one point in history, the medical profession accepted that nervous disorders or illnesses originating in the mind possibly could be cured by the right thinking of the patient but nothing like that would ever work with genuine physical diseases. Most now realize there have been authentic cures of physical ailments and the proper mindset definitely does play a part in all healing. Our viewpoint is that the subconscious can cure ANY illness, including functional, nervous or anything else that may come up.

This marvelous part of our mind can not only cure diseases, but give us whatever we want in life. When programmed properly, it will place us in the position to take advantage of an exceptional situation or attract the proper people to us to aid in our goal.

One characteristic of the subconscious is that it keeps a detailed record of all experiences in our life. It can store memories that have had any effect on our senses, even those recorded without our conscious knowledge. That's why sleep learning and hypnosis works. These memories can be retrieved at the proper time and put to good use when and where we need them.

We're going to learn to make clear memories, the secret to a good one, one that will come back vividly when recalled. And, as one of our goals, we're going to learn how to retrieve these memories at will. Think of the wealth of experience stored in your mind when we learn this recollection process. Think of the abundance of knowledge of the entire human race that's available when tapping into the collective memory. We can, ya' know!

The subconscious mind is restricted to deductive reasoning. It will deduce from whatever premises it's been given. Remember this, it becomes very important in the next section on suggestions. This can present a problem when we realize that this will result in false deductions as well as true ones, depending on what information the subconscious has been given. Like the computer lingo of *G/GO*, Garbage In, Garbage Out. A computer also operates on the deductive process. It can only act on what it's been given. The subconscious mind is the same. One big difference is that you can command a computer to do your bidding, the subconscious works in more subtle ways, more about this soon.

Instincts and intuitions come by way of the subconscious. Instincts appear by inheritance from the past history of our own life or that of our species and race. Intuition comes from the superconscious through the subconscious. Both result in the conscious just kind of knowing what to do! Trust these feelings, they are coming from the source of all knowledge.

All the operations of the subconscious are manifestations of the power described earlier in the writings of Eliphas Levi. The Life Force, *The One* !

Back to Morphic Fields again! We've mentioned this before. Here are a few excerpts from the Journey to the One lesson on *Morphogenesis*:

There is a kind of memory in nature. Each kind of thing has a collective memory. Every species of tree has its own memory. Trees, as a whole, have a memory that's applicable to all trees.....

There are invisible fields around every self organizing organism in nature, right down to cells, molecules and atoms. You, as a human being, have your own personal field. Each organ within your body has a field. Your heart has a field, your liver has a field, etc. Every one of the Thirty Trillion living cells in your body has a field. Every molecule and right down to every atom within your body has a field surrounding. Back up the ladder: There's a field around your family and close circle of friends. We've all that experience where that very special person, friend or relative, in our life knows when something happens to us, even when something is about to happen! There's a field around the entire human race. It just goes on and on and on. There are fields within fields within fields going on infinitely.....

Morphic Resonance is the act of being sympathetic to the contents of a Morphic Field. Remember, Morphic Fields are a memory of nature, so Morphic Resonance is a picking up of that memory and acting upon it. This does not rigidly enforce a formation of something, but the likelihood is increased. There are too many chaotic processes in nature for Morphic Fields to be absolutely rigid. Think about it this way: We put something into a Morphic Field, on purpose or inadvertently and we, or someone else, comes along later and retrieves it. We tune ourselves to a specific Morphic Field and we Resonate with it. This is the basic principle in a nutshell, also called formative causation.....

Do you get the idea more now. Morphic Fields are everywhere and are related to everything. The various levels of the mind can make a use the vast storehouse of knowledge contained within them. The brain is only the antenna that connects us to this fantastic repository of knowledge.

Again, review the words of power above: "*I will apply all my powers, and the powers within me of The One, to achieve _____.*" I know this is getting repetitious, but it is necessary. Just keep it up.

Right about here would be a good point to pause for a few days and review everything up to here. Form your goal as instructed and start using the statement of power several times every day.

The Subconscious Is Amenable To Control By Suggestion

This is one of the most important and powerful statements we'll ever make so lets take a very analytical look at it:

Amenable means accountable, responsible, ready to yield to advice, submissive.

Control means to regulate, direct, exercise restraint over, dominate.

A **Suggestion** is to place or bring as an idea, a hint through association or natural connection of ideas.

The subconscious is always subject to our authority and is actually very easy to lead, once you know how. The subconscious cannot direct itself, it only does what it's programmed to do and we must program it by suggestion, not by command. We can give suggestions or directions and still leave it perfectly free to obey in its own way.

Our concern is with the outcome, not with the process. That's why we set a goal and not a specific means of obtaining it. We form a clear, distinct image of the end result we desire, then our conscious work is done. We

must have perfect confidence in the process and when we really understand this, we can make the suggestions to the subconscious in complete assurance they will be carried out to the last detail.

Remember, the emotion put in to this is as vital as the image. The Fire and Water must go with the Air.

Nothing except a suggestion makes an impression on the subconscious. A suggestion is a hint and even a subtle hint works well. It's been proven many times over that the subconscious responds better to what is implied than it will to a direct command.

Why? As we mentioned above, the subconscious only uses deductive reasoning. It must have something to deduce. A forceful command does not give it that opportunity, a suggestion does. It doesn't know what to do with an order to do something. It will not respond unless it works in its own way — and that way is DEDUCTION!

You do not have to coerce the subconscious, in fact you CANNOT coerce the subconscious, but you do have to gently indicate to it what you want.

You've been controlling your subconscious by suggestion all your life. That's why you are where you are today, good or bad! It's been perfectly obedient to your hints all your life, positive or negative, taking into account your habitual ways of thinking, speaking, acting and imagining. You cannot be happy. Your subconscious won't allow it if you constantly make negative interpretations of your life experiences.

Watch your every word, what you do and think all day long is recorded in your subconscious. The bulk of impressions received by our subconscious are from our normal everyday actions, habits and speech. Remember, the subconscious doesn't know right from wrong, good from bad, positive from negative — any more than a computer does. It just acts on the information fed to it.

Success Is Synonymous With Order

Your home and office must be in order and your life must be in order. Your clothes must be clean and well cared for along with your body. You cannot be healthy if you neglect basic rules of hygiene. The orderliness of your sleeping space is of great importance. A lot of subconscious activity occurs in your sleep and that small period between sleep and awake is of utmost importance. When we pass through that significant period, the order in our life around us is of consequence and falling asleep in unkempt quarters will affect the subconscious. Remember always, the subconscious is affected by SUGGESTION. Our surroundings will result in suggestions to our subconscious that will be acted on by the deductive process then brought into reality in this world. It WILL happen! Is disorder what you want the rest of your life to be?

Always Tell The Subconscious The Truth!

Too many people try to lie to the subconscious, they try to kid themselves and say they're not going to be sick, while really believing that allowing sickness once in a while is normal.

As we learned above, the subconscious takes this kidding for what it really is and listens to what we really believe. The subconscious knows when you're trying to deceive it. You must really have faith in whatever you tell the subconscious just as you believe that certain programming will make a computer produce certain results.

Remember, suggestion — not commanding! You can try to fool the subconscious all you want but what you really believe is what's in your heart. It's the life you live. We're finding out that the life you live is what the subconscious will take as the suggestion to deduce what to do next in order to make your life what you want it to be.

Change your thinking to *know*, not *hope*, not *wish* for, KNOW that good health, happiness and the principle that there is enough wealth for everybody is the truth. You then don't have to try and lie to the subconscious. Deception doesn't work, you can't deceive yourself, and your subconscious is YOU!

Bodily Activity — Do Something!

We already discussed the fact that in order to BE we must DO. Your goal must be reached through some form of bodily activity. Neglect of the physical state here and now is fatal to the advancement of our goals. Back up and re-read the last paragraph of the previous section just above concerning order.

The body is normally healthy, this is its natural state. Inner and outer cleanliness is of paramount importance in our quest for the life effectiveness to reach our fondest dreams and goals. We need proper food, proper water, and proper air. We reference the four basic Elements again below:

Air: Clean, fresh air is needed. The body must be in shape to utilize this air by normalized lungs and circulation system. Smoking and the over indulgence in cholesterol are two of the worst things we can do. Being grossly overweight is another one. Yeah, this means you, Tubby!

Water: Lots of clean, fresh water is needed. 8 glasses a day, not including soft drinks or coffee either, just good fresh, pure water.

Earth: Food comes from the earth. Try to get food raised in organic conditions without a lot of toxins. Strongly consider vegetarianism to help with the cholesterol, the overabundance of fat, and many other problems. You don't need a whole bunch of protein supplements either. There are studies out now that even directly link dangerously high cholesterol levels to overdoing the protein, whether in the form of meat or not.

There are also studies concerning osteoporosis, a bone loss disease that hits older women regularly, with a diet high in protein and, believe it or not, calcium! No matter how much calcium you ingest to help build your bones, when your diet is also high in protein, the calcium is just kicked right out of the body. The Eskimos have a diet that includes the highest intake of calcium of any race in the world, and one of the world's highest protein intakes as well. They also have one of the highest rates of osteoporosis in the world! African Bantu women have a diet extremely low in calcium (sounds like a case for lots of bone loss!) but also low in protein. They have a low incidence of osteoporosis. They consume much less calcium than Americans yet have a lower amount of bone loss!

The standard American diet is way too high in protein and cholesterol!!

Fire: Combustion within our body uses the air, food and water for proper nourishment. All the conditions of the body must be right, including proper thinking for this to be completely effective.

Think of the power thirty trillion healthy cells can generate! That's how many there are in the average human body. Every cell is made of the same stuff (*The One*) as pervades the universe and lives in the same power field (again *The One*) that holds the universe together. Re-read "From Eliphaz Levi" and "What Is This Great Universal Power" early in this lesson.

Thinking is an activity of the human body as well as the mind. Thinking is a function of the brain just as breathing is a function of the lungs, controlled by the brain. Thinking qualifies as a bodily activity. Human personality manifests itself in two modes, the material and non-material. The brain and the mind may be two different things but they're intimately connected.

So many well meaning folks say that while we're here on this earth in the human form we can't really accomplish anything of great importance. We need to wait till we're on the next plain of existence, then we'll understand! Well, my answer to that, in nicer terms than I'm thinking, is Male Bovine Defecation!! We can accomplish what we want right here on the physical plane right now. Nothing needs to be put off till the discarnate state, the next lifetime or whatever.

The Gods and Goddesses need us as much as we need them. They enjoy earthly pleasures through us. They require our existence and our happiness to do this. We need them for guidance along the sometimes tough pathway of earthly existence. We need each other. We have the power right now to do what we want!

Organic Vs. Inorganic Matter

OK, let's have a little fun and get somewhat technical here. What is life? Why is a molecule in our body different from a molecule in a rock? Or is it?

Matter possessing "life" is truly no different from any other matter. Life is expressed by consciousness, whatever that is, as opposed to matter without consciousness.

Organic matter and inorganic matter are both composed of exactly the same stuff. It's all the same atomic structure. Even atoms are composed of exactly the same energy, just different arrangements. Every atom in the universe is composed of the same thing. An atom of lead and an atom of gold contain exactly the same substance, just a difference in the number and interrelation of the units it's composed of. Electricity, magnetism, light, a tree, a rock, and YOU all contain exactly the same thing.

We talked about the Life Force, *The One*, whatever you want to call it, earlier in this lesson. This power is constantly working through the human body and brain. It's also what forms every cell, every atom in the universe. It is the light and life of the universe, in reality the only thing there IS in the universe, the power that pervades everything. *The One*, manifested through us, even makes up our unique personality.

We emphasize here that we are not trying to work on some vague entity called "mind." We're working with the substantial power in the universe, the only real *something* there is, *The One*. This power works through every atom, every cell of our body, even every intangible thought of our mind.

This is the one power that everyone may use to free themselves from the shackles of poverty or disease or the misery of failure.

Wherever a form exists, it will be filled by something. We're learning how to instruct our subconscious to make the invisible form, the form that will be filled by *The One*, the stuff that is the basis of all physical manifestation.

You Already Have Enough Of Everything

Through your subconscious, you can be in touch with everything you could possibly need for your happiness and well being. All the raw material of the universe is waiting to manifest as physical reality in accordance with your desire. We must learn to feel rich in spirit at all times. We are in touch with a fountain of riches that NEVER runs dry.

When a Goldsmith sits down at the workbench, he/she knows there is enough raw gold there to make what is needed and has a plan for the finished article. We have the raw material to be and have whatever we want, in accordance with our mission statement:

*"To live this life with joy and happiness, harming as little as possible,
while living in harmony with Mother Earth."*

There, we did it again, repeat ourselves, but it will get through some very thick heads that way!

Even the Bible agrees with these principles as put forward in Matthew 13:12-13 - -

"For whosoever hath, to him shall be given, and he shall have more abundance; but whosoever hath not, from him shall be taken away even that he hath."

Now, this doesn't mean we have to already be wealthy to gain more wealth. The abundance is there right now for all of us. We are already wealthy. We just have to learn how to manifest it. We must believe that and accept it wholeheartedly.

Remember, the Bible is written in allegories — learn to think — learn to decipher the stories.

Another good pause point here. Review, review and review again - - - - -

Visualization

Now we're really getting into this thing — learning to develop the powers of visualization. We will never have what we want till we learn to see a mental picture of it in every little detail. Reality will always follow a vivid visualization. Make sure you REALLY want what you visualize in detail because it WILL come.

The artisan always visualizes absolute detail of the finished product before he/she starts. We really mean a VIVID image, every little detail you can possibly include. Visualize the color of what you desire and need. If it's money, see green, think green, know that your life is full of green! Visualize the texture of your desire, feel it in your hands if it's a tangible object, feel it in your emotion if it's not. Remember the Element of Water? Use its attribute of feeling and emotion. What does your image smell like, sound like? Does it move? Exactly how does it move? All these details are important.

It may help to put this down on paper. I'm not saying this is absolutely necessary because I don't usually feel the need to do that, because I can visualize in my mind's eye so well. If you think you need this little extra push, do it. Write down the details. Draw pictures if necessary. The pictures don't have to be great art. The only requirement is that YOU recognize them.

Remember here the "Keep Silent" rule of Magick. Only tell anybody else what you're doing if they are part of your plan or a definite Magickal working partner. Telling the world dilutes the action.

Make your image in the present tense. NOW, not some vague time in the future, unless that's what you want. If you want and need it now, you must visualize it now.

Read again several pages back about lying to the subconscious. The subconscious WILL bring to pass what you really believe.

Now, a very important point here, a vivid image is the same to the subconscious as a real experience. Yes, that's right, something imagined in absolute detail, something that you really feel you've lived in your mind, will affect your subconscious and build memories just as much as a real live experience. The following is an excerpt from the Journey to the One lesson on *Morphogenesis* that bears this out:

Look at repetitive action performed solely in the mind. This is an interesting concept that ties right in with Morphic Fields. Things change when their Morphic Fields change and we can change the Morphic Fields purely by repetitive and intensive mental action. Mental practice has been proven to work, but remember both the words *repetitive* and *intensive*. Repetitive refers to the number of times some particular action is done, the more the better. Intensive refers to the energy we put into it. When we passionately pour our whole being into something, it retains its form, it builds a good solid workable Morphic Field. So, remember again, *repetitive* and *intensive*, both are necessary.

Experiments have been run with various sporting teams, where one team physically practices over and over some specific action, let's just say for example, basketball free throws. Another team does absolutely nothing and a third team practices in their mind's eye only, but with lots of repetition and passion in it. The results are pretty amazing. The team who physically practiced will, obviously, be very good and have shown great improvement. The team who did nothing will not show improvement. The team who only mentally practiced will do as well, or close to it, as the first team! This is mental building of a Morphic Field — it's been proven to work.

This same experiment has been undertaken with musicians as well. The piano student, for example, who mentally practices, sees every position of their fingers and hands, hears the music clearly in their mind, will show a great improvement even without going near a piano. It should be obvious that the athlete or musician who both physically and mentally practices will come out on top of everybody. That's always the case.

How Do We Get This Visualization To The Subconscious?

We're nearing the end and this is the big question. We've learned it's important to have a specific goal and how to visualize it vividly. We've learned that the subconscious will act on this if it's given in the form of a suggestion, not a command. We've learned that everything in the universe, a rock, our bodies, even our thoughts are made up of the same substance called *The One*. Now, how do we put all this into effect to bring about the desired results?

A vivid image is one of the most important things we can learn, an image is a suggestion, not a command, therefore it works. A very specific and detailed image is necessary for the subconscious to really take hold and start its amazing action.

Relaxation and meditation are next. To learn to relax a muscle sometimes we have to tense it first. Sit in a comfortable chair or lie down. Tense your leg muscles, then let them relax like a wet noodle. Tense your arm muscles, even clench your fists, then relax. Do this with every muscle or every group of muscles you can think of. Become an integral part of your chair or your bed. Feel your whole body just melting into it.

Relaxation is control of the nerve force that energizes the muscles more than the muscles themselves. By using the tense and relax technique we learn to draw that nerve force away from every muscle and we can even add that energy to our powers of visualization.

Close your eyes. Call up the image you've been working on. Do not do this over 5-10 minutes. If you can't call up the complete image in this amount of time, don't go on. Call up the rest of it another time. You will soon learn this technique and be easily able to use your full visualization powers in this period of time.

Why should you visualize the image such a short amount of time? The image must be dropped by the conscious into the subconscious to be effective. If we hold it in the conscious too long, other thoughts will work

their way in and dilute the concentration. Also, as long as it's still in the conscious, it can't be worked on by the powers of the subconscious.

During this time, imagine that the image is imprinting itself on the brain cells at the back of your head. The sight center is in this area and this is a real thing that occurs every time you see something. Chemical changes occur in the brain when this occurs and a vividly imagined scene imprinted in this area is just as effective as actually seeing something.

Remember, you must stop after the 5-10 minute period and do something else. Read something or do anything to get your conscious mind off the image you've just given to the subconscious. This is absolutely necessary!!!

Bear in mind to make the image right now, not something in the distant future. See yourself in the position you want NOW.

Also remember, your mental pattern is just as real as a tangible object. Know this to be true with all your heart. Your future is being materialized by what you are imaging now just as your present circumstances are a result of mental images of the past. Once this image is accepted by the subconscious, it goes to work in its own mysterious way and brings about materialization. Don't worry about how this works and don't worry about the pathway you will take to reach your goal, it will be revealed as need be.

Do this exercise several times during the day and just before going to sleep at night. And that, dear folks, is just how simple it really is. Let's review some of what we've learned.

Summary

The subconscious can cure every disease. It will make contacts for us, it will do whatever is necessary or it will lead us to whomever we need to contact for our desires to come to materialization. The subconscious contains a record of all our life, and past life, experiences. It has access to the experiences of every human being that ever lived, so don't you think it can do whatever we want it to?

This is all controllable from the conscious mind by applying the techniques we've just learned. Anyone who diligently applies themselves can learn these procedures.

The subconscious responds better to suggestions than to commands and vivid visual images are the best suggestions we can give to it. Also remember to surround yourself with what you want. Don't live your life in a disordered manner. The subconscious will see this as part of your goal and just bring more disorder!

Send this visualization to the cells in the back of your brain. They will chemically react the same as a scene coming in through your eyeballs and will make the same impression on the subconscious.

Sight is our most highly developed sense. Everyone in the world, seeing a tree or even a picture of a tree, has a similar reaction to that image. Certain designs will call up the same subconscious responses in everybody. Think of colors: Red causes the same emotional feeling in everybody, the same with blue. One of the series of images that we will be working with in the future to help us along the Journey to the One will be the Keys of the Tarot. We're not going to say anything more about that now, just start thinking about it. We may have already asked you to start studying the mystical aspects of the Major Arcana or will be soon. This is going to be an important part of the Journey and will tie right in with this lesson.

Always keep in mind that a vividly imagined experience is the same to the subconscious as a real experience. The subconscious doesn't care what you give it any more than a computer cares for its programming, it just acts on whatever is taken in, positive or negative. Unfortunately, this is one of the pitfalls of this technique and of life in general. You set your own paradigms (your model of life) and your subconscious acts on them. If you constantly think poor, you will remain poor. You can't fool the subconscious, it takes what you think of most of the time and what you really believe in and acts on it, good or bad.

We've just gone through one of the most important lessons of life you'll ever learn, review it many times, start applying it NOW and your future will be what you want it to be.