

# **Powers for Success**

## **INSTANTANEOUS PERSONAL** **MAGNETISM**

*Christopher J Walker*

**Life force and the powers of Life Mastery – Soul Purpose**

*The life lived unconsciously takes just the same time as the life lived consciously. To this end we are aware that exercises and practice are of no value unless they lead to habit. A full breath takes no more effort than a shallow one if the former is a habit.*

## **CHRISTOPHER J WALKER**

**Chris Walker is on the forefront of radical personal development and change that inspires people to find their life purpose and to live from their heart. His methods are dynamic, and direct. His work is gifted and inspirational.**

**The process Chris embraces can be confrontational, but if you are prepared to “step out” the personal power that this knowledge gives you is without doubt life changing and truly inspiring.**

**Chris’ purpose is to open hearts and to stop the hurt. His work comes from his heart and is a truly magnificent gift for anyone ready to receive it. Chris shows people how to bring Spirit into their life and keep it there. His sensitivity and empathy to others is his gift.**

**The most powerful thing that we can do with our lives is to be on purpose, and live with the knowledge of Spirit. Chris helps you discover this, that which is already yours, and through his work ,you will find the courage and love to honor your self and follow your heart.**

**Chris brings his work to individuals and businesses. He believes for business success you first need to create personal success, and this happens when your business and the people within it are on purpose.**

**Chris Walker is an author, a speaker and a truly inspirational individual who has been fortunate enough in this life to find and live his truth.**

## Table of Contents

<b>POWERS FOR SUCCESS</b>	<b>1</b>
<b>PREFACE ON PERSONAL MASTERY</b>	<b>7</b>
<b>SPIRIT AND THE POWER OF PERSONAL MAGNETISM</b>	<b>7</b>
<b>INSTANTANEOUS PERSONAL MAGNETISM</b>	<b>12</b>
<b>RELATIONSHIP</b>	<b>18</b>
<b>THE LAWS OF MENTAL MAGNETISM</b>	<b>20</b>
<b>LIFE PURPOSE</b>	<b>34</b>
<b>THE LAWS OF SUCCESS</b>	<b>47</b>
<b>CHANGE</b>	<b>60</b>
<b>THE POWER OF MAGNETIC COMMUNICATION</b>	<b>63</b>
<b>STOPPING THE LOSS OF PERSONAL MAGNETISM</b>	<b>68</b>
<b>PROCESS FOR AWAKENING PERSONAL MAGNETISM</b>	<b>74</b>
<b>EXERCISES FOR SELF MASTERY</b>	<b>90</b>
<b>EXERCISE; TO LEARN THE SKILLS OF OBSERVATION AND MEMORY</b>	<b>91</b>
<b>EXERCISE; DEVELOPMENT OF THE MAGNETIC EYE.</b>	<b>91</b>
<b>EXERCISE; TO OPEN THE FACE CREATE A NATURAL MAGNETIC APPEARANCE;</b>	<b>92</b>
<b>EXERCISE; MAGNETIC EYE</b>	<b>93</b>
<b>EXERCISE; BRING BACK BRILLIANCY TO THE EYE</b>	<b>94</b>
<b>EXERCISE; TO STIMULATE THE BRAIN BATTERY AND BRING THE MAGNETIC STATE TO IT'S MAXIMUM.</b>	<b>95</b>
<b>EXERCISE; MENTAL PROGRESS</b>	<b>96</b>

<b>EXERCISE; FOR DEVELOPMENT OF A MAGNETIC VOICE;</b>	<b>96</b>
<b>EXERCISE DEVELOPING MENTAL POWER</b>	<b>97</b>
<b>EXERCISE; DEVELOPMENT OF PERSONAL MAGNETISM</b>	<b>97</b>
<b>EXERCISE FOR ENERGIZING THE BODY AND MIND</b>	<b>99</b>
<b>EXERCISE FOR FOCUSED WORK</b>	<b>100</b>
<b>EXERCISE IN DEVELOPMENT OF SELF CONTROL</b>	<b>100</b>
<b>EXERCISE IN CURBING IMPULSE</b>	<b>101</b>
<b>EXERCISE; WALKING MEDITATION</b>	<b>101</b>
<b>PSYCHIC REGIMES FOR PHYSICAL CHARACTER</b>	<b>102</b>
<b>PHYSICAL MAGNETISM</b>	<b>104</b>
<b>MAGNETIC DEEP BREATHING</b>	<b>104</b>
<b>MAGNETIC MUSCLE STRETCHING</b>	<b>105</b>
<b>THE TRANSFER OF ENERGY</b>	<b>105</b>
<b>NERVE CALISTHENICS</b>	<b>106</b>
<b>MAGNETIC IMAGINARY EXERCISES</b>	<b>ERROR! BOOKMARK NOT DEFINED.</b>
<b>FOURTEENTH REGIME – THE MAGNETIC WALK –</b>	<b>ERROR! BOOKMARK NOT DEFINED.</b>
<b>THE MAGNETIC CONSCIOUSNESS</b>	<b>107</b>
<b>PERSONAL ATTRACTIVENESS</b>	<b>107</b>
<b>THE MAGNETIC THRILL –</b>	<b>108</b>
<b>SMELL AND TASTE</b>	<b>108</b>
<b>TOUCH</b>	<b>108</b>
<b>MAGNETIC MASSAGE</b>	<b>108</b>
<b>THE MAGNETIC EYE.</b>	<b>110</b>

<b>THE MAGNETIC VOICE</b>	<b>114</b>
<b>LAWS OF MAGNETIC ACTION</b>	<b>120</b>
<b>THE AFFIRMATIONS FOR MENTAL MAGNITUDE ARE;</b>	<b>121</b>

# Preface on Personal Mastery

*"My work is a calling. There is nothing I love to do more than teach and share the magnificent sciences of self mastery. To see people doing what they love and maintaining the harmony of perfect balance is the greatest gift I know. People living with an open heart, peace of mind, a healthy body and a personal vision. It is a way of being where all the theories and practices converge to simply create a better way."*

## **Introduction**

# SIGNPOSTS TO SPIRIT

Spirit is everywhere. Our gift is to be guided by it. Our maximum growth is at the border of order and chaos and therefore we must, by the law of nature, loose touch with spirit to grow. Like a tree, when we are green we are growing and when we're ripe we rot. One minute all seems smooth, the next moment there's rough waters. And if it were otherwise we'd die Our obsession can become an escape to places of comfort, places of bliss and peace. But this is not reality. It is purely the Prozac of spirit. Spirit is everywhere and therefore so is the spirituality we search for.

In life stuff happens. I seems for no earthly reason. The deeper the pain the higher into the realm of spirit we must go to comprehend the cause. Linking cause and effect is the essential ingredient of spirit life. This is your marker as you rise to the fifth level. Beyond blame and victimhood and to the realm of self mastery you become more and more in communion with spirit. And, rather than for the purpose of escape from life, it is in the expression of growth that such a communion takes place.

My Mom died while I was a child. Something wasn't a right about this. As far as I could see it was all very unfair. I was with her at the moment of her death. For some reason I held myself responsible for her well-being and from that day on I apologized for my crime at every opportunity and relentlessly searched for the reason why God would punish me so.

Such a horrible concept of a God. So righteous that he or she would send curses to us and punish our ways. Nobody beats us up more than we beat ourselves up, God, doesn't really have to do a thing.

Some of the places I searched for answers were somewhat anti-social. By the age of 5 I had developed a series of behaviors that could be considered strange. Throwing rocks at passing cars, burning down the garden shed and, eventually turning to street crime.

At fourteen I had the dubious reputation of being the best car thief in town. My reputation grew as I expanded my product range. At 15, ten of my best friends were either dead or in jail. There was a significant incentive for me to change my life style.

My hero's became sporting characters. Unfortunately my skills, were never up to my expectations.

Through incredible series of circumstances I ended up at university studying environmental science. I married. Held a job had three children, built a business and eventually got divorced. I searched under rocks, in ashrams, in retreats, in universities and in nearly 20 countries throughout the world. Wonderful gifts, special teachings and amazing people.

Twenty years later I now write this book. Would I have written this without those first events of my childhood? Would it have been the same search. Would I have had the motivation to travel and expend the energy as I have? I will never know the alternative. In reflection I, like the people who are now my students, would never wish it different. This is the magic of a life lived with spirit. It's a life of no regrets.

I dedicate this book to all the teachers I have had in these years. Some have been wiser than others. But all have been dedicated to finding what they believe to be the truth. All have taken time to give what they have to others. All have played an incredible role in the growth of consciousness in the world today.

Written between the lines of this book are the mysteries of the ancient and wise. For the truth perfect balance. Every relationship, business, health problem, financial situation and the piece of mind that we all so desire exists in the essence of perfect balance..

### **Natural Magnetism;**

In the force of a river the natural power of the water rushes past some point and over the falls. The power is wasted, yet, if we were to erect some machine it could extract that power from the natural flow of the resource and apply it as it requires. Nature's forces are mightier than man's inventions so it would seem wise to take the gift of what is natural within the body to be harnessed rather than wasted than to construct this desired force while watching the forces evacuate from existing resource.

Exercises are the process of developing habit and are required only until the habit becomes the natural way. The habit becomes grafted to the mind, nervous system, muscular system and unconscious mind. The habits therefore translate into all walks of life. This is a unique quality of this work. It is the harnessing of a life force that is pervasive in all areas of life. A life force, constructed and created at first through exercise but finally as a habit. A resource that already exists, untapped within the being.

Your body whether living or dead is a collection of millions times millions times millions of these little energies that can never die. They are separate and individual and can, under certain circumstances, act in harmony. The body is a drifting mechanism of life capable, but not accustomed to, management of the forces within it. Will, habit cultivation and a special ambition for a particular end are motive enough to cause such control to be revealed.

Tennis, chess, singing, business, medicine, law, athletics, swimmers, pilots. Nurses, home help, parents. All who need the mastery of energy within the body and the direction of that energy by the mind are practitioners and potential students of Personal Mastery. For a student to accomplish habits and harness these natural forces for their own means, whatever that be, requires a commitment to study and practice the universal laws of nature.

The power of spirit is universal, those who have mastered it are, only separated from those who have not by the conscious awareness of its value. Human existence is a part of the general fund of energy and spirit that exists throughout the universe. Knowledge is power and it has never been so valid than in the study of these sacred laws..

The real circumstance of the average life is that people drift day after day. People idly float on the tide of circumstance to make up their days and life. The opportunities to be something better drift beyond reach and pass away. The air sunlight, food, water they consume are a reflection of the awareness they have for the agents of forces that come

from the sky and earth.

All people have access to a dynamic force within them. The capacity to harness this force is completely dependent on skills which can be developed with commitment and persistence. It seems that the difference between persons is not the capacity to do but the motivation to commit and develop the skills of mastery.

Mastery of the vital forces of energy impacts all dimensions of life, health, finances, relationship, Business success, consciousness and mental faculty. These results are the rewards offered in proportion to application for the student of Personal Mastery.

Spirit is intangible, yet it is the most powerful force in the universe. The constellations that form our universe are held together by the same force. It is called Magnetism.

# Instantaneous Personal Magnetism

Our solar system consists of the sun, the planets, and planetary orbs. All are drawn by magnetism to the sun, revolving around it. As above so below. In every atom appears a solar system and every solar system appears an atom. The basis of life is magnetism. It is also the basis of matter. Wherever there is matter there is magnetism. Shaping, making, developing life. Gravity is the same magnetism. Without it no living being could remain on the ground.

All growth in nature, all plants, flowers, trees are due to the magnetism of the sun. If this were lacking, nothing would have life. The vitality of the sun is stored in the earth itself. The structure of the universe is mirrored in matter. The very cohesion that holds together molecules in an atom is magnetism. Without it there could be no elements. No oxygen, no metals, no gases, no combinations all elements that sustain the life and give shape to all things.

## Personal Magnetism

The air is so loaded with magnetism that ancient Yogis learned the process of living for years consuming energy from the air we breathe. The sky reveals it's electrical charge during and after storms, lightning flashes reminds us of the electrical foundation of nature and so too the magnificent color and transformation of sunsets and rise. Water itself is no more than a liquid union of gasses and is charged with electrical, mechanical and chemical energies anyone of which is capable of doing great service or damage to mankind.

The magnetic energy of life is all about us, in food we eat, the water we drink the air we breath; we cannot live for seconds without it; no atom exists in the universe without the internal motion of attraction and repulsion. Magnetic energy is the life force itself.

The ancient yogi's called this force Prana and from that awareness came the whole science of Yoga. For these ancients to manage the motion of an atom was to manage life itself and the skills needed therein were the skills of creation.

## Sacred Law

Nature is the keeper of sacred law. Witness her life and compare it. She is the guardian of reality. Our expectations of nature are for her to be her best. To be strong, to change, to be calm and to surrender. To be born and to die. And in her existence to evolve.

Since the forest is the keeper of sacred law it is a worthy beginning to ask her to share principles of reality. The forest, the ocean, the sky, species, plants, animals insects have a voice. It will require the deepest silence to hear it, and it is here that you are invited to observe, sacred moments.

Do not be daunted by its challenge. Some sections of this mastery program will not be valued for you at this time but at some future time they are critical in development of greater spiritual power.

## Love

One energy permeates all matter, the energy of spirit. That spirit is the spirit of love, Prana. A tree is just a tree, a rock is just a rock, water is just water, events are just events until we judge them otherwise. Judgement is emotion. The separation of life into the good and the bad, moral and the ethic, all of which is designed to give us order during times of chaos.

Love is the synthesis of emotion and as the separation from spirit is experienced in the creation of an emotion so too are you reunited with spirit in the awareness of balance. You have the capacity to love in such abundance. But, like the forest you must become at one with creation to know it. Lets observe her.

A high pressure zone builds over New York, a low pressure zone builds over Nova Scotia Canada. Nature seeks the balance wind and storms blow as nature re creates the balance she calls harmony. If this were a human mind, high pressure may be an excitement, a happiness, an attraction. A low pressure zone may be a resentment, an unhappiness and boredom. One cannot exist without the other. And in the creation of harmony the re balancing is natures way.

Pressure builds on the surface of the earth, her crust pushes from one direction and resists in another. They plates push and finally, seek the harmony of balance in the expression of earth quake. People die, lives are changed forever. This is natures law, the law of balance. So too in the human mind. What you resists persists, make a stand as one plate of the earth and there must be on earth an oppistand. One person claiming a right breeds another claiming a wrong. This is natures way.

A tree grows tall, reaching for the sun, she draws her breath from the earth's atmosphere and gives back in her expression through her role in natures plan. Roots dig and churn, water drawn and returned, leaves compost for food, a tree in other words has a critical purpose in natures plan. If the tree stops. She elects to stop drawing water, she elects to grow no more leaves, she commits to a life of comfort and spiritual peace then she has signaled her own demise. Nature destroys anything that is not fulfilling it's purpose.

You are a tree in the world of nature. You have a purpose. A purpose greater than you. You have a mission a calling, a soul purpose in life. Each individual has it's own unique purpose, yet they are all identical. The soul seeks growth in love, the emotional body seeks pleasure. Between the two is your life work. Listen to your emotional body and you listen to the illusion of the senses. Listen to your soul, and you follow purpose. Let no pleasure or pain distract you in your soul Purpose.

Testimony to the love of creation are the challenges of your life. When you are not on purpose, you are rotting, when you are green you are growing when you are ripe you rot. Each elation you have will be balanced by a depression. Each attraction you have will be balanced by repulsion, each infatuation is balanced by resentment. The law of nature is that you are loved. You are loved enough by creation to keep you on purpose. Your innate

quest for unity with your soul over rides all other. There is no state of mind attainable that can destroy this law. It is the law of love.

Human law is not the same as sacred law. Humanity interprets the spiritual and the human laws from amidst a fog of illusion. Humanity speaks in hopes and fears. She builds laws to create order amongst her fear of chaos. Humanity speaks in polarity, this is right and this is wrong. Spirit speaks only of love. This is the void where emotions are balanced, and overwhelming gratitude abounds. This is soul.

Spirit lives in this void, soul. Here there is no time and no space. All simply is. In these voids between time and space great works are created. This is not transcendental experience whose ambition is to run from reality. Spirit dwells in your real world. Balanced emotion and enormous abundance of gratefulness guarantee the expression of soul, spirit and love in your work.

Seeing the world with both eyes means to acknowledge the gift of emotion. To see the world with both eyes means you be spiritually human. You become the witness to the illusions of human law and become the expression of sacred law. You become inspired.

Inspired, is when the inner voice speaks louder than the outer voice. In those magical yet transitory moments when you are able to be in the silence of your own beauty then the inner voice will speak. This inner voice, is no human voice. This is not the illusioned human law nor the illusioned spiritual laws of humanity. This is the voice of guidance and in this voice is the full power of soul purpose.

### **Listening in Silence**

Incarnated through many lifetimes you are the higher mind. You exist incarnated in this body for this life to learn lessons of love. Your lower mind, the sympathetic and parasympathetic nervous system is governed by your emotions and your emotions are the spiritual guide, the Guru you so seek.

Emotions can only see in duality. Emotions can only see one side of that duality at one time. Your emotions are a reflection of that which you have not come to love. If you love it you will see in balance and therefore have both positive and negative emotion in balance. Emotion cannot be eliminated, it can only be balanced.

Nature has blessed you with your own spirit guide. She is your emotion. You physical body. Your body and emotion seek a pleasure without a pain. Such is the journey of the soul. Your lower mind, emotions take you, your higher mind to places of learning, they take you to where you are yet to see balance, your lower minded emotions are your spirit guides to love. This is nature's law.

Purpose and soul guidance is achieved through the momentary balance of emotion, the creation of an ambivalence to which you have the power to add gratitude. Add gratitude to ambivalence and you have divine fire. Your connection to the universe is assured under such conditions, and in the stillness of such a moment, you are at one, unity with creation, you are inspired.

Such an event is transitory. Nature as our teacher reveals no forest is forever in blissful harmony. Nature evolves through a balance of chaos and order. She evolves at the border of chaos and order. Like this or not, this is the way of spirit. You are guided to your own growth through the love of spirit at the border of chaos and order. Self imposed or externally imposed. This is nature's law.

Self mastery is to support and challenge yourself. You have this capacity. You can create education, you can create challenge and you can support yourself with nurturing and moments of stability. Nobody does anything to you that you are not doing to yourself. Nobody can challenge you more than you. What you do to yourself on the inside others do on the outside. At the fifth level of mastery, you are totally responsible for the support and challenge of your life. You are also capable of being grateful for the challenge given to you as the gift of spirit through others. Spirit brings you your evolution at the border of chaos and order she brings you your challenge and support internally first, but if your noise is too loud, it is brought to you on the outside.

### **The search for an identity**

Success is offered to us in many forms. Ultimately if our relationships are not satisfying, our friendships not supportive, our financials not secure and our health uncertain we are building on quicksand.

Getting the basics right is the key to living life's purpose. From this foundation we are free to do as we are guided. Wellbeing, peace of mind, happiness and relationships an important and vital part of life. All the money in the world won't make an ounce of difference if you're not happy. And last but not least happiness comes from the inside. Nothing of the senses ever satisfies the soul.

This is identity. Building foundation. Those who try to escape the journey are guaranteed to return to the place they've avoided. Meditation to escape the reality of everyday life is the Prozac of the masses. Simplistically escape is a drug in a can, and to the soul, the spirit there simply is nothing to escape, just events to be loved.

A billion stars shine on you. Each one beaming a thought. Photons of light converted to love. Your identity is your human wall, a resting point on your journey, it is your support, identity created from the humanity of life. Identity is ego, and we will all, under stress recall past identity. You are given this gift.

So identity is created from human ideas of right and wrong good and bad. They are your sensory perceptions. Your "where I'm at". Such identity is transient. The faster you can let go the easier it is to grow. The more you hold in the tougher the learning. Life is like this. Flexibility and the ability to grow and learn determines the level of challenge. Extreme comfort in staying with outmoded beliefs is balanced by extreme discomfort in the challenge to those beliefs.

Purpose is beyond the human realm. To hear it is to go beyond the human dimension. It is an identity, a higher identity. Ultimate purpose is love. Innate is that call but the space between this ultimate call and the human experience of emotion is life purpose, the calling to give and share a unique gift.

To know your purpose is to know certainty. It is the celebration of the creators way. Life purpose is not a job but a way of life. It is the calling to some end greater than you. Purpose is beyond passion as passion is still of the senses. Purpose is the voice of the soul.



# Relationship

No matter what we do or where we go we are always trying to manage relationships. So knowing how they work can make a significant impact on our wellbeing and success.

Relationships are rich with opportunity for growth in our thinking, our beliefs and commitments.

The purpose of relationship is to support and challenge us. All relationships are an equal balance of support and challenge. Most of us want only one side. If that were to happen we'd become bored. That's the loving part of relationships. Support and challenge and every relationship has both.

The Spiritual gift from a partner is to challenge us as well as support us. By confronting our beliefs we are caused to grow, and that's critical to life!!!

Life is a mirror. We get what we ask for, we create what we think. You get treated as you treat yourself. If you beat yourself up, you attract that. If you don't value your gifts, others don't. When you don't feel worthy others don't treat you as worthy. SO instead of trying to change the way they treat you, start to change the way you treat yourself.

Have you been caring, nurturing and honoring yourself? What has your partner been saying that you have been secretly been saying to yourself.

Of course, if you mask your feelings your partners role is not to endorse the mask but reveal the truth. Your attempt to cover something up is ultimately not helping you evolve. Your partner may in fact uncover what you cover. That's the gift of relationship.

What you resist persists. Conflict stems from the inability to bend. Flexibility is the confidence to explore options and question our own beliefs.

When we are challenged and we don't feel good about it, we try to change the other person. Our objective is understandable; we are simply trying to eliminate the challenge. It's usually a reflection of the part of us we find unattractive. The gift of a relationship is to grow us.

## *Life Force*

We have an inner energy, divine fire. The vitality of our nerves, our mind and our vision affects our life force. To hold this life force is the key to conscious living. To understand it's power is to celebrate life itself. Every movement, thought and intention affects our life force. Life force is therefore a combination of concentrated thought plus intelligent purpose plus controlled will. It charges the blood, nerves and muscle with vital energy.

It's the energy of sustainable action; relationship, career, success, wealth, health and Spirituality. As light is the blend of wave and particle, life force is the wave component, it

is in fact spirit.

Magnetic currents pervade the atmosphere. All people have the capacity to be aware of these forces. As a radio without power, we may be unaware of our capacity. But once aware of the potential, once we tune to the infinite, we become conscious of our true spiritual potential. This is the space of inspiration where we have the capacity to tap into the amazing resource of the universe, to commune with soul and experience the love of creation.

Your individual nature occupies a given zone. While using the five lower senses you are limited to that zone. The lower zone corresponds to the animal instinct. It is emotional and responsible for hunger and need. The higher zone, is accessible to the will of the subconscious mind. It tunes to all resources in the universal spectrum.

Subconsciously we are impacted by a far greater level of information than we can comprehend. Our will is therefore not omnipotent. As the awareness of the infinite expands so do we. It is our innate calling, the automatic duty, because the will to tune is the calling of the soul. It is without doubt the single most dominant variable in human development.

So, we have choice. Listen to the emotional body or tune to the infinite. The journey between the two is the experience of life. We cannot stay tuned to the infinite. This would signify a human in completion, one who has transcended all human emotion, an eight ray being, a true master. Our emotions are our teachers, attraction and repulsion the signals of our consciousness, not to be denied but to be celebrated and in time converted to love. For love is the ultimate end.

***"Be alert, attentive, listen, watch, detect and hold intensive observation of your attitude, for in this is magnetic success".***

***"The only sure test of ones ability to achieve success under improved conditions is to measure success one achieves in poor conditions."***

# The Laws of Mental Magnetism

*"The resolution is to be without disturbance to my own mind or to the repulsion of others to do this one thing splendidly, satisfactorily- a determination to achieve the support of others through attraction to achieve my desire."*

## *The Road to Happiness*

The road to happiness can be found through the control of the mind. To do this the ancients recommended that the mind be continually focussed on a higher purpose. It takes hard work to achieve this. Left untethered the mind responds to its conditioning, then the individual becomes driven by the unconscious mind and remains in a state of uncertainty, the most common human experience.

*Come out of the circle of time and into the circle of love*

*Rumi*

The ancient Yogi's invested in the discovery of means to change the distracted mind to one of focus and clarity. The single determinant of this quest has been the focus on life purpose. The creation of a single point of interest. For some cultures it is the icon, for others it is the planets, others it is money and for us it is our life purpose.

*Life shrinks or expands in proportion to ones courage...*

*Anais Nin*

With as little guidance is possible, our minds can be made to quiet for the moment to absorb the higher order. It takes education and practice to free this powerful reception. When it is functioning, higher ideals are achieved. Life becomes an ordered event. You become the prophet. This is very important for the correct function of the nervous system.

To help us to remain focussed, we must remember that *pleasure is the magnet of the lower mind*, our animal instinct. That road is rough because no sooner do we achieve the state we wished when the discomfort sets in and the urge for the journey renews. The teachers of the journey are those who have struggled along it.

## **The Power of the Unconscious mind**

There is so much talk of the spiritual mind and the physical mind, the psychic mind and the brain. But I believe that, whatever this distinction may be, the only facts that matter are the results, how you feel and what you do. The names and theories are of less value than reality.

***Nothing divides one so much as thought.***

***Reginald Blyth***

Fill the subconscious mind at night with the full determination to achieve some great work, or to win some great end. Just as the conscious mind is collapsing into unconsciousness, the subconscious mind is alert and on the verge of recognition. Therefore whatever is put to the mind as you fall to the edge of sleep is the food for the unconscious. This is the mind that creates destiny.

***True security lies in the investment in higher ways.***

### ***Develop Self Awareness***

With a focus on self awareness you will find greater certainty. You will understand your life purpose. It will reveal your hidden potential. You discover deep inside yourself the powers of potential that are only available through the balance of the unconscious and the conscious minds.

***Only those who will risk going too far can possibly find out how far one can go***

***T.S. Eliot***

You also benefit from increased self awareness because you become less and less bothered by events that previously affected you. Your attitude will remain strong and clear. Your need for instant gratification will diminish in favor of longer term horizons. Your actions will be based on certainties, energy will be conserved, actions more efficient and less exhausting.

## **Love is the synthesis of all emotion**

*O heart, remember thee that Man is none, Save One.*

*Coventry Patmore*

When we look to the stars we see balance. We know that the earth and the sun are in a dance. If either one were to push or pull too hard they would be either sucked together or thrown apart.

You also know that this earth as it spins cannot be heavier on one side than the other lest it become out of balance and spin into fragments.

*Thus, those who say they would have right without its correlate, wrong, or good government without its correlate, misrule, do not apprehend the great principles of the universe, nor the nature of creation.*

*Chuang Tzu*

So too with nature a tree must have equal and opposite forces on each side of it otherwise it will fall. For every up there's a down. For every right there's a wrong, for every good there's a bad and every in there's an out. All things have two sides, even a tiny dot has a back and a front.

*A man is related to all nature      Emerson*

## **Every Emotion conforms to this law**

For every death there is a life, for every species eliminated a new one is birthed greater in number, fewer in kind. For every force there is an equal and opposite, for every good a bad, for every right a wrong. You are a walking, talking real life model of nature's perfection.

When you align your body, intellect and metaphysical self, life just unfolds in a harmonic poetry. Life opens up to support you when you are ready to open yourself to life.

Polarity means an imbalance. Stress is when our mind is polarized to it's extreme. Whether running to a bus, meeting a new partner or simply dreaming of the future, polarity is maximum stress.

**You are right here, present and powerful.**

The degree of polarity decreases as you rise in consciousness. When you are doing what you love and loving what you do, you are at your peak. Your mind is not in the future or the past. You are right here, present and powerful.

*Self awareness is the Secret of Success*

*Ralf Waldo Emerson*

Nature abhors an imbalance. Even in your mind. When you get yourself elated you set yourself up for depression. When you get yourself infatuated you set yourself up for resentment. No matter what you think you always breed the other side for balance. So nature's little trick is to humble us when we get righteous and support us when we get down on ourselves.

This leads us to an even more amazing and deeper awareness.

*Seek the balance in all things and you will become of the Master. You will witness ever deeper appreciation for beauty in nature. You will witness the magnificence in this universe and you will hold in your heart the appreciation for yourself as a reflection of that creation.*

*Christopher Walker*

There cannot be an emotion without an anti emotion. Pain cannot exist without pleasure, right cannot exist without wrong . It follows that elation causes depression, infatuation causes resentment, attraction causes repulsion .

Attraction and repulsion. They are both states that are polarized. Gratitude says "I appreciate and I'm thankful and I'm not attracted or repelled." Either of those states are not you. They are emotions.

We coach sports-people. Every upper leads to a downer. Stay in balance.

*Nothing can bring you peace but yourself.*

*Emerson*

**Infatuation breeds Resentment**

Being in the moment is a challenge. It's an emotionally balanced place, free of desire and totally focussed. Emotion leads to desire and expectations. Desire leads to polarity. Dissatisfaction with what we have and an attraction to what we want gets us out of presence. That attraction is based on an assumption that the new place we desire will be better than where we are. But where we are can have no pain without pleasure. So how can there be any better than here?

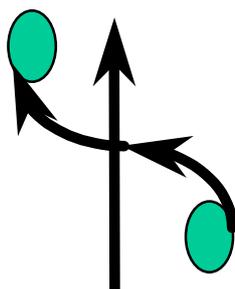
We are attracted to pleasure and we avoid pain. We tic toc between the two, searching. There are two minds. That of the body, seeking pleasure and avoiding pain, and that of the higher mind seeking purpose. Purpose is the target.

*All that is true, by whomsoever it has been said, has its origin in the spirit.*

*Thomas Aquinas*

Human emotions undergo periodic oscillations; These are driven by emotional reactions of attraction and repulsion. The nervous system is attracted to pleasure and avoids pain. These oscillations are the emotional highs and lows experienced by humans when the listen to their lower mind. Emotions are energy in motion. Your emotional attractions and repulsion's are horizontal. Your lower mind drives your emotions. These are the ideas, events and things you have not yet come to be conscious of. You cannot eliminate these polarities.

*The masses swing backward and forward like the pendulum.*



*“Everything flows, out and in: Everything has tides: All things rise and fall: the pendulum swing manifests in everything: the measure of the swing to the right is the measure of the swing to the left: Rhythm compensates” The Kyabalion.*

*True self worth stems from within*

Nothing on the outside can build your feelings of self worth. The gifts of material and form are wonders of the world and are yours in abundance. Creation gave you access to all you desire.

When these are obtained on the basis of internal wealth your feelings of wellbeing and the experience of life is a wonder.

***Work to become, not to acquire***

***Elbert Hubbard***

Build your castle on the rock. Your true worth is determined by your love for what exists outside of you. For what is outside is pure reflection of what is inside. Your consciousness is determined by your appreciation of order.

When you are able to see cause and effect as one you see order. When you see chaos you are in denial of the wonder of life and your judgement is ruling your being. When you see the order you appreciate the universal laws and are aware of higher forces in the cosmos of life. When you see chaos you believe something is wrong. You judge and say, "I think that what is should not be as it is" then you are saying that God doesn't exist at this time. Your judgements are the definitive separation between you and the world. This is your mirror of consciousness.

***Self-knowledge is a more reliable guide to behavior than adherence to arbitrarily imposed standards, though both are susceptible to error.***

## *Peace of Mind --Inner Strength*

*Look with thine ears*

*Shakespeare*

In the book of Proverbs, the ancient Wise Man tells us, “For as he thinketh in his heart, so is he.” When a sick person constantly convinces himself that he will never get well...it becomes almost certain that he will carry his troubles to the grave. Flesh is dumb. Your mind is really the controlling factor in your entire make up. Flesh cannot think for itself because only the mind does the thinking. This is why you must cultivate only grateful thinking.

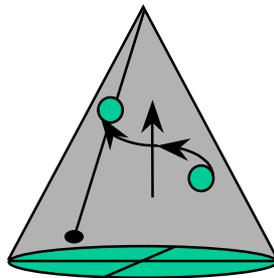
Your mind must rule your body with a will of iron. The mind must always be in command of the body. Keep in mind always that what the mind tells the flesh, that is exactly what the flesh is going to believe and act upon. Mind influences flesh.

*Our demons are our own limitations, which shut us off from the realization of the ubiquity of the spirit ... each of these demons is conquered in a vision quest.*

*Joseph Campbell*

There are many negative or destructive forms of thought which react in every cell in your body. The strongest is fear and its child, worry. They bring tension to the body and mind leading to waste of energy, and either slow or rapid poisoning of the body. Rage, intense fear and shock are very violent and quickly intoxicate the system. Worry and other destructive emotions act more slowly but in the end have the same effect. Anger and intense fear stop digestive action, upsetting the kidneys and the colon also.

Fear and worry confuse the mind. A crystal clear mind is needed to enable us to make sound decisions. A clouded mind must necessarily make inferior decisions.



## **Gratitude**

Gratitude opens the heart and inspires alignment of all your faculties, body, mind and spirit. Our greatest happiness is achieved when we celebrate life, when we appreciate what we have. Anything you cannot be grateful for runs your life. Your journey, your maximum evolution is achieved as you move those matters you are not grateful for to gratitude. This is your maximum potential.

*You must be the change you wish to see in the world*

*Mahatma Gandhi*

There is nothing missing, it simply changes in form. Being grateful means comprehending the order in chaos. Drawing the conclusions of balance is your mission in your life of body, mind, spirit and soul. You move through your judgements to love on an infinite journey to your own being. It is like trying to align the couplings on two large trains, the Lock ready, perfectly made, the alignment predestined, its creation self willed. Separation of the two only exists while there is misalignment and misalignment can only be while you hold fast to your beliefs of this and that. The holy trinity is your guidance to this coupling and the detection of order in chaos.

Whenever we get ourselves elated, pumped up about what we do, we attract something or someone into our life to humble us and bring us back to true worth. In business, when we take the credit, our partner at home, our competitor, our customer or the business is given the responsibility to bring us back to true worth. It is smarter to do this ourselves. To take any over inflated ideas about performance and reduce them, we achieve the humility of true worth. Gratitude and thankfulness to a higher power is the perfect way to keep centered and present.

*There is no greater end to life than to become the master of your own destiny; To do so we must truly understand the mysteries of life. In this nature is our teacher. Then and only then can we apply those tools to our lives.*

## **What you can't be thankful for runs you**

Whenever you are thankful, your resulting inspirations and their corresponding manifestations tend to flow and grow. By being thankful for what you are, for what you do, and for what you have, you pave the way for ever expanding beings, doings and havings. Without the ability to appreciate, you wither. Practice being grateful for everything that comes your way. In the midst of every situation be thankful. You may not at first see or comprehend its immediate and hidden blessing, but blessing it is sure to be. Show appreciation towards yourself, others and the impersonalized universe or your personal God. Savor and enjoy each successful manifestation and even those which at first appear failures. Whatever you have love and gratitude for will be at your command. You deserve whatever you can love and have gratitude for. Just as you tend to continue rewarding others when they are appreciative of your gifts, so too does the universe continue rewarding you when you are appreciative of its gifts.

Set aside and take time for thankful prayer and meditation daily. They help you know that all is done in accordance with higher universal design. Communicate with your highest spiritual nature, your soul daily.

Prayer is talking to the universe.  
So tell the universe, thank you.  
Meditation is listening to the universe.  
So listen to the universe and be thankful.

***To find your path is the greatest gift of life. When a person is doing what they love and loving what they do they attract the health, resources, materials and people to support and guide them on their track.***

**Christopher Walker**

## **Breakthrough Your Separations**

Whatever you see in others is a reflection of you. Nothing is missing it just changes in form. So the only question is what is the form? These are the questions you need to explore. To acknowledge the reflection is to get off high horses. Be humble or even the reverse, it could also help you rid yourself of self depreciating thoughts. Separating ourselves from others is a state of mind that is an illusion with a high price.

***Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like.***

***Will Rogers***

When we are inspired we feel a strong sense of oneness with those around us. Reflections become less antagonistic and we get on with the job at hand. No one can lift yourself up higher than you. It is your responsibility to acknowledge that what is happening around you is simply a reflection of what is happening within. Waiting for others to appreciate who you are is a lonely path. You will not appreciate support unless you support yourself. Start taking this responsibility for your wellbeing. You are worthy and only when you know this from within can you allow others to support you from without.

Recognize your own dreams and others will recognize your dreams. Recognize your mystical powers and others will.

The power of personal responsibility begins when you can acknowledge the order in your own life. Appreciate your gifts and others will appreciate your gifts. Appreciate your blessings and others will. Appreciate the support of the universe and others will too.

## **Vital Magnetism**

We exist in an ocean of Vital Magnetism. It is manifest everywhere. Vital Magnetism is undifferentiated universal energy, magnetism, electricity, gravity. Vital Magnetism exists in food, water, air, sunlight. Vitality is a subtle form of Vital Magnetism. Thought is a subtle form of Vital Magnetism. Vital Magnetism is stored in the nervous system, in the solar plexus and through yoga, the current of Vital Magnetism can be directed at will.

Vital Magnetism is Prana, the Sanskrit word for cosmic energy. According to the Yogis it our true nourishment, for without Vital Magnetism there can be no life.

**Vital Magnetism obeys thought;**

One of the most remarkable discoveries of the yogi's is that Vital Magnetism obeys thought. To put it another way concentrated thought allows us to absorb a larger amount of Vital Magnetism. In this connection, Hatha yoga, of which Vital Magnetism -Yama - is the backbone develops the mighty power of consciously directing the absorption, storage and distribution of Vital Magnetism in the body.

Vital Magnetism obeys thought. Concentrated thought allows us to absorb a larger amount of Vital Magnetism whilst scattered thought dissipates it. Yoga is the study of consciously directing, absorbing, storing and distributing Vital Magnetism, the life force.

*“Vital Magnetism is the sum total of all the energy of the universe”<sup>1</sup>*

**“Just when the Yogi announced that his heart was under control only the minutest fibrillation is visible on the iso electric graph. The merest trace of cardiac contraction was almost impossible to record.”<sup>2</sup>**

### *Essential Ingredients of Mental Magnetism*

Mind over matter is a critical element of self-mastery.

Mental magnetism is a form of personal power.

Mental magnetism allows the individual to be in the affirmative.

Mental magnetism leads to the power for control of mind over matter.

Mental magnetism is acquired by the practice shifting the defensive attitude.

Mental magnetism is capable accomplishing the great things of life.

Mental magnetism links cause and effect.

### **The Magnetic Attitude;**

The most powerful attitude is one of Gratitude. No power on earth, known or unknown can overcome the power of gratitude. This is the attunement to the creators will.

Thankfulness, appreciation. What you appreciate grows, what you don't appreciate depreciates.

This mind set creates an atmosphere agreeable to self and other.

The alternative and unmagnetic stance is presented for the purpose of comparison. It is a determination by binding to achieve an outcome whether or not you are supported. It is a mindset of fixed and rigid position. This is an attitude of force, it throws the atmosphere into violent and repellent vibration and in the end result is injurious to both parties.

*"Achieve your results without war, without friction - in the soul or in your outerworld"*

---

<sup>1</sup> Swami Sivananda

<sup>2</sup> Dr Therese Brosse

## **The Power of Mental Stillness**

### **Dead stillness requires perfect calmness of the mind and emotions.**

The next powerful step is to create perfect calmness of body and mind while charged with tremendous energy; the power to think great thoughts and not let them run wild with the emotions; the power to hold great determination and not lose any of its force in wasted action.

Can you imagine a perfect machine that has been built for the execution of a most delicate at the same time most useful purpose; a machine that does what was made for, and nothing else; a machine that has no losses in motion. Every detail of its work has a purpose behind it. If it were committed to perform other details some of its power and much of its usefulness would be wasted. The body is such a machine and properly tended this machine will perform incredibly.

When the mind is excited the body as its agent loses control of itself to some extent. Therefore the mind must always be calm. A calm mind is a successful mind, if the calmness is one of strength not exhaustion.

### ***Physical and Mental relationships for magnetism***

- The muscles of a body, by constant involuntary motions, may waste the vitality without involving the action of the mind.
- The nerves of the body, by constant twitching, may waste the vitality without involving the action of the mind.
- Dead stillness will overcome all such faults and lead to the accumulation of magnetism.
- The excitement of the body may or may not involve the action of the muscles all the nerves. However it generally does affect them seriously.
- The excitement of the emotions is almost certain to affect the mind, unless the person has strong magnetic self-control.
- It is a test of power to be able to separate in the feelings from the face.
- It is the best test of power to be able to separate the emotions from the mind; thence from the face and general body.
- The practice of dead stillness is given in this book will accomplished such results.
- Mental and emotional excitement may be concealed by controlling the muscles and nerves. But it requires the highest degree of this power to prevent the voice from betraying the emotions.

The greatest leaders of our time have been renowned for their marble face in circumstances of emotion. Napoleon never allowed his nearest friend or closest counselor to know what was passing in his mind. Or what affect any news, good or bad really produced on him. He retained a capacity of countenance that told nothing. He was a person of dead stillness;

All great people have separated their emotions from the minds. And both from muscle

and nerves so that passion never intrudes.

***Make everything count.***

### **Silence, the Power of Magnetism.**

Every person whose existence is worth anything to themselves or the world, must at times be alone with themselves.

### **Magnetic Contact**

With all dealings with people and in your own private circumstance maintain an awareness of your magnetic energy.

Put this controlled energy into eye contact, voice tone, hand touch. Observe courtesy and shut out unwelcome influences. Sacrifice your opinion, your impulse, and desire for the sake of the end in view. I.e. your objective.

***"You can win people by magnetic will"***

### **The Power of Observation**

Magnetic persons are exceedingly observant. The habit of constant observation of any details will help to develop natural personal magnetism . A magnetic person cultivates the habit of studying the effect of his words upon listeners; and the eyes principally tell that fact.

The cultivation all personal magnetism include study of life in all its minute detail. *It* shows the way to read and understand the effects on others of any influence that may proceed from the observer. The most useful, most practical and most valuable aid to a person in business, or professional life, or social life, is to know the mind and feelings of those with him you coming contact. To be able to size them up as the common saying goes; to read in their faces what they think and how they feel about you.

### ***Facial appearances reflects magnetism.***

When the face becomes concentric in shape, lack of personal magnetism is not only indicated, but is made so apparent that any person, even a non-expert, may read the fact.

When the face drifts away from a concentric shape, the presence of personal magnetism is indicated and the face gradually becomes interesting and attractive. The word drift has been used to indicate that tendency of the body to give way to the influence of habits.

The face draws into a concentric shape when its muscles pull toward the center. All concentric tendencies of the face denote kinship with lower forms of creation. The forehead seeks to come down the chin seems to rise to meet the forehead. But the most noticeable drifting is that of the sides of the face towards the centerline. By this action lines form just above the nose between the eyebrows and we say that the brow is furrowed. When the scalp moves forward towards the lines and the eyebrows move upward towards the scalp the result is a corrugated forehead

These lines denote some weaknesses either mental or emotional. Worry gradually raises the eyebrows. People who go about with constantly raised eyebrows carry with them this sign of giving way to adverse control of some kind, which is the opposite of magnetism.

The scalp has certain muscles by which it can be moved. The temples also have muscles by which they can be moved. If you can knit the forehead you can as readily un-knit the forehead. There is certain of phase of this practice when it becomes a habit and will have entered into the body. It is also wise to massage oil into this area of the brow use cold cream or cocoa butter. It is assured that after considerable practice these lines above the nose will smooth out.

The Crow's feet or thin lines at the side of the eye and close to the temples are also eliminated through this process. Thus we get rid of three sets of old age wrinkles; forehead lines, furrows above the nose and the Crow's feet; all of which accompany old age.

### ***The Mouth***

The level mouth; indicates normal feelings held in check and good reserves.

Lightly closed mouth; also means normal feelings held in check and good reserves.

The tightly closed mouth; indicates a range of feelings from a slight firmness to that of strenuous determination.

Partly open mouth: In the reverse as the mouth begins to open there is support an agreement. There are many different degrees of openness so too many different degrees of support. You

If you observe a person watching a most absorbing speaker, the listener will show not only relaxed lips, but a mouth that will gradually open to meet the increasing interest in the speaker's presentation. Often, during a spell binding climax of a story in a movie or in live show the audience will be seen to have a gaping mouth as they gasp in anticipation.

The lips raised above the level indicate approval

the lips lowered below the level indicates disapproval.

There are for primary benefits in separating the masses into details in relation to the faces.

- It gives the student knowledge of what the purposes, intentions, thoughts and feelings of those with whom he comes in contact
- It leads close to the power known as telepathy.
- It is important skill in dealing with matters that make up everyday life.
- It stimulates integrates and develops the mind and prepares this for the greatest achievements possible.

# Life Purpose

*“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.*

*Pattangali.*

## *The five most powerful questions you can ask*

- What is it that I love to do?
- How much would I love to get paid for it?
- What is in the way of me achieving this?
- How do I overcome these?
- What are my 4 top priority action steps to help me achieve this?

## *Concentration on your purpose sustains and creates universal harmony*

Everyone is different and your individual Life Purpose is the highest attunement of your whole life. Purpose centers and determines your etheric field and therefore your attunement to the great spirit of life. Your conduct depends largely on your purpose, when you are dedicated to your purpose you give of yourself, when you are not on purpose you seek pleasure. One is short term the other long term. One is a calling the other is gratification. One worships the ego as the highest state of attunement the other respects a power greater than the self. Occupation changes your nature. Purpose stays constant. Vocation, profession or trade is important but it is not purpose.

## *Matters never take care of themselves.*

Matters never take care of themselves. The mind is the engineer of the body. The power to affect the moment is born from within. “God never does things for you that you can do for yourself”. You have the power that can impact your destiny. This is personal Mastery. God is in the details. Beyond the elation of a divine revelation there is an investment, a dedication. Those who are prepared to invest in the research, study and commitment to manifest the details of their vision will manifest their dreams.

Many teachers say that you must do what you love, then you will be very good at your job. This is only part of the story. To manifest dreams and visions requires an investment. Nobody invests in you more than you. Until you are ready to make the sacrifice, to say the words, “I will do whatever it takes, travel anywhere and pay any price to fulfill my service of love”, then you are unready to take the final step to life purpose.

Be ready for sacrifice. There are many contradictions between living life purpose and human expectations. Your purpose may call you to travel, to work late at night to leave the comfort of a home, to live in another country. Such things challenge commitment. If you are not ready to sacrifice all in the pursuit of purpose then you are really looking for a career that lives to your expectations and lifestyle. That’s a different book to this.

Most people have not reached a clear state of realizing exactly what they love to do and what they are good at. By simply being aware that there is a Divine plan for your life that waits to unfold in the course of life itself, you will begin to be consciously in tune with every incident that comes into your professional and personal life. Treat each incident with the eye of a good detective and try to unveil the mystery of your life.

The universe provides in some way for every soul who is sincerely endeavoring to fulfill its obligation as nature imposes. The multitudes desire success without conforming to its laws. They are unwilling to take on the culture of success. They are unwilling to flow in the direction of their life work. They fail to devote intelligent and persistent labor to their goals.

Lifework is the strenuous devotion towards a single cause with a blend of both will power and personal magnetism.

These are inseparable. An individual can attract or repel support. A magnetic person will attract without conscious effort the universal support and resources required to fulfill their life work and maintain their path of success recognition.

### ***On purpose we don’t acknowledge rejection***

Your life purpose is your pathway to heaven. Heaven is your awareness of the divine and innate calling within you to reunite with your soul, your source and your original creation. Your evolution is maximized when you are on this path. This is not a happy place but a place of true destiny. When you follow your heart you are following this path, the shortest and most difficult path, home. It is the straight path. Direct and without diversification, without sidetracks for pleasure and pain, straight through the heart of opinion. You are on track on purpose when you follow this destiny this challenge to obey your innate calling to fulfill your mission.

When you do what you love and love what you do you are appreciating the gift of life, you are on track.

## **Doing what you love is the key to fulfillment**

Nothing of the senses ever satisfies the soul. Your innate drive is by the soul. To return to its creation and your attempt to fulfill this destiny by satisfaction of the senses is doomed to disaster before you begin. Follow your heart and face your challenges and allow your emotions and reactions to others to be your guides to those parts of you are yet to love. Challenge yourself to see in you what you see in others for it is here the true gift of friendship is revealed.

Doing what others want only leads to frustration because you cannot make one person happy without making another sad.

## **Habits**

***“Human existence is a part of the general fund of magnetism that holds sway throughout the universe”. Knowledge is power.***

***Success is a duty and a right. It becomes your duty to achieve your right through the evolution of confusion and strife. Remember that this process of achievement is ongoing. Success is a process not a place. Success is a journey not an end. Success is not a privilege.***

***Remember that this journey of attunement is ongoing, success is a process not a place. Success is a journey not an end. Success is a duty and a right. Success is not a privilege.***

***Your universal right is only in making the best of what you were born with. There is no other right and to think so is to be excused from the wonder of daily adventure***

## **You bring about what you think about**

Winners focus on purpose. They live for purpose and spend much of their time thinking about how not if they can achieve what they are set out to do. They are guided by an inner knowing. A vision, calling or life purpose. They take every opportunity to grow. Successful people do not spend time talking about the misery of their failures they talk about the blessings, they talk about the future and they talk about the vision.

The more clear your vision the more motivated you are to fulfill it. By converting your stumbling blocks to stepping stones you awakened the genius within you to fulfill whatever mission you set out to accomplish. Nothing is too big or too small for the inspired individual. The only question we have is a what price we are willing to pay.

### ***Purposeful Mind states***

A mind focussed on emotions swings too and fro in search of pleasure and in avoidance of pain. Like a pendulum this mind will seek one side only to be met with the other. Pleasure and pain, right and wrong, self righteous and self wrontheous. Love is the balance. When we seek purpose we are inspired by the voice of our soul, the creator or God. Inner voices call us while outer voices react us. To the degree that you can focus your life on your purpose and maintain a balance of emotions is the degree to which you will fulfill your calling in life.

## **Magnetic will never forgets purpose.**

Turn the disagreeable to humor. Keep the radiant center of the soul a smile. Develop a feeling of gratitude to trivial matters because of the personal commitment to a greater end. Be committed to your long term goals. Acknowledge always during conflict of any description that it is really a privilege to pass through these conditions.

***"During conflict of any description it is really a privilege to pass through these conditions."***

***"I give back to every disturbance a serene smile and joyous laugh"***

## **Latent Energy – Life Purpose**

The key element of the transition from a search for happiness to living it is simple.

Reveal your dream and commit to it. The degree to which you commit is the degree to which you will find fulfillment and happiness in your life. Fulfillment in life is achieved by building a commitment that is directed, focussed and meaningful. You cannot find your life purpose in another person. You cannot find peace of mind by allowing other people to live your life for you. You have the unchallengable right to the decisions of

your own mind.

Begin to focus on your dream. Write it down. Give it color. Define and clarify what you want. Shoot for the sky, if you miss you may end up amongst the stars and that's not bad company to live in"

### **Principles of Life Purpose**

- ◆ Find and fill that place in life for which you are best suited.
- ◆ Demonstrate full and consistent effort to achieve that success together with the full and persistent determination to make the best of your present circumstances
- ◆ Attune to the workings of the universe for it is well known that it has a far greater investment in your success than you are able to conceive for yourself
- ◆ Overcome obstacles which are, by design, a part of the process of achievement
- ◆ Always work to improve your position, even with minimal endowment improvement is possible
- ◆ Make the best of every moment from which we create magic for the future
- ◆

### **Intensity of action is a reflection of purpose**

Magnetism and success are synonymous terms and success must be measured in progressive terms, for to stand still at anytime in self satisfaction is to die. The best progress is that which is practical and can be turned into actual uses.

The individual who never goes to bed at night unless he or she has in some degree added to their self-improvement during the day, is moving onward to success. And that person who at the end of the year has accumulated self improvement, set new goals and laid aside some of their earnings or gains is moving onward to success. All others are stagnant and treading the road to failure.

Why then waste time and opportunity in idle reading, idle gossip idle companionship and loafing and the multitude of aimless so called pleasures that leave only regrets after they have passed in all their emptiness.

Be alone long enough from time to time to plan the betterment of yourself and others. That is the foundation of all success.

Then what you have accomplished you should turn and share with your fellow beings. In that way you will find your pleasure in life, your enjoyment of existence, and your only real triumph in this world. As far as the earth is concerned there is no greater goal. But in order to do this you must participate in multiform ways in the intermingling of humanity.

### **Fill the place in life for which you are best suited.**

Life Purpose demands that you fill the place in life for which you are best suited. This is more than a lifelong search, a dream, a vision or a goal, it's destiny. Success requires a

commitment to make the best of present conditions. There must be fulfillment in the present. Nothing is ever missing it just changes in form and to be grateful for this is to be in the moment, present and empowered. Then the pursuit of success is everlasting and when accompanied by gratitude to the present, pain and suffering diminish. Such is the source of health, fulfillment and personal magnetism in life.

***Every human has an inalienable right to success. The universe has a greater interest in your success because your success maintains its own.***

***Alignment with the laws of nature brings the individual to harmony and therefore guarantees success.***

Life is not about survival is about the fulfillment of a dream. Everything and everyone around you reflects your commitment to that dream.

People invest in inspiration not desperation. Just try asking a bank to lend you money when you are in need. On the other hand when you are successful and least need it banks will offer you cash.

When you have a strong belief in yourself you are believing in the powers that created you and/or others. Your success is not only measured in financial terms. Many great people including Einstein did not achieve great wealth in their lifetime and were by all accounts successful. Einstein knew exactly what he wanted to work on and went about doing that.

When you're doing what you love and loving what you do you are in your highest state awareness. You're giving back to life what it has given you. This is why people will attract illness and accident when not following their inner guidance. There is no power so strong as an individual doing what they love and loving what they do. This is your greatest gift

By committing yourself to a goal you are committing yourself to be thankful for the gifts you have been given and the natural talent you are borne with. "Whenever the mind of man can conceive and believe, the mind of man can achieve. The person determined to attain success starts where he stands. Making the best of whatever tools he has, acquiring whatever else he needs along away. Start from wherever you stand today. Excuses never built anything.

### **Dreams and Life Purpose**

If you wish to move from searching for a happy life, to living it, the answer is simple; Unveil your dream and commit to it. The degree to which you commit is the degree to which you will find fulfillment and happiness in your life.

Fulfillment in life is achieved by building a commitment that is directed, focussed and meaningful. You cannot find your life purpose in another person. You cannot find peace of mind by having other people live your life for you. Begin to focus on your dream. Write it down. Give it color. Define and clarify what you want.

***Shoot for the sky, if you miss you may end up amongst the stars and that's not bad company to live in***

She treated this as an opportunity. The rest is a fairy tale. A local producer saw her playing, enjoyed the music, was inspired by the lyrics and offered her a recording contract.

**Fail, fail, fail get to love it**

Success hurts. I mean doesn't everything have two sides. The one common characteristic amongst successful people is a willingness to fail. You can easily tell a person's destiny by the clarity of their vision. Because when we have a vision strong enough we have a powerful motivation that's willing to suffer a the discomforts of failure along the path.

Thomas Edison's thousands of experiments, Walt Disney and his 308 rejection's, about Gandhi's suffering.

Acknowledge the need in your own life to fail and withstand the challenges to your vision. It's the test. If you watch our own earth with its earthquakes, volcanoes, tidal waves, forest fires and tornado's you will see that even in the development of our own plant there are times of destruction.

***Your peace of mind is sustained by gratitude for the opportunities you're given to learn.***

**Commit to a Purpose greater than you, be humble to a power greater than you.**

The habits of success are a way of being. Once they become your way of living the exercises that create them can be forgotten. You start to live your success rather than think it. Your mind will automatically focus on the future and be grateful for any stumbling blocks. This takes constant reinforcement. You are part of the greater creation and its silent support is there to help you. But only if you are willing to allow it to be so.

There is an integrity when your heart, mind and body are aligned. When you focus and your mind are committed to what you are going, when your actions, your words and your results are synchronous, you attract support.

From the food you eat, to your body posture; the words you speak, the care you give yourself and others; the way you focus your mind, the look in your eye and a feeling from

your heart, these are all the elements that add up to synchronicity for success.

Nothing comes from you, it only comes through you. When we take credit for what we do we say I did this. When we are humble we say thank you for guiding me to do this.

When we are humble we focus on the basics. We remember how important it is to maintain the habits of success. We eat well to maintain our health, we keep our book work in order, we show appreciation for what we have, we care for others.

But when we become righteous we forget the basics and begin to think of the have not's. Many bankruptcies are caused by righteousness and lack of humility as people forget the basics.

When we are humble we are thankful for what our partner offers us. We appreciate the time we spend, we appreciate the small things in life, we appreciate what we have. It is from this place that all success can grow and be permanent.

To remember that there is a greater force in this universe than us is to remember the great gift of creation. Nothing comes from us it only comes through us. When you are humble and thankful you can acknowledge this power, the greatest power on earth.

When you think you are better than who you are you attract people to put you down. For example when you walk in the door at home and you are elated about your day you'll attract the put down. On the other hand if you walk in the door and you are down you'll attract support. It is wise to self manage yourself so that you need neither. You are then free to be in a balanced, self responsible, relationship.

### **Continuous Growth**

Magnetism and success are synonymous terms and success must be measured in progressive terms, for to stand still at anytime in self satisfaction is to die. The best progress is that which is practical and can be turned into actual uses.

The individual who never goes to bed at night unless he or she has in some degree added to their self-improvement during the day, is moving onward to success. And that person who at the end of the year has accumulated self improvement, set new goals and laid aside some of their earnings or gains is moving onward to success. All others are stagnant and treading the road to failure.

Why then waste time and opportunity in idle reading, idle gossip idle companionship and loafing and the multitude of aimless so called pleasures that leave only regrets after they have passed in all their emptiness.

Be alone long enough from time to time to plan the betterment of yourself and others. That is the foundation of all success.

**The very best help we can give to those who might become successful is to show them the way to help themselves.**

## *Never reach the limit.*

Keep back some power. Display a reserved and repressed energy.

You weaken yourself if you use the last ounce of strength in a physical effort. If you rise from the table with your appetite fully satisfied, you are weaker than if you had risen slightly hungry. A lawyer who, in making an appeal to the jury throws his or her all into the appeal, loses the attention of those he or she wishes to influence. In a life of ambition there is always this test of striving for victory. If no margin is left in the winning then as soon as a person realizes that satiation has been reached he loses his interest. The unmagnetic people of the world always seek to reach the limit in what they do. Desire is only magnetic when there are true values to exchange.

## *Action of the Heart*

*There is nothing worthwhile in this life unless it can win through action*

Even an open heart will close if the desires of the heart are not being expressed - the artist must paint, the sculptor must sculpt, the doctor must heal. All inner, personal work must result in action for this is the expression of inner magnetism. Expression is giving.

When you listen to your heart you are at your maximum potential. Your guru is you. **Gee You Are You.** Separating your fears from your heart is the skill essential for ultimate success.

When you listen to your heart you have wisdom. This wisdom will allow you the silence to observe others and appreciate their needs.

When you listened to your heart you're not affected by your personas. You focus your time and energy on your inspiration. In this space you live within your means and therefore value what you have.

When you listen to your heart you are open minded on all subjects and willing to learn new information. You'll be able to develop wisdom in all areas of life without the resistance and stubborn attitudes which make learning impossible.

When you listen to your heart you have maximum gratitude. Your mind and your body will be in line. This is a point of maximum health, peace of mind and happiness. This is our ultimate objective.

When you listened to your heart you are not listening to your emotions. Your emotions are your reactions to your judgments. Your judgments are just your illusions as to what is right and what is wrong. It is wise to ask yourself how did I get to believe this.

We create our own reality. Every body has the same opportunity to grow and develop from the place that they started from. We make excuses we blame other people in order to transfer responsibility elsewhere.

You are born with amazing gifts. Whatever you conceive and believe you can achieve. When you commit to becoming one of the few who are not content with the mundane you join elite group of people. A group who have elected to take 100 percent responsibility for the destiny. Thomas Edison was asked what would you do if he had not achieved his goal. His answer was quite simple. "I'd be in my laboratory right now instead of wasting my time standing here talking do you".

There is a major difference between wishing for something and working for it. Wishing for something is hoping that somebody else will come along and give you that golden egg. When you commit yourself to achieving whatever it is you would love to achieve you spend your life for that purpose. You focus your mind and all other resources on that objective. This is called mastery. What is it you would love to achieve in your life that is still incomplete. Do you know the steps to achieve it?

Nobody does to you more than you do for yourself. When you treat yourself as a successful proposition when you stay humble and committed to your vision you are supporting yourself. Then others will be attracted to support you too.

You will be challenged along your path. These challenges are not to be avoided they can be celebrated because they are questioning whether you really, really, really are committed to your vision.

You will be supported along your path. These are also challenges that are not to be avoided. It is easy to surrender to the support of others and hand over responsibility for your destiny. Eventually such structures fail.

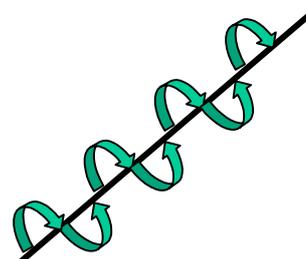
Is wise to be grateful for both support and challenge yet be affected by neither. You are 100 percent responsible for your destiny. There is nothing so attractive as an individual who is committed to a dream especially when that dream includes the support and caring of others. Your motives must come from your heart, your true self. This is the place of infinite power that will stop at nothing to achieve its end.

### **Staying on track**

Understanding ourselves and others creates an amazing willingness to be flexible and adapt to change. Remove the tensions and worries, then replace them with an overwhelming focus on future possibilities. The greatest gift we can give ourselves is the gift of empowerment. Within this seed is the beginning of a mighty oak tree. Yet, until you are ready, aware and committed to the dream that lives within you, until you have connected that dream to the divine power of your life purpose, life greatest joy, the experience spiritual purpose will not be yours..

***Where the spirit does not work  
with the hand there is no art.***

***Leonardo Da Vinci***



The clearer your primary purpose the more you will live and fulfil it. Like the whole which is greater than the sum of the parts, your statement of purpose represents the whole or primary fundamental decision in your present life. Once this master purpose is acknowledged or set, all other choices and objectives can be more effectively made. All further choices stem from your primary choice. If your primary choice is based on your loves, then all further choices will follow. Without a clear fundamental choice all other derivative choices become more illusive and difficult. Uncertainty is the result.

The most expensive seminar on earth is “A Hospital”. When the body, mind and soul are out of alignment, when people struggle to get out of bed in the morning and are not fully invested in what they do, the process of conflict, illness, low profit, stress and disease become endemic.

*Every one has been made for some particular work and the desire for that work has been put in every heart*

*Rumi*

No matter what life choices you make, each choice has a balance of pros and cons, so why not base your choices on your loves which bring the most fulfillment? Fulfillment involves an evolution through emotion to purpose.

Dedicate, commit, or will your life to your purpose, mission, vision, chief, aim, master plan. Once you commit to your purpose the universe begins its immediate support.

Your purpose without a commitment will be but a mere flash of your imagination and will be void of clarity and inspiration. So have commitment to and constancy of purpose. Be unwavering. Stay on purpose. Perceptions of being on purpose lead to actions which lead to rewards. Purpose leads to procedures, leads to results. Grab a hold of and stay with your life 's big picture. Discipline yourself. The pain of regret outweighs the pain of discipline. The secret of fulfillment and success is constancy of purpose.

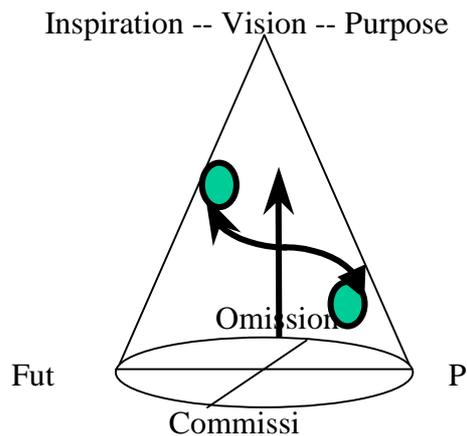
From time to time it feels like we're off track. That things go wrong and we have lost the plot. Yet, with the wisdom of time it can be revealed that everything has a perfect order. Is it really necessary to wait for time to pass to know the order. Maximum growth occurs at the border of order and chaos and that is exactly where we are. Even if we don't know it.

Until we can acknowledge the order in the chaos, that balance of purpose, we cannot rise out of victim-hood. There are so many people invested in the status of victim-hood. Laws are created to help them. That's fine but for you, maybe you'd like to rise out of that space and take responsibility. The benefits are significant. Relationships grow, you get to lead, your spirit is matured, your health enriched and you are living at your best When you align and appreciate, you balance between chaos and order.

Your life purpose is your path. Your awareness of the divine and innate calling within you is a major step in achieving harmony. Your evolution is maximized when you are on

this path. This is not always a happy place but a place of true destiny and clarity. When you follow your heart you are following this path. It is the straight path, straight through the heart of opinion. You are on track, on purpose, when you follow this destiny, this challenge. When you do what you love and love what you do, you are on track.

**Nothing of the senses ever satisfies the soul.**



Follow your heart and face your challenges and allow your emotions and reactions to be your guides. Challenge yourself to see in you what you see in others, for it is here the true gift of friendship is revealed.

Doing what others want only leads to frustration because you cannot make one person happy without making another sad. You are either living your own vision or somebody else's. It's up to you.

**Be Inspired Perfect Balance ...**

We all have an inner voice and at the moment when that inner voice becomes stronger than the outer voices we are said to be inspired.

***Be in the moment, and  
When the mind is balanced  
The body is balanced.  
Add gratitude and an  
Open Heart,***

*then there is no competition.*

*Inner Wealth*

*Absolutely magnetic*

*Leadership*

*Totally linked*

Develop single mindedness. The ability to focus on one thing at a time with total concentration is an essential ingredient of success in any area of life.

Focus your mind on your 5 highest priority action steps to achieve your dream. When you focus on these priorities you build your worth you attract support a new develop your skills.

Write-down your dreams in detail. Remind yourself frequently, paste reminders on the wall. Create your destiny by focusing your mind on that space. Use the art of visualization as all great performers have learned to do.

# The Laws of Success

**Success = Magnetism + Health + Developed Mind + Noble Purpose + Intensity + Inner Listening + Goals + Mastery.**

## Noble Purpose

*The size of your vision determines the size of your life.*

We are all born with a vision so powerful it can change the earth. You have the opportunity to live that vision. To do so you will need to release yourself from any belief that is not going to serve you. If you live it you can create a real impact. If you are controlled by your fear, you'll just have to wait until the next time you visit. Which do you choose?

Your satisfaction in life is directly proportional to what you put into it.

Some people live their dream, others compromise. Your life is dependant on your commitment to that dream in whatever form it takes. As children we all have dreams. We like to play football or sing or dance or act. Those dreams are as mystical as they are human but for one reason or another some of us loose the plot.

*What would you love to spend the rest of your life doing and get paid heaps for doing it?*

## Poem --- Unmask me

Unmask me bandits  
Reveal that hidden gold  
For I alone know this key  
Ridden alone I come  
Not for glory, not to be sold  
I come to do what make my own heart glow  
For in this is the warmth of a baby's eye  
The tenderness of a lovers touch  
For in this is truth, a deepest know  
For in this is the golden touch

## Developed Mind = Motivation

*Developed Mind = Ability to visualize + Ability to lie + Dedication + Gratitude + Balance.*

Motivation versus inspiration. The strength of your motivation is determined by your clarity of purpose. Your purpose or dream list reflects your inner hopes. These are the

primary aspirations you have for life. Anything that you see that will support you in achieving this will motivate you. Anything you see that will not support those dreams you sabotage.

### ***You go in the direction of your dominant thought***

You go in the direction of your dominant thoughts. Tell yourself a lie and eventually you'll believe it. What you fear you create attract or become. Your life vision is your gift of life. Your purpose statement can be changed but it is wise to do this in your deeper moments of awareness. IT is created in a state in which you are inspired. This is the ideal space for it's adjustment.

Maintain a permanent image of yourself as a already successful individual. The truest magnetism is not the physical but that generated by the inner self. The truly affirmed belief in self. Elevation of purpose and mastering of vitality of physical magnetism inwardly refines and intensifies the power of personal purpose. Physical health and physical magnetism are synonymous yet these by themselves are worthless without a developed mind and noble purpose

### ***Keep out of the backyards of your mind.***

In other words you can dwell on the emotions or rise to the inspirations of the light. Rise to your maximum as often as possible. Insist on an un-wearying vision of yourself as a splendid success. All other moods apart from this consider false. Recover quickly, use silence and divert the mind to other pursuits. Seek the balance and achieve gratitude. Banish Brooding and make no comparisons with others. Don't worry about the future it may never happen.

### ***Assert your confidence as a fact***

Begin the day with a few minutes devoted to physical and mental relaxation by practicing full breath and muscle stretches. For 5 min focus on the heart region. ***I am absorbing and saturated with magnetic forces.*** Charge yourself with this thought throughout the day and in meeting others maintain dauntless self confidence and inner energy. Maintain the heart feeling

### ***The power of feeling and thought in the spoken word***

Select some specific text from a great speaker. When speaking the words imagine in your mind's eye the scene before you. Develop this mental picture before saying the words otherwise it is just sound. The whole expression and force of the statement must be expressed through the eye. The voice must be low, firm, and with presence but not loud. A voice filled with vital ideas is more magnetic.

### ***Believe in yourself / Form self belief***

It is your privilege to believe in yourself. Believe in your right to success and develop the habit of managing difficulties. Treat yourself as a truly healthy individual and at the beginning of the day bring yourself into harmony with the universe. During the day maintain a profound belief in your perfect right to achieve a satisfactory level of success.

Believe in your work. Remember: "I am power. I can and will overcome whatever is required of me". "I am one with the light". "I now draw on the universal forces for all power necessary to the success, rights and duties of the day"

***I am one with the universe. I am now and every moment receiving all the helpful forces needed.***

### **The habit of thinking in balance**

It's good and it's bad. It's attractive and repulsive, it's fantastic and ridiculous, it's a good thing and a bad thing. There are two sides to every coin and when we can incorporate that seemingly obvious perspective in our thoughts we come to center.

***You cannot be unhappy and grateful at the same time.***

Gratitude opens the heart and inspires alignment of all your faculties, Body, mind and spirit. Our greatest happiness is achieved when we celebrate life. When we appreciate what we have. Anything you cannot be grateful for runs your life. Your journey, your maximum evolution is achieved as you move those matters you are not grateful for to gratitude. This is your maximum potential.

### **Nobody does anything to you more than you do to yourself.**

No one can lift yourself up higher than you. Praise given to one who is down on themselves is like water on a ducks back. Waiting for others to appreciate who you are is a lone path. You will not appreciate support unless you support yourself. Start taking this responsibility for your wellbeing. You are worthy and only when you know this from within can you allow others to support you from without.

No one can beat you down further than you. You beat yourself up, put yourself down and hope than somebody will pick you up. But you are loved by the power of creation enough to prevent this. Your own heart must be given it's freedom. And you are the only one who can do it because you are the only one in the way. When you beat yourself down on the inside you attract someone on the outside to beat you down.

Recognize your own dreams and others will recognize your dreams. Recognize your mystical powers and others will.

The power of personal responsibility begins when you can acknowledge the order in your own life. Appreciate your gifts and others will appreciate your gifts. Appreciate your

blessings and others will. Appreciate the support of the universe and others will too.

### **True self worth stems from within**

Nothing on the outside can build your feelings of self worth. The gifts of material and form are wonders of the world and are yours in abundance. Creation gave you access to all you desire. However, when these are obtained on the basis of internal wealth your feelings of wellbeing and the experience of life is a wonder. When form and material are obtained through reconstruction of the love you have within you are held to ransom for fear of loss.

Build your castle on the rock, quick sand is false ideals, rock is your true self worth.

Your true worth is determined by your love for what exists outside of you. For what is outside is pure reflection of what is inside. Your consciousness is determined by your appreciation of order.

When you are able to cause and effect as one you see order. For example this caused that. When you see chaos you are in denial of the wonder of life and your judgement is ruling your being.

When you see the order you appreciate the universal laws and are aware of higher forces in the cosmos of life. When you see chaos you believe something is wrong. Your judge and say. I think that what is should not be as it is and then you become the creator of your reality and then you are saying that God doesn't exist at this time. There is no Satan, only the Satan of confusion and your own inability to see what is in order. Your judgements are the definitive separation between good and evil. This is your mirror of consciousness.

### **All complete healing is activated through gratitude and love**

We often want to be elsewhere. We perceive that life, our happiness and our fulfillment would be better elsewhere. Why?

E.g.

The power that creates the body heals the body. All knowledge past present and future is within you. You are magnificent and a that is there without effort. Your illness and disease is a pure reflection of your misalignment with divine powers. When your mind body and soul are misaligned you are in a twist. Your body and the creation loves you enough to awaken this truth. You are drawn to re think things when your illness strikes. Illness appears in so many forms.

Illness of the body, illness of the mind, illness of the wealth, illness of employment pr relationship. Illness of spiritual awareness. You are given so many caring signals as to where your beliefs have created a false reality and therefore a twist in the alignment of your vision, your body, your heart and your soul.

So many places of pain so may opportunities to grow and re align. Such love can only be given from something greater than you.

### **Certainty and presence intensify healing**

When your heart, mind, body and soul are aligned you are healing. There is no blockage

to the energy that flows through you. Your alignment and electrical systems are functioning at their optimal levels. Your weight will normalize, your feelings will temper, your mind will calm and heart will open. Of course this in preparation for your next level of learning which shouldn't take long to arrive.

Your happiness is determined by the length of time it takes you to move from one level of learning to the next. If you stay stuck you are given bigger and bigger pushes. You have the capacity to rise to the level where you instantaneously rise through your learning's and therefore stay closer and closer to your heart.

Move me I say, allow the wind to pass through my hair and I will grow without restraint and learn to move with the wind and love with all things that float on the breeze.

### ***The power that made the body heals the body***

Such a power could imagine the function of a kidney, a liver, the brain, a heart and the finite function of a cell. Such minute detail is the work of a great genius, and this is your destiny. Mastery is your training for such an end. May you follow your inspiration to find the one mission your heart will invest in to the death. May you give from this space to become the master of such expression, from the teacher of children, the gardener, the cook, and the corporate suit. Giving from you is your path to happiness.

### ***Your one true being your soul is grateful for what is***

There is nothing missing it simply changes on form. Being grateful means comprehending the order in chaos. Drawing the conclusions of balance is your mission in your life of body, mind, spirit and soul. You move through your judgements to love on an infinite journey to your own being. It is like trying to align the couplings on two large trains, the lack ready, perfectly made, the alignment predestined, its creation self willed. Separation of the two only exists while there is misalignment and misalignment can only be while you hold fast to your beliefs of this and that. The holy trinity is your guidance to this coupling and the detection of order in chaos.

### ***Obstinacy is a disease***

Can there be a right without a wrong. A happy without a sad. Is it possible. Obstinacy suggests a stand. A place of absolute correctness. There is no such thing only your own destiny. Stay on path with flexibility and tenderness. There is no need to be dogmatic, for this only breeds its opposite.

### ***Focus, concentration, determination and commitment are the key ingredients of long term success.***

Adaptability is an admirable and attractive quality. In adaptability there is the capacity to transform and capture opportunities. I was working with a very talented singer whose dream it was to take her own record music and written works to the world stage. A local coffee shop asked her to play for free. It was a very humbling experience for her as many of the friends saw this as a failure.

## **The Perfection of a Plan**

Most people drift through their lives. The results of that drift are an aimless guesswork or grand plans that do not come to fruition. Planning means detail. It means to create a goal and apply persistent effort towards that end. Effort without a plan is not intelligent anymore than to sail a Yacht without a final destination.

To guarantee success a plan should be formulated, preferably on paper, morning and night. This plan is a review of the past day, week, year and the projection of tasks for the next day week and years to come. It is short ritual that takes the daily demands and through allocation of time in the day prioritizes them and eliminates the pressure of an over filled brain.

The subconscious is always at work. When the conscious mind is filled with turmoil from an excessively overworked schedule there can be no communication with the unconscious and a turmoil head space kicks in.

I also recommend the projection of the daily tasks into the future. This is for the purposes of magnetizing the day and ensuring the daily nuts and bolts do not over rule your big picture. Always keep your mind on the big picture for it is true that whatever fills your consciousness and is your single most dominant thought manifests. It is wise to keep that thought conducive to your ambitions.

***"The Deliberated, detail plan gives magnetic power over the Future"***

If you wish to succeed in any undertaking whatsoever, it is vital that you concentrate upon that which you intend to do. You will move in the direction of your dominant thought. Since thought is always emphasizing something, it is wise to concentrate on your flowers, not your weeds. Your flowers are those inspiring ideas and thoughts you would love to bring into reality. Your weeds are the tangential thoughts or lower priority obstacles.

When you are present, your mind becomes clear and focused on what you love. Therefore the capacity to focus the mind will determine the achievement you can achieve. The determination to master any activity requires concentration. Piano, guitar, car racing, football, golf, tennis, mathematics, poetry, acting, business, relationships and spirituality (communion with your inner voice)

***Visualize your dreams***

***What each must seek in his life never was on land or sea. It is something out of his own unique potentiality for experience, something that never has been and never could have been experienced by anyone else.***

### ***Joseph Campbell***

Visualize your purpose and list of loves as often as possible. Three times a day is great. See in your mind's eye their fulfillment. See yourself in a picture where your loves are already being lived. What you see is what you get. Stretch your vision. Your vision is the spark which your actions make the inferno. Visualize and focus on what you do love, not on what you don't, your purpose not your illusive problems. Exclude all other interests from your mind.

***To bring anything into your life, Imagine that it's already there***  
***Richard Bach***

Whatever you consistently see, germinates, grows and manifests into reality. Add clarity by clearly focusing your mind's picture. Focus on ever finer detail so as to become present with the image. Vividness brings vitality.

***The Soul never thinks without a picture***

***Aristotle***

Do an experiment. See how long you can maintain an inspiring sample picture or idea in your mind. If you can truly hold any one picture or idea in your mind for more than seven seconds, you are exceptional. Until you can hold on to your picture or idea long enough for it to begin manifesting, your many other scattering pictures or ideas will overtake and weaken it. When any other picture or idea enters your mind, pluck it out and return to your chosen focus. By focusing on ever finer detail of the desired picture or idea you minimize other scattering pictures and ideas. Once you plant your flowers, don't let the weeds take over. Pluck out the weeds. Every time a weed is pulled, the flowers become more visible.

Your eyes are your radio dials that allow you to tune in to your mind's many stations. Each eye position tunes into a different station. Memory and imagination, are simply lopsided past and future eye settings, stations filtered from the universal Mind of Eternal Presence.

Center your two outer eyes upward then center your inner mind's eye on your purpose. Your third eye transcends boundaries of space, time and matter. Your third eye attracts instantaneous manifestations.

***Feel it , Feel it , Feel it.***

Thoughts blended with feelings penetrate through barriers that no thoughts alone can travel through. When an intentional thought is blended with a feeling it is able to reach and extend out as far as the feeling will allow it. It will impact whatever resonates with the vibrations of the individual thought-feeling. A guitar, when strum at a particular note, will impact any nearby guitars with the same potential note or string tension. Feelings set

the tonal scale.

When you attune to the higher balanced frequencies of your Soul you have the most penetrating power and can resonate on the most inspiring and love filled levels. So too, when you have gratitude, you open your heart and you allow the love filled inspirations to come into your brain to be put into transformational action. When you attune to the lower frequency vibrations of the bodily senses you draw to you their resonating emotional circumstances. These are fear and guilt based. They attract those experiences they resonate with. What you fear comes near.

### **Write it down**

Writing acts as the first step in translating intangible ideas into reality. Writing acts as a commitment. A short pencil is better than a long memory in bringing ideas into form. Writing crystallizes your thought flashes. There is a magic to writing.

A life worth living is a life worth writing about. Journal your days. It's a powerful tool.

Write down your list of loves.

*This time, like all times is a very good one, if we but know what to do with it.*

*Emerson*

### **Act on your Visions**

When you react to your bodily senses you react to the world around you. When you tune in to your Soul you act from inspiration, you act on the world around you. Action is more powerful than reaction. Action with inspiration is vital. Inspirations give order to mental chaos. They straighten out priorities and initiate wise action.

Every morning stop and sit for a moment and ask your soul for wise council or guidance. Ask for its inspirational or intuition prompting. Write these actions down and follow them in priority.

When you follow your priorities you rise. When you don't, you tend to fall. An orderly,

prioritized mind has more power than a disorderly, un-prioritized one. Rise to the ABCs or you will fall for the XYZs.

### **Begin with the end in mind**

Begin with the end in mind. Focus on the horizon. If you focus on the dotted line you are reactive and move from side to side with no long term perspective. That means you are reactive and continually dependent. To be a leader you must lead yourself. To lead, you are wise to have a long term vision with short term actions.

***When you are acting in the long term you make wise choices based on your deeper value systems. You are not distracted by pleasure and pain. Create a plan. Map your destiny***

### **Soul Guidance**

A daily seven step exercise, that you will find extremely rewarding, is given below. Do this exercise in the morning upon awakening into this dream world and at night upon sleeping into the other dream world. It will help you live with more inspiration, enthusiasm, gratitude and unconditional love.

***One step further and beyond passion lies an infinite journey, a journey of the soul. A journey where the energy of passion is conserved and used with respect, love and care. This is the journey of inspiration.***

First: Turn your head up 45 degrees.

Second: Turn your eyes up another 45 degrees.

Third: Close your eyelids loosely.

Fourth: Begin inwardly thanking all the people who have helped you become who you are today.

Fifth: Continue this thankfulness until your heart opens and you feel a state of unconditional love, until tears of inspiration come pouring forth. Until you clearly see how all these people played a magnificent role in your unfolding life.

Sixth: When your heart is open and your tears are flowing, then ask your own Soul for its guidance, for its wisdom and for its message.

Seventh: Wait for this message which will come from the innermost resources of your soul-mind and when it comes to your consciousness, write it down and follow it.

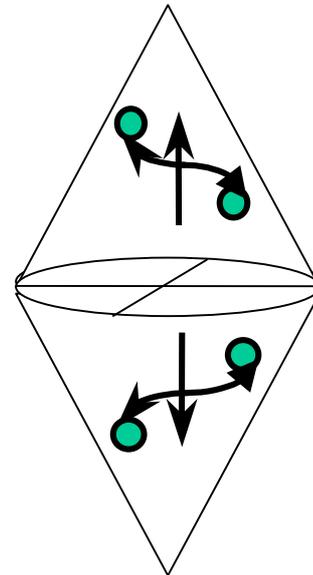
Consider doing this exercise upon arising and before going to sleep each day.

**We are motivated by values.**

***Gandhi's values: I shall not submit to injustice from anyone; I shall conquer untruth by truth.: And in resisting untruth, I shall put up with all suffering.***

Develop a personal mission statement. This is a statement of the core values that are critical to you. They are the foundation of a life plan. A plan for you to determine what's really important to you and to apply that in every walk of life. You may say that personal growth is important, financial wealth or integrity is important, or whatever.

These are your personal values. They can change but right now they exist. As you grow they will change. Write your Personal Values statement, one that you will be inspired to own and hold true for your personal success.



For example:

I take chances. I am flexible. I know that all people are perfect as they are; I do not have to meet any expectation but my own and my own is to be the best me I can be at all times; I choose to be productive with my life; I fail but I don't stay down; I don't blame karma or fate; I accept responsibility for my life, my work, my relationships, my health.

I think with the power of personal magnetism; I am patient. Success is both an inner and an outer expression.

The Value of time:

- The pleasure of working
- The dignity of simplicity
- The worth of character
- The power of kindness
- The influence of example
- The obligation of duty
- The wisdom of economy
- The virtue of patience
- The improvement of talent

g

**Review your values**

Review your values and determine their priority. Review your voids (what you thought missing as a child, or what you most want) and determine their priority. Your voids create

your values. If the corresponding values do not match the voids then you are possibly subscribing to someone else's determination of what is right and wrong for you. To determine your values just ask yourself which of the seven areas of life you would give away if you had to lose it for life. In other words; if you were faced with a life and death situation (which you are) and the only escape was to give away the benefits of one of the areas of life, which would it be - spirituality, finances, social life, health, career, mind, relationship/ family.

### **Effort**

Effort is only felt when there is conflict of interest in the mind. So long as fleeting and transient values are present, some of their force is used to inhibit the processes concerned with the ultimate void / value.

Such inhibition is partial neutralization of the brain energy which would otherwise be available for fluent thought and is converted to feeling or tension.

Alignment of the body, mind and soul is the alignment between life purpose and ultimate void and value.

### **You only get one chance to make a first impression**

Be very clear about what you dream of, what you offer and why others would be interested in using your service. To speak to the mass is to speak to your own human nature, To love what you do is to love who you are. Remember, God is in the details.

In the USA 12 million tons of newsprint are used each year. This means that the average person is consuming 40 kgs each. The Sydney Morning Herald, on a Saturday, contains around 500,000 words. To read it all at 300 words per minute would take around 28 hours.

The average family watches television 7 hours a day. The TV is flashing at 30 pictures per second, so the average family is seeing 750,000 pictures per day on TV alone.

Xerox reports that American business processes 1.4 trillion pieces of paper per year. On a corn flakes packet there are 1268 words on the box.

The Ten Commandments has 297 words, the Lords Prayer 56, the Declaration of Independence 300, and a recent US Government order setting the price of cabbage; 26,911 words.

### **You never get a second chance to make a first impression**

Your name is either identified with your prospect's needs or it's forgotten

*The more finite you perceive life to be, in time , the more pleasure you pursue.*

*The more infinite you perceive life to be, in time, the more purpose*

*you pursue.*

**The best way to predict your future is to create it; Plan and set goals**

*Sometimes people feel that whatever the work they are doing, it could not be what God intended for them. They blame the work. The missing piece here is not what is wrong with the work they are doing, but rather understanding the work they are performing right now in the context of the bigger picture ..... of their destiny.*

Only 3% of the world's population set any goals.  
These 3% accomplish more than the other 97% combined.

*The true purpose of goals is to compel you to become the person it takes to achieve them.*

**Jim Rohn**

- Goals are to be subsets of a major outcome.
- Goals are to be realistic, possible or obtainable.
- Goals are to be believable and achievable.
- Goals are to be measurable.
- Goals are to be specific.
- Goals are to be harmonious with your values.
- Goals are to be focused on and not to be distracted from.
- Goals are to be prioritized.
- Goals are to be given completion, achievement or accomplishment dates.
- Goals are to be on what you would love, not on what you wouldn't.
- Goals are to be written in the present tense.
- Goals are to have an action plan for their achievement.
- Goals are not to defy natural laws.

# Change

## *Nothing changes until you do.*

For many years I have worked with people who are keen to work effectively as possible. The most successful change agents I have encountered in this time are moved by an expansive vision. They are fascinated by life and driven to experience it fully. They respond well to change although they do not necessarily like it. They think clearly when information is uncertain and structures of belief are impaired. They see connections between a fast moving world and their vision, and they have open and receptive state of mind that is not paralyzed by information they had not expected. They have mastered the art of working with people and are able to communicate honestly, pursue compelling vision and engage with integrity.

Since Adam first ate the proverbial apple we have been living in revolutionary times. But now it seems more than ever our lives are being altered in ways that we cannot predict. Every major institution is being transformed. Some of our most deeply held values are in dispute and the nature of personal relationships is changing drastically. Our capacity to live healthy and useful lives, to work productively with one another, and to pass on a decent world to our children is being challenged. So anyone who wants to generate meaningful responses to the events of the times must become a change agent.

The life force of global change is personal change. People who are changing in order to live productively in this new age can create extraordinary results. Those people who invest time and effort in personal alignment with these changes will do well. Those who assume they can cause other people and organizations to change while they themselves stand still will not be effective. Their understanding of new forces will be inadequate and their decisions will be unrealistic.

The key element of this dynamic is a turn of mind. More than amassed capital or technology or knowledge or connections it is a flexible and inventive approach to life that will determine achievement in the future.

To connect to this resource we need tools to overcome the stresses that keep us in overload. The stresses that sabotage our wealth, health and relationships. In short we need to take the time to understand the human dynamic of spirit.

*In every block of marble I see a statue as plain as though it stood before me, shaped and perfect in attitude and action. I have only to hew away the rough wall that imprison the lovely apparition to reveal it to the other eyes as mine see it. Michelangelo*

To succeed in this change will require the disposal of the belief that we must only be logical and intellectual at work. That inspiration, radical curiosity and wisdom from the

heart need to be suppressed.

***Our consciousness determines our approach to change. In this take away age the commitment to purpose to achieve an outcome must be exemplary.***

The opportunities to make a difference in the world exist within the boundaries of our existing work. Those changes are fundamental to the success of individuals and their business. Access is available to step beyond the academic, to bring people in touch with their true and heart felt inspirations and provide opportunity for the expression of that vision within the traditionally sterile environments of the work place.

Change is something we would love others to do, or the company to do, or even the world to do, but rarely is change something that we would love to do to ourselves. Personal change requires a big enough why and often people do not have a willing motivation to change their life. The wise will volunteer, the unwise get no choice.

***Here's the test to find whether your mission on earth is finished.***

***If you're alive it isn't. Richard Bach***

### **Irritation**

Turning aside irritation requires the force of magnetic will and the tools to process the cause.

Magnetic will has always the long view and therefore never forgets far purpose.

Maintaining steadiness requires a solid long term view and local as well as distant goals.

***"during conflict of any description that it is really a privilege to pass through these conditions."***

***"I give back to every disturbance the serene smile and joyous laugh"***

### **Masters in the art of Living**

Draw no sharp distinction  
Between their work and their play,  
Their labor and their leisure,  
Their minds and their bodies,  
Their education and their recreation.  
They hardly know which is which.

They simply pursue their vision  
Of excellence  
Through whatever  
They are doing and leave  
Others to determine  
Whether they are working or playing.  
To themselves, it always seems to be  
That they are doing both.

# The Power of Magnetic Communication

*For one who has conquered the mind*

*The mind is the best of friends,*

*But for one who has failed to do so*

*His very mind will be the greatest enemy*

*Bhagavad Gita*

The life lived unconsciously takes the same time as the life lived consciously. Exercises and practice are of no value unless they lead to habit. A full breath takes no more effort than a shallow one if it is a habit.

The body cannot begin life until it first begins to generate magnetism. Every element of nature is composed of molecules, their adhesion, shape and form are determined by the action of magnetism in the character of cohesion.

The earth is held in orbit by these very same forces as are we people who walk it's surface held tight by gravity.

Each molecule is composed of atoms, satellites or planets in orbit around the central axis. Without this there could be no chemical element. No oxygen, carbon, hydrogen, nitrogen carbon, iron, gold or any other thing. Nothing could grow or breath, or live or have shape. All of creation would alike and all things would be as one.

As above so below. In every atom appears a solar system and every solar system appear an atom. Planets drawn to the sun by it's magnetism, the planet held at bay by it's own magnetism.

Here we find that the basis of all life is magnetism and that it is also the basis of all matter. That wherever there is matter there must exist the powers of magnetism, shaping, making, developing life. Of such is the human body. We have seen the power of a single atom whose energy is released to a force that can destroy a city.

All who need mastery of energy within the body and direction of energy by the mind are practitioners of Personal Magnetism. To harness these natural forces requires commitment and determination.

Every particle of the human body is charged with this latent force of magnetism for

without it, the body cannot exist. It is everywhere, in the blood, the organs, the arteries, veins, the brain, in membranes, the nerves, and in every sinew of the body. Yet, in the unconscious lay person these forces and energies are latent, singular and in constant discharge. This a most important distinction

The nucleus of a cell is the controlling particle of the cell. It holds the proton and electron firmly in their orbit and determines the nature of the cell itself. There is in all structure the primary particle or element followed by subordinate or modeled particles. The DNA is carrying the secret future of that cell, it contains the secrets of the future for as that cell, the primary cell multiplies it's intrinsic intelligence is shared with all subsequent cells, it is the blueprint, the master plan. The babe grows from a single cell and every cell in that child's body comes form that one original cell. As the babe grows and the cells multiply into their trillions the last cell produced still reflects the intelligence of that first cell.

The original cells intelligence becomes diffused within the body of the being. The capacity of the human animal which differentiates it from plant specie is the capacity to have both diffused and integrated intelligence of these partnered cells. The energy of the plant is stored in the cell, each of which, in some form or another will be consumed by animal. So, the diffuse intelligence of the plant specie eventually becomes the collective intelligence of the animal specie.

The plant form of energy is electric and primitive, diffused. In the human or animal form it can be intelligent, collective and magnetic. Thus, some people and animals are seen to be electrically charged yet lack the cohesion and consciousness to convert this force into magnetic qualities. This diffused cell intelligence when bought into a collective condition becomes, through the brain, the magnetic power of life.

Every particle of the human body is charged with magnetism. Without it, the body cannot exist. Yet, in the unconscious person these forces and energies are latent.

The nucleus of a cell controls the cell. It holds the proton and electron firmly in their orbit and determines the nature of the cell itself. The DNA carries the secret future of the cell. It is the blueprint, the master plan. The child grows from a single cell. As it grows, the cells multiply into their trillions but the last cell produced reflects the intelligence of that first.

Each atom is the universe. Each atom is a solar system. yet a thousand billion of these atoms thus concentrated could not be seen by the naked eye. It is of such atoms that the human body, the human brain, the nervous system, and all the organs and all the flesh and bones, are composed. The energy that is locked up in a single atom holds enough potential power to destroy the body itself if set free. Every drop of blood is charged with latent and active magnetism. There is no particle of life in a human being that is not a slumbering dynamo.

While electricity and magnetism are not the same, both come from the same source, make use of the same laws, and proceed in the same manner to manifest themselves. The air about us is charged to access with unlimited funds off electricity and magnetism.

### **Outlines of Magnetism**

Magnetism has its basic foundations in nature.

It is an intangible force, yet it is the most powerful force in all universe. The constellations that form our universe are held together by the same force. If this force were absent, all creation would fly apart and be lost in the chaos.

Our own solar system consists of the central sun, the planets, and planetary orbs that are invisible to the eye. All held by magnetism to the sun. All revolving around it, all repelling the efforts of the sun to draw them into its mass. If the inherent magnetism all of the orbs that repel the inviting power of the sun were absent, they would be absorbed in that great fire.

These are the giant energies of magnetism. What we call gravity for lack of a better name, is the same magnetism. It keeps all things within a the embrace off the earth. Without it no living being could remain on the ground. All growth in the kingdom; all plants, flowers and trees are due to the magnetism of the sun in drawing the material from the earth. If this were lacking, nothing would have life. The needed vitality from the sun is actually drawn from the sun, and eventually stored away in the earth itself.

We now see that the structure of the universe is mirrored in miniature in all substance that is called matter. The very cohesion that holds together molecules in an atom is magnetism. Without it there could be no elements. No oxygen, no metals, no gases, and no combinations all elements that sustain the life and give shape to all things.

Each atom is universe. Each atom is a solar system. The central orb in atom is as active in relative terms as our sun where flames shoot a hundred thousand miles beyond its surface, yet a thousand billion of these atoms concentrated in one place could not be seen by the naked eye.

It is of such atoms that the human body, the human brain, the nervous system, and all the organs and all the flesh and bones, are composed. The energy that is locked up in a single atom holds enough potential power to destroy the body itself if set free. Every drop of blood is charged with latent and active magnetism. There is no particle of life in a human being that is not a slumbering dynamo.

While electricity and magnetism are not the same, both come from the same source, make use of the same laws, and proceed in the same manner to manifest themselves. The air about us is charged to access with unlimited funds off electricity and magnetism. If you set up a giant generator in a small room having wall 10th the feet, all four walls concrete 3 meters deep. And if you locked out that room with a door 3 meters thick. Then set the generator working to draw out from all the air all electricity available. You will never find an end to the flow of current that will supply that engine or dynamo.

Electricity and magnetism exist in all things. The human is filled with latent magnetism. The human brain, sometimes called the seat of the soul, is ready at all times to charge the nerves and set muscles in action.

**“Electricity is the soul residing in electrons” Thales 500bc.**

**“The latent magnetism of an individual is quickly awakened by the vibratory**

## **current through voice, eye or touch”**

Magnetic energy of life is around us. We cannot live without it. No atom exists in the universe without the motion of attraction and repulsion. Magnetic energy is life force itself. Lightning flashes remind us of the electrical foundation of nature.

## **Non Local Communication – The cosmic AT&T System**

The human body is electrical. We acknowledge the fields we can influence.

Magnetic and electrical fields are not confined within the body. They expand as a radio signal might from a beacon. The expansion is limited only by the imagination. Expansion like radio waves goes on into limitless space.

It is not difficult to imagine that one person may impact another through personal magnetism. We know the powerful effect of attraction and repulsion. We are aware of the presence of others sight unseen. This power transmits itself. Watch a movie and feel the sentiment of the actor, attend a play with 10,000 others or listen to the Great Paverotti. Electrical magnetism is stored in the mediums of communication.

## **Thought travels through walls**

An inspired thought, support by the powerful magnetism of its originator travels beyond the physical realm. There are three medium through which a thought is projected:

- The atmosphere (Sound)
- The light ether (sight and electronic communication)
- The thought ether (the unseen, un scientific but totally reproducible)

Human magnetism employs all three.

The human voice travels on airwaves at 1087 feet per second. Light travels at the rate all 186300 miles per second. Electricity moves at the rate of 230, 000 miles per second. Thought is able to reach the farthest orb in space, trillions times trillions of miles, in less than a second. Thought, like light moves in waves, uniting not only human beings on this planet, but all beings in the universe.

From this it is possible to comprehend the powers of personal magnetism and the very reason that they are the gift of the few. Those skills are revealed in the leader, performer, actor, teacher, preacher who rises from obscurity to impact millions of people through the mastery of their latent energies, magnetism. No person who has achieved the status of success, and sustained that, and been acknowledged for their inspiration has been without the mastery of magnetism.

The voice is not magnetism but a reflection of it. The eyes are not the cause of influence but the reflection of it. The touch is not the cause of communication but the medium through which it passes. Magnetism cannot be imitated, only the representations of it.

Thought, like light moves in waves, uniting not only human beings on this planet, but all beings in the universe.

When two people are drawn together based on magnetic attraction they do not separate. Personal Magnetism is inherent, natural, one hundred percent real. Once it becomes a habit it is grafted into the being and remains so till death and after. Substitutes are not real and therefore are transient, unnatural and disappointing. These are the unreal and can never stand the tests of time. A great advantage is achieved from the practice of making yourself familiar with people and their traits.

# Stopping the Loss of Personal Magnetism

*He who rules himself is greater than he who ruled a city*

**Magnetism requires a willingness to master mind, body and Soul.**

Magnetism requires a willingness to master mind, body and Soul. For these are the escape ports through which magnetic vitality escapes and the keys to truly developed success.

Everyone holds enough latent magnetism to give them absolute control over all affairs of life. It can lift a person to the highest pinnacle of success if it is used in the right way. As long as brain and body are composed of atoms controlled by a central force as full of energy for its size as our own sun, so will each human have the potential of enormous personal magnetism.

Through the mastery of circumstance unmagnetic people can accumulate material and spiritual success. However the whole person may in fact be poor. You can find the vacuum in the existence of the non magnetic person.

Most people are preoccupied with the art of substitution. Substituting some forms of attraction for those that are lacking. Such substitutes are usually only employed in the presence of others as one would wear a mask and as such these are not natural and are consuming of vitality and energy.

***Substitutes for Personal Magnetism --- The four Illusions Food, sex, greed and spirituality.***

Food, sex, greed and spirituality. Hunger for these forms the basis of most peoples lives. A satisfying of one craving generates another. We define the total meaning of success as the mastery over these appetites. Such a state is referred to as Magnetic. Success and magnetism are one. The result of magnetism is financial growth, self worth, friendship, health and social enjoyment. Within this definition reigns the greatest gift of all, the capacity to give to another.

All persons have natural magnetism. For some it is latent. For others it is energized but laid to waste. This is called leakage. It has been proven that if all the abnormal leakage of the body can be stopped, there will occur immediate accumulation of magnetism.

Magnetism creates vitality; vitality seeks opportunities for expression; these come naturally in the prolific thinking of the mind, the thirst for real knowledge. Therefore, by simply stopping leakage an individual can increase the development of personal

magnetism to the highest degree.

Stress and nervous tension is the greatest leakage of personal magnetism known to mankind. No physician, no medicine, no drugs, pills or electric treatments have been able to stop leakage of personal magnetism and vitality caused by nervous tension and stress.

### **The Three Leakage sources**

- Physical leakage occurs when muscular energy is runaway without purpose and without control.
- Nervous leakage because when some vital energy is thrown away by the erratic action of the nervous system.
- Mental leakage occurs when thoughts persist in exciting the brain and so exhausting its energy.

### **Physical leakage**

- The fidgeter makes you uneasy. You'll not have confidence in a person who fidgets. Restless people make all around uneasy. Restless people cannot become magnetic.
- Typing. Typing for any length of time creates restless and nervousness.
- Blinking. Excessive blinking and uncontrolled movement of the eye lids drains magnetism.
- Face motions. The most common is the action of the lips and especially the tongue. The face is a book, it should not bear records that can be read by people at a glance.
- Drumming. Fingers feet hands feet drumming are all reflections of leakage in vitality.
- Fidgeting. Especially with the fingers scratching the side of the head, moving up and around table, old movements of the arms and fingers reveal an unconscious deterioration in presence and vitality. This also applies to feet swinging under the table or tapping on the floor.
- Posture. Sitting position at all offices if you walk around you'll see people slouched in their chair, head resting in the hands, leaning back lounging, shoulders hunched, spine compressed
- Preventing physical leakage paves the way for new and life giving vitality.
- Steadiness is a habit. Observe all unnecessary motion you make and reduce your movements.
- Self mastery inspires confidence in others, thus increasing success .
- Powerful people are deep. The stronger the feelings, the less should be their outward evidence.

### **Nervous leakage**

- Nervous reaction is a construction of the mind. Most reactions in the calm

judgment of time would be minimized. So much of our nervous reaction is irrational. It is often based on myth, some past unrelated event and memory. Nervous shock drives out more vital energy than can be stored in days of steady behavior.

- Sudden starts. These effects the whole body or a part of it.
- Sudden stops.
- Trembling. unsteady movements which reflect weakness and senility
- Short breathing. This is a habit it invites mouth open breathing which is injurious to health.
- Sighing. This is due to a low state of respiration and denotes that the nervous system is out of order.
- Halting speech. One in 200 people talk without halting. The usual expression when the halt comes is uh. The cure for this is to speak smoothly by directional the will.
- Rapid talk. Energetic delivery in speaking or in conversation is one thing; making a habit of rapid talking is another. Nervous exhaustion is the penalty of the person who talks too much and too fast.
- The speaker of great power is usually a person a few words when not engaged in speaking. This is also true of the actor. As a general rule the less you talk, provided you talk some and talk sensibly, the more you are respected.

### **Mental leakage**

- Physicians say that more vitality is lost, and more injury is done to the system by means of mental waste than in any other manner.
- Mental losses lessen the energy of every part of the body -- mind, nervous system, the functions of the organs, the power of digestion, the power of accurate thinking, the respiration and the circulation. The result is called self-injury.
- The most dangerous and the most prolific course of mental exhaustion is worry. There are two forms of worry; worry from courses arising from the activities of life, and worry that is a mental disease.
- ***Worry that is a mental disease is like a cancer.***
- Melancholy is a waste that destroys vitality and deprives a person of good opinion and confidence.
- Pessimism. The opposite of pessimism is optimism, which can be equally damaging if not used in conjunction with common sense and judgment. Many persons have failed through unrealistic optimism. Optimism is an essentially ingredient in success however optimism that is not given magnetic power is a mere veneer.
- Discouragement. If we cannot see opportunities for advancement in our progress in

the world we become discouraged. To spend less than you earn, to add everyday something of real value to your stored knowledge, surround yourself with contacts with people who are worth knowing. Examine your speech for negative terms, look to your creative output for opportunities to improve.

- Surface thinking. Magnetism is the power purpose intensely willed and carried to the execution by all faculties. It is an act of the mind the heart and nervous forces.

### **Other behaviors that quickly drain magnetism**

- By unsteadiness of the hands arms or body.
- Twitching of the eye lids, or constant winking.
- Drumming with the fingers or with the feet.
- Sighing.
- Gaping.
- Lack of sleep.
- swinging the arms, legs, hands, feet, head or body.
- Rocking.
- Restlessness.
- Twitching of the fingers, or any movement of any part of the body during embarrassment, or while speaking or while being spoken to.
- All kinds of embarrassment.
- Awkwardness.
- Shorter exhalations than inhalations.
- Staggering and stuttering.
- Lack of fluency in speech.
- Allowing the ankle to be turned or strain put on the body by an uneasy or uneven standing position.
- Having the body twisted.

### **Reduce Physical Waste – Calmness dead stillness.**

***The most magnetic life is generated through the calmness of conscious strength, the power of fully developed energy without the waste of force.***

Is also known as nervousness and is one of the greatest causes of leakage of vitality. It is reflected in the person who is uneasy, fidgety, squirming or in any other way addicted to irritating activity.

One person may master many thousands through dead stillness - mustering the inner powers yet holding an outward calm. They hold steady in the face of confusion, hold firm in the face of trouble and are steady in the eyes of others. You may call this coolness.

Restlessness is a habit of life. It is the cause of lost vitality, concentration, focus, clarity

and is the primary generator of mental disease such as depression. The magnetic person is not restless and this is always very obvious.

Freedom from restlessness is not stiffness or fixed position. Relaxation is the basis of ease, polish and grace. There is a power in correct relaxation and it is certainly not the relaxation of laziness.

Coolness can be acquired. Break the habits of the body, regulate thoughts, steady the eye and calm the mind. Add techniques of breathing and graceful, steady poise and you have created magnetism and achievement in abundance.

**Be still while you are doing it.**

Unsteady eyes, no expression, stepping about, shifting weight, Leaning forward and back, leaning across to the left then to the right, never standing still for one moment. Gesturing, continually and unnecessary finger movements, uncontrolled talking, worry and soon the stock of energy is exhausted.

Standing still, keeping cool, confident movements, balanced base, the head is not moving up and down, there is not physical movement to the rhythm of his words, head kept erect, strong, powerful, energetic is perfect poise.

Few people carry their head in magnetic poise it falls forward, or is inclined to the right or left or is tilted back.

The magnetic person exhibits no stiffness about the neck; but there is certainty of posture that denotes the presence of power. To be still does not require that one be stiff; only dead people exhibit that quality. We wish the stillness of life.

When the ordinary person is told to straighten up, to remove the lines of weakness, they have no other resource than that of hardness and this is considerably worse than nothing at all. Ignorance is bliss in this instance. Magnetism is the center path of these two extremes.

Uncontrolled bodily movements such as the frequent change of position, the moving of arms, legs, hands, fingers, eyelids, mouth, face muscles and various twitching, jerkiness indicate chronic nervous energy waste.

Every one of these activities involves the use of energy thus an enormous amount of energy is given off. It is thus essential in creating magnetic energy that the fund already possessed should be rationally conserved. All such movements should therefore be brought under the general unconscious control of the will.

***I am power. Why should I exhaust ? Let there be repose.***

At some convenient time during the day, complete seclusion from all disturbance should be obtained preferably in a darkened room and for about ten minutes, every nerve and muscle should be relaxed and the mind held open to the thought

***I am storing energy***

It is a great truth that the Universal Forces move most freely into the arena of the quiet, yet masterful soul.

# Process for awakening Personal Magnetism

Every man and woman is charged with electrical and magnetic force. Personal magnetism simply waits for awakening. Awakening this magnetism involves focus on a great cause and when it is not harnessed by the individual, it is wasted. Exercises create habits to sustain heightened personal magnetism, however certain people exhibit magnetism naturally, without instruction.

The common traits of naturally Magnetic People;

- Perfect poise
- Coolness and reserve in muscular and nervous systems
- Powerful eyes
- An active yet rugged grace
- A magnetic voice - consciously copied.

These magnetic traits are accompanied by magnificent skills in their life's work and by cultivating thoughts, ideas and ambitions to combine with natural magnetism. You must also know the obstructions that prevent the latent magnetism of the body from being released for action.

## *You are a battery*

You are a battery. A storage system for energy both physical and psycho etheric. Interaction, attraction and repulsion of human emotions is the force reflecting the strength of these storage systems. The sum of the charge of the battery is called your personal atmosphere. It either harmonies, attracts or repels others. As you begin to understand the energies required to develop the storage in this battery system you are able to develop the habit of personal magnetism.

The vital force of the body is believed to be electric and personal magnetism is measured by the completeness and harmony of the physical function.

There are two kinds of health;

- The general body including flesh, nerves and brain.
- The electrical vitality, the source of magnetism.

Pain of any kind is one of the greatest enemies of magnetism.

Anything that sucks life out of the nervous system de-magnetizes the body. Pain is the quickest of all. This includes pain of the mind, nerves and flesh - worry, nervousness, confusion.

### **The hallmark of great healers**

You are your own healer. Don't be misled to think anybody can do this for you. Become your own healer by taking the following indications into your lifestyle. Become the power you seek and forever be acknowledging the universal forces and the power you have been gifted with.

#### ***There are four elements to all healing***

- Gratitude
- Presence
- Certainty
- Love

#### ***The hallmark of great healers are;***

- Healer carries magnetic hope, inspiration and courage
- Carries no depressing influences
- Personal interest in patient
- Gives adequate time to each patient
- Carries no depressing influences
- Has personal interest in his patient
- Concentrates psychic will to heal and psychic power
- Arouses in patients their own psychic power
- Self improves personal magnetism by instilling thoughts and practice
- Grooms body and mind for psychic power
- Identifies that blood is life
- Drugs are stepping stones to psychic healing
- Soul is supreme
- Body must store energy
- Body must get energy
- Loose energy

### **The value of Exercise**

We breathe in order to get rid of carbon dioxide gas in the lungs having received it from the blood and to secure a sufficient supply of oxygen by drawing it through the walls of the air sacs of the lungs into the blood

It is in this manner that exercise increases the circulation, muscular activity forcing more blood into the veins and heart, and the excess stimulates the lungs into greater activity. The best exercise consists of varied activities and never too long brings into action one set of nerves or muscles nor engages them in unduly continued violent work.

### **Magnetic Rest**

***Life moves not on a straight line but in rhythmic curves.***

The magnetic person therefore knows how to rest. As a matter of fact few people know anything about it. It is a very valuable art. There are those whose sleep is good but it is not psychically magnetic. The magnetism of sleep evolves from a psychic state of peace of oneness with the Universe an enforced freedom from care and a receptive attitude toward the Universal Forces which result in vital and attractive powers.

***Before going to sleep at night you should also –***

- Be at Peace!
- Assume oneness with the All
- Banish care from the mind
- Relax muscles and nerves
- Think, easily, calmly, confidently “I shall this night develop magnetic power in every part of the body”
- And pauses for a day or two are especially important during the working of our regimes.
- True rest is restorative psychic activity. When the conscious mind is at peace within itself and with all existence then the subconscious knows that it can draw into the body the universal forces to rebuild and restore tissue and function.

**Magnetic Breathing**

Christian tradition declares that the Creator breathed the breath of life into man’s nostrils and he became “living soul”.

The proper channel for the breath is the nose, not the mouth, and that breathing has something more than a physiological value.

***Principle; Oxygen carries etheric life and therefore Breath is the greatest engine of vitality;***

The diaphragm is the body's greatest engine of vitality. It is a large wide muscle covering the floor of the lungs and the roof of the stomach. It reaches from one side of the body to the other and from the front to the back. The ancients saw it as the seat of the soul.

***The diaphragm controls***

Organ health  
Vitality  
Laughter  
Emotion  
Concentration  
Confidence  
Presence

When your mind and thoughts are absorbed in something this organ or respiration ceases its action completely;

A loaded diaphragm develops magnetism naturally;  
A raised diaphragm depresses life, weakens health and destroys magnetism.  
In hypnosis the diaphragm is raised.  
In wrapped attention the diaphragm is raised.  
In hysterics it is raised.  
In hiccups it is raised  
In giggling and levity it is raised.  
When another person is holding any kind of control of the you, the diaphragm is raised.  
In fainting the diaphragm is raised.  
In illness it is raised.  
In death it is raised.  
In gambling, stressful situations and shock it is raised.

It can be seen that the habit of suspending the diaphragm in the raised position can drain and damage vitality. A new habit must be developed by exercise.

***Recognize the position and location of the diaphragm.***

Exhale all the air from the lungs then inhale as much as you can, and hold the breath for one second then exhale completely. After a rest repeat the whole process and hold the breath two seconds. Then exhale, after another rest and inhale and hold for 3 seconds;

After a rest exhale all you can then inhale all you can. Hold the breath for four seconds and tense the locality of the diaphragm. This is done by directing the attention to the rib cage. Spread the floating ribs to the left and right as well as in front and back as far as possible. This is called expanding the diaphragm.

**Remember in all exercises of the diaphragm do not allow the abdomen to protrude.**

**Breath of the Soul**

Occultists have always taught that there was to be found in the air a substance or principle from which all activity, vitality and life was derived. "Prana" is the Sanskrit term meaning "Absolute Energy". We understand Prana to be the principle of energy exhibited in all living things, the Vital Force. It is found in all forms of life, from the amoebae to man, from the most elementary form of plant life to the highest form of animal life. Prana is all pervading.

Prana is the name by which we designate a universal principle. This principle is the essence of all motion, force or energy. It is manifested in gravitation, electricity, the revolution of the planets, and all forms of life, from the highest to the lowest. It may be called the soul of Force and Energy in all their forms.

The Hebrew writer of the book of Genesis knew the difference between the atmospheric air and the mysterious and potent principle contained within it. He speaks of "neshemet

ruach chaytm”, which, translated, means “the breath of the spirit of life”.

We are constantly inhaling the air charged with Prana and are constantly extracting the latter from the air and appropriating it to our uses. In ordinary breathing, we absorb and extract a normal supply of Prana, but by controlled and regulated breathing (generally known as Yogi breathing) we are able to extract a greater supply which is stored away in the brain and nerve centers to be used when necessary. We may store away Prana just as the storage battery stores away electricity. One who has mastered the science of storing away Prana, either consciously or unconsciously, radiates vitality and strength. It is a magnetism which is felt by those coming into contact with him and gives increased vitality and health. What is called “magnetic healing” is performed in this way, although many practitioners are not aware of the source of their power.

Just as oxygenated blood is carried to all parts of the system, building up and replenishing, so is the Prana carried to all parts of the nervous system, adding strength and vitality. The supply of Prana taken up by the nervous system is exhausted by our thinking, willing, acting and constant replenishing is necessary.

### **The Magnetic Power of Prana**

According to ancient Yogi texts you have 72,000 nadi's. These are energy channels located throughout your body. They are the focal points of most Eastern Healing process and now, more than ever, the subject of increasing research by western medicine.

They are the key to the management of the subtle energies of the body and when managed en mass become the key to self actualization. They are like the tributaries of a river flowing to the one river and then to the ocean. Nadi's, however, are invisible.

The subtle energy currents travel throughout the body under the guidance of electromagnetic forces. They fork and branch distributing Prana. Prana is the name given to the life force energy throughout your body, by the Yogi's,. The sun, solar and universal, is the source of Prana. Sunlight is it's carrier. The atmosphere, water, earth, plants and animals are it's storage systems.

Worry, stress, anxiety, nervous tension, thought, in gratitude, and over exertion lead to the dissipation of Prana from your body. Continual abuse of the body through these mechanisms leads to the blockage of the nadi's and therefore an incapacity to recuperate and remain vital.

Yoga is the science of storing, directing and expressing life force, Prana. Understanding the source of leakage, opening up the channels, developing awareness and skill in directing and the development of mind control are the core objectives of all yoga. For it is at the end of that journey, and during moments of steadfast integration that we are able to experience the magnificence of the universe and it's divine order.

There are three primary nadi's. Originating at the base of the spine. These primary nadi's criss cross backward and forward up the spine until they again rejoin and finish between the eye brows. At each crossing point there is an intense focus of energy. A focus that is manageable, adjustable and vital to primary wellbeing. These points are the Chakras.

There are 7 Chakras in all. The base, the navel, the abdomen, the heart, the throat, the eye brow center and the crown of the head. Each is responsible for the wellbeing of all functions associated with that area of the body. Ayurveda is the Yogic Medical process responsible for the management of these areas through herbs, massage, healing, yoga and operation. You are your own doctor when you have developed the sensitivity and awareness of these vital currents, an awareness that is essential prior to the true practice of the most difficult yoga of all, meditation.

When the nadi's are clear, the two secondary energy channels are in balance, the primary Nadi receives the full force of the Prana within the body. The force and power of this energy is light, referred to as Kundalini, and it is a mighty and powerful force.

It is the force of fire. The intensity of a laser, the power of the sun all melded into a small invisible channel, located within the spine. Can you imagine what would happen if the body were not prepared for such force. If, for example one of the energy Centers were not cleared and through some fragmented process the full forces of Prana were awakened.

Awakening the full power of Prana is a journey, a joyful, playful, respectful, heart opening journey, and it is this we would love to share.

### **Magnetic Mentality**

#### ***Principle – Etheric chaos is never magnetic***

A further wasteful expenditure of energy is seen in haphazard and uncontrolled action of the mind.

Thought is an activity of the psychic self. Your personal energy is filled not with a thought-thing but with a thought-energy. All excessive mental activity is an injurious consumption of vital force. Real thinking is controlled direction of mental activities to a defined end. One of the best balancing methods for the mind is the level headed search for reality.

All unnecessary expenditure of energy in any given work should be avoided. It is largely wasted energy. He who desires magnetic power must conserve his forces.

***"The resolution is to be without disturbance to my own mind or to the repulsion of others to do this one thing splendidly, satisfactorily- a determination to achieve the support of others through attraction to achieve my desire.***

The alternative and unmagnetic stance is presented for the purpose of comparison. It is a determination by binding to achieve an outcome whether or not you are supported. It is a mindset of fixed and rigid position. This is an attitude of force, it throws the atmosphere into violent and repellent vibration and in the end result is injurious to both parties.

For what to one person is a stress is to another a joy. Your senses pick up the signals. Smell, taste. Sound, feel, sight, time and space. Your mind interprets those signals.

Under stress, people try to change everything but themselves. Change the company, change the employees, change the customers, change the company name, the office, the phone number. They have tried to change their wife or husband, they have tried to change the kids until finally after years of stress they look inward. "Maybe it is all in my mind and it is my attitude that something needs to change, not in them."

Your stress is the result of your thoughts. If you change your thoughts you change your stress. Events are neutral until we add our beliefs.

When your mind is calm you feel in control. Peace of mind is a choice. When your mind is calm and your body is relaxed, your immune system and therefore your health is at a peak. When you honor your body, it is in a relaxed and alert state so that focus and concentration are possible. You will radiate that vibrancy and vitality that attracts people. Clarity and certainty will be reflected in your appearance and speech.

If you have less energy at the end of the day than at the beginning, you've got stress. There is simply no need for it. Save that energy lost in stress reaction you get to do more of what you really love doing.

*"Achieve your results without war, without friction - in the soul or in your outerworld"*

### **The fertile mind is magnetic.**

Whatever makes a person more valuable to himself will make him more valuable to others. Personal improvement lifts the individual up through thoughts, ideas, impulses and by keeping the company of inspired souls.

From this habit of looking onward and upward, comes the spirit of initiative. It is splendid training, always looking for ways of betterment. It is valuable in any area of your life. Always retain some margin in every thing. Never exhaust yourself in what you do.

### **Ideas are more vital than words.**

Ideas are more vital than words. Read great thoughts. For the reading of a thought will often change a whole life.

The truths divides the future of each person into three parts; possibilities, probabilities, and certainties on the positive side; and into three other parts on the dark side - impossibilities, improbabilities, and certainties the last being certainties of life's failures.

## **Magnetic Food**

The first demand of nutrition calls for a sufficient amount of the needed variety of food and drink

The second demand requires for digestion and assimilation

The third demand is satisfied only by thorough mastication of food and free mixing with saliva prior to swallowing.

The fourth demand involves a healthy power of digestion and therefore freedom thereafter from unhappy emotions and mental and physical labor

### ***The Magnetism of Food***

Many people live to eat others eat to live.

Overeating is one of the most depleting activities you can pursue.

The blood is no better than the contents of intestines.

Thirty percent of all digestion takes place in the stomach.

Seventy percent of all digestion takes place in the intestinal canal.

Foods that digest slowly, or are not chewed well, or are eaten in the wrong combination rot in the gut. That rot enters the blood, and becomes you.

If proper foods are eaten, the development of vitality and energy is a very rapid process.

### ***Foods that destroy magnetism.***

Intestinal poisoning due to bad diet is one of the most common diseases and demagnetizing influences in society. 99 percent of people suffer from bad digestion. Foods that poison the intestine, aggravated the intestine-- poison the body and mind of the individual. The body requires only 14 do 15 elements, and when these are supplied the needs of life are met; but if you send down into the system a massive thing that the body cannot use, then it will be stored as fat or overload the system. An internal war develops. This takes vitality away from the other functions of the body. In other words if you eat improper foods, your blood will become toxic , you in turn become vulnerable to disease, suffering, irritability and loss of magnetic power.

There is a significant list of non-magnetic foods. They vary person to person, however these are the general rules;

Do not over eat at any time.

Beware of nightshades.

Beware of excess sugar and sweets

Beware of excess coffee, tea, alcohol, tobacco and in the other stimulants.

Beware of processed food.

Don't eat animal organs.

Avoid excessively hot or cold food or drink.

Minimize dressings such as spicy sauces, spices, additives.

Avoid over cooked food.

## *The Vitality of Youth --- Magnetic Posture*

The first step in the regaining of youthful vitality is the vigorous blood circulation in the medulla oblongata. (the third brain). It is the upper part of the spinal column. The first brain does much of the thinking. The second brain attends to the involuntary life of the body and the muscular system, sometimes obeying the mandates of the first brain (sympathetic and parasympathetic nervous systems)

The third brain attends to the autonomic function of the Digestion, Circulation, and respiration.

It is this respiration that provides the unique opportunity for vitality, transformation and youth. The lungs do not seek air. They seek the vitality that is carried by air This vitality that brings new life and with it the magnetism that the body requires.

By reaching this third brain with any process that is available it is possible to control the beat of the heart, stop digestion or paralyze the lung action. Any interference with the action of the third brain will cause a decay in the function of the digestion, circulation and respiration. Excess alcohol, poor air, a blow to the back of the neck, stress and worry amongst many others impact the function of this third brain.

The function of digestion, respiration and circulation of the body are the primary sources of vitality and life force.

This third brain is located at the top of the spinal chord but it's tentacles reach and merge with the whole spine. The spine, nerves, chords, muscles and bone are tied together and separated with small pads of material. The whole structure is capable of flexing and bending twisting and adjusting to movement in all directions.

When we are young our spine is strong and vertical. With work, injury, sport, excessive reading and lack of attention the upright spine becomes inflexible and bent. Few people above the age of 30 are free from this deterioration in the spine.

The vitality of youth is the straight spine for it is this that, in conjunction with the third brain that create the processes for the distribution of the vital forces within your body.

Imagine a center point on the top of the head, through the base of the neck and down to the center of the pelvis. Any unnatural curve of the spine shoulders or neck interferes with the flow of blood and the flow of nerve vitality and the flow of magnetism.

Blood carries new magnetism for cells. The nerve currents carry the actual life of the body, which includes all it's magnetism. Any curvature of any part of the body that interferes with these flows lessens the energy, vitality and function of the currents so impeded.

Old age brings all kinds of curves to the spine, neck and shoulders. Youth is straight. Age is bent. We have all seen the extreme of this in the stooped aged person with cane for support.

But standing straight is not enough.

Create the alignment between the vertical plane of the head, neck and base. This can be made into habit. This is the prime trait of the magnetic person, in this way they will never grow old to the onlooker or to their own feelings. A straight spine is a centered spine and a centered spine is a centered and present person.

The second habit to be acquired by the magnetic person is the habit of stretch. The neck (third brain) must be pulled tall.

When the neck muscles weaken, abdominal muscles weaken and the abdomen begins to sag carrying with it the internal organs. The pot belly on so many men is the true reflection not of old age but of collapse of the vitality of youth, the surrender to gravity. It is in the wash up simply a bad habit.

Here you are asked to develop the habit of upright posture. Check whether your chest sags down when you sit if so raise it as high as possible without raising the shoulders. Keep the shoulders central and natural, Hold this position when you eat, read, sleep, walk, talk and when you are driving. Make it a habit.

Next ask yourself whether your abdomen points forward. If so pull it in with muscle. If the muscles are not strong enough then help them with your hands. After a while the strength will return and it will become a natural position.

Young people have firm abdomen, model them. 95% of people over the age of 20 have collapsed vital muscles. This is the fourth habit. With these habits the flow of natural vital energies returns to the body and to the eye to fire it with youth.

Model youth. The surrender to age is so much dependent on habit for in truth, with the above habits maintained the vitality, vigor, freshness and brilliance of youth shall be maintained.

The new habit is then to keep the vertical alignment of the top of the head, the base of the neck and the center of the chest in alignment plus to maintain the sensation of stretching the head to reach the ceiling.

Stretching the upper neck long will stimulate the heart, vitalize it's action, send warming blood to the extremities of the body.

### **Magnetic Walking**

A Magnetic person is known by their walk. Tensed walking is a rapid generator of magnetism. This is one of the most powerful generators of dynamic magnetism available. Tensed walking requires that the whole leg is devitalized as it comes free after the weight

leaves it; and is tensed again as it assumes the weight. You can achieve this walking slowly or with speed. It takes a little practice but it will become natural with time. There is no need for the back leg to be activated as it swings forward, just hold it relaxed with grace and muscular tension.

***The magnetic walk can be seen from a great distance.***

Jarring or injuring the spine will also result in lost vitality and aging. We suggest that when walking the heel does not jar to the floor. In doing this the whole structure of the body is tested and impacted in a negative way. It exhausts the natural magnetism of the body.

In taking a step keep the center of gravity of the torso well forward without losing the vertical line we have just discussed. This will put the whole weight of the body on the ball of the foot even if the heel touches the floor first in the step. Using heels more than an inch high consumes magnetism due the impact on the spine during movement and the change is vertical alignment of the spine itself. Practice in bare feet. The ball of the foot should most certainly touch the ground first, in heeled shoes it will be different.

This is not an exercise this is a habit.

### **Speaking with Magnetism**

Most speakers believe that; motion expresses more than attitude. The actor cannot reproduce life by acting its details. He cannot always die when he tells of killing. Becoming absorbed in the attitude if description is always more effective and far more beautiful than actions that never express true meaning.

People admire cool self-possessed presentation; they dislike active nervous people who try to carry everything before them as a storm. Coolness allows us to be most powerful by allowing us to think more rapidly, carrying more trains of thought.

The magnetic person proceeds easily. Words are well chosen, spoken carefully, the audience listens, the language is interesting, it shows thought, care in preparation and belief in its declarations. The atmosphere contains that information.

As the interest deepens the speakers eyes darken, the chest begins to solidify energy begins to flow, arms begin to move smoothly. The speaker is not only holding magnetism, he or she is collecting more, generating it by slowly tensing and soon it is felt in the voice. The presenter is now in an increasingly tensed position while under perfect control.

The habit of walking around while speaking, is the result of nervousness, and is taxing on vitality.

Performers, singers, actors and accomplished speakers will keep closer to a given spot.

Action arouses latent magnetism but when it is aroused, it should not be wasted and given away.

### ***The mastery of projection in the voice***

We mainly communicate with each other by the eyes and voice tone. This is the way we convey our personal magnetism too.

In 90 percent of communication the voice conveys our magnetism. This is not through the words spoken but through the tone, feeling and projection of the voice. Merely by adopting the habit of maintaining an open throat and a pleasing manner of speaking, a transformation in personal communication can take place in a single day.

### ***“Vocal qualities; the timber of the voice.***

The true character of the inner life of a person shows itself in the timber of the voice. The voice takes on a common tone and this becomes a habit. In the transformation to a magnetic life it essential to be observant of your voice tones. After some time the voice can dictate the mood.

### ***Which Timber and when:***

Business conversation; pure timber.  
Social conversation; bright, dark, pure, whisper.  
Preacher; bright, dark, pure, pectoral, and whisper  
Lawyer conversation; all timber's  
The actor; all timbers  
The lecturer; all timbers

### ***Confidence Creates and sustains Magnetic harmony.***

Shyness, bashfulness, diffidence, timidity, pronounced fear are all hostile to personal magnetism. This lack of confidence reflects in unmagnetic attitudes such as self loathing, loathing to others, anger, bitterness, etc

### **Self confidence**

Creates intense internal energy. It's a powerful outgoing vibration of unity and persistence in wave movement. It is reflected in a tone of faith in matters at hand with an overtone of harmonious surplus.

### **How to cultivate self confidence**

- Recall past mistakes and eliminate cause
- Don't yield to ideas of failure
- Find benefit in past failures

- Daily recall successes of the past
- Weekly recall the success of the past week
- Monthly recall the success of the past month

### **Magnetic Economy**

#### ***Principle – The Universal Forces are enormously conservative***

When in a normal condition, the psycho-physically magnetic person is remarkably self controlled. He or she suffers a minimum of waste. Physically they hold themselves quiet while not engaged in directed activity.

Emotionally they are self contained though capable at will of enormous dynamic feeling. The great bulk of his mental power is used in some definite purpose. They recreate to absorb benefit not to expand force. They are a master of themselves and their general repose constitutes one of secret power.

### **Heart Magnetism**

#### ***Principle – All excess squanders etheric power***

Undue emotional excitement is etheric. Conserve, compact, unify and reinforce psychic discharges. Normal emotions are naturally rhythmic and tend to harmonize existing etheric vibration. The magnetic person is richly endowed with emotional capacity. But he or she holds it in check. They have automatic self control.

In abnormal emotional conditions there is lack of regulation and waste of etheric force. Undue emotional excitement throws the molecules of the body into violent commotion and drains off the Universal Force.

### **Corporate Magnetism is hierarchical**

Magnetic employees are found at the very top of a company's system. There exists a great drawing power which is the highest magnetic value in human existence.

An employee who meets his duties in an offhand way and does not do more than he needs to is said to be exchanging physical values for physical values. But if he seeks to better himself by making a genuine effort and taking interest in what he had to do, he is exchanging high values for the hope of betterment.

Magnetism is the opposite of slavery. A habit that makes a slave of a man is a barrier to the attainment of magnetism. Addiction is a drain to magnetism.

## **Tension energy generates Magnetism**

When you are about to undertake some intense physical effort such as the lifting of an Olympic barbell, the muscles become set and prepared for the effort. All muscular action is set in motion by the nerves, prompted by thought. Muscular tension has its origin in the nerves.

When the nerves and the muscles are lax they are inactive and unprepared they are devoid of life expression. On the opposite scale when the nerves and muscles are rigid they are gripped so as to inhibit any motion at all.

Nerve tensing involves the nerves but not the muscles. It is the increase in the nervous flow. That means it is the change in tension that creates magnetism and not the achievement of some final state. When the climax of tension is reached, magnetism declines. Nothing is going on at that time except that the nerves are holding the muscles in place.

**Example.** Raise the hands to the shoulders shut the fingers slightly, half clench the fists. To take the power of the body from a diffuse state to an integrated state requires nerve tensing. Nerve tensing must be invoked to bring the diffuse forces of magnetism into mass control.

### ***Magnetic touch is always tense***

Magnetic touch is always tense. The feelings in a human body are variously expressed but the magnetism of love is always tense. It is in the body and proves itself in touch voice & sight. If love -- genuine honest love, is present it is felt without words. The interchangeable magnetic currents of love are the most delightful sensations in the world. Tensing is an increasing approach to a rigidity that is never reached. When the increase cannot be maintained, a limit is found and that is non-magnetic.

### ***The tensed voice***

The magnetic voice is always tense. This means a voice with expression, with tremolo. A flat can never be magnetic. Even the coarse voice is magnetic in its coarseness.

### ***The tensed neck***

Remember that posture is critical that when sitting. The center of the head, neck, chest and hips must all be in a vertical line, one above the other. Stand and sit always with these vital centers in line. Lift the head vertically towards the ceiling from the center of the head. See if you can reach 1cm nearer the ceiling. Muscles stimulate the circulation of blood. The most notable effects being the warming of the feet and hands by the increased excitement the circulation. Magnetic people have warm hands and feet. This is

the most powerful tool in transforming the body into a dynamo of energy.

### **Vital Magnetism and Organs**

To control Vital Magnetism first control negative emotions through the mind.

Vital Magnetism absorption areas are;

- 1/ nerve endings of nasal cavities,
- 2/ air cells of the lungs
- 3/ the tongue.
- 4/ the skin.

#### ***The Skin –***

Vital Magnetism is absorbed and eliminated through the skin. Sun helps conductivity.

#### ***The tongue***

Magnetism is linked to tongue through taste. Flavor indicates the presence of Vital Magnetism. Yogis chew until no taste is left, to maximize digestion.

Digestion uses up 70% of available energy.

#### ***Smell***

The nose is the main absorbing agent. 18 breaths per minute, 1 litre = 13,000 litre 24 hours, versus 2 litres water, 1 kilo food.

The lungs the avail of the lungs transfer some Vital Magnetism. The passage of Vital Magnetism to the blood depends on blood and lung condition

### **General Hints for the development of Personal Magnetism**

- Your habits create or destroy your vitality. Excesses cause loss of vitality. Anything that causes fatigue causes loss of magnetism.
- Wet clothing -- electricity is the basis of magnetism thus dampness, being a good conductor of electricity, will lead electricity -- magnetism away from your center.
- Thin shoes -- the nerves of the feet are so close to the ground that thin shoes destroy the vitality of the nerves. Standing on cold or damp ground, or walking on wet ground with thin soled shoes is a sure means of getting the body out of order and directly causing a loss of vitality.
- Spices. Rich spices such as graves, condiments, pastry. The real test of food is revealed in an analysis of the body itself. The elements present are those required in food. Anything else is foreign.
- Over eating. Most people eat to much. A plain diet is far better than a complex one. Rich foods are antagonistic to the digestion and weaken magnetic energy.
- The closer we can come to minimized, plain eating, the greater will be the powers

of life.

- Eat sparingly at all times, particularly when preparing to use your magnetic power.
- Excess ice water will decrease the action of the heart, respiration, and stomach, hindering digestion.
- Excess water. . Sip plenty of water. If water is taken in large volumes in short periods of time it will flood the digestion and extinguish the magnetic fire
- Stimulants cause a reduction in magnetism. They are substitute vitality
- Excessive external heat. The warmer the room in which you live the less heat will be generated by the body. If the body is cold, the body will under normal circumstances provide its own heat.

## **Conclusion**

Magnetic energy is stored force. Its accumulation demands;

1. Proper periods of rest
2. Variety of physical and mental action
3. Proper food and drink
4. Pure air
5. Physical cleanliness to assist elimination of waste
6. Regular activity of the muscles
7. Regular activity of the nerves
8. Regular activity of breathing
9. Regular exercise of the physical body
10. Regular exercise of the mental, emotional and moral natures for toning of the psychic self
11. Healthy toned mental and emotional activity for the quickening of the brain centers
12. Proper clothing and favorable, healthful environments
13. High moral purpose
14. Avoidance of all excess
15. Sex control and magnetic psychical and physiological harmony
16. A profoundly confident quest for personal magnetism

# Exercises for Self Mastery

## **Exercise; to learn the skills of Observation and Memory**

### ***Purpose; separating masses into details;***

To learn the skill of separating masses into detail;  
To improve memory and awareness.  
To begin a cumulative process for mental development.

### ***Background***

exercises are presented for purpose of developing habit. This exercise will eventually lead to increased powers of awareness and concentration.

### ***Process***

Take a step toward open door leading to room give one quick glance at the contents of the room; then withdraw. While out of vision of anything in the room mention one article that is in the room. This is the first step. The same article may all may not be included in the next round. Go again to the door, look in to the room then withdraw. Now recall two articles that are in the room. Repeat by taking a third look, only for a fraction of a second. Again repeat by taking a fourth look, always going out of sight of the room, and naming the four articles that are seen in that fraction of a second. Continue until you cannot remember the appropriate number of articles.

If you get tired stop, rest then begin again but remember to begin at one from the beginning.

The mind, by cumulative process will soon be able to include from 50 to 100 items in less than one second. Claims have been made that one person reached more than 5,000 items in one second. We acknowledge that the human brain can be trained in to do unbelievable things.

Spontaneous recall of detail is a valuable talent. It aids in the development of presence, acute awareness, ability to visualize and recall detail of visions. It is also a powerful tool when undertaking any form of negotiation. Observation of another persons actions and facial features is a critical ingredient for success.

## **Exercise; Development of the Magnetic Eye.**

Take a large sheet of paper 20cm wide and 26cm high. Print text onto the paper at 14 point and double line spacing.

Lay the paper on a table with the printed side facing down. As you approach the table, take the paper in your hand and turn it over, and then turn it back. Write on a separate piece of paper as much of the text as you can recall. Frame the sentences as close to those on the sheet that you glanced at. Glance twice more for no more than a fraction of a second.

After the third glance. Share with your partner what you have written. Do so non verbally.

Practice this until you can reproduce every idea on the paper.

### ***Level 2***

Now move to the next level by printing a new sheet, typed with text single line spacing and 12 point. (about 30 lines to the page) Use a maximum of 8 glances to develop your photographic memory in the same way as before.

### ***The next stage is reversed reading.***

Take another piece of printed paper, double line spacing and fourteen point. Turn the paper upside down and face down on the table. Turn the page over and begin reading the page upside down. When finished start a new page this time with single line spacing, read this upside down.

### ***The Next stage is to use text that is not formatted in a linear way.***

Now, instead of using type written matter for lines, cut an advertisement from any newspaper and read it in the reverse position.

### ***The final stage requires the use of handwritten letters.***

## **Exercise; To open the face create a natural magnetic appearance;**

### ***Purpose***

This exercise is designed to open the face and create a keen, natural, magnetic appearance. It is designed to reverse the process of aging and the lining of the face.

### ***Process***

Stand or sit before a mirror. Knit the brow. Watch the vertical lines above the nose;

instantly UN-knit the lines by expanding outward. Knit them by reversing the direction of the Temple muscles. Expand and rebound at every effort. Keep on doing this in one or more sessions daily until you can UN-knit the muscles by pulling action that stretches the part of the face above the nose into a smooth area that contains no evidence of vertical lines. This will take some time.

### **Exercise; Magnetic Eye**

#### ***Purpose***

To give the eye its natural shape.  
To restore focus and clarity to vision.  
To draw blood and therefore energy to the eyeball.  
To magnetize the face.

#### ***Background.***

There are nine eye positions. This exercise is the step-by-step movement of the eye into each of those nine positions.

#### ***Instruction***

Position 1 straight ahead.  
Position 2 eyes left.  
position 3 eyes right  
position 4 eyes down center.  
Position 5 eyes down left.  
Position 6 eyes down right.  
Position 7 eyes up center  
Position 8 eyes up the left.  
Position 9 eyes upper right.

Follow the following sequence; 1 -- 2, 1 -- 3, 2 -- 3, 4 -- 5, 4 -- 6, 5 -- 6, 7 -- 8, 7 -- 9, 8 -- 9, 8 -- 6, 9 -- 5;

each movement is to be repeated ten times in each sequence. Caution is required at first so is not to build up exhaustion. Then gradually build up to 20 movements in each sequence.

These exercises can be done anywhere. It's value is immeasurable.

In many cases these exercises have eliminated the need for glasses and have improved eye sight immeasurably.

Strong eyes are essential to magnetic eyes and they give strength to the features about the face. All the exercises in these lessons that relate to the eyes and eye conditions to the whole upper face. It becomes attractive. When aided by the exercises of mental magnitude a wonderful appearance of fine intelligence appears.

The eyes exert a large share of magnetic influence in all communication in personal contact, and had to the power of that rare quality, a magnificent presence.

### **Exercise; Bring back brilliancy to the eye**

#### ***Purpose***

To eliminate the need for glasses  
To strengthen the eyesight  
Bring back brilliancy to the eye

#### ***Process***

Stare at a place where you can see some object in the distance. Hold in your hand some picture at eye level with your arm outstretched.  
Look into the distance and focus on the object  
Bring the gaze to the picture you hold in your hand  
The changing from short to long distance will cause the eye to change its shape and regain some flexibility

#### ***Repeat the exercise***

Use an object half the distance away. After some trials you will notice your capacity to sustain both objects in tight focus is possible.

#### ***Progression on the last exercise***

Obtain an advert from a newspaper with large type  
Obtain another add with small type  
Then a third piece with even smaller type of normal reading size  
The last piece should be very fine type

#### ***Process***

Look and focus on the largest type, then the next down, then the next down and then the last. Move quickly attempting perfect focus in each step. The value of the practice is the

speed in which you can go from one piece to the next after securing focus

Make this a daily practice in conjunction with earlier exercises

**Exercise; To stimulate the brain battery and bring the magnetic state to it's maximum.**

***Purpose***

To stimulate the brain battery and bring the magnetic state to it's maximum.  
To give diversity to the human dimension

Eye Positions

8 Up left	7 up front	9 up right
2 Level Left	1 straight ahead	3 level right
5 down left	4 down front	6 down right

1/ look at some imaginary person whose eyes are directly in front of you and on a level with your eyes Position 1., adopt a dead still body all through. Hold the eyes two seconds in each gaze;

From one move to position two. Do not move the muscles of the face.

Then back to one for 2 seconds

To pos 3

Etc through all positions

While in each of the 9 positions and while holding the gaze repeat the following with full expression and meaning. Let the voice be low, clear and firm even severe. Imagine that someone is actually with you and you are determined to keep them under your control.. the face remains forward and does not flinch.

I am a Genius and I apply my wisdom

I am a master of persistence I do Not quit

I have power over all that I do, all that I say and all that I hear.

I do what I love and I love what I do

Am I a reflection of Perfection

I have all that I need, all that it takes and all that I can get.

The first few repetitions may be mental but it is always better to speak these words aloud.

In repeating them speak the position then come back to the central position of 1 and repeat it again.

After five days increase the number of repetitions to 5 times each.

After a further 5 days repeat each one 10 times at each eye position

The success in tensing the eyes will depend upon the tone and color of your voice. An actor would achieve this readily. You may have to keep this up for weeks but the power it builds is permanent.

### **Exercise; Mental progress**

Purpose; To increase clarity and mental focus.

In the play the merchant of Venice, it is an expression of purpose made by Shylok, when he discovers that he may sentence another to death because of an un met debt. He is offered alternative compensation, but declines, saying;

"I will have my bond"

Repeat this with the body tensed and dead still. The fist of your right hand should be forward about inline with your hip with the tones all your voice subdued.

On the first repetition place the emphasis on the word **bond**.

On the second repetition place the emphasis on the word **will**.

On the third repetition increase the emphasis on the word **will**. [Do not raise voice]

on the fourth repetition increase the emphasis on the word **will**.

On the fifth repetition speak the words **silently and look** into the eye of the judge.

This affirmation can be used anytime an in fact has equal power when not spoken out loud.

### **Exercise; For development of a Magnetic Voice;**

#### ***Purpose;***

To develop the tremolo voice and the use of the diaphragm in creating interesting vibration and magnetism in the voice.

#### ***Process***

Pronounce the sound 000 as long as possible, while shaking the lower chest with the rapid action off the hands. This will make the tone shaky. This is the only natural tremolo, for the diaphragm by its vibrations produces laughter, Gladness, joy, brief, sorrow, weeping, crying, hysterics and every other mood known to the human heart.

#### ***Step 2.***

Prolong the sound oh. Instead off 00, with a piece cited tremolo, and keep it until it is very easy to say such sentences as the following with ease; "PT the sorrow's off a poor old man" or " oh the long and dreary winter", " dear master, I can go no further."

When this can be down the next step is to increase and decrease the range of the vibrations; that is to make them wider and narrower.

Take a large piece of brown paper and a heavy pencil. Across the top make a wavy line about 10 inches long and two inches wide. And marked is that tensed degree of the tremolo. Under to make another wavy line 10 inches long but with waves only an inch high, calling it denies degree; continue down the page reducing the wave high 3/4 of inch, often inch, 3/8 inch, 1/4 of inch, one eighth of inch, 1/16 inch, 1/32 of inch, and a straight line for the last which is called the first degree [a flat voice]. The rule of practice is to begin at the middle degree and increase in decrease in turn the scale of increase will not be regular

In the practice of tremolo and the incorporation of all elements of the tensed voice use the following phrase.

"I will have my bond"

on the first saying emphasize the first word;

on the second saying emphasize the second word;

repeat this quotation now with the hand becoming gradually tensed as it closes in firm determination.

### ***Exercise; is Tensing versus fixed;***

The difference between setting the muscles and tensing the nerves should be carefully studied. When using the hands relax so that it is devoid of any power. Slowly vitalize it by closing the fingers;

### ***Exercise; Tensing vs. setting.***

Relax the hand [all muscular effort has gone out of it]. Now and tensing to the calm without changing the hand see if it is possible to add tensing to the arm without investing this in the wrist.

### **Exercise Developing mental power**

Create a scene in your mind and describe it in accurate and final detail without verbs or adjectives.

We depend largely on the formation of mental pictures; mental pictures are glory over genius; and the difference between the power to see mental pictures within the mind, and not to see them, is now, always has been, and always will be, the difference between common clay and noblest human achievement.

### **Exercise; Development of personal magnetism**

***Purpose;***

Strengthening the Nervous systems  
Creating Inner Poise  
Harnessing the power within.

### ***Method***

Take a sheet of note paper, carries in-house hold one Harvard in the hand by placing the thumb and two fingers at the lower corner of the paper [a 4]. Hold the hand about what one foot from the chest, and the elbow away from the body. The entire are must be free -- must not touch anything.

If the mirror is convenient locate some fineness bought on the glass. Hold the paper so that the upper diagonal corner from that being held by the hand sheet is on an exact line with the eye and a spot on the mirror. Hold this for 12 seconds. And no to the amount of deviation of the corner of the paper from the spot. If there is no deviation you are ready for levels 2. If there is deviation practice this until you can be brief and any departure.

### ***Second level.***

Take a larger sheet of paper [a 3]. Tear it in halves and hold it in the same manner as the first exercise. Persist in practicing until there is no deviation, even a hairs breadth.

### ***Third level.***

When the last exercise has been must add the people may take a sheet of the larger size paper, tear it in halves, and continued as before.

### ***Fourth level.***

Now take an entire sheet of paper without tearing at, and repeat.

### ***Fifth level.***

Fill a goblet or glass two-thirds full of water. Hold the stem with the thumb and first thing they're only, and hold it with the calm out stretched in front of the body. Test to see if the water shakes or even troubles.

Hold at the same way, now employee these thumb and the second finger for 30 seconds. Check for tremble. Continued this exercise changing the fingers until the little finger.

The patients will be surely tried.

You'll must of this experiment with relative ease.

The nervousness which accompanies this exercise is really the rebellious leakage being checked. It does not like being stopped. There is a temporary agony in the checking of

the outflow of this by full force. Many people especially those who are nervous enjoy letting the leakage go on until they have complete exhaustion.

The checking of this wasted energy is the road to success.

### ***Sixth Level***

Fill the glass to the top so that the water is just above the edge. Hold the palm flat and place the glass in the center. Advance to have a friend put another glass in the other hand and hold for 30 seconds without spilling the water.

You will not be able to do this at first but after some months of practice you will easily hold this.

This exercise will help overcome the erratic action of the vital force.

These exercises tell the truth. Muscular control and nerve control are checked. Smoothness of flow of nerve currents: they tone down the irritated fibers and they achieve for the nervous system what the dead still exercises achieve for the muscular system.

### ***seventh Level***

Follow with steady eye a line on a height with the head, real or imaginary, from left to right and then in reverse.

Do this slowly fifty times each way.

The eye must move in smooth flow, not in short muscular jerks.

Do not wink/blink while doing this.

Progressive steps in statuary growth.

***“I am resolve to acquire the magnetic will”***

Remember these facts;

1. Powerful in impulse
2. Vibratory in action
3. Continuous in wave discharge
4. Single in character

### ***Exercise for energizing the body and mind***

Purpose; The development of vitality at call

Method;

Stand perfectly still  
Disregard all around  
Lengthen the spine and neck  
Open the chest  
Breathe deeply and very slowly a few times

Summon great internal energy as if you were about to undertake a super human feat of strength

Show no outward sign of the internal energy that is building  
Be ready, intensely alert, eyes fixed, your powers are at your command  
Your will is brought to the highest pitch  
Feel your whole being charged with this energy

Now repeat and maintain perfect inner self control.

***“I can and will accomplish anything I undertake”***

### **Exercise for focussed work**

Purpose; To train and develop the habit of deep focussed concentration

Method;

During any labor maintain continual mental activity  
Keep the mind focussed on just one thing  
Engage the mind fully and if it wanders slowly draw it back to the subject at hand  
Put the whole mind to work

If in doubt repeat; “Through magnetic Brain power I am acquiring magnetic will”

### **Exercise in development of self control**

Purpose to develop the habit of simple self control

Method

IN all mechanical action of the body and every voluntary power control should be exercised to create smoothness of action and thought. Smooth economic action is critical. This should become second nature.

The sense of controlled energy must pervade all action  
Give the whole mind to every undertaking

## **Exercise in Curbing Impulse**

Purpose; To create a consciousness in thought and action to maintain an awareness of impulse tenancy.

### Method

Understand that unconscious and uncontrolled spasmodic movements destroy nervous and mental vitality

Thoughtless and unregulated impulse destroy psychic life

Lost rhythm and power are the result of bad habits

Rhythm is perceived in voice, walk and presence

Vibrant recurrent voice is attractive and pleasing to the ear

Easy, graceful full of power walk is magnetic

Presence's of harmoniousness, smooth, and rounded.

Angular movements, jerky action, impulses, starts, shock, surprise, change cause a loss in magnetism.

Implement into your daily life the practice of considered action and movement. Look before you leap. Increase your awareness of peripheral vision. The broader wider vision of the eye which can observe movement and action at nearly 180degrees. Become aware of movement around. Become aware of other people without moving or taking action. Use the observation of the eye center in the area between the eye brows. See from this place, observe from the eye center.

When reading look from the back of the head and through the eyes. Locate at the back of the skull the areas from which you are able to read and allow the eyes at the front to soften.

All this takes some practice but is, in a very short period of time the basis for incredible transformation in action and thought. It is the king of magnetic rhythm.

## **Exercise; Walking meditation**

Purpose; To develop lung capacity,

To vitalize the body

To develop steadiness of mind

To create an powerful internal rhythm

### Method

Begin with the understanding of the proper mechanism for diagrammatic breathing. That is, on the exhale draw the floating ribs inward. Inhale holding the floating ribs fill the abdomen, chest upper back. Empty the upper back, chest then abdomen.

Walking count four breaths in (one count for each step), Count four breaths out (one count for each step).

Increase this after two rounds to five in and five out  
Then progressively increase until 10 in and 10 out; You may not find this comfortable so stop when you are at your maximum comfort zone. When there is strain like in all aspects of life there is no benefit at all.

At this point there are variations;

- ◆ For increased energy continue the 10 in and 10 out count but add a single count at the turning point between in and out. At this point, the fully inhaled breath continue to add one count each round.

10 in, hold 1, 10 out  
10 in, hold 2, 10 out  
10 in, hold 3, 10 out  
10 in, hold 4, 10 out  
10 in, hold 5, 10 out  
10 in, hold 6, 10 out  
10 in, hold 7, 10 out

etc

Do not strain or get to the point of discomfort.

Maintain a steady walking pace and make sure you allow for change in gradient. Up hills the breathing will be challenged.

- ◆ For steadiness and calming in this walking meditation hold the breath at the fully exhaled point.

And step by step add a single count to this exhaled position.

10 out, 1 hold, 10 in  
10 out, 2 hold, 10 in  
10 out, 3 hold, 10 in  
10 out, 4 hold, 10 in  
10 out, 5 hold, 10 in  
10 out, 6 hold, 10 in  
10 out, 7 hold, 10 in

Do not strain or get to the point of discomfort.

Maintain a steady walking pace and make sure you allow for change in gradient. Up hills the breathing will be challenged.

### **Psychic Regimes for Physical Character**

1. Care of health
2. Reformation of habit
3. Correction of heredity – iron will
4. Correct living – improvement in diet, sleep, air, exercise, amusement, labor, sex relations – daily routine and rest.
5. satisfaction in physical cleanliness – consciousness of a clean body, “temple”

6. Appropriate grooming – sense of satisfaction and reasonable pride in your general physical appearance
7. Culture of Buoyancy – the feeling of physical buoyancy may not be claimed unless it is present – languor and distress may be thrown off and physical buoyancy summoned – live up to buoyancy of body and induce the feeling of thought, assertiveness and mental cheerfulness.
8. The erect carriage – daily holding up the abdominal contents and maintaining the erect carriage whether sitting or standing or walking – uprightness of body.
9. Physical Gracefulness – magnetic action ad psychic harmony
10. Appreciation of the Instrument – the body is your instrument – cultivate appreciation of its wonderful usefulness. This regime will bring you to a fine sense of ownership and relationship to the body, greater than can arise from any possession. You will come to a feeling of friendship for this ready servant which will put soul and flesh into the closest conscious relations and give the psychic factor the greatest influence.
11. Nobility of physical consciousness. You are urged to think of its greatness, its usefulness, its divinity. The purpose will demonstrate itself in interior conditions.
12. Psychic Uprightness – eliminate from your life all baser emotions and passions and cultivate the white soul life of honor
13. If you will say mentally, quietly but intensely “I will ! I am charged with vigor! I am conscious of power!” you will develop internal energy of soul.
14. The idealization of environment. Environment exercises incessant and oftentimes an unconscious influence. If it is disorderly, depressing, unattractive, uninspiring the effects will first appear in the physical life.
15. The use of imagination – this regime supposes evil imagination totally absent. Think of the noblest physical manhood or womanhood and think of that ideal once a day for many weeks. etheric and inner physical movements swing into powerful harmony with the ideal so in time it becomes a reconstructing factor in your life. In connection with this work, you should surround yourself with a home, a place of business, furniture, literature, music , people, various articles, conditions and atmospheres – all things that comfort with the ideal tend to keep it in mind and exercise a silent influence in agreement therewith upon mind and body.
16. Drawing on the universal forces – secure mental repose at frequent intervals during the day – so long as needed – and by quiet, intense affirmation, claim the universal forces as your helpers in building physical character.
17. The use of the will – hold the will energy at the fore in unflinching efforts to secure the noblest physical character possible in your case.
18. The prophesy of Childhood – Marry wisely for the sake of the child. Love with all the nobilities of the soul exhaled. Summon a high ideal of the child, physical and mental in the honor of its prophesy.

*“The actual work performed exceeded that which could possibly be produced through the oxidation of the nitrogenous constituents of the daily food by more than twenty percent.” The body in such cases has unconsciously drawn on the Universal Forces.*

*“I am charging my tissues and the pervading ether with dynamic and harmonious psychic force”*

## **Physical Magnetism**

*Principle – The magnetic body reinforces psychic magnetism*

### ***Magnetic Attention***

“It has been found that mere thought will send a supply of blood to parts of the body. It is as certain as law then that location of intense mental attention in physical exercises conducted with the magnetic thought secures the storing of physical energy, induces electric currents, causes harmonious etheric vibrations and creates magnetic nervous conditions.

### ***Regimes in General Physical Magnetism***

1. The culture of Health
2. The magnetic Bath
3. Neck and Scalp massage
4. Movement of Face muscles
5. Care of hands and feet
6. Magnetic hand rubbing – Two or three times a week you should give every reachable part of the body a thorough dry rubbing with the hands, employing sufficient pressure and rapidity of movement to induce a fine glow of the surface – intense feeling of internal energy
7. The Magnetic Passes – Throw a sense of magnetic energy with the thought “ I am certainly magnetic” into the open hands, the muscles of hands and arms being slightly tensed and to make slow magnetic passes (“I am magnetic here”) over every part of the body.
8. Magnetic Deep Breathing
9. Magnetic Muscle Stretching
10. The transfer of energy
11. Nerve Calisthenics
12. Magnetic Imagery Exercises
13. Magnetic Organ Exercises
- 14.

### **Magnetic deep breathing**

– practice full abdominal and chest breathing before meals twice each day for life. The following method is suggested;

The mouth should be kept closed and the windpipe open during each exercise

During all the time occupied the sense of magnetic energy should be maintained

With body erect and lungs emptied, disregard the chest, depress the diaphragm by muscular effort, extend the abdomen and slowly fill the lower lungs. Very slowly exhale. Rest.

Repeat several times.

With body erect and lungs emptied, disregard the abdomen, extend the chest by muscular effort and slowly fill the upper lungs. Slowly exhale. Rest. Repeat several times.

With body erect and lungs emptied, extend the abdomen and chest and depress the diaphragm and then fill the lungs to their utmost capacity. Slowly exhale. Rest. Repeat several times.

The exercises may be alternated. The air should be cool and pure.

It is well, also, to practice magnetic breathing when on the street

Habitual breathing should be abdominal.

### **Magnetic muscle stretching**

1. Twice a day but never on a full stomach practice slowly stretching and slowly relaxing the various sets of voluntary muscles in the body – of neck, each shoulder, each arm, chest, back, each leg, both arms simultaneously, both legs simultaneously.
2. The stretching should be slow and gradually increase to utmost intensity of muscular stiffening.
3. The relaxing should be slow and gradual from utmost intensity to limp.
4. While stretching, the lungs should gradually be filled becoming packed at highest tension of muscles. While relaxing, the lungs should be emptied, becoming airless at muscular limpness.
5. The work must be slow, gradual, deliberate, thoughtful with the whole mind located intensely upon the physical action of the parts engaged and vigorously asserting “ I am now in these muscular parts accumulating physical magnetism”

### **The transfer of energy**

1. Become perfectly composed in mind and relaxed in body, breathing deeply and exhaling exhaustively a few times.
2. Summon a general sense of intense internal energy and without moving a muscle but relaxed in all parts except those engaged.
3. Throw the feeling into various places a few seconds as follows: left foot, left leg (whole); lower half; upper half; right foot; right leg (whole); lower half; upper half; the abdomen; the hips; left side; right side; small of the back; upper back; left shoulder; left arm (whole, upper, lower, hand); right shoulder; right arm;(whole, upper, lower, hand);chest; neck; face( various parts); head; eyes; ears; tongue. Rest. Repeat.
4. Proceed to transfer the energy sense by a slow continuous change of attention from one part of the body to another, through intervening parts; from left fingers through hand, wrist lower arm, upper arm, shoulder, neck, right shoulder, upper arm, lower arm, wrist, hand, to right fingers. Repeat with various combinations.
5. Observe: the muscles must not tense, under attention, anywhere; the breathing must not depart from natural rate; the transfer of sense should be slow and gradual and never leap; the mind must always be in the part engaged.
6. During these exercises the magnetic thought should be maintained, “ I am now locating magnetic energy at this point. I am now transferring magnetic energy through

this part.”

7. Should the regime induce sleep the impulse should not be resisted but the work should be taken up during the day.
8. The regime should be continued until, with the companion methods, it demonstrates in magnetism.

### **Nerve calisthenics**

1. Hold the right hand about a foot from the face; the hand is limp and the fingers are closed. Slowly spread the fingers and thumb far apart meanwhile slowly and gradually stiffening them so that extreme of separation coincides with extreme of stiffens. Slowly return to closed, meanwhile gradually relaxing until hand (fingers) is closed and limp. Repeat several times. Reverse the exercises, repeating several times. Repeat each exercise as above with the left hand and fingers.
2. Hold the right hand open and limp. Slowly and gradually shut the hand to gripping position of fist meanwhile stiffening and tightening the fingers until extreme of grip position coincides with extreme of stiffens of fingers and fist. Slowly open and return to limp. Repeat several times. Reverse and repeat several times. Repeat each exercise with the left hand and fingers.

Second series – Hand and arm. Standing erect, breathe deeply a few moments and proceed as follows:

1. Bring the back of the right hand to the mouth, elbow crooked up and out toward the front. All other parts of the body are inactive. The right arm and hand are limp. Slowly and evenly bring the hand out to front, the arm straightening and meanwhile very gradually, without jerks, stiffen the muscles of the hand and arm until the arm is straight out to front and very stiff. Observe, the arm is not stretched; the hand and arm become stiff so that extreme of straightness coincides with extreme of stiffness. From this straight and stiff position, slowly and evenly return hand to mouth, crooking the elbow, always up and gradually without jerks relaxing to perfect limpness at the mouth. Repeat several times. Reverse, muscles stiff at point of former limpness and gradually relaxing to point of former stiffness.
2. Repeat the exercises, from hand at mouth to arm straight up. Return. Repeat several times. Reverse . Repeat several times.
3. Repeat from hand at mouth to arm straight-out to right. Return. Repeat several times.. Reverse. Repeat several times.
4. Repeat, from hand at mouth to arm straight down at right side. Return. Repeat. Reverse. Repeat.
5. Repeat all exercises with the left hand and arm
6. Repeat all exercises with both arms and hands simultaneously.
7. Repeat, first in each exercise with one arm then with the other

### **Nerve Calisthenics Third series – leg and foot.**

Standing erect, breathe deeply a few times and proceed as follows.

1. Standing with weight on the left foot and lightly touching with hand any object for balance, bring the right foot up, behind, bent knee straight down. Slowly move the foot toward the floor, thus straightening the leg, and meanwhile gradually and evenly,

without jerks, stiffen the whole leg so that when the foot lightly touches the floor the leg is exceedingly stiff. Return to position slowly while gradually and slowly relaxing the stiffness. Repeat several times. Reverse. Repeat several times.

2. Repeat, with foot up and knee up in front. Repeat several times. Reverse. Repeat several times.
3. Repeat, from each position, straightening and stiffening the leg out to right. Repeat several times. Reverse. Repeat.
4. Repeat, from each position, straightening and stiffening the leg out to front. Repeat. Reverse. Repeat.
5. Repeat, from each position, straightening and stiffening the leg out to rear. Repeat. Reverse. Repeat.
6. Repeat all exercises with the left foot and leg. Reverse . Repeat.

### **Nerve calisthenics - Fourth Series – Whole Body**

Standing erect, breathe deeply a few times, and proceed as follows;

1. While slowly and evenly bending the whole body as far back as possible without touching any object for balance, slowly and gradually stiffen the whole body – legs , trunk, arms, hands, neck, head – so that extreme back position coincides with extreme of stiffness. Slowly return while relaxing. Reverse. Repeat.
2. Repeat, bending body far forward and down. Return. Repeat several times. Reverse. Repeat.
3. Repeat, bending body far to the right and return. Repeat several times. Reverse. Repeat.
4. Repeat, bending body far to the left and return. Repeat several times. Reverse. Repeat.

These exercises generate intense magnetic conditions in all the tissues and the pervading ether.

### **The magnetic Consciousness**

#### **Magnetic Physical control**

– Secure quiet, and lying or sitting or standing and in each position, put out of mind all business, relax every muscle and say mentally with perfect indolence “In absolute passive inertness I am receiving vital and magnetic force”

#### **Body steadiness**

#### **Steadiness of touch – cultivate the magnetic touch as a general habit**

- “ I am now splendidly magnetic”
- 

#### **Personal attractiveness**

Manners of genuine courtesy in all personal relations. Maintain in all contact with others the psychic and physical attitude of attraction an inner mood and an outward expression which impart a beautiful finish to physical magnetism.

### **The Magnetic Thrill –**

Lying flat upon the back, the head somewhat elevated, breathe deeply a few times, letting the air escape suddenly, quickly, exhaustively, after each inhalation. With such exhalations, locate attention within the head and upper part of the body. In time something like a slight inner sinking feeling will be experienced. Now think, during the process, of any agreeable subject or desirable object.

### **Smell and Taste**

1. Psychic gratification in Fragrance
2. Flowers
3. Perfumery
4. Eating
5. These senses in others

### **Touch**

1. Correction of touch
2. Improvement of touch
3. Imaginary touch
4. Adaptation – The life of magnetism is a perpetual demand for the nicety ?? of adaptation
5. The magnetic touch

### **Sound**

1. Psychic Gratification
2. Discords shut out
3. Music
4. Association

### **Magnetic Massage**

Draw the fingers down from the forehead over the left and right eyes and across the cheek bones, using a gentle pressure and closing the outward circular movement of the hands. Repeat several times. Repeat from the temples across the chins and cheeks. Follow these exercises by gently pressing the eyeballs lids closed and moving them in various directions. But observe great care. Occupy a few seconds.



# The Magnetic eye.

## The powerful eye.

The routine use of any faculty puts it in a rut, and tends to make it grow stale.

The same uses day after day of the eye bring about defective sight; and weaken its organic vigor. The muscles all the eyeball have the capacity to move the eye in many directions; but they are not the same muscles in every action, nor are the same muscles always employed. Thus there are muscles that enable the eyeball to be pulled to the right, to the left, up and down. The use of one particular group of muscles tend to flatten the eye. Not only does this main a weakening of the eye function but a loss of quality of eye sight.

The development of the powerful eye requires the practice until habit of exercises which develop stillness, focus and direction. It is called presence and in the highly skilled actor this area is often mastered.

## Communication and the magnetic eye

Control them, harness them, drive them, guide them and compel them to achieve your success

All persona in an audience look to the speakers eye when he or she interests them. ; in dull moments they are attracted to other parts of the body or areas of the room.

The magnetic eye is always tense. All energy is vibrant. The muscles are controlled by waves of force. Sound is also waves of force; so is light; so is thought; so too is magnetism. Each has its origin, it's source of supply. And it' method of transfer, it level of vibration and pulsation.

The use of the tense eye changes every part of the face. It also creates a glow in the eye itself. This is created by the electrical energy which is aroused by the tensed condition. This tensed condition has it's origin in the brain which is the most powerful battery of it's size in existence.

In development of the tense eye the face is beautiful. It makes the eyes brilliant and capable of holding any attention even under the most discouraging circumstances.

To evoke the tense eye the following must be present.

- There must be an aroused emotional feeling.
- There must be a mental control of that emotion.
- There must be present at great thought driving the emotion.

### *The keen eye*

Development of improved vision. Looking at papers continually causes the eye to become accustomed to that distance and therefore weakened at other distances. The exercises in the back of this book offer the process for maintaining the keen eye both short and long distance.

### *The Fire of the Eye.*

Fire refers to the ability of a person to summon the latent magnetic power of the body through an act of will, and use it in some outward manifestation.

The eye may be held fixed while the whole body is summoned to be fired with intense feeling and the eye will glow as a result. This is not so in the relaxed latent magnetic state of the body, but given the interest in purpose, or the challenge of an inspiration the whole eye formation can change.

The magnetic eye is developed when the person is in a state of action toward some inspiring purpose. Thought becomes fire when it is focussed on inspiring action.

The eye will reflect this state, we call this the fire in the eye.

The eye may be held fixed while the whole body is summoned to be fired with intense feeling and the eye will glow as a result. This is not so in the relaxed latent magnetic state of the body, but given the interest in purpose, or the challenge of an inspiration the whole eye formation can change.

The magnetic eye is developed when the person is in a state of action toward some inspiring purpose. Thought becomes fire when it is focussed on inspiring action.

The eye will reflect this state, we call this the fire in the eye.

### *The four eyes*

Blue	The Beautiful or muscular	Light happy, cheerful , active, quick and effervescent	Vengeful and reactive
Grey	The Cold or Mental	Cool calculating, steady nerves, unflinching in body. In control	Cold and often only rational
Black	The deep or Nervous	Warmth, presence, firmness, understanding	Prone to nervous irritability
Brown	The affectionate or Moral	Affectionate, rich in energy,	Difficult to hold steady purpose

The pupil of the eye is not meant to show color, it is meant to be black, a dark hole in which there is no light. You will occasionally see eyes change from their normal, say blue color to black during moments of highly energized magnetism. Actors, speakers, teachers, singers, negotiators and all manner of public people will achieve this state either in the moment of performance or permanently in their being. The pupil of the eye indicates the magnetic condition.

When the energy is lacking or held back the pupil is exceedingly small (unless there is some illness as the cause). This reduced size of the pupil is due to lack of vitality in the optic nerve and brain as applied to the eye. The most magnetic people carry the eye as if they were dead; The more the magnetism the larger is the pupil and therefore the less is the color. The pupil enlarges in proportion to the energy within. When there is significant and focussed nervous energy emanating from the person the pupil will expand to occupy the space of the iris, all color will evaporate there is only jet black.

Under such circumstance the effect can be awesome, especially if that fire is kept under steady control.

It is this force that can gain the complete focus of others solely on the power of expanding the pupil. The audience or observer recognizes that a change is taking place in the face of the performer or speaker but is not cognizant of those exact changes.

Equally, the magnetic person is unmovable in the face of challenge and question. The eye reflects a steadfast commitment to the task yet without rigidity.

The eye of magnetism is repeated throughout nature; It is through the captive eye of the cat that the wings of a bird are made captive. The snake uses this same magnetic grip to freeze an otherwise free animal to be held by a stare to face its death. Fish, Lions, tigers, hyena and countless others are all given this magnetic power in the aid of their purpose and survival, nature's law is made manifest by this very gift.

In humans this expansion of the pupil is not under direct muscular control as it may be with lower forms. It is in humans the result of excessive magnetic forces with the body.

Abnormal expansion on the other hand is the result of this magnetic excess unharnessed and out of control. The fires are running wild. Control is lost. The person although magnetized is at the mercy of those powers and therefore can seek no advantage.

In the most powerful of magnetic people the eye will not reflect the magnetic quality at all time. This magnetism is stored as a battery may store it's power. The eye is held soft and somewhat sleepy, but there is the capacity to tap the lightning energy that may be called forth by some special need.

Light affects the pupil. In bright sunlight it contracts, in darkness it expands. The cat contracts it's eye to a vertical slit when in bright sunlight yet when in the hunt for bird or rat the eye expands, this irrespective of the sunlight of the moment. It is a case where the inner power outweighs the outer.

Nature is witness to these powers in every corner. A man is often known to hold a wild animal at bay simply through a gaze, However if the magnetism of the animal outstrips that of the man the animal will exhaust the man and eventually overpower him. This is the border of similarity and difference between the use of magnetism in animal and human.

IN the use of magnetic forces a doctor may give the patient healing confidence. Patients will have their favorite doctor, whose soothing voice, tone of look, touch and awareness are best suited. Doctors often calm, inspire, create confidence in, cure, and relieve mental and physical pain through their magnetic presence.

Lawyers with abnormal skill in winning, Business people whose achievements and success reflect an abnormally excellent skill in magnetism, all unconsciously achieve victory through natural magnetism. They muster the forces, of body, voice, eye, tone, movement, thought and steadfast will to achieve their outcome.

The power of magnetism requires a means by which its influence may be transmitted to other persons.

# The Magnetic Voice

## 4 steps to improve Magnetic Communication ;

- kill the worst forms of leakage at once; for neither magnetism nor self control can be applied when they exist;
- kill worst forms of monotony for is there is nothing so repellent as sameness of sound, sameness of voice, sameness of pitch and in spoken words.
- fire the mind ; not the brain; nor the nerves; but the mind; by a opening its portal with to the reception of mental pictures and therefore recruit the use of the magnetic eye.
- Tone of voice into a human dynamic energy, by sound dams.

Mere sound is never pleasing. 99 percent of people use the same part of the focal scale when they converse. This can be compared to a musical instrument being continually played on one note. No matter how beautiful instrument this monotone would drive you mad.

A voice must not only be pleasing but it must be bought into the subtle quality known as magnetism. Magnetic tones attract, win and hold.

Above all, they must be naturalness in the voice. The kind of magnetism that also on the acting stage, will not to in public speaking, nor will either kind be appropriate in doing business or social usage. The thoroughly flexible voice responds readily to all the needs of the mind and heart. Flexibility therefore, must be applied to a very high degree of efficiency; and times spent in acquiring this will be more than amply rewarded.

The perfectly flexible voice will have the capacity to reproduce any sound that can be making nature;

Exercises in back of book.

## The mastery of projection in the voice

It is well recognized that the higher the pitches of the speaking voice the greater the irritation on the ear nerves of listeners.

The ear nerves communicate with the brain centers and air transfers the vibrations in airwaves received by the ear. In the high pitched speaking voice as well as the singing voice, there are many more vibrations of sound than are found in the lower pitches. With the high pitch voice many thousands of these vibrations strike small but decisive hammers against the nerves of the brain. There is a normal rate of speed that is readily made magnetic; but when you double it you double the thousands of hammer strokes.

It requires the genius of the highest order to speak rapidly and effectively. The best

quality soprano singers need longer periods of absolute silence than others. The best of them refrain from using the voice four hours and sometimes days before a public appearance.

Many people say they prefer to remain natural than to cultivate good habits of voice; However they fail to see that nature often is ruled by impulses. Therefore, the habits they have created from impulses are not always conducive to magnetic and therefore natural speech.

Perfect vocal tone is achieved with the “Adams apple”, larynx, in the downward position. This is what we experience in the act of swallowing. This position is also achieved when we imitate the gape. The closed throat is an effective barrier to a decent singing voice. It is also a most prominent fault in speaking voices.

As soon as you master this simple matter, you'll notice that the character of your voice will undergo a change that is revolutionary in its nature.

Then there will be purity, attractiveness and winning qualities to reward your brief effort at amending a fault that stands between you and success in the influence of people.

The primary tools of communication between one person and another are by the eyes and a voice. Therefore they are the most significant means of communicating personal magnetism. Incidental to these are touch and thought.

In 90 percent of all communication the voice is the agency of magnetic control. This is not related to the words spoken but the tone, feeling and projection of the voice. Merely by adopting the habit of maintaining an open throat and acquiring a pleasing and harmonious speech a transformation in personal communication can take place in a single day.

### ***Modulation***

Modulation means variation in Pitch of the voice. This is not volume.

Refer exercises in back of this book;

### ***Tiresome voices***

Tiresome voices are voices that are stuck in a fixed range of pitch. The chart below illustrates the point. It is normal to hear a master of voice use all of these in the one short paragraph. The exercises in the back of this book make a rapid impact on this quality. A monotone voice tires the ear just as one single note played on an instrument, even the most beautiful instrument, would bore you. Practice this between performances to create a habit of magnetic voice.

9	Degrees of pitch.
8	Extremely high very excited
7	very high excited

6	high enthusiastic
5	rather I serious
4	middle calm
3	rather low rather enthusiastic in the line low serious
2	very low very serious
1	extremely low profound

The attractive voice must be

Natural  
 motivated  
 flexible

***Tone movements; Going up and down the vocal scale;***

The voice modulates between upward and downward movement. To the magnetic person the mastery of voice becomes a fascinating science, and an acute part of the mastery of communication.

***Upward Movements***

- All feelings that tend toward uncontrolled move upward.
- All forms of excited interest tend upward.
- Tendencies to lightness of frivolity tend upward
- Sympathy, gentle others, tenderness and similar moods move upward
- Beauty, excellent patient and triumph move upward
- Inquiry, doubt and in sincerity move upward
- Weakness moves upward
- Civility and obedience move upward

***Downward movements***

- Decision, strength command and conclusion
- Discouragement surrender
- Sublime story or statement
- Disobedience and surliness
- Reply and certainty of assertion
- Self control
- Weighty and serious thoughts
- Superiority

***Example of upward movement.***

“Hold you the watch tonight?”

“Armed, say you?”

“Dear master, I can do no further”.

### **Examples of downward movements**

“Stop I command you”

“Life is a shadowy, momentary dream”.

“Conscience does make cowards of us all”

Flexibility consists of mental coloring and magnetic coloring. This imparts to the voice an inexhaustible richness and a most exquisite beauty.

### *Vocal qualities; the timber of the voice.*

The true character of the inner life of a person shows itself in the timber that prevails in the voice. The voice takes on a common tone and this becomes a safe habit. In the transformation to a magnetic life it essential to be observant of your voice tones. After some time the voice can dictate the mood.

For example:

IF a person mingles with happiness, the voice will fall into the unconscious habit of using the bright timber.

A subdued life the voice will fall into the unconscious habit of using a stock form and generally low pitch.

Mingling with sorrow and suffering, the pitch is a mixture of the deep larangenal timber.

### *Production of the timbers of the voice;*

- **The bright timber** that is a reflection of vitality is produced by impressing the voice forward in the mouth so that it strikes against the hard pallet near the front upper teeth.
- **The dark timber** means gloom. It is made by holding the voice back against the soft palate near the back of the mouth.
- **The pure timber** means beauty. It is made with a round shape in the throat similar to swallowing.
- **The solid timber** means grandeur. It is made by enlarging the whole Pharynx and thereby increasing the volume of sound.
- **The guttural timber.** Means hatred. It is made with the flat shape of the throat.
- **The nasal timber.** Means scorn, is made by lessening the resonance of the voice which seems as if the nose is being held.
- **The oral timber.** Means weakness; it is made by mouthing the voice, or confining the sound within the mouth with very little vitality.
- **The larynx timber** means suffering. It is made at the vocal cords and has no vitality elsewhere.
- The **aspirate timber** means something startling or secret; It is made by a large proportion of escaping air mixed with the voice.
- **The whisper timber** means extreme secrecy or startling importance. It is made by removing all tone from the voice and using only a whisper.
- The **pectoral timber** means awe, deep malice. It is made by the flat shape of the

low part of the throat.

***Which Timber and when:***

Business conversation; pure timber.  
Social conversation; bright, dark, pure, whisper.  
Preacher; bright, dark, pure, pectoral, and whisper  
Lawyer conversation; all timber's  
The actor; all timbers  
The lecturer; all timbers

***Mixing beautiful colors;***

Person are often unable to give expression to their real feelings through from lack of color development in the voice.

Colors are really the instruments through which you speak. When you have developed the skills and built up the different timber's of your voice you now have an instrument of amazing quality. You are now free to mix colors in the grandest and most fascinating work in the world. The human voice is the sublime gift of the creator to humanity, and lifts the race to the very pinnacle of power and supremacy. The work of building the vocal instrument to this powerful state is the work of fine art and self mastery.

The mouth by muscular motion makes the checks called consonants. Muscular action must be compelled with greater energy. Deal to each consonant a hammer blow. Then another, and so on, until you have struck many blows on one check.

Take a little sentence to begin with "I will have my bond".

The "b" and the "d" in the word can be given the very powerful muscular touch in the mouth and the energy behind the utterances can be made to grow all the time.

Another example "I am determined"

Take the last word and find the dams or vocal checks in it. They are "d"-in the beginning "d" in the end and M.T in the middle. Just repeat those checks separately hundreds of times each before uttering the whole word; then the speak the whole word "determined" hundreds of times. Remember always increased energy in every repetition of letter or word. Do not become languid or indifferent keep the source of the power growing stronger and strong always. This is the secret-- then repeat the whole sentence;

"I am determined"

If you omit the vocal tones, then pantomime is substituted.  
It is not loudness of voice that enables a person to be heard.  
It is conversion of sound into color and feelings.  
Our life sounds are known as vowel's.  
Our vocal checks or dams are known as consonants.  
Every life sound should have the full variation of the mouth shape that the sound requires.

### *Magnetic consonants.*

All the vocal checks or consonants that are worth practicing are given. Repeat them with hard must attach on each one, and we've ever increasing nervous energy behind to propel them. Each one should be repeated hundreds of times. Hammer them. Give them intense power from the nerve centers.

### *Laws of Magnetic Action*

Above all else, you are again urged to banish from the inner self fear, worry, discouragement, depression, and every such enemy to peace and power. There is in your mind an upper level; LIVE IN THAT. When worry and the like appear

# The affirmations for Mental Magnitude are;

I will review to laws of mental magnitude with special attention to the vital laws therein. I will also review the lesson relating to the four substitutes.

I understand what is meant by the adverse control arising from the power of these appetites over human nature.

I understand that these appetites are substitutes for magnetism and a veneer does not bring permanent success.

I'm attracted by the force of magnetism which transcends my sexual substitute.

The excessive use of masks, makeup, seduction and clothing will not blind my judgment.

Natural complexion (as close to nature as possible), is a reflection of clean blood good health and clear mind.

I am mindful of the distractions which block my magnetism and am aware that efforts to excite the sex appetites are efforts to substitute true magnetism.

I have all the support I need and will not be drawn to marriage for that purpose.

I acknowledge the latent power off my personal magnetism and am aware off its losses through excessive sexual substitution.

I'm aware of the effort of relationship and the importance to maintain my personal magnetism and the cost and of its loss.

My decision on relationship is based on sound awareness.

I maintain absolute control over my inclination and desires and keep safely outside the limits of temptation to preserve my magnetism.

I maintained an intelligent approach as a mental habit in determining the course of my action.

I put into my mouth those things that are for my well-being and avoid anything that may cause habit such as drugs that stimulate, ex-site or distort the notice activities, and avoid anything that will prevent the development of my magnetism.

Acknowledge that what enters my lungs determines my well-being. I breathe deep, I avoid cigarettes and the smoke there in, and acknowledge the value of fresh air.

Acknowledge that alcohol is a substitute for magnetism and weakens my will.

I eat for nourishment, appeal to my appetites is the source of manipulation.

Excess eating poisons my body.

I eat to cyst a in this strength and vigor of my body. I complete a meal with a small percentage of hunger remaining.

I get aware I pay for.

I eat for purpose of living; not live for purpose of eating.

I strength and my vitality by not over eating.

There is no need for trickery in my financial dealings.

My signature is my bond I am mindful where I put it.

I save 10 percent of all I earn.

I am mindful of where I invest. I do not invest in desperation. I acknowledge the benefit of long-term investment over short-term.

True worth is not material.

Stagnant money, no growth.

I exhibit a state of mental strength. I do not have fear .

I study and develop my spurt awareness within myself. I will be discerning of any information designed to satisfy any of my four appetites.

I give equal emphasis in my personal development and to the areas off physical mental and spiritual.

I devote my last defaults at night to the consideration off by spurt or nature; and the following morning the first or to our wake will begin to the same subject

Only physical development is never magnetic  
only mentally developed is never magnetic  
only spiritual developed is never magnetic

I will review to laws of mental magnitude with special attention to the vital laws therein.

I will also review the lesson relating to the four substitutes.

I understand what is meant by the adverse control arising from the power of these appetites over human nature.

I understand that these appetites are substitutes for magnetism and a veneer does not bring permanent success.

I'm attracted by the force of magnetism which transcends my sexual substitute.

The excessive use of masks, makeup, seduction and clothing will not blind my judgment.

Natural complexion (as close to nature as possible), is a reflection of clean blood good health and clear mind.

I am mindful of the distractions which block my magnetism and am aware that efforts to excite the sex appetites are efforts to substitute true magnetism.

I have all the support I need and will not be drawn to marriage for that purpose.

I acknowledge the latent power of my personal magnetism and am aware of its losses through excessive sexual substitution.

I'm aware of the effort of relationship and the importance to maintain my personal magnetism and the cost and of its loss.

My decision on relationship is based on sound awareness.

I maintain absolute control over my inclination and desires and keep safely outside the limits of temptation to preserve my magnetism.

I maintained an intelligent approach as a mental habit in determining the course of my action.

I put into my mouth those things that are for my well-being and avoid anything that may cause habit such as drugs that stimulate, excite or distort the notice activities, and avoid anything that will prevent the development of my magnetism.

Acknowledge that what enters my lungs determines my well-being. I breathe deep, I avoid cigarettes and the smoke there in, and acknowledge the value of fresh air.

Acknowledge that alcohol is a substitute for magnetism and weakens my will.

I eat for nourishment, appeal to my appetites is the source of manipulation.

Excess eating poisons my body.

I eat to cyst a in this strength and vigor of my body. I complete a meal with a small percentage of hunger remaining.

I get aware I pay for.

I eat for purpose of living; not live for purpose of eating.

I strength and my vitality by not over eating.

There is no need for trickery in my financial dealings.

My signature is my bond I am mindful where I put it.

I save 10 percent of all I earn.

I am mindful of where I invest. I do not invest in desperation. I acknowledge the benefit of long-term investment over short-term.

True worth is not material.

Stagnant money, no growth.

I exhibit a state of mental strength. I do not have fear .

I study and develop my spurt awareness within myself. I will be discerning of any information designed to satisfy any of my four appetites.

I give equal emphasis in my personal development and to the areas off physical mental and spiritual.

I devote my last defaults at night to the consideration off by spurt or nature; and the following morning the first or to our wake will begin to the same subject

Only physical development is never magnetic  
only mentally developed is never magnetic  
only spiritual developed is never magnetic

Expectations kill. Nothing is ever missing. We are standing in the rain, that rain is the wisdom of universal spirit, unconditional love. We are standing in the rain, with an umbrella up, looking for water.

Vitality, life, magnetism spirit is everywhere and yet we are blind. Drawn as a candle draws a moth to the illusions of humanity. We mistakenly call spirit peace, we mistakenly call life finite, we seek what we already have and we judge the gifts we are blessed with.

Imagine for one moment that you are the giver of gifts, that you give a loved one something that, in your wisdom is a great benefit to their growth. You give them what thy want but not always in the form they ask for it and they throw it in the bin. Imagine doing this for 60 or 70 years, and being judged and rejected in the process. Imagine if you will, sending that loved one signals, a change in their health, a loss in their relationship, a bankruptcy and yet, in their attachment to some otherwise transient belief they reject your gift.

This is the love of spirit. Guiding you each moment. Blinded, the human mind judges and rejects, creating expectations, suffering. It is our expectations that block our love. Love is not needing, not wanting, not feeling sorry for, not grieving, not desiring, not hoping, not judging, Love is the unconditional gratitude for what is.

Our ambition can become presence. The desire to experience spirit, to tune to the infinite is the greatest power on earth. All human expectations are a blockage to that power. When we plan for the future we can become so present and grateful for what we have that we can expand the now. We can become so in tune that we are able to be present with the future. In this moment we are not setting goals. We are envisioning the future. Her is the power of the human spirit.

This book is a journey into the unknown. We invest time and effort in such linguistic gymnastics as Personal Magnetism, The Collapse Process, Yoga and Prana. It is in fact all one topic, it is the topic of Universal Law, Unconditional Love.

Enjoy