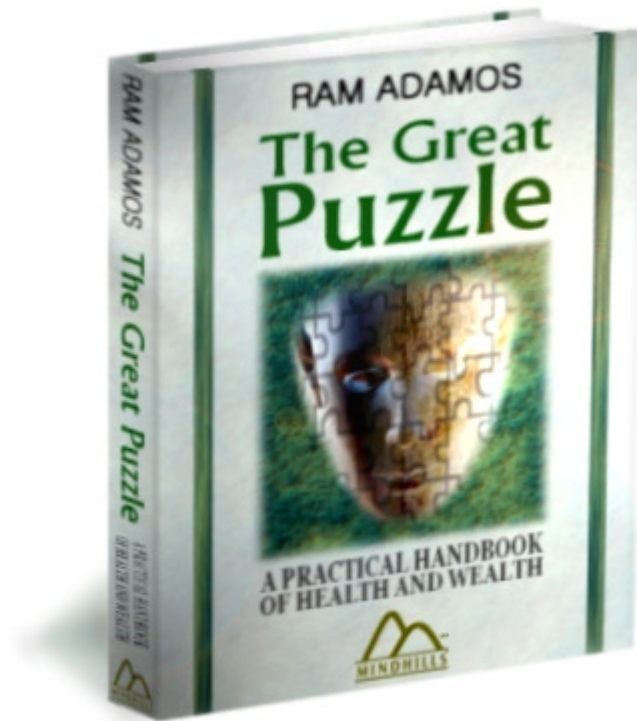




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# The Great Puzzle

*A Practical Handbook of Health and Wealth*

"For whatever is hidden is meant to be disclosed,  
and whatever is concealed is meant to be brought out into the open.  
If anyone has ears to hear, let him hear."

## *Forward*

By Steve May / Publisher

In summer 1999, I was visiting my friend Ralph in London. One evening, Ralph was out with his girlfriend and I stayed home surfing on the Internet. At 7 PM, the phone rang, I answered, and a man on the line asked me if Ralph was there. I told him that Ralph was absent and asked him if he wished to leave a message. "Alright", he said with a foreign accent, "please tell Ralph that his dear uncle is in London for a couple of days; give him this phone number and let him call when he gets back." I noted the phone number and we ended the conversation. Half an hour later, Ralph returned, so I told him that his uncle called. He seemed amused and said, "So the Doc is here! You must be lucky Steve, you know. I'm sure you are going to love this guy!" "Is he a doctor?" I asked. Dialing his uncle's number, Ralph replied with a wicked smile, "Man! This guy is very special!"

While Ralph was speaking with his uncle, I understood that he was inviting him to have dinner with us. I had a strange feeling that something important was going to happen, and, being an archivist myself, I decided to use Ralph's computer to record the coming events. Besides, Ralph was a (good) musician who had a professional multimedia computer equipped with two high-quality wireless microphones. By the way, Ralph found my idea so interesting and funny that he helped me set up one microphone in the living room and another one in the kitchen!

This is how I first met Ram Adamos—the author of this book—in Ralph's apartment in London. At 9 PM, Ralph's uncle arrived carrying a huge bag. He was a slender man of about fifty years of age, smartly dressed, and looking in perfect shape. After he had taken off his smooth cotton jacket, he and Ralph shared a long and warm welcome. I was about to introduce myself when Ralph's uncle addressed me with a melodic and polite tone, "Mr. Steve May, I am pleased to meet you!" I wondered how he knew my name but he instantly added, "Oh! Ralph told me about you on the phone", then he swiftly headed straight toward the kitchen—with his heavy bag. "I can't remember Ralph mentioning my name on the phone", I thought, watching the strange man joyfully emptying his bag. Fresh fruits, cheese, olive oil, fish, yogurt, marmalade, and many small bags stuffed with herbs and vegetables; the kitchen table was filled.

The “Doc”— as Ralph called him— decided to prepare the dinner himself, so Ralph and I stayed in the living room, chatting.

- “You never told me about your uncle before”, I said.
- “He travels all the time, you know. I’m glad he finally showed up!” Ralph replied.
- “What’s your uncle’s job? Is he a doctor?” I asked curiously.
- “My uncle spent his entire life traveling around the world. He has a great passion for knowledge, museums, traditions, art, and... old books! I never knew exactly how he earns his livelihood. One thing I’m quite sure of is his exceptional luck. My uncle is a winner!”

I found all this very interesting. Curiously enough, Ralph’s uncle reminded me of a *Jules Verne*<sup>1</sup> character and I was determined to learn more about him.

- “Is your uncle married?” I asked.
- “Yes. His wife works with the United Nations in Africa. She’s into food and education programs. I met her in Spain for the last time... ten years ago.”
- “You said your uncle has a passion for old books; what kind of books?”
- “The Doc has been collecting rare books since he was twenty. When I saw his library, in Spain, five years ago, it was impressive. Science, religion, history, literature, philosophy, mythology, and much more, all written in many different languages. I saw manuscripts written in 1250 AD! Imagine the number of books and documents you can gather in fifty-five years!”
- “Wait a minute! What did you say? Fifty-five years? How old is he now?”
- “Well, he must be seventy-five, why?”
- “Yeah, sure! Are you kidding me?”
- “You don’t believe me, do you? Well, I may be able to prove it to you... wait!”

Ralph went quickly to the kitchen and I heard him saying, “Doc, may I please show your passport to Steve? I just want to show him how a French passport looks like!” and the Doc answered, “Sure, go ahead. It’s in my jacket and make sure to put it back when you’re done.” Throwing me his wicked smile again, Ralph searched his uncle’s jacket, took out the passport, and brought it to me. “Look it up yourself and tell me”, he said. Looking at the passport, I realized that Ralph was right. His uncle was born in 1924! Besides, he seemed to have traveled everywhere around the world.

- “Why is he carrying a French passport?” I said.
- “He’s a French citizen and he has a nice house in Marseille.”

We didn’t talk much for the next fifteen minutes. Ralph was watching TV while I was staring at the window, trying to figure out why I was so much concerned about Ralph’s

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<sup>1</sup> *Jules Verne* (1828-1905) French writer whose novels include *Journey to the Center of the Earth* (1864).

uncle. A few minutes later, dinner was ready and the three of us were sitting in the kitchen around a nice table prepared by the Doc himself.

The food was delicious, yet very simple. It looked, smelled, and tasted beautifully. The crisp ingredients were flavored with hints of rosemary, thyme, and other exotic herbs, all perfectly balanced. The Doc was enjoying every mouthful of salad, chewing it very slowly, and closing his eyes occasionally as to taste it better. Watching him immersed in eating was fascinating. "Wonderful salad, really!" I said. The Doc replied with a nod and a big smile without uttering a single word. When I turned to Ralph, he was nodding and smiling too. It became obvious to me that, despite the apparent simplicity of the occasion, we were in the middle of an authentic spiritual ceremony. The ambiance was warm, peaceful, and joyful; I felt that we were celebrating something but I didn't care to know what it was.

After dinner, Ralph decided to clean the kitchen so the Doc and I moved to the living room. I had many questions in my head but I didn't know where to start. Therefore, I tried to initiate the conversation with a compliment.

- "That was a really nice dinner. Thanks." I said.
- "Oh! And healthy too!" replied the Doc, joyfully.
  
- "You surely know the saying '*We are what we eat!*' "
- "True in a sense, yes. In fact, *we are what we think* and because our thinking is closely related to what we eat, then what you're saying is partially true."
  
- "I never thought of it this way, you know, the relationship between thinking and eating (?)"
- "It's a circular relationship. On one hand, the food we eat affects our body and mind; on the other hand, our mental and physical conditions affect our choice of food. However, the food we eat is not the only thing that affects us. Therefore, saying *we are what we eat* remains less accurate than saying *we are what we think*."
  
- "Very interesting... and what are the things that affect us, other than food?"
- "Mainly one thing, knowledge!"
  
- "Knowledge? What about health, luck, circumstances?"
- "Our knowledge shapes our thinking, which in turn shapes everything else: our health, luck, and circumstances!"

I must admit that his last statement surprised me. The idea that my thinking could determine my health, luck, and life circumstances didn't seem logical. Despite that, I decided to give him a chance, so I smiled and said:

- "I really don't see how my thinking can affect my luck!"
- (The Doc laughed joyfully) "It is obvious to me that you don't see!" he replied, smiling very kindly.

- “OK, perhaps you can show me...”
- The Doc remained silent for a moment then he said to me, “Steve...”
- “Yes?” I replied.
- “Are you sure you *want* to know?”
- “Sure!” I said.
- “Because... once you know something, it will change the way you think, and when your thinking is changed, *you* will change too... Are you sure *you* want to change?” he asked me, quite seriously.
- “I am expecting a positive change...” I said, wondering why he was taking it so seriously.
- “Good! Now, listen carefully to what I’m telling you. The word *knowledge* has a vague meaning unless it designates a *specific* type of knowledge. In other words, the word knowledge should represent a particular *system of knowledge*. The word *knowledge* as such relates to *what we know* whereas a *system of knowledge* relates to *how we know*. The first thing you should remember is that there are many systems of knowledge available to us, many ways to interact with reality. Physics, religion, *common sense*, and psychology (among other things) are different systems of knowledge. They represent different approaches, perspectives, or ways to describe and to deal with existence. Besides, knowledge must have a desirable purpose, such as success, happiness, or satisfaction. In this case, any system of knowledge providing success, happiness, or satisfaction is good, exact, and valid. As a result, *how we know* always supersedes and determines *what we know*.”
- “I see. You mean that Science, for example, uses an objective and materialistic approach that requires measurable experimentation, logic, mathematics, and so on, while religion, for instance, uses another approach that introduces new concepts, definitions, and such. So, two apparently different knowledge systems may simply be providing different descriptions of the same thing or offering different solutions to the same problem.”
- “Exactly! Now the problem with having many systems of knowledge is that these systems often contradict each other. Besides, since no system as such can provide all the answers to any of us, we find ourselves obliged to accept and rely on many contradictory systems. This particular issue annoyed me a lot when I was a young boy. For example, in order to apprehend good and evil, luck, justice, and God, I had to rely on systems like religion and philosophy; whereas to deal with electronics, health, and money, I had to understand physics, medicine, and economics. You see?”
- “Yes, but what’s wrong with using more than one system anyway?”
- “Good question. Actually, there are many disadvantages. The less noticeable yet the most important disadvantage is the resulting loss of efficiency. It’s like having a car with tires that are perfect for the highway but very bad for snow; so every

time you want to go skiing for example, you need to mount special wheel chains, change your tires, or use another vehicle! Referring to many systems of knowledge is similar to having many remote controls in your living room, one for TV, a second one for music, a third one to play movies, and so on. Now imagine the mess if any of these remotes interferes with the wrong device! The same thing happens whenever you know that something is good for your health, well-being, or social situation, etc. but it conflicts with your religious beliefs, ethics, or cultural background. The bottom line here is that using many conflicting systems of knowledge at the same time results in a waste of energy and it deteriorates one's condition in all aspects. Worse, it creates latent feelings of anxiety and uncertainty toward coming life events since none of these systems seems intrinsically sufficient, safe, and reliable. Whether we like it or not, we all have to live with questions like "Is there a God out there?", "Is this right or wrong?", "Am I being fair here or not?", "What happens after Death?", "Why is he or she luckier than me?", and so on. When we can't find any rational way to answer such questions, we usually select easy shortcuts: we simply ignore these questions, improvise an opinion about them and convince ourselves that we must be right, or adopt a ready-to-use and irrational belief system that provides us with a fake feeling of security. In all cases, we feel deep inside that something is seriously wrong: our patched knowledge system doesn't seem ready to stand the next blow. We pretend being OK but we are not; and to console ourselves, we pretend and believe that *this is life* or that *nobody seems to know better after all?*"

It all made sense to me and I was completely meditating his words when I noticed that Ralph was sitting in front of the computer and watching the green sound waves drawn by the voice recording program. He smiled and seemed to enjoy the conversation.

- "I know that many questions in life will remain without answers. I guess we have to live with it as a fact, right?"
- "If you can't answer a question, you should at least try to figure out *why* you can't do it. Questions like "What is the weight of this fire?", "What is the shape of your feeling?", or "What color is my courage?" are *not* difficult to answer; they are simply wrong and stupid because weight has nothing to do with fire, a feeling cannot have a shape, and courage is not related to a specific color! Unfortunately, most of our so-called "difficult questions" are as stupid as those I just mentioned. We ask the wrong questions but, most of the time, we don't even realize it. Why? Because we lack the adequate system of knowledge to perceive the problem with the questions we ask, the wishes we make, and the solutions we find. When I was young, I started questioning life and exploring all available systems of knowledge. No system as such could answer all my questions. Nevertheless, I knew, intuitively, that my quest was about assembling a great jigsaw puzzle. Year after year, I became more convinced that the pieces of that puzzle were scattered and echoed inside many systems of knowledge. Each piece had to be hidden somewhere behind a layer of abstraction, symbolism, or analogy. It is harder to assemble a picture puzzle when you don't have a clear idea about what the final picture is going to look like! Despite all this, I made myself believe that all sacred books, psychology books, philosophy books, and purely scientific books were



actually talking about the same hidden “truth”, using different languages, symbolisms, definitions, and descriptions. As I continued my studies and experiments, significant areas of the puzzle started to appear, confirming my initial intuitions and expectations. At a certain stage, knowledge becomes like fire; if you are afraid to burn, you cannot move forward. The fire of knowledge requires more than words, understanding, or speculation. In order to climb the final steps, you are required to change yourself by taking action.”

- “Did you reach the final steps? Did you solve the puzzle?”
- “It took me more than thirty years to fit all the pieces together... and the hardest piece to find was me!”

For two long hours, the Doc explained to me what he called *the ultimate system of knowledge*. For me, it was a revelation. Everything he mentioned simply made sense to me and the laws he described could explain everything! I finally understood how physics, religion, health, luck, and success submitted to the same laws. In his discourse, the Doc cited countless scientific references and concrete examples. He clearly illustrated how everything we know was tightly connected. Suddenly, the essential mysteries of the Bible, the Koran, Zen philosophy, mythology, magic, quantum mechanics, chemistry, medicine, and psychology became all evident to me! I should note that no concept as such mentioned by the Doc was new. All he did was revealing the links and correspondences between the various knowledge concepts. The ultimate system, as he described it, would allow anyone to decipher any mystery and to answer any question. In addition, the Doc exposed to me the secret techniques used to achieve welfare and to maintain health— which most people would usually relate to magic and miracles! He also enumerated all the references and sources of these techniques, citing many ancient Egyptian, Hindu, European, and Arabic documents. The most interesting point in his discourse was that the person who knows is the key to everything. I mostly appreciated that nothing in his ultimate system was mystifying. On the contrary, using purely scientific and easily understandable concepts, his ultimate system clarified to me the true nature of illness, success, luck, prayer, and God.

My first meeting with the Doc ended at 5 o'clock in the morning. Ralph asked his uncle to stay and he accepted. I saved the voice recording session on the computer and the three of us went to bed. I woke up around 1 PM and Ralph told me that his uncle had left early. I asked him if I would see his uncle again and he assured me that we were going to have dinner with him, in a French restaurant, at 8 PM.

The same evening, I went to a nearby park and sat there alone for an hour. I recalled my last night conversation with the Doc. The impact of his words was so impressive I could not think of anything else. I felt that what I discovered last night was too important to be overpassed or forgotten. It rather seemed to announce the beginning of something but I couldn't determine what. I tried to tell myself I was overreacting, to find any gap in my reaction, to criticize the Doc's elaborate explanations, but the more I analyzed what he told me, the more I realized how perfect and beautiful it was! When I went back to Ralph's place, he noticed that I was too silent, so I shared with him my fascination in his uncle's knowledge. “I guess everyone should be able to learn and

benefit from his knowledge”, I said. Finding my proposition quite amusing, Ralph said, “I don’t see the Doc managing wisdom schools all around the world! This is definitely not his style!” I remarked that maybe he could write a book that explains his knowledge system. To this, Ralph smiled and suggested that maybe I should ask his uncle about it.

Seeing the Doc again in the restaurant was a great pleasure for me. This exceptional man had literally opened my eyes overnight. I was eager to tell him about the rising storm of ideas inside my head. Obviously, he noticed my state and told me:

- “You have a fertile mind, Steve. I hope you slept well.”
- “Thank you. Actually, I did but, to be honest, I can’t help thinking about our conversation... I was wondering if you have ever written down your ideas or considered doing it at least.”
- “They are not *my* ideas, Steve; you can find them disguised and scattered everywhere. To answer your question, no I did not consider writing them down.”
- “Why? I really think you should. Many people would be happy to learn them.”
- “And I will become famous!” he said, laughing heartily.
- “This is not only about fame. I bet it will help many people live much better.”
- “Fame is a crazy horse, Steve. Besides, I don’t have enough time for press and editors. It is not my world.”
- “What’s wrong with fame anyway, Doc?”
- “It wastes energy and creates excessive self-consciousness; that’s the problem with fame!”

I got his point. Freedom and fame belong to two different worlds. However, I was determined not to give up the treasure this man’s knowledge represented to me.

- “You may use a nickname to stay anonymous if you wish! Many authors do so. As for the hassle of the press and editors, we can publish your book on the Internet!” I said.

The Doc laughed again and seemed to appreciate and enjoy my enthusiasm. After considering my idea, he replied:

- “What exactly do you have in mind? Go ahead and tell me what you’ve got.”
- “Quite simple” I said, encouraged by his positive attitude. “I suggest that you write down a step-by-step course in which you explain all the laws, theories, exercises, and techniques related to the conclusions of your life-time research; a practical handbook that would allow *any* person to understand, in plain English, the essence of your knowledge and to benefit from it in everyday life. Doc, I honestly feel that *The Great Puzzle* you showed to me last night should be shared with other lucky people around the world. After all, propagating welfare is in the heart of your



teaching, if I may say. As for the preparation and publishing on the Internet, I will take care of that part; so what do you think?"

— "I think that... I will think about it!" He said, laughing.

I saw the Doc again in London, in 2004. Meanwhile, everything I recorded five years before was still living inside me. *The Great Puzzle*, unveiled by the Doc, had shed a new light on my readings, work, health, and life. Every event and circumstance seemed logical and predictable, and all unclear things finally made sense. I had also spent innumerable hours in public libraries and on the Internet, searching various references and documents related to the Doc's description of existence. Everything seemed to confirm his findings. All the pieces were there, but without his explanations, it seemed impossible to fit them together or to puzzle out their true meaning and purpose.

Five years after our first and last meeting, the Doc looked as fresh as always. His wife had died naturally a year before, and since, he lived in Egypt. We met for twenty minutes only, in Ralph's apartment, and there were many of Ralph's relatives that day, so I found it inappropriate to ask him about the book project. I thought that maybe he forgot about it after all. To my surprise, and just before leaving to the airport, he handed me a thick paper file and said:

— "Oh! I almost forgot. This is for you Steve. Read it and tell me if it will fit your audience! See you next month. Take care!"

He did it! The treasure I dreamed about for years was finally lying in my hands. The document was typewritten on yellow paper and annotated manually. It was divided into twelve lessons, with an introduction and a postscript, all written by the Doc himself. Despite the crowd and noise in Ralph's apartment, I couldn't help reading the whole book from A to Z. The content was beyond my best expectations. It was very simple, very practical, and very powerful! It used everyday vocabulary to explain deep concepts and realities about human being, life, and existence in general. Culminating the essence of all science and human wisdom through history into simple laws and applications, the book offered keys to answer any question, to solve any problem, and to fulfill any wish in life. If I wasn't holding it in my own hands, I wouldn't believe that such a book could possibly exist! The various universal laws regulating health, wealth, happiness, and success were described fully, carefully, concisely, and scientifically. The theories and techniques referred to many different sources ranging from the teachings of the ancient Egyptians and Hindus to Von Liebig, Maxwell, Curie, and Einstein. Moreover, the lessons revealed the true and logical significance of all spiritual concepts, words, symbolisms, and rituals found in many religious books and stories. It *explained* luck, disease, success, and failure, and made public various secrets and ancient techniques used to control one's destiny, to heal the mind and the body, and to realize every possible dream! The only requirements were the body and mind of the reader, nothing more! No candle or incense burning were required; no "magical" charms or formulas neither; no witchcraft, no mysteries! Everything was simple, rational, and natural. In short, *The Great Puzzle* revealed all mysteries and made everything possible!

A month later, I had an official authorization from the Doc to prepare and publish the book. We agreed to keep him anonymous behind the nickname *Ram Adamos*. In February 2005, my friend Tina White finished keying the document and we spent many months, with Roy Levin, reviewing and refining the final digital copy. We hope you will find this ebook quite easy to read.

One last thing; I am aware that many of our readers, especially those who surf the Internet these days, may doubt or suspect the seriousness of the presented material. My personal experience proved to me that more than 90% of the ebooks found on the Internet are unfortunately deprived of any real value. Most *How-To* ebooks are being marketed for the sole purpose of making easy money. Hence, I cannot blame anyone who thinks that this ebook is another pretentious *cliché*. Nevertheless, allow me to remind you that despite the fact that not all glittering things are actually made of gold, real gold still exists. Therefore, I really hope that **you** will be lucky enough to take this book very seriously, to read it very carefully, and to enjoy all the wisdom and welfare it will pour into your life. Finally, no matter what you may be thinking right now, I assure you that you have just found one of the most important books you may ever have the chance to read!



# Introduction

By Ram Adamos / Author

The hardest three obstacles I encountered while accomplishing this work were the English language, which I do not master enough, studying and experimenting psychological phenomena, hypnosis etc., and attempting to simplify a complex science that embraces biology, physics, psychology, literature, religion and more. To link these various fields of science together, one has to use sane imagination, vast knowledge, and should have the ability to read foreign languages and to carry through long research and hard studies.

The problem with knowledge is that we have so many sources and books in so many languages, addressing so many issues. It takes long years, a lot of effort and resources to grasp the essence of knowledge.

Allow me to mention a few categories of available knowledge sources and providers:

- 1) Commercial authors who use their intelligence to “sniff” the market secrets. They can quickly summarize, copy, assemble, and advertise new books with attracting titles such as *The Secrets of Hypnosis*, *How to Control your Life*, *The Ancient Spiritual Mysteries Revealed*, *How to Become Rich*, and so on. Most of these books— despite their interesting titles— are useless. Worse, they waste time, energy, and money.
- 2) Authors who pretend to be experts. They are not official scientists. Usually, they are doctors whose opinion is well appreciated. They may also have some experience in psychology. Their books offer long explanations mixing useful and useless information. They deliberately make extensive use of technical terms and medical vocabulary to sound “academic”. The casual reader rarely finds their writings useful unless s/he is an expert who is ready to investigate and study all the theories and material to which they refer.
- 3) Real committed scientists whose writings are credible and reliable, presenting few explanations since they expect the reader to be a doctor in medicine, psychology, literature, philosophy, history, mythology... the reader is also expected to master many modern and ancient languages. They mention simple references to ancient events and dates as if the reader was a history teacher. Let me mention some of these books:

a – *Psychopathia Sexualis* by *Kraft Ebing* (German). *Ebing* is one of the greatest scientists who studied psychological and sexual disturbances. He uses a very sophisticated language to describe human behavior. When writing about sexual deviations, he uses Latin! His book is nearly a thousand pages with almost a thousand technical terms. He writes his comments in French and refers to countless authors, philosophers, and poets. He even refers to

characters invented by *Alexandre Dumas*, *Alfred de Musset*, and *Goethe*, mentions tales and traditions from all around the world, and presents a detailed and extensive analysis of *Jean-Jacques Rousseau's* personality in his *Confessions*. He also studies *Charles Baudelaire*, *Emile Zola* and others.

- b – The book of *Van de Veld* (German) about sexual aggressiveness in the married couple. His research, which is based on social, philosophical, medical, and psychological studies, is so concentrated that one single page of his book may take hours to be fully understood! Actually, he refers to many other books stuffed with linguistic and scientific complexities. In his discourse, he interprets verses of old religious books, analyzes fragments of *Omar Al-Khayam*, *Baudelaire*, *Homer's Odyssey*, *Nietzsche*, etc.
  - c – The books of *Havelock Ellis*— in about forty volumes— presenting fantastic theories, written using unusual terminology, and mixing English, Latin, and Greek terms. *Havelock Ellis* is a remarkable poet and genius who did a lot of fascinating research during his life.
  - d – Books that are dictated by mediums and spiritual leaders from China, India, and Japan. These books are wrapped in mysteries and unbelievable stories. One ancient book is *Raja Yoga* by *Swami Vivekananda*. It is interesting to discover, in *Raja Yoga*, the relatively modern theory of cosmic rays and its relationship with the creation of the world and the formation of atoms. The reader can learn about all these fascinating discoveries if s/he is able and willing to decipher many layers of symbolism and mystification. Another example is a book entitled *Rosicrucian Cosmic Conception*. It presents nearly eight hundred scientific hypotheses worthy of being seriously investigated.
- 4) The fourth category of knowledge sources consists of ancient books like those written by the ancient Egyptians. Here is a list of what the average researcher may need to study:
- a – Books about hypnosis and autosuggestion— modern and ancient<sup>1</sup>. The books from the schools of *Nancy* and *Paris* are good introductions to help understanding ancient texts.
  - b – Dictionaries and grammar books that explain Hieroglyphic, Demotic, and Coptic languages.

<sup>1</sup> Most of these books are rare to find. “La Magie Dévoilée” by Baron Du Potet De Sennevoy— Paris, 1852. The book is full of riddles. Its author is the disciple of the famous Abbey Faria. The baron has written many other books about magic and magnetism. Other interesting books: “Mesmerism In India”, written by Doctor Esdaile. Doctor Lloyd Tucky’s books. “Neurypnology” (1899) and “Hypnotism” (1903) by Bramwell. “Precis historique de faits relatifs au magnétisme animal” by F. A. Mesmer, 1781. “Mémoire à l’histoire du magnétisme animal” by De Puysegur, 1784. A scaring book named “Isis Revelato”, by L. C. Colquhoun.

- c – "*The Key of the Book of Life*" (in Arabic), by *Salem Haykal*. One should read this book for the sake of the theory that *Haykal* mentioned— the main subject of the book is not important.
  - d – "*The Precious Jewels in the Ancient Egyptian Plants and Trees*", by *Ahmed Afandi Kamal*, written in Arabic and printed in *Egypt* in 1890. The book explains how the priests of the Pharaohs prepared special drugs— from plants— that could lead people into hypnotic sleep. Other drugs were used in teletherapy, psychokinesis, and other forms of remote influence. The book also explains how to prepare the famous *Keif* incense.
  - e – The book of *Sir Gaston Camille Charles Maspero* (French Egyptologist, 1846-1916). The book of *Jean Francois Champollion* (French Egyptologist, 1790-1832). *The Hieroglyphic Dictionary* (in English) by *Budge*.
  - f – Last and not least, *The Book of Magic* and *The Book of the Dead* from ancient Egypt, *Tales of Kings*, and *The British Museum Guide*— all written by *Budge*. Most of these books are hard to find.
- 5) The fifth category of knowledge sources contains letter books that are communicated by mail, one chapter at a time. Most of these books originated from India, Holland, Paris, Amsterdam, Manchester, and London. Some books were published in the 1900's and some people are still selling them today!

This brief introduction shows how vast this science of knowledge is. It mainly underlines two important things. First, the value of simplifying this science of knowledge the way it is presented in the book you are reading right now. Second, the assurance that the secrets, theories, and exercises you are about to learn are the essence of human wisdom over many centuries. This wisdom relies on solid scientific foundations and experiments. The value of this universal wisdom cannot be affected by the reader's opinion, objection, or suspicion.

As for the language used to write this book, I hope you will find it simple and easy to understand! Actually, I am not a professional writer but I believe that language was invented to serve a purpose, and my purpose is to transmit a valuable knowledge that allows you to achieve— through understanding and practice— three things:

- 1 – Optimal physical and psychological health.**
- 2 – The ability to fulfill your dreams.**
- 3 – Real happiness.**

The knowledge that I will reveal to you in this book, simply works! With all the charlatans and other fake knowledge gurus who infest the world today, I honestly may not blame you if you suspect my words. Therefore, I would like to make it clear from the beginning that **I did not invent anything new in this book**. You will find no extraordinary or supernatural theory to believe or reject, and no mystifying terms, concepts or practices. In fact, one of the purposes of writing this book is to clarify—

and unify— many psychological, philosophical, and spiritual concepts using understandable language. For more than fifty years, I traveled around the world seeking knowledge; I met countless specialists, read hundreds of books, and conducted innumerable experiments. Driven by insistent questions— such as *Who am I? Is there a God out there? What is the purpose of life? What is Justice? How do I define good and evil? Could Magic be real?*— something inside me always knew— maybe hoped— that somehow the unique answer for all my questions was scattered under cumbersome mountains of lost knowledge; and that, somewhere, on this Earth, somebody managed to find the ultimate system— or paradigm<sup>1</sup>— that fully explains how religion, psychology, physics, biology, and all other branches of science clearly converge. In other words, I always felt that these different systems are different expressions of one ultimate truth considered from different perspectives. With enough passion, patience, and care, I looked up all the major pieces of the lost (jigsaw) puzzle until the picture became clear enough for me to sit back and contemplate... Then one day, I met a young man (the publisher of this book) who discovered my work and convinced me that “we should show it to the world.”

This book is the essence of the theoretical and practical knowledge that I have gathered, studied, experimented, and summarized in fifty years. Therefore, I can assure you that **if— and only if— you take this book seriously, you read it slowly and thoroughly, you understand it fully, you follow all the instructions, and do the given exercises, you **will** achieve amazing results!**

One last advice: **Make yourself comfortable when you read this book and read only a few pages every day.**



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<sup>1</sup> The conceptual framework that includes all beliefs, common sense, and evidence relative to a specific culture, which permits the perception, explanation, and investigation of phenomena or the objects of study in a field of inquiry.

# ***Lesson 1***

## **Residence of Spirit**

The purpose of this book is to teach you how to use your psychic powers to achieve happiness, health, and a prosperous life.

Since your body is the vessel of your soul and the residence of your spirit, attaining the highest degree of spiritual knowledge will remain useless until your soul becomes tranquil and comfortable in your body.

Every spiritual or psychological phenomenon has a material or social foundation or cause. I will not explore with you the paths of health science, unconscious disorders and their therapy but I will rather teach you much harder lessons— the reason my lessons are difficult is that they are based on easy and flexible rules! No doctors, no drugs, no boiled herbs, no soaked plants or other poisoning things to use! My lessons simply require your mind and a few healthy exercises.

This book will teach you applied psychology in a concrete way. You will learn how to control your will and your feelings. You will also learn how to think “correctly” and how to get the powers of your subconscious mind interact with the powers of the world around you to create the circumstances that your heart desires. Nothing of this has a chance to happen if you don’t start submitting yourself to the physical laws of the body that I am about to explain.

### **First Law – Physical Exercise**

This first law has two parts, motion, and rest.

#### ***Motion***

You must exercise and train your body every single day in natural ways like rowing, swimming, taking long walks, jogging, running, hunting, and such. You may try *Muller’s* exercises or similar ones— leaning, standing, and other famous movements. Walking in the open should become your favorite sport. Exercise daily and unconditionally. Remember this: every day you walk for an hour or two, a similar healthy day will be added to your life.

#### ***Rest***

Rest is related to two subjects: stress and relaxation.



## **Stress**

Every time you face problems or you endure long physical or mental efforts, your nerves fall from a state of high alert into a state of stress. Work is finished, problems are gone and it is time for you to rest, but your nerves continue to burn even during your sleep— and against your will. Worse, after long hours of sleep, you wake up exhausted and you spend another day wondering why you feel so down and why the slightest things keep bothering you! Sounds familiar?

It happens that, for some reason, you feel sorrow or anger, and then the reason disappears. Curiously, the negative feeling remains. Alternatively, you may be expecting something bad to happen, so you get nervous, and even if nothing bad happens, you remain under the pressure of fear and anxiety.

The main cause of stress is effort. To summarize, let us say that stress is what keeps the nerves under pressure:

- after the disappearance of the cause
- during rest
- unconsciously
- despite the person's will or reasoning

Stress periods can be short or regular, soft or hard. In some cases, stress continues for months or years, reinforced by city noise, work environment, or suitable circumstances. Chronic stress leads to total exhaustion of physical and mental powers, which facilitates the appearance of nervous and psychic disorders. In all cases, stress makes life dull and tasteless.

## **Relaxation**

The cure for stress is relaxation: loosen your muscles intentionally in the beginning until this becomes a natural habit. You should also develop the ability to clear your mind from any worries. Relaxation does not necessarily imply falling asleep. If done correctly, it allows your body and your nervous system to rest and recover balance. I encourage you to practice the following relaxation techniques:

You start body relaxation by sitting or lying down comfortably, either before sleeping or during daybreaks. Direct your thinking toward your feet. Move them slowly. Move your toes, your ankles, your knees, your thighs, respectively, slowly, and in all directions. Continue to articulate your muscles, one by one, from bottom to top until you reach the shoulders. Don't forget your fingers, hands, and arms. Feel every muscle being taken care of! Turn your head to the right, to the left, a couple of times. Make a circular move with your head. Slowly articulate your jaws and your tongue in all directions. Finally, stretch your whole body as much as you can then loosen all your muscles and leave your body in a comfortable position without the slightest move. "Drain" your body of any control by detaching it from your mind. Leave it "dead" and start breathing steadily, deeply, and slowly. Listen to yourself completely.



That was body relaxation and it should last at least ten minutes— optimal duration is twenty minutes. I encourage you to do it every day. I assure you that it is worth your precious time and effort. We will need it later when learning autosuggestion and remote influence.

After practicing body relaxation for one week, the exercise should become smooth and natural. Your next step will be *mental relaxation*— you should do it usually a few minutes *before* body relaxation:

Remember what happened during the day. See it in a superficial way, like a film. Next, drive away all thoughts from your mind. This can be done, by saying— in an artificial and fake manner, balancing between success and failure— “Now I shall drive away all my thoughts and clear my mind. I will stop all my thoughts and my mind will become empty. It will stop functioning completely.” After repeating similar affirmations many times while showing enough will and desire, you will easily acquire— with training— the ability to clear your mind. In other words, you can develop this ability with practice the same way you build your muscles or train your memory.

Use the technique described above in order to evacuate all psychic poisons, such as grudge, jealousy, hatred, and vengeance. The damage caused by such feelings hurts you more than it hurts others! I will reveal to you more knowledge, in detail, to help you get rid of all negative feelings in many practical and scientific ways— not from a religious or ethical perspective. In the course of this book, you will learn the definitions of and the differences between positive and negative feelings.

**When you begin your relaxation exercises, you may encounter some difficulties. The apparent results are likely to show poor or unsatisfying. This should not discourage you! Consider how a seed becomes a great tree: it stays under the ground for a while before it can be seen. Be sure that, after a month or two, you will be able to exercise mental and physical relaxation with no effort, and to create— at will— an amazing state of emptiness in your mind.**

Now listen to this: **Your subconscious mind determines your path in this life.** It also affects your luck. The subconscious mind is greatly influenced by the conscious mind (your internal dialogue) during relaxation; therefore, you should pay great attention to what comes through your mind. Recall and imagine every beautiful and beloved thing: your wellbeing, your happiness, and the welfare of others, the most beautiful moments of your life. Visualize embodied scenes of events that you wish to happen. Do it calmly, languidly, without any effort, or pretension.

Here is a simple exercise of great value, considered useless by the ignorant person: **Do not frown or grimace.** Make sure your face muscles are **always** relaxed, especially when you talk. In other words, do not use your face to express yourself. Your voice should be enough. As you will learn later, these “small” details greatly affect the subconscious mind.

## Second Law – Respiration

Each cell in the human body continuously regenerates itself using nutritive substances and oxygen. A person may stop eating and drinking for many days but s/he cannot survive without breathing oxygen for more than a few minutes. During our work hours, in the rush of the streets and offices, we breathe only superficially— using less than fifty percent of our lungs capacity of absorbing oxygen. This unconscious and unhealthy way of breathing is the major cause of boredom, depression, and laziness— among other symptoms. How pitiful we seek medical drugs while few minutes of good respiration would regenerate our blood and fortify our nerves and will, as well as our body resistance against illness.

There are two types of respiration:

- 1 - Healthy respiration
- 2 - Hypnotic respiration

**Warning! Respiration exercises should be performed progressively and smoothly. DO NOT make excessive efforts to reach any particular “scores” or results. If you already have any respiration related problem, you must ask your doctor for advice before practicing any respiration exercise.**

### *Healthy respiration*

- 1 - Lie down on your back in open air (or airy place) and breathe in— from the nose— a short and quick breath. Keep it in your chest, and then breathe in a second one immediately. Proceed until you reach ten breaths.
- 2 - Breath it all out powerfully from the nose.
- 3 - Repeat the exercise ten times in the morning, and ten in the evening.

After one week of practicing, increase the number of short breaths to fifteen at a time, ten times per session, two sessions per day. Practice for another week.

The third week, the number of short breaths climbs to twenty at a time, ten times per session, two sessions per day.

The fourth week, you may increase the number of short breaths as much as you can, on one condition: that you do it without excessive effort.

When you reach 35 to 40 short breaths at a time (always ten times per session), make five sessions in the morning and five in the evening.

The short-term purpose of this simple respiration exercise is training and fortifying your lung muscles. You will develop the reflex of deep respiration, at any time, and without any effort or simulation. Moreover, the long-term result is stimulating and strengthening all your body functions, and giving your face a healthy color. However, the benefits of good respiration remain incomplete unless you get used to **sit down straight**, in any place or time, with equally leveled shoulders, and rising your neck. In other words, your backbone should be kept straight. This healthy position will become natural after a short while. Stick to it in all situations, and remember this: every time you neglect this sitting position while thinking or practicing a mental or manual activity (like typing or writing), you will be inflicting great damage to your nervous system. You are probably not going to die because you don't sit straight but you will surely live much better if you do! That is what respiration doctors, Indian<sup>1</sup> fakirs, and *Raja Yoga* miracle scientists approve.

Despite the hard physical actions that the human body is capable of enduring, climbing high stairs may cause serious damage due to bad respiration. **The correct way to breathe, when climbing stairs, is taking a short and swift breath at the first step, another short and swift breath at the second step, and breathing out vigorously only at the third step.** Keeping up with this rhythm, you will not feel any fatigue no matter how high the stairs can be! Try it.

**During long walks, breathe in seven or eight consecutive times, one breath with each step, then breathe out completely during the next four or five steps.** If you practice this technique in open air, it will perform miracles in less than two months.

### ***Hypnotic respiration***

Variants of hypnotic respiration— also known as *Indian respiration* or *Magnetic respiration*— are practiced in order to acquire special powers such as self-control and remote influence— influencing the behavior or condition of distant people. The exercises I am about to describe will help you enhance your nervous system and will grant you total control over it. This is possible because the nervous center that regulates respiration has the main control over all other nervous centers in the body. These exercises also prevent the development of nervous diseases, headaches, tiredness, and depression. They give the eyes a special brilliance, an attractive magnetism, and an irresistible power that affects other people. Furthermore, hypnotic respiration exercises add a sweet tinkle to your voice, which will leave a great effect on your hearers<sup>2</sup>.

### ***The great miracle***

I will show you a practical proof that the next hypnotic respiration exercises create a “magnetic flow” in your body. The power of this magnetic flow will help you attract

<sup>1</sup> In this book, the word *Indian* refers to the Hindus and to the people of *India* in general, not to American Indians.

<sup>2</sup> If you think that these promises are too good to be true, simply try the exercises and see for yourself.

anyone you love and any fortune you desire. Therefore, pay great attention to every word I say because this magnetic flow is the maker of great miracles and it is the basis of hypnosis and remote influence. You may not develop the weakest magnetic flow without practice. Now here is the tangible proof:

After four consecutive weeks of practicing the next exercises, lay the palm of your right hand on the naked abdomen of someone you know, on his/her solar plexus— that's where the belt is tied— and wait a few minutes. Afterwards, lay your left hand on the lowest vertebrae (segments) of his/her naked backbone (the area opposing the solar plexus on the back) and wait for a few minutes. Finally, remove your left hand— keeping the right hand in place— and touch the backbone of the person with your fingertips, moving lightly along the backbone as if you were playing on a piano. You should immediately feel clear and strong electrical sparks between your fingertips and the person's body! The person will also feel the sparks and react impulsively— the shock is not harmful. This is the definite confirmation that you have acquired the great magnetic flow that is the basis of magic and miracles.

### ***Hypnotic respiration exercises – Week 1***

Lie down on your back in an airy place and breathe in from your nose until your chest is filled (completely) with air within exactly eight seconds. Keep in the air for eight seconds then breathe it all out in eight seconds.

You can learn to estimate the time by (mentally) counting from one to eight using (the sight and/or sound of) a wall clock until you are able to count at the appropriate speed without external help. You may also record a voice message where you count from one to eight at seconds speed then play it back in a loop on your computer or tape recorder. Whatever you choose to start with, you will quickly become able to count at the correct speed after a relatively short period.

The duration of this exercise is ten minutes, three times a day. Practice it for one week or more until you are able to do it without effort or fatigue. Remember that your chest should be filled completely within exactly eight seconds (step one). Keep the air in your lungs for exactly eight seconds (step two) then breathe out the air completely within exactly eight seconds (step three).

### ***Hypnotic respiration exercises – Week 2***

Lying down, close your right nostril with your finger and breathe in slowly— from your left nostril— for ten seconds until your chest is full. Remove your finger and keep the air for another ten seconds. Now close your left nostril and breathe out completely through the right nostril. The duration of this exercise is five minutes.

After five minutes, you close the left nostril and breathe in from the right nostril within ten seconds. Keep the air for ten seconds and breathe out from the left nostril. The duration of this exercise is also five minutes.

Repeat the entire ten-minute exercise three times a day during one week.

### ***Hypnotic respiration exercises – Week 3***

Follow the same instructions of week two, except that you breathe in during 15 seconds, keep the air for 10 seconds, and breathe out in 15 seconds. Five minutes with each nostril, three times a day.

### ***Hypnotic respiration exercises – Week 4***

You use both nostrils respectively or together and you increase the time spent to inhale and exhale. However, the time during which you keep the air in your chest should not exceed eight seconds. An average person may spend 25 seconds to breathe in and the same time to breathe out.

After the fourth week, you may do the exercises any way you like. In order to increase your hypnotic power to extraordinary levels, influence other people, and control your will and nerves, you must practice daily and respect the following rules:

- Choose a different exercise every day— using different ways and durations.
- Do not change the exercise during the same day. You should repeat the same exercise three times a day.
- Your lungs should be filled and emptied within the exact predetermined time.

## **Third Law – Food and Nutrition**

This third law has two parts, eating, and remains evacuation. Eating is also related to fasting.

### ***Eating***

All liquids that do not exist in Nature are either harmful or useless. Alcohol, tea, coffee, and other boiled drinks are few examples. Conversely, almost all liquids that your body absorbs during meals have a great value, like water, honey, yogurt, fruit juice, and vegetables.

According to nutrition scientists, it is harmful to have a lot of fat, fried oil, ghee, and starch in our food. They also discourage eating vegetables that are cooked with spices, hot sauce, pepper, garlic, or other hot ingredients.

Ghee and fat cause liver problems. Starch is transformed into processed sugar, which reduces calcium. Let your share of processed sugar, candy, and starch be moderate. Additionally, if you avoid eating vegetables that are cooked the Eastern way— with a lot of spices and hot ingredients— you relieve your body from the burden of excessive weight. On the other hand, you should eat enough fresh vegetables, like salads, tomatoes, lettuce, celery, cress, carrots, etc.

Among the most beneficial kinds of food that should be eaten frequently: tomato salad with fresh, unprepared, and chopped spinach, lemon juice, lettuce, cress, and olive oil. This special dish offers the most essential vitamins in great quantities and it can be digested easily and quickly. I also recommend you drink spinach and/or tomato juice daily, in the morning.

Some rough food remains take a relatively long time to be digested, such as parsley, celery, corn bread, and unpeeled apples, so eat them moderately. You should also be aware that eating no meat at all is not recommended. It causes weakness and nervous disorders unless you substitute for it other kinds of food that offer equivalent combinations of nutritive substances. You should eat meat three times a week, at least, and moderately once a day, at most.

## **Vitamins**

The conclusion of scientific research states that Nature is the best source of vitamins. The main vitamins are:

**Vitamin A** is very important because it enhances body resistance against disease contamination. It helps recovering from illness and affects growth. Vitamin A is found richly in yogurt, butter, (raw) eggs, tomatoes, spinach, and carrots. It is destroyed in cooking.

**Vitamin B** is vital for nerves. A lack of vitamin B leads to weakness, and nervous disorders. It introduces nervous diseases, and desperation feelings. It also augments physical and mental fatigue. Vitamin B regulates cell respiration. It is found mainly in pork meat (raw and cooked), pork kidney, dried fig, wheat, hay, corn, yeast, rye, cereal breads, and rice husks. It is also found— in lesser quantities— in calf kidney, raw spinach, raisin, nuts, walnuts, and egg yolk.

**Vitamin C** is found in lemon, orange, onion, potato, and other vegetables. It helps the body fight against viruses, and helps preventing from illness and fatigue.

**Vitamin D** is found with vitamin A. It fortifies the bones and it is essential for growth.

**Vitamin E** affects the balance of sexual and reproduction capabilities. A lack of vitamin E causes sterility. We find it in olive oil, cereal bread, spinach, cress, lettuce, butter, egg yolk, yogurt, and raw pancreas.

## ***Fasting***

- Therapeutic Fasting
- Black Art Fasting



**WARNING! If the patient suffers from any physical or organic disorder or illness, s/he should not follow any of the fasting regimes described in this book. Failure to respect this serious warning may lead the patient to DEATH!**

## ***Therapeutic Fasting***

In addition to being a famous religious tradition, fasting is frequently used to cure of difficult diseases and solve desperate medical problems. In treatment for diabetes, high blood pressure, tuberculosis, rheumatism, cancer, and many other serious diseases, fasting has given extraordinary results. Moreover, it is the basis of natural medicine—Naturopathy. Most fasting regimes are simple and do not require medical supervision. The fast period varies between four and fifty— sometimes sixty— days. In case of minor diseases, like rheumatism and blood pressure, fifteen days of fasting are sufficient. Diseases that are more serious require longer periods of fasting— up to two months.

Ten days of fasting are usually sufficient to cure of common psychological problems. The main role of fasting is to extinguish the body's needs and to exhaust the conscious mind. The new and unusual endangering situation resulting from fasting obliges the subconscious mind to react by liberating the healing power, also known as the natural immunity, which is usually shackled by bad nutrition habits, and the accumulation of food and tissue remains inside the body.

## ***The Technique of Therapeutic Fasting***

It is better to spend the fast period in a calm and deserted place, which leads to a garden or a green field if possible— the country makes an excellent choice. The patient should take a laxative in the evening and starts fasting the next morning. Every two hours, during the day, the patient drinks a cup of orange juice. Once or twice a day, s/he also drinks some lemon juice in warm water. The patient may have pure drinking water unconditionally and should administer himself/herself an enema— using warm water— every day. It is important to understand that eating the slightest quantity of food or failing to clean the bowels every day will cancel the value of the fast. During the



first three days, the patient endures hunger. After that period, the soul becomes serene and stops asking for food.

### *The Healing Crisis*

When the subconscious mind launches its miraculous work, cleaning the body from poisons and remains, repairing any damage, and fighting against sickness, all secretory systems are stimulated. The nose leaks abundantly, the urine becomes thick and filled with poisons, the skin secretes salty sweat, and the body temperature rises slightly. The tongue becomes covered with a thick colored layer. The ears also secrete a sticky and waxy substance.

The fast must be sustained until the tongue layer disappears. At this point, the patient recovers his/her desire for food. If s/he does not progressively restart to eat, the patient will die! As the tongue becomes normal, all other symptoms related to the healing crisis will slowly fade.

### *Fast Break*

The first two days, the patient should drink a big cup of warm natural yogurt, once every two hours— without any sugar or salt. The third morning, s/he eats a small quantity of fruits, like orange or apple. In the middle of the day, s/he eats a green salad— without vinegar— and a small piece of toasted bread with butter. In the evening, the patient eats boiled vegetables and small quantities of dried fig or raisin.

The patient may follow this regime for a few days before returning— with extreme moderation and progression— to a normal eating regime. **The patient will face deadly health problems if s/he does not restart eating progressively and moderately!**



**WARNING! If the patient regains the desire to eat and does not break the fast, s/he will quickly— and surely— face the ultimate danger of starving to DEATH.**

If the patient suffers from a psychological problem, s/he may exercise autosuggestion (explained later in this book) during the fast period.

Autosuggestion during the fast period can surely help recovering from any organic or physical illness. However, it should be noted that the procedure is subtle and it requires professional supervising and guidance. Nevertheless, the smart reader will find anything s/he wants if s/he carefully assimilates the lessons in this book.



## **Black Art Fasting**

Black Art— or remote influence— is sending a message to a distant person so that the message penetrates the person's subconscious mind without the person knowing or feeling anything about it. The purpose of the message is to override the will of the victim and make him/her do something s/he would not normally be willing to do. Alternatively, the message may be intended to oblige the victim to hate or love someone (or something) or to suffer from diseases that s/he never had before.

Black Art fasting— or black fast— is a spiritual technique taken from the ancient Egyptians who were masters in this art. There are two kinds of black fast. The first one resembles therapeutic fasting— described earlier— and it is performed by people who are highly acquainted with spiritual exercises (like *Gandhi*). The second kind, which is more popular, is to quit eating— for a limited time— any food that derives from animals— meat, birds, eggs, milk, fish, and such— because it diminishes the “radiance” of the subconscious mind. The practitioner is allowed to eat fruits, vegetables, and oil, once a day, at sunset. This is the authentic way of fasting as practiced by the Copts of Egypt.

The fast is accompanied with special exercises and burning particular chemical substances and oils— incense— having great effect on the subconscious mind. Note that every wanted result requires a different ritual (exercises and substances). As for the exercises, the practitioner will usually:

- Practice *The Great Indian Triangle*— a respiration exercise<sup>1</sup>.
- Use the flow of Indian *Prana* <sup>2</sup>.

I mentioned these two practices as an example. In fact, the black fast is accompanied with other practices— developed by the ancient Egyptians. The scrupulous reader can discover most of those secrets through the pages of this book and I will not mention them clearly and fully because they serve evil. Nevertheless, I will clearly explain every knowledge or practice that brings success, good health, and fortune.

The second part of the law of food and nutrition is *remains evacuation*.

## ***Remains Evacuation***

All body remains turn into poisons that should be evacuated correctly. Any left food or tissue residue is absorbed by the body, which causes headaches, fatigue, paleness, and sickness. The best treatment for chronic constipation is to eat at regular time intervals. Harsh and dried food is also recommended. Still, each one of us may need a different kind of food to avoid constipation. One should find out whether it is dried fig, vegetables, radish, cabbage, carrot, cauliflower, or corn bread... However, the easiest

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<sup>1</sup> A variant of the *hypnotic respiration* technique described earlier.

<sup>2</sup> Magnetic flow.

and ultimate weapon against constipation is WATER. Drink pure water frequently, and any time!

### **Golden Rule**

You should not drink less than twelve cups of water in the summer, and eight in winter to facilitate the cleaning out and evacuation of sweat. You should also take showers daily and make sure to dry your body immediately before leaving the bathroom, particularly the face and the head— no matter how hot the weather may be!



# Lesson 2

## The Conscious Mind

### Introduction to the Ancient Spiritual Philosophy

Philosophers of all times have stated that human being is constituted of a body, a "spirit", and a "soul". Indians, in their holy books, call the spirit "Prana" which means "The Great Cosmic Power", or "Purusa", while "Vada" represents the soul, or, in modern terms, the conscious mind. *Plato* said that human being is formed of a pure spirit, a spiritual body, and an earthly body. *Aristotle*, in his book about the soul (chapter 3) declared that the universe is an active general mind, and that human being is a reactive mind contained in a vessel known as the human body.

Ancient alchemists, dealing with magic and astrology, used to point to this trinity (spirit, soul, and body) using a mysterious and symbolic language as when they talk about "salt", "sulfur", and "mercury". Symbolic and mysterious expressions were very common and widely used in ancient scientific books, especially those related to magic, medicine, astrology, and spirituality. *Ibn Sina* wrote poems in which he mentions the spirit and the universal mind. *Jesus* talked alike, using parables. Each parable had two facets, a spiritual one in which he sets the foundations of this universal science of knowledge, and another facet used for public and religious preaching purposes. That was clear to the initiates of that time. For instance, the *Assenes*<sup>1</sup>— or *Assenians*— were fully aware of the spiritual interpretation of the teachings of *Jesus*.

Scientists discovered this knowledge only when they admitted psychology as a science. For a very long time, scientists, historians, and archeologists considered that ancient Egyptian writings were nothing but a collection of made-up legendary stories and imaginary events<sup>2</sup>. Back to the concept of the spiritual trinity, it has been mentioned by many Christian philosophers and hermits in the beginning of Christianity. A few famous examples are *Clement of Alexandria*, *Tatian*, and *Origen*. Christianity itself mentions the concept of trinity by using secret symbols— the Father, the Son, and the Holy Spirit.

The concept that human being is spirit, soul, and body continued to develop and change over many centuries until scientists started to believe that human being has two minds, and that each mind has its private role. The earliest writers who expressed this idea were *Du Prel* in his book "*Philosophy of Spiritualism*", *Professor Wigan*, *Doctor Brown Sequard*, *Professor Proctor*, and the famous scientist and philosopher *Thomson*

<sup>1</sup> A Jewish sect who practiced meditation in private monasteries.

<sup>2</sup> Refer to the main introduction of this book for references.

*Jay Hudson* in his book "*Psychic Phenomena*", printed in 1894 in Washington. *Hudson* was the first scientist to distinguish between conscious and subconscious mind.

## Training the Conscious mind

### ***1 - Primary Perceptual Senses***

The conscious mind is what you use to perceive and understand the world around you. It is the product of our natural needs. It is the guide of our struggle in the material world. For this purpose, the conscious mind has many faculties such as deductive reasoning, intellectual perception (or comprehension), apprehension of social manners, result anticipation, and so on. The primary five perceptual senses (sight, hearing, touch, smell, and taste) constitute the first steps to knowledge and the foundation of all other faculties.

### ***2 - Attention***

Attention is the ability to *filter* countless perceptual sensations. Among hundreds of different and simultaneous stimulations (lights, sounds, etc.), your conscious mind is able to select only what it focuses on. Attention is a mental power that works automatically. It determines the outcome of the conscious mind.

### ***Practical Exercises to Train Your Attention***

#### Exercise 1

Attention can be trained like any other mental ability. The words **care** and **order** are almost equivalent to the word attention! When you do something, do it carefully and properly, or don't do it at all. When you read, do read every single word. Do not ignore any lines no matter how silly they may be. When you look at something, let your look have a start and an end. Organize everything in your life: your time, work, home, clothes, books, spare time...

#### Exercise 2

Take something in your hand and look at it. Pay attention to it. If your mind is distracted, bring it back to the object. Examine it, then put it away and describe it in details. Take something else and repeat the exercise. Practice for ten minutes.

### Exercise 3

Choose a person and look at him/her. Pay attention. Again, if you are distracted, return your attention to the person. Examine the person from the head to the feet until you are able to describe him/her as perfectly as possible. Practice with different people.

### Exercise 4

You should play chess or cards, practice drawing or manual work. All these activities require your attention. As a rule, avoid doing more than one thing at a time. In other words, do not think of two things at the same time, and do not leave an unfinished work to start or resume another one.

### Exercise 5

Pay attention to your smell and hearing senses. Do it on purpose, more than you do it normally or unconsciously. Every place has a special smell that is a mixture of different smells. What is the smell of your favorite coffee shop or pub? What is the smell of your work place? What is the smell of every street you walk down daily? Do you know the smell of dawn or midnight? The smell of grocery shops, fields, railway stations? Pay attention to the smell of every place you enter... What are the sounds, at midnight, right where you live?

Sit down in a quiet place and listen very carefully to weak and distant sounds. Describe them. Then listen to closer sounds. Describe them too. Pay attention to the different sounds in every occasion (voices, music, noise, etc.). Concentrate on each sound. Separate it— mentally— from other sounds and try to describe it.

## ***3 - Observation***

While attention consists of directing your mental powers and senses toward one thing for a relatively long or short time, observation is the ability to assimilate as much details as possible— about the thing or the person— in a limited lapse of time. By training your power of observation, you will be able to use it more naturally, more efficiently, and without conscious effort.

Observation is more than recalling small details in a person's look, behavior, or speech. It is rather our ability to grasp, analyze, and assimilate the meaning of every detail, and to interconnect different elements in order to improve our understanding of the bigger picture.

Assimilation, which is our power of observation, is also our mental capital. It characterizes the mind of every genius, inventor, and successful person.

## Exercise 1

Train yourself to acquire a pleasant interest in examining everything you see, hear, smell, touch, or taste. Notice how every person has a special way to walk, talk, etc. Observe the sky, the clouds, the birds... Watch how carefully a tree leave is shaped. Study a flower, a bag, a flame... Notice the color of people's eyes, hair, clothes, and shoes. Watch the different ways they use to express themselves, examine their favorite words...

## Exercise 2

Choose a sight and look at it very carefully for a few minutes, then write down every detail about it. After practicing for a while, repeat the same exercise, choosing other things to observe, but spending less time looking. Write down full descriptions. Continue to reduce the time with each exercise until you are able to describe a maximum number of details in a minimum time of observation. This exercise will enhance your assimilation even when you are not practicing— when you are having an ordinary look. If you give enough time for this simple exercise, you will soon enjoy a great power of observation. You will become naturally able to assimilate a great number of details with a simple glance! Try the same technique with your other senses.

## **4 - Memory**

- 1 - Do not try to memorize something when your body or your mind is tired.
- 2 - When you want to memorize something, use your attention, and associate it with a clear and precise picture. You should be able to visualize the picture in your mind with your eyes closed. You should also start learning to think using pictures. That's what we call visualization.
- 3 - If you wish not to forget a particular thing, use your power of observation. Let it interact with you and affect you. Associate it with a thought or a feeling. The bond you create between that thing and your particular thought or feeling will let you remember it easily! Notice that you never forget your school exams, your embarrassing situations, or your happy moments with all their details. Ask yourself why. What is so special about these situations, and what do they have in common? When you find the answer, use it again whenever it is possible. The answer is usually one of two things:
  - Strong feeling or emotion (pleasure, pain, surprise, fear, etc.)
  - Attention and high concentration

You should try to find a physical and/or a psychological pleasure in every subject that you wish to study or learn by heart. This depends on the intelligence of each person so we cannot, obviously, set general rules for that. Unfortunately, people

with little experience, culture, and education are unlikely to develop their mind without guidance and help. If you are one of them, my advice to you is LEARN.

- 4 - Understand well what you wish to remember. It will be much easier for you to remember it.
- 5 - Trust your memory! Be totally sure that it will not “betray” you. You will be surprised how effective this can be. Notice how people with low self-confidence are also people with short memories!
- 6 - Practice makes perfect. However, this does not mean that you should train yourself to remember silly or boring things! Neither should your good memory prevent you from taking note of your phone numbers, flight schedules, or important dates!

## **5 - Will**

The power of will is actually a combination of many psychological factors. Will is not, as most people think, one single active power, like observation, concentration, imagination, or memory.

Let us take an example and suppose that you want to quit smoking. Then your power of will may consist of some or all of the following factors:

- How much you evaluate smoking damage— it depends whether you are a doctor, a boxer, or a speaker.
- How much you can resist other people offering you a cigarette— and their influence on you.
- How much you are able to resist satisfying your own physical pleasures— this kind of resistance is determined at early age. It involves education and many other things.
- How much you care about getting compliments from your entourage for your courage and irrevocable decision to quit smoking.
- How much your desire to quit smoking is related to your financial problems— or to other problems.

As you can see, the list of factors could be very long. The bottom line is that the power of will is a combination of different factors, which vary with each person or situation; hence, you cannot train will alone because will means many things, such as being firm, honest, cultivated, persistent, and to have enough self-control, self-dependence, and self-respect.

Strong will is the characteristic of the polite and cultivated person, or the outcome of a long self-training to hold one's desires. It has nothing to do with “making honest efforts” or “being serious”. It is sad to see that, for most people, will is assimilated with torturing and exhausting the mind by vacillating between two opposite desires, or by

enduring conflicts between passion and reason. Later on in this book, you will learn more about will.

## ***6 - Imagination***

Imagination is one of the greatest powers of the conscious mind that can influence the subconscious mind. It plays an essential role in autosuggestion and remote influence. The power of imagination was not totally understood before *Emile Coué*<sup>1</sup> and *Charles Baudouin*, both French psychotherapists, who placed imagination before will (as most people used to understand it) in changing human behavior. The law of reflexive effort, which was set by *Baudouin*, states that if will is confronted with imagination, will fails, and that the stronger you apply the will, the bigger will be the failure. Let me give you an example. Suppose that you are willing to give a speech tomorrow, and that you are afraid to stammer or to forget what you have to say, so you start *imagining* yourself standing in front of the audience, perplexed and embarrassed. Then, the day after, when you really have to speak, you will realize that, no matter how much you exhaust your *will* to speak fluently and control yourself, you will unfortunately— but surely— fail. Worse, the more you exhaust yourself trying to recall your wandering talents and skills, the more you will increase your embarrassment and failure! The explanation is simple: your talents and skills do not answer the call of your will or desire to succeed. They rather obey the *images* of failure that filled your mind. Therefore, whenever such negative images come to your mind, you should remember to replace them with live, strong, and clear images of desired success situations! Neither your will, nor your desire is capable of wiping out your worries and obsessions. Only your power of imagination can wipe out negative images by replacing them with strong and persistent images of recovery, rest, joy, and success.

### ***Imagination and the Law of Reflexive Effort***

The law of reflexive effort is one of the laws that govern the subconscious mind's operating system. It is also a law that explains the subconscious.

#### **Example A**

If, deep inside, you hate doing a particular thing, you will fail in it no matter how hard you try. You may be unaware of the real cause if it is deeply rooted in your past. If you are an actor, for instance, and you must play a particular role in front of an audience, you will surely forget your script— regardless of the degree

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<sup>1</sup> *Emile Coué* (1857-1926), first psychotherapist to introduce autosuggestion to modern psychology. His controversial technique was— and is still— criticized by many scientific authorities. Actually, he recommended a method partly based on repeating sentences such as “*Day by day, I am getting better in every way*”. *Coué* is mainly misunderstood because the success of his method requires a delicate understanding of the process of autosuggestion, as well as special mental preparations and exercises— which many patients and critics fail to take into account. For autosuggestion to work, one has to *believe*. As you will see later in this book, belief is a science with its own set of definitions and rules.



of preparation or determination— if, deep in your subconscious mind, you already hate that role.

### Example B

A sick man, suffering from a painful illness, and ignoring the laws of psychology, would use all his psychological powers, determination, and will in order to recover, by saying, “I am surely recovering”, “I feel fine”, etc. Our sick man will surely get worse since his will is in conflict with concrete reality. Despite his sincere effort, he will unfortunately reach an unwanted result. He should rather practice visual autosuggestion by *picturing* himself getting better progressively— this book will show you how in details.

### Example C

Fear is the strongest factor in reflecting effort. You may notice that, whenever you are *afraid* to lose or spoil something, it always happens! When you are afraid that something may happen, it usually happens. People often say that “it was meant to happen” and there are lots of popular proverbs and sayings about this, by the way. The only cure for reflexive effort is calm and powerful imagination. Using one’s desire, will, and determination, makes reflexive effort even worse. Using imagination during autosuggestion will be discussed later.

## **Practical Exercises to Increase the Power of Imagination**

### Exercise 1

The basic ingredients of imagination are observation and memory, so make sure you have fully developed these two powers. The next step is to create mental images. Close your eyes and picture events from your day. Do not discuss the content of these events with yourself. Do it as if you were watching a movie.

### Exercise 2

Close your eyes and picture someone you know telling you a joke, as if the person was in front of you. Watch the person’s face and gestures. Hear the voice. Repeat the exercise adding more details. Concentrate during the exercise and do not let your mind shift to unrelated thoughts or subjects. If it happens, just bring it back! Remember: you can train your mind, the same way you train your body. With patience and practice, you will slowly— but surely— develop tough “mental muscles”.

### Exercise 3

Sit comfortably and choose any object. Examine it carefully then close your eyes. Picture it in your mind. Open your eyes and try to recall the difference between

the real picture and the mental one. Examine it further then close your eyes again. Try to picture more details. Repeat the exercise many times for many days, working on the same object, until you become able to see it very clearly with your eyes closed. This is *Visual Realization*, an essential technique used by Indian fakirs. It will be mentioned and needed later.

#### Exercise 4

Do the previous exercise using your own image in the mirror until you are able to visualize yourself clearly in your mind. It may take a few days to *realize* your image. When you are ready, lie down in your bed, and close your eyes. Imagine yourself in different situations, laughing, eating, walking, or talking, etc. It will help you a lot to film and watch yourself using a camcorder!

#### Exercise 5

Write down a list of different spectacles then imagine them one by one. A train passing quickly, a kid playing, an old man walking down the street, etc.

#### Exercise 6

Imagine simple arithmetic operations. For example, picture a piece of paper with the number 25 and the number 17 right under it. Imagine that you are adding the two numbers and writing down their sum. Exercise with different numbers and operations— subtraction, multiplication, and division. This exercise is very powerful.

You should repeat the above imagination exercises as frequently as possible. Although they look simple, they do require skill and intelligence.

### **7 – Concentration**

Concentration is the ability to keep one single thought in your mind for a certain period after clearing all other thoughts.

The difference between attention and concentration is that you may concentrate on something without using contemplation, observation, or thinking. You may simply concentrate on a small black dot on the wall, for example. In other words, the object on which you concentrate may be meaningless. While during attention you seek to capture as much details as possible, concentration is the ability to prevent the mind from thinking and to occupy it with one single thing. Imagination and concentration form the basis of applied psychology, hypnosis, autosuggestion, and remote influence.

## **Practical Exercises to Increase the Power of Concentration**

- 1 - First, the exercise should be simple, done in a quiet place, with little or no furniture, décor, and colors.
- 2 - Put a simple object in front of you— a ball, an apple, etc. — and pay attention to it *without thinking of it or of anything else*. Concentrate for a few minutes.
- 3 - The next step is to concentrate on a small part of it until you are able to imagine the small part very clearly— as if you were seeing it— with your eyes closed.
- 4 - Once you have reached that stage, imagine something you know— without seeing it— and just picture it in your mind without thinking about it. Repeat the exercise adding a few more details every session. You should reach a stage where the image on which you are focusing becomes very similar to the real image.
- 5 - Keep practicing on keeping one single abstract idea in your mind for one minute. Increase the duration of the exercise, day by day, until you reach ten minutes— use a timer. An abstract idea is a state of mind. For example, tell yourself, “I am a happy person”, and try to feel the same joy that you feel when you are very happy. Do not *think* that you are a happy person. Feel it. Here’s another abstract idea to concentrate on: “My mental power is part of the great active power of the universe.” Feel that you are a living part of a great power— the universe. The key to success is to become able to wipe out everything (even the idea that you are concentrating!) and to keep one single thing (mood, feeling, or abstract thought) in your mind for a certain time.

This exercise is not easy. Honestly, it will seem impossible the first few sessions. However, one thing is sure: With practice, you will achieve the best results, and there is no doubt about it. My last recommendations:

- How hard you practice is less important than *how* you practice. Make sure you understand the exercises perfectly. I encourage you to read the exercises every day.
- When your mind is distracted— and it will— don’t give it any importance, and do not give up! Remember that you grow your mental power the same way you grow your physical strength. Smooth progress is the rhythm of success, so practice with passion. I assure you that these exercises are worth your time and your efforts.
- Every page in this book will reveal to you more knowledge. Read slowly— only a few pages every day— and let it grow. Knowledge is like food: a child does not grow fast simply because s/he eats fast! Learn slowly, learn well, and remember to come back to these exercises during the coming lessons, as many of the concepts and the purpose of these exercises will become clear.



## ***Lesson 3***

### **The Conscious Mind and the Subjective Mind**

#### **The Conscious Mind**

The main role of the conscious mind is to perceive and deduce. It is tightly related to a biological process inside the human brain, the same way energy is related to an engine. The conscious mind, like any organ, is subject to the law of evolution. It has the ability to adapt to its environment. Scientific research on Prehistoric humans shows no trace, in the brain, of the organic part that is responsible of producing the conscious mind. That part had no place in the skull. Instead, Prehistoric humans had a nervous center capable of selecting actions based solely on instinct and desire. The powers of induction and deduction— reasoning— were non-existent.

When the conscious mind started to grow, the desire (and need) to develop its powers appeared too. Subsequently, as the requirements and necessities of life increased, the need for the conscious mind became a powerful and incessant suggestion to the subconscious mind. The latter responded by progressively developing additional patterns and organic parts to the brain in order to increase the power of the conscious mind.

The conscious mind works in accordance with the law of limitation. All its estimations and calculations are relative to time and space. It cannot perceive the meaning of a time with no end or a place with no limits. It deals exclusively with things that have a start and an end. Therefore, the conscious mind cannot understand everything. Its capabilities are limited. In other words, like any other organ, the conscious mind is specialized. It can only perform certain things.

Our conscious mind, which survived for such a long time now, can hardly understand the meaning of a great and infinite power capable of anything! Over the centuries, the conscious mind became more and more persuaded of its own limitations. This conscious perception of being subject to the limitation law was translated into a powerful suggestion to the subconscious mind, which accepted it. Limitation became an external shell to the infinite power of the subconscious.

This analysis may seem ridiculous and irrational to you but it is the truth. You will realize it once you understand the nature of the subconscious and its job. The subconscious mind is like a huge inactive machine. A little child can operate it by pressing different buttons without knowing exactly what s/he is doing. Another person, who knows little about it, can use it better. Ultimately, an expert who has studied and

understood the operating manual of the machine can operate it and exploit all its powers.

If you spend your whole life inside a house with a red window glass, you may only see red light, although white light beams travel millions of miles through space to reach your house. The red glass will block all colors except red, so all you can see, know, or think of is red. If you hear someone talking about a yellow or a green color, for example, you simply cannot believe it. Likewise, the confinement of the subconscious mind within its boundaries<sup>1</sup> is comparable to you staying in a house with a red window glass. Again, the boundaries surrounding the subconscious mind are the result of thousands of years of suggestion caused by the conscious mind.

The red glass, in the previous example, represents our deeply rooted submission to the idea that our conscious mind is definitively limited. If ever we are capable of perceiving, realizing, and believing in the infinite power of the subconscious mind, the boundaries that surround it will fall and the conscious mind will finally be free from the law of limitation. In fact, the boundaries may not vanish completely. It would require thousands of years! However, a partial demolition of these mental boundaries is enough to perform miracles! The first step is to make the conscious mind admit and believe in the infinite power of the subconscious mind. I have just revealed to you a great secret. It is a major requirement to perform magic, remote influence, miracles, and supernatural healing.

To summarize, I would say that, on one hand, the subconscious mind is an unlimited power that is totally submitted to autosuggestion. On the other hand, the conscious mind has limited capabilities, and it is so aware and so convinced of its own limitations that it influenced— through autosuggestion— the subconscious mind, which in turn became submitted to limitation and unable to perform any great action. You must also understand and believe that your subconscious mind has an unlimited power. Once this belief is well rooted in your mind— using ways and techniques that I will explain later— the same belief will be sent automatically, through autosuggestion, to your subconscious mind, and **that** will open *Pandora's Box*. Do you get it now?

## The Subjective Mind

The subjective mind is the realm of dreams. It is also known as the hypnotic mind. The subjective mind can be regarded as an area or a field that envelops the subconscious mind. It is the state of mind between awareness and sleep. It is the realm of shadows, ghosts, and other illusions.

The subjective mind has the same substance as dreams: opalescence, mist, and haze. From its substance, psychic mediums and some mentally disordered people draw their odd visions. The subjective mind interferes with the conscious mind at many occasions.

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<sup>1</sup> These boundaries were created by the conscious mind because of its limitation.  
Feel Free to Distribute!

Whenever you are concentrating on something, and some other unrelated thoughts cross your mind and distract you, it is the subjective mind sneaking in and interfering.

The subjective mind is the realm of forgetfulness you walk through every time you wake up from a deep sleep. It is the bridge between the subconscious and the conscious, and it remains totally under the control of the subconscious mind. The subjective mind is also the repository of personal memories, and it holds all the wisdom accumulated through life and experience. Everything you went through since you were born is recorded in it, and, like the subconscious mind, it “believes” any message received from the conscious mind. So if the hypnotist tells the patient (medium) that s/he is a turkey, s/he believes it immediately and starts acting like a turkey— simply because s/he is under the control of the subjective mind. The same thing happens if the hypnotist tells the patient that s/he is about to touch an ember. The patient may then touch a piece of wood, but, convinced that it is an ember, s/he will feel pain. If the patient’s hypnotic state of mind is deep enough, the patient’s fingers will be physically damaged, as if s/he had really touched an ember!

Many mental disorders are caused by the illusions of the subjective mind after they manage to overwhelm the conscious mind. Furthermore, most dreams are *memories of feelings* picked up from the subjective mind during the transition stage between conscious and unconscious states. This transition occurs while you are waking up or falling asleep. The reason why our dreams are usually confused, dismantled, and irrational, is that the subjective mind is also the realm of madness. In every person, there are two paths, one leading to high wisdom and another one leading to madness.

As I mentioned earlier, the subjective mind is also known as the hypnotic mind because we can reach it through hypnosis. Experiments have shown that the subjective mind is capable of divination— which is the act of foretelling future events or revealing occult knowledge. Dervish and Sufi people explored many types of divination, such as mind reading, remote influence, clairvoyance, clairsaudience, and psychometry<sup>1</sup>. These skills became established facts since thousands of testimonies have been reported, verified, and confirmed all around the world. By learning the secrets and practices of these skills, you will find it relatively easy to cure others (and yourself) or make them ill, and to make them love what they hate or hate what they love!

The powers of the subjective mind are also capable of telekinesis<sup>2</sup>. All authentic<sup>3</sup> psychic phenomena, such as moving objects, curtains, and furniture, are actions of the subjective mind of an unhappy sleeping person. S/he is most probably someone who is used to walk in his/her sleep. One medium that I hypnotized personally had once succeeded to move a table that was at the opposite wall of the room.

The subjective mind plays the role of a guard, a protective shield that prevents conscious thoughts and external effects from reaching the subconscious mind.

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<sup>1</sup> (or *psychometrics*) The ability or art of divining information about people or events associated with an object solely by touching or being near to it.

<sup>2</sup> The movement of objects by scientifically inexplicable means, as by the exercise of an occult power.

<sup>3</sup> Most of the so-called psychic phenomena are purely fake.

Autosuggestion is a conscious or unconscious process that intensifies mental pressure allowing conscious thoughts, wishes, and desires to penetrate the isolating layer of the subjective mind into the subconscious mind— just like when an electrical current crosses an isolated wire if the Volt pressure is increased enough.

### ***Practical Exercises to Train the Subjective Mind***

- 1 - Hypnosis can be used to train, reorganize, and develop the powers of the subjective mind. However, hypnosis is beyond the scope of this book. Moreover, the success of hypnosis requires a highly qualified hypnotist, which is not easy to find.
- 2 - Alternatively, I will describe an easier technique that will enhance your memory by reorganizing your history register. It will also optimize your thinking processes and reflexes, and it will greatly intensify your personal influencing power.
  - a) In a quiet place, take a pen and some paper. Recall any event or memory from your recent or far past. Write it down using a few words only. Write down the next event that comes to your mind without caring for any order or relationship with the previous event. Each thing you note will let you remember something else. Do not try to link between the events yourself. Let each event, picture, or idea recall the next one automatically. Do it without effort and mention every past memory crossing your mind— regardless of its importance, order, or significance. Keep the papers for the next session.
  - b) Once you feel that you have written down everything (brief headlines only), sort all your life information in chronological order. Try to specify dates as much as you can. You will be able to know what made you happy or sad, your hopes, your past mental and physical states, the different environments where you lived, the different social roles you played in your life, etc.

The above technique is also known as the law of association. It organizes your memory and develops the communication channels between your subjective mind and your conscious mind. Association will allow valuable experience and knowledge to reach your conscious mind, which will effectively develop your *inspiration power*. The subjective mind is also *The Great Sea of Ancient Wisdom* that dwells in each one of us. It is filled with all the knowledge, wisdom, and experience that humankind has accumulated over the ages. It is transmitted genetically.

Once you have reorganized your life registry, you will feel that you have broken chains of complexes, frustrations, and illusions, which have been paralyzing your vital powers, and preventing you from progressing, succeeding, and enjoying life.





## Lesson 4

### The Subconscious Mind

The subconscious mind is a beam of the universal mind<sup>1</sup>. In other words, the subconscious mind is the “part” of the spirit of “God” that exists in every human being. Therefore, when you say “**my** subconscious mind”, you should not consider it as your own personal mind, but it is rather like saying “my breath”: you share the air that you breathe with all other beings. You do not own the air. You just share it. In the same way, using special means that will be fully explained later, you may pull any wisdom you like from the great power— or universal mind— and push it to the conscious mind. All geniuses did it, some consciously, others unconsciously. Among those who used their subconscious mind as a bridge between the universal and the conscious, were great leaders who shaped history. Moreover, books of great spiritual, philosophical, religious, and scientific value were written by fortunate users of the subconscious mind.

The subconscious mind **does not argue**. It cannot reach conclusions. It simply accepts the messages that reach it submitting itself to the law of **suggestion**. The subconscious mind embraces all wisdom and power as it supervises the formation and preservation of the body. It permanently controls all biological functions by sending messages to the nervous centers, which in turn monitor the functions of each living cell. Consequently, one should learn to avoid sending negative or destructive messages to the subconscious mind.

Every human being is born with a complete subconscious mind. It appears with the very first cell that gives birth to the human fetus. The subconscious mind ensures that this first cell becomes a human— and not another animal or plant— by controlling the formation of the fetus and the different body organs. It also regulates all involuntary processes such as secretions and blood circulation. Moreover, the subconscious mind is the sole supervisor of all cell renewal, building, healing, and destruction processes that occur in the body. It performs all its deeds in highly sophisticated ways using complex chemical processes that are beyond the understanding of the conscious mind. When you are injured, for example, thousands of white blood corpuscles rush to your wound to limit infection and heal the wound. During this extraordinary process, the white blood corpuscles will encircle, fight, and destroy all germs before your body creates new cells, tissues, and vessels.

The subconscious mind that virtually lives inside every cell of your body operates automatically as needed. Everyday, thousands of secret internal processes occur inside your body without you knowing or noticing anything. That is the reason why we call it

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<sup>1</sup> The universal mind is the great active power that exists in every place and time— and in all other possible dimensions as described in the superstrings theory. In fact— and at the same time— all dimensions and forms of energy, including space and time are different manifestations of the great active power. This apparent paradox is the result of the limitation of the conscious mind. However, it may be solved and annihilated by our power of intuition.



the subconscious mind. It is also responsible for reflexes and nervous responses: if a needle unexpectedly stings your finger, your subconscious mind will react immediately pulling away your hand with an extraordinary speed— before you may consciously realize what happened!

I am about to reveal to you a surprising fact. In most sickness cases, the doctor's intervention interferes with the work of the subconscious mind! In the first place, the right way to avoid sickness is to stick to simple and natural health rules. One capital rule is to think correctly in accordance with the law of autosuggestion by sending positive messages to the subconscious mind. These messages become orders that are automatically executed by the subconscious mind.

There are thousands of medical drugs available. Many of these drugs are designed to relieve from pain or annoying symptoms. In fact, they simply contain active substances that stimulate the subconscious, making it focus on a particular organ, such as the stomach or the liver. The real healing work is done by the subconscious mind not the drug! A few drugs, however, which are designed to fight against contaminating viruses, do not rely on the subconscious mind to cure from diseases. They directly activate processes and mechanisms inside the body to eliminate the virus. Nevertheless, since humankind first appeared on this planet, a few remarkable individuals have been able to cure themselves— and others— from deadly diseases using the sole aid of the subconscious mind.

Do you wish us to discuss these facts?

Tell me the chemical equations to transform food into heat. How do you control your lung muscles, secretion, or body temperature according to your activity? Your conscious mind doesn't know anything about it but your subconscious mind knows. The proof is it does it all the time! Here is another question: Suppose that your weight is 75 Kg, the weather temperature is 25-Celsius degrees, and you are sitting still. What is the amount of sugar that should be secreted by the liver into your blood for your body to keep its natural internal temperature? Again, most of us don't know. We don't even care because a nerve connecting the liver to the bottom of the rear side of the brain carries the right orders *subconsciously*! How does the liver interpret these orders? Wonder of wonders!

In every one of us there is a **magical healing system** orchestrated by our subconscious mind. We may be able to help it or stimulate it with drugs and medical treatment, but the actual healing work is done solely by it. *Autosuggestion* can be used to guide the subconscious mind and to stimulate its healing powers. It can also be used to transform reality in many possible ways<sup>1</sup> according to your desire, and to influence distant people. All these topics will be clearly covered in the coming lessons.

Back to the qualities and powers of the subconscious mind. It holds the register of humankind's instincts and experiences. During thousands of years, our ancient parents

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<sup>1</sup> That is what ignorant people call *Miracles* or *Magic*.  
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acted in certain ways in reaction to certain things. These repeated behavior patterns became instinctive. There is no doubt today, that all human instincts and common knowledge<sup>1</sup> are safely preserved by the subconscious mind and that they are being transmitted genetically from parent to children. Consequently, it is in our best interest, to start learning how to control the subconscious mind that dwells in us, and how to make use of its wonderful powers in order to change fate, and attract health, fortune, and beauty. It means that we should also learn how to avoid negative and destructive passions and thoughts. Did I mention changing fate, attracting health, fortune, and beauty? Are you thinking this is impossible? I bet you are; but please be patient because not only I will teach you how to do it— so you may prove it to yourself— but I will also explain to you (scientifically) how (or why if you prefer) it is possible! Before that, allow me to introduce you more to the subconscious mind.

The subconscious mind is the manager of all our good and bad habits. Behaviorism, which is a school in psychology, considers that habits are conditional reflexes. In other words, a habit is a previously recorded and automated response to a certain stimulant in a particular situation. Habits are locked for good behind the magical doors of the subconscious mind, so if we wish to get rid of a habit, we must be able to reach our subconscious mind. This can be done using autosuggestion, by sending consciously elaborated mental messages to the subconscious. Any other (unconscious) message that reaches the subconscious is called suggestion.

The subconscious mind does not estimate, argue, or compare to choose the “right” and avoid the “wrong”. It simply accepts anything it actually receives and fulfills it immediately even if it seems impossible to the conscious mind. If a mentally disordered person persists in thinking that s/he is a queen or a king, s/he will surely become queen or king in a hospital! The person will *really* think, live, and act like a queen or a king. It becomes clear that the power of suggestion must be controlled by the conscious mind to prevent life events from controlling your fate without you knowing that you don’t know!

The subconscious mind is also the source of our emotions. Emotional sensation is our reaction to different situations. Satisfaction, pleasure, pain, love, fear, worries, illusion, jealousy, etc. are products of the subconscious. This book will teach you how to control your emotions... Life is short. You should not be spoiling it with a miserable love, an overwhelming sadness, or a lost hope!

A scientific observation of a single living cell shows a complete living being. It definitely reveals the characteristics of the subconscious mind. A single living cell is able to receive and execute orders automatically— or mechanically— from the universal mind. The *amoeba*, for example, which is one of the smallest living beings we know, is made of one single living cell. It can hardly be noticed with naked eyes. This tiny little dot lives mainly in mud and clear water. The *amoeba* is made up of *ectoplasm* and *endoplasm*. Together, these two parts form what we call *protoplasm*— a living substance! The *amoeba* has a nucleus— or “heart”— like any other ordinary cell. It also

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<sup>1</sup> Universally shared feelings and impressions also known as *Jung’s* archetypes— such as when it rains, when the sun rises, when we are alone in a dark forest, etc.

has a hollow part that can be filled with water, digestion leftover, and carbon dioxide. The *amoeba* is able to fill its hollow space with water to dive, and to empty it in order to float. On one hand, it runs away from any harmful acid or substance that may approach it. On the other hand, it swallows particles of water grass or other kind of food after surrounding it and wrapping it. It avoids poisonous substances and reacts to cold by shrinking and covering itself with a thick self-produced layer. All these reactions<sup>1</sup> are executed with an extraordinary precision. The *amoeba* does not think. It reacts mechanically. It can be fooled by glass particles that resemble its food, for example. Many experiments have shown that it reacts mechanically.

The *amoeba* proves that a single living cell is capable of incarnating the universal mind. Its biological reactions reveal the presence of a subconscious mind. All living organisms— humans, animals, and plants— are constituted of groups of cells that cooperate and unite to perform the various organic functions. Every being, therefore, is an incarnation of the universal mind— the subconscious mind being the link between the two. The conclusion of all scientific research proves that the substance of a living cell— *protoplasm*— incarnates the universal mind and that it is charged with *biological electricity*.

Cells gather and unite to form body tissues. Cells can take any required form to build any kind of tissue. An organ is made up of different tissues. For instance, the tissues forming the stomach are different from those forming the liver. Nerves require different tissues, and so on. Moreover, organs cooperate to form a biological system, such as the nervous system or the digestive system. Different biological systems unite to form a body, which is you!

Cells can perform miracles. They can build new bones, nerves, and veins inside wounds and fractures. In some cases, wrong or misinterpreted messages cause cells to continue to produce new tissues— that's what we call *cancer*. The question is: *Are we able to send our own orders to our cells in order to build and repair our body?*

Isn't it what Indian fakirs do when they order a wound to heal and it mends within a few hours? As for you, as a beginner, be sure that you will be able to summon a sick organ to heal and it will be restored in a few months! No matter how difficult your demand may seem, it will be fulfilled within the limits of the possible. I assure you that the secrets I am about to reveal to you will grant you health, happiness, and success.




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<sup>1</sup> Called *automatic responses* in biology.  
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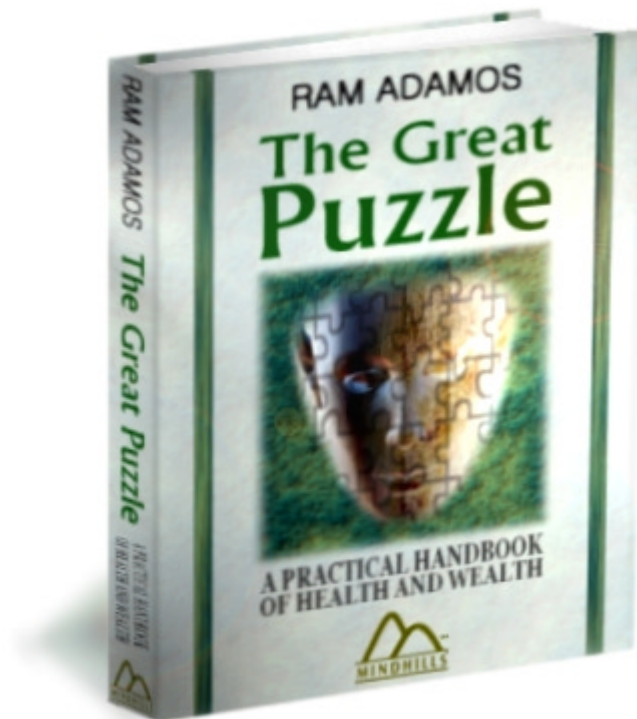
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