



You think with your mind. In other words, it is your servant, the instrument which the "*Real You*" uses to manifest. **The purpose now is to bring the mind under the complete control of the real you.** Self-confidence and poise come to all who gain control of their minds. The three or four numbers that work the combination of a safe are simplicity itself ~ but, unless they are known and manipulated in their proper rotation or sequence, the lock cannot be opened. Similarly, there are limitless forces at the call of your mind, if you have but the combination. The secrets of the combination are placed at your command in the form of the methods used in **The Mystic Road**, the practice of which will unlock the door to a veritable storehouse of mental power almost undreamed of and of which the vast majority of mankind is in complete ignorance.

 **he satisfactory life is a life of continual growth.**

 **here is no such thing as standing still.**

Father Yod ~

YA HO WHA

Isis and E Aquarian
The Source Foundation
YaHoWha.org
And **The Creators of SoulGrowth.org**

**"The Mystic Road" is a 22 week set of exercises . . .
Focus your mind through precise daily meditations.**

This extraordinary set of exercises was given to
The Source Family in 1972 by

FATHER YOD ~ YAHOWHA

We are honored to dedicate this booklet and our commitment to these exercises - and all of our "Great Work" - to this remarkable being, **who gave us his all**, so that we could:

**Purify our Bodies,
Refine our Emotions,
Elevate our Minds and
Liberate our Souls . . .**

So that we may be of service to Humanity !

We see Father as the "Father of The Age of Aquarius".

For every age there has always come a leader - or a teacher - or a Master - or an Avatar. Father said that - for this New Age - we would need no more "Middle Men" between us and God - but, rather, we would *be* the God Men and Women who would understand . . . that there is no Heaven to die and go to . . . but that we are to build our Heaven here and now. It is not about who did what or who is right or wrong. It is not about past grievances or judgment or separation. It is not even about beliefs.

It is only about . . . **What will you *do* with your "Age of Aquarius" ?**

FOR IT IS UPON US . . . *NOW* !

Find more information about the powerful story and the historic music of **Father and the Source Family** by visiting YaHoWha.org. If you are interested in our story, you will treasure the award-winning **The Untold Story of Father Yod, YaHoWha 13 and the Source Family**. To find out more about Father's compelling teachings, read **No More Secrets**. There is a list of some of the "Goods" available from The Source Foundation in the back of this book. Watch for the compelling movie "The Source" - which should be in distribution in 2013.

Father said he would Teach through his music after he was gone - **and he is !**

From the Explanation for the Ninth and Tenth Weeks: There is a productive exercise that you should know because of its great practical value.

Inhale a deep breath. Hold the breath a few seconds and, as you do so, *will* that the "Universal Life Energy" (which is everywhere and surrounds you now) arise from the top of your head and flow down to the floor, enveloping you as in a mantle. Next, *will* that this protective covering ward off and prevent all unpleasant thoughts of every description from reaching you. Do this when in the presence of any person who is excited, irritable, unreasonable, or angry. Nothing s/he may think or say will have the slightest mental effect on you.

This protective mantle wards off all unpleasant vibrations; they cannot penetrate it.

NOTE PX  WATCH FOR THIS

In the back of this book (PAGE) . . . We have shared some discussions that took place among Father's "Spiritual Family" - The Source Family - (who were blessed to experience his Love and Wisdom in the '70's). Many of us have completed The Mystic Road multiple times and we were sharing our thoughts and questions, as we were taking part in the "First Annual Mystic Road" (March 25 to August 25, 2012). We are sharing these notes with you, in an effort to aid you on your journey. Since this is a journey that only YOU can take, you are encouraged to take what you will from these exercises and then use your own best judgment and intuition.

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THREE "SPOTS" ~ Page 56 ~ We have provided **3 "Spots"** (as called for in these exercises) so you can cut them out separately and use them - just in case any get lost or you might want to share one. You may photocopy them.

ANNOTATIONS - PAGES 45 - 61 - Wherever you see this - *NOTE PG X* - there will be further discussion of this Week's exercises in the back of this booklet. These notes are drawn mostly from discussions which took place among Father's "Spiritual Family" (who were blessed to experience his Love and Wisdom in the '70's) and comments by the editor, E Aquarian, and other sources given credit.

These notes are intended to aid your journey. Since this is a journey that YOU must take, you are encouraged to take what you will from these exercises, listen to the balance in the Notes - and then use your own best judgment and intuition.

"GOODS" FROM THE SOURCE – PAGE 62

The Source Foundation was honored to sponsor **the first Annual Mystic Road**, which took place, between March 25th and August 25th of 2012 - a total of 22 weeks ! This is, without question, a World Record Setting Event with at least 13 finishing it together !

The mind of man has never learned what electricity is made of, where it originally came from, nor where it goes. Yet there are laws governing it, knowledge of which enables mankind to make it one of the greatest world forces for accomplishment. There is a striking similarity between electricity and *the occult forces at your disposal*. But the world in general is as much in ignorance of the value and workings of the occult forces, today, as it was in ignorance of electricity two hundred years ago.

However, *the advanced minority* will appreciate and realize its untold benefits and reap their just reward as the forerunners of a new age of accomplishment.

The Mystic Road

Father Yod ~ YaHoWha

**ONE must either rise steadily . . .
Or s/he will gradually sink into oblivion.**

It matters not whether one's worldly wealth is ten dollars or ten million.
The rule is the same.

Every person, whether rich or poor, who has the intelligence to understand this and follow the rule of life, has need of the development offered by **the Mystic Road**. It frees him from the chains of misfortune and protects him from the cruel buffetings of fate. It replaces poverty of soul and purse with plenty, and renders secure the possessions of life's desires through the conscious control of the creative element.

The greatest devil in the universe is fear, and the greatest crime is ignorance – ignorance of the marvelous power innate in every human being. Either in this or a future life you will have to undergo the triple evils of ill-luck, want and deprivation, until you have learned to conquer them through your divine heritage of power. In other words, to be born again, mentally, through the unfoldment of your mind.

The sooner you realize this truth and act upon the biblical promise, "Seek and ye shall find, knock and it shall be opened unto you," the sooner will you enter into the promised land of good and plenty and your world will become, for you, what it was intended to be: a world of continuous enjoyment.

**A few are born with great powers of concentration.
Others gain it by years of laborious endeavor.
These exercises will bring results
With a minimum of effort in a very short time.**

By applying the sacred, oriental, occult knowledge of the workings of the mind, nerves, and nerve centers and the proper use of the "Universal Life Energy" . . . you are enabled - by the devotion of only a few minutes a day of your spare time - to develop your powers to an unbelievable degree. A few minutes a day is not study. It is the conscious unfoldment and direction of the undeveloped portions of your mind, so that they work continuously for you.

The real basis of your power is developed by means of two things:

First is the development of **the ability to use the "Universal Life Energy"**, which is everywhere, surrounding you now and always, and which is closely akin to electricity. At the start, you may doubt the existence of such a force. Long before you have finished these instructions, all such doubt will be removed.

Second is the development of the nerve centers or plexuses, particularly the plexus of power.

A BRIEF PREPARATION is necessary before you can start these developments. This preliminary instruction is covered by **the first few lessons.**

Do not slight these lessons. They are an absolute necessity for what will follow and, in addition, they possess great value in themselves. In fact, if you went no further than the first few lessons, the value to you would be many times the cost of the slight effort involved. After the ability to control power has been developed, there will be given to you, in the final lessons, **The Secret Key which will give you the exact methods to follow in order to divert these powers to the fulfillment of your own desire.**

Practice these exercises at any time during the day or the evening when you have the leisure and will not be interrupted. However, when it is convenient to do so, practice in the evenings, as it is slightly preferable. Do not permit yourself to fall asleep while practicing, as it is not desirable. Practice the required time, then forget the matter entirely, until the next day. Your mind will carry on better if it is not interrupted after you have given it the instructions through the exercises. While, for the purposes of this instruction, it is not necessary to make the mind an absolute blank and attain a state of consciousness without thought, still it is necessary in order to gain the proper control over your mind to approximate, in other words, to approach this state. The few minutes spent in the daily effort is wonderful training for your mind.

Before you begin any of these exercises, always sit for a few minutes - quietly, in mediation - and calm yourself completely.

NOTE P X

The following method will prove a great aid in the practice. Imagine every thought as a straight line of real substance, connecting your mind to the thing thought of. As you think of one thing after another, imagine a straight line of thought extending from your brain to each of these objects. Think of these thought-lines you extend from your brain as the spokes extending from the hub of a wheel. Now slowly draw a deep, full breath. As you do this, draw these lines of thought substance back into your brain and hold them there. After a few trials, you will find this method makes it comparatively easy to inhibit thought.

When you wish to concentrate on one subject, practice first as just outlined, drawing in all the lines of thought which have been connecting your mind with other feelings. Then imagine the line of thought you are sending to the one object as being a large, forceful column of thought substance, equal in volume to all the smaller thought-lines which were out before. In fact, imagine that this one column of thought is so large that there is no substance remaining unused with which to connect your brain with anything outside of the object. Do not be discouraged if you cannot do this perfectly. Training is in the earnest endeavor.

This instruction, in its scientific arrangement of methods for the development of power, is so absolutely and entirely different from any other, and requires so little time and effort, that you may, just at the start, think you are accomplishing little by the devotion of such a short time daily to the practice. **Be not deceived. You are doing more for yourself - mentally and eventually materially - than you could by studying or working the full twenty-four hours daily, following less scientific methods.**

The exercises you will be given should be practiced each night for a full week, exactly as given. Never practice an exercise at one time longer than the number of minutes allotted to it. It is helpful to re-read each week's instructions every day and re-read the explanations often. The Instructions can sometimes be a bit confusing. Just relax and do your very best to follow them and they will become clear.

Deep breathing exercises should not be practiced for at least two hours after eating.

The "Spot" called for (in some exercises) is in the back of this book.

~ FIRST WEEK ~

(10 minutes the first 3 nights, then 15 minutes - plus affirmations before sleeping)

Practice these exercises, as given, every day of the first week.

Sit erect, on the floor, or in a comfortable chair, spinal column straight, ankles crossed, hands at rest in lap, eyes closed. Relax completely, so there is no bodily nervous tension. With the least possible expenditure of will, try to relax mentally as well as physically, letting your mind become restful and passive. Now, gently, without exerting your will, **try to inhibit all thought, to think of nothing until your mind is blank.** Continue this for **five minutes.** It is essential that you are absolutely comfortable, that there be no physical uneasiness to distract your mind. So if you need to, put some pillows behind your back. Rest your body so that it is perfectly erect, entirely at ease.

Next, focus your eyes at the "Ajna center" - which is the "Third Eye", the place between the eyebrows - and repeat these words over and over, firmly, holding this thought in your mind:

“I will have health, happiness and success”

Whenever your upward gaze or your mind attempt to wander, inhale a full, deep breath slowly and gently, filling the lower part of your lungs first, then the middle part, and lastly the upper part. Hold your breath for three to five seconds, then exhale slowly. Breathe entirely through the nose. Practice this exercise **five minutes the first three nights** and then **ten minutes** a night thereafter. *NOTE P X*

Upon retiring each night, repeat the following words over and over to yourself:

“My mind is my servant. I AM gradually gaining complete control over it.”

Keep repeating these words and holding this thought until you drop to sleep. After the first two or three nights, you will find this comparatively easy, and will fall asleep very quickly.

Now, for some *general instructions in connection with the lessons of the First and Second Week.* **Your mind is working constantly, forming your health and shaping your surroundings. An untrained, uncontrolled, or vacillating mind eventually means indifferent health, unsatisfactory surroundings, lack of whatever it is you wish to have.**

The mind must be controlled, made your servant, and focused in the right direction before you can enter the life that leads directly into health, happiness, and whatever it is you wish to achieve. You travel in the direction towards which you are headed. Success is a general term covering all that you desire to become and to possess. Before any vessel is used for a new purpose, it is emptied.

The purpose here is to gradually empty your mind of the valueless, disconnected thoughts floating through it, to make room for the things you are about to be required to do. Before the secret plexuses of the body, with all their magical, marvelous powers, can be brought under your control, your concentration (that is, the ability to focus your mind on one point) must be developed.

Do not be discouraged if, at the beginning, you find it difficult to hold your mind to one point, without its wandering elsewhere. The first two weeks are the hardest. After that, you will find that the scientific manner in which these practices are arranged will develop your concentration and other mental forces quickly and permanently.

Endeavor to realize the fact that **your mind is not the "Real You"**. You think with your mind. In other words, **it is the servant, the instrument which the real you uses.**

The purpose now is to bring the mind under the complete control of the real you.

Self-confidence and poise come to all who gain control of their minds. You are earnestly requested to bear in mind that there is an occult and scientific reason for the inclusion of each and every exercise given. The practice of each has an immediate and definite result. You can note the improvement from the very start. The three or four numbers that work the combination of a safe are simplicity itself but, unless they are known and manipulated in their proper rotation or sequence, the lock cannot be opened.

Similarly, there are limitless forces at the call of your mind, if you have but the combination. The secrets of this combination are placed at your command in the form of these methods, the practice of which will unlock the door to a veritable storehouse of mental power almost undreamed of and of which the vast majority of mankind is in ignorance.

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forces for accomplishment. There is a striking similarity between electricity and the occult forces at your disposal. But the world in general is as much in ignorance of the value and workings of the occult forces today as it was in ignorance of electricity two hundred years ago. However, *the advanced minority* will appreciate and realize the untold benefits of these forces and reap their just reward as the forerunners of a new age of accomplishment.

The proper way to practice is to follow the exercises each day for the time required . . . Then forget the matter entirely, until you are ready to practice the next day. In the meantime, when thoughts of the instruction enter your mind (as they often will) just make the assertion:

"My mind is working constantly to achieve my desires, so I AM content"

By daily practice of the exercises, you give your mind the conscious direction and it will work steadily, perfecting, as you desired, without further thought on your part, until the next day. The progress will be considerably faster if you do not allow your mind to dwell continually upon the instruction.

Do not foster impatience, nor be overly-anxious for quick results. Anxiety is only a form of fear, fear that the desired results will not be gained, and fear (in any form) kills constructive and creative efforts of every kind, mental and material. Endeavor to maintain a calm, confident attitude of mind. You may find this hard at first, but it will soon become easy. You will have to grow mentally before you can change the material conditions around you. This will take some little time, but the small effort is nothing in comparison with the results, for the growth and benefits gained are permanent. No one can ever take them from you.

The first improvement will be your mental condition. It will not be long before doubt, worry, uncertainty and fear will become a thing of the past for you. You will sleep and rest nights as you have never rested since you were a child. Your development will bring to you a calmness of mind and a faith in the future that you never before realized as possible.



~ **SECOND WEEK** ~
(15 minutes plus affirmations before sleeping)

Review the general instructions for the First and Second Week, above.

For the Second Week, repeat the **two** exercises that you practiced the first week for **five minutes each**.

Next, **write on a mirror the word that best exemplifies what it is you wish to achieve, be it success, health, power, whatever.** *NOTE P X* It should be stated in one word, completely to your liking. This word should be written on the eye level. Stand erect, about three and a half feet in front of the mirror. Standing up straight, place the palm of your right hand lightly against the back of your head. Bring your hand quickly over the top of your head, continuing your movement until your arm is outstretched with the index finger pointing directly at the word. If the word is health you would say, "Health is mine." Repeat the process for **five minutes**. The movement of the hand in this exercise has a particular value, which will not be apparent to you until later on in these lessons.

Now, for the second week, **upon retiring**, just as in the first week, hold the following thought in your mind until you fall asleep:

"My mind is my servant. I have complete control over it"



~ THIRD WEEK ~

(at least 15 minutes – no more than 30 - plus affirmations before sleeping)

Place "The Spot" on the wall, four and a half feet from the floor (cut it out from the back of this book). Sit in a chair, upright, comfortable, with a pillow behind your back if you need it, about six feet in front of the spot. **Relax completely with eyes closed, trying to hold the mind blank** for about **five minutes**. *NOTE PX*

Now, open your eyes but do not change the posture of your body. Focus eyes steadily on the spot without allowing your gaze to wander to the converging lines. Breathe slowly and deeply. Repeat these words over and over and hold this thought fully in your mind:

"I AM the center of the universe"

Continue, this for **five minutes**.

Next, stand erect in front of a mirror about two feet from the mirror, arms folded, head up, spine straight. Look into your reflection, gaze into your eyes steadily, breathe deeply, but slowly. Keep saying mentally or audibly, if there is no one within earshot:

"You are the center of the universe"

Continue this for **five minutes**.

It is important that you **never practice this more than once a day, and never allow more than ten minutes for each exercise**. On retiring, hold this thought in your mind steadily until you sleep:

"My concentration is becoming perfect"



~ FOURTH WEEK ~
(15 minutes plus Affirmations before sleeping)

Repeat the exercises given in the third week except, while sitting with the eyes closed, hold the thought:

"I AM the center of the Universe"

For **five minutes**.

Now, open the eyes and place the right hand, with the palm upward, resting in the palm of the left hand. Leave the index finger of the right hand pointing upwards, other fingers closed. Concentrate your gaze at the tip of your index finger, holding this thought steadily in your mind:

"My concentration is becoming perfect"

Any time your gaze tends to wander, breathe deeply several times. Continue this for **five minutes**.

Next **stand erect in front of the mirror**, gaze intently into your eyes, and say mentally or audibly:

"Your concentration is becoming perfect"

Continue this for **no longer than five minutes**.

Upon retiring, continue with the exercise of the third week by repeating over and over to yourself until sleep comes:

"My concentration is becoming perfect"

Now, in connection with last week's exercises, I would like to make some comments. By the practice of these exercises, you will no longer feel outside of things. You will no longer feel as if you were standing on the sidelines. You will begin to notice a difference in sensation. You will now have a feeling that everything moves because of you, that you are the directing agent, the guiding center.

If you wish to develop your muscles, you lift weights, not feathers. Anyone can concentrate upon what is pleasurable. But to develop the faculty, the more inconsequential and lifeless the subject upon which you practice, the more potent the training.

The concentration, or focusing of the mind on some desire you wish fulfilled, permits the "**Universal Life Energy**" (that surrounds you now and always) to flow through your mind in far greater volume and renders possible the attainment of the result. If you have never experimented with a magnifying glass, get one and hold it so the sun's rays are concentrated to the point where they will burn. Now keep moving the glass back and forth. The rays are not centered upon one spot long enough to have any effect. This experiment will do more than a book full of generalities to show you the value of being able to hold your mind steadily concentrated on one subject or desire, without faltering or wavering.

A few are born with great powers of concentration, others gain it by years of laborious endeavor. These exercises will bring results with the minimum of effort in a very short time. What you have learned - and the advancement you have made - will be hardened into permanence and so will not be distorted by the disquieting, outside influences which normally impinge upon the conscious faculties while you are active.

A casting, to be perfect, must be cooled without being tampered with.

Eclectic occult philosophy is based on the following premises:

There is but one Spirit.

You are an emanation of that Spirit.

Not an integral part of it, but an emanation.

The "Real You" is Spirit.

The mind is an instrument for use by the real you.

Through your mind, energy is controlled.

Through energy, matter is controlled.

Your mind is part of "The Universal Mind", as are the minds of all other human beings.

The energy at your disposal is part of the Universal Life Energy, always present in unlimited quantity.

Your body is part of universal matter.

The three - mind, energy and matter - are the different lower

manifestations of the primal cause and, although different, yet, in their essence, merge into one another.

That is "Mind into Energy, Energy into Matter.

It is the purpose of these exercises to show you how to make use of this unlimited energy surrounding you, through the training of your mind and nervous system, so that you will be able to do with it, what you **will**.

Now, as a prelude to the lessons of the Fifth and Sixth Week, I would like to say this. You have doubtless seen a woodman chop down a tree. You noticed how, with each blow, the axe cuts more deeply into the wood. That was because all the force of the blow was concentrated at the very thin, cutting edge of the axe. He could have pounded the tree all day with the back of the axe, without felling it. Yet the back of the axe was only an inch wide.

This gives you a plain idea of the tremendous increase in results gained by concentration of force. Exactly the same rule applies mentally as physically. By the time you complete these lessons, you will have developed your concentration to a wonderful degree and - what is just as important - through these manners of instilling the instruction in your mind, your power of concentration will continue to improve indefinitely.

After the lessons of the fifth and sixth week, you will start the methods for gaining the conscious control of the Universal Life Energy, which is the manifesting force of the universe. You will find, as you continue, that Universal Life Energy is the driving power of thought, giving it force, permanence and power.

It bears somewhat the same relation to thought that the man's strength bears to the axe, in chopping. The axe in itself is just an object and totally powerless, without the man's mind to direct the muscles, to give it the power, the force to strike. This force is an absolute essential to all life and all activity, mental and physical. Every individual unconsciously and continually absorbs a certain amount of this force. But - when he learns to consciously control unlimited amounts of this wonderful energy - he can easily accomplish ten times as much.

Now I would like to give a short explanation in connection with these exercises. Some of these exercises may appear a little foolish but a little practice for a few minutes will demonstrate to you their value.

At any time you are disturbed, worried, or obsessed with a feeling of uncertainty, retire to your Self and practice these exercises. They will induce peace and confidence and you can return to your problems with a clear brain. Through the magnetism flowing through your hands into the brain, your mind is clarified, your concentration developed and the thought you hold is crystallized into permanence and becomes an attribute of your mental faculties.

And - just as a house is built by the addition of one brick upon another, until the whole is completed - so is your place in life built up by thought upon thought. **You must achieve mentally, before you can achieve physically.**

You will find the following lessons intensely interesting and absolutely essential for development of great mental power.



~ **FIFTH WEEK** ~

(32 minutes plus affirmations before sleeping)

Repeat all three of the exercises of the fourth week, except - in all of them - holding this thought:

"I AM a center of influence in the world"

Next, take a comfortable, seated posture, with your eyes closed. Protrude the tongue slightly from the mouth. Now, using a clean handkerchief or cloth in the right hand, take hold of the tip of the tongue. **Concentrate your mind on the very tip of the tongue.** Continue this for **fifteen minutes.**

When the mind attempts to wander, pull gently upon your tongue. Note how every part of the brain, from the base of the skull to the top of the forehead, seems literally drawn to that one point. There is no better exercise to give you one-pointedness of mind.

Next, stand erect in a well-ventilated room, facing the East. Stretch your arms to full length over your head, hands wide open, palms forward, arms somewhat ahead of perpendicular, eyes raised. Breathe deeply but slowly. **Hold the mind on the thought of "Peace and Serenity".** Continue for **two minutes.**

Upon retiring, hold this thought until you sleep:

"My concentration is perfect"



~ **SIXTH WEEK** ~

(47 minutes plus affirmations before sleeping)

Review the prelude and short explanation for the Fifth and Sixth Weeks, above.

Repeat all of the exercises of the fifth week.

Now assume the posture that you are most comfortable in, eyes closed, left hand at rest in your lap, right arm raised and fingers of the right hand pressed gently against the forehead. Breathe deeply and slowly, **holding this thought constantly in the mind;**

"My concentration is perfect"

Continue this for **fifteen minutes**. Should your right arm at first become tired, rest it for a minute and then continue.

Upon retiring hold this thought until you sleep:

"My concentration is perfect"

Before we begin the lessons of the seventh and eighth weeks, let us consider this.

The process of learning how to control the Universal Life Energy is very easy. Follow the instructions exactly as given and advance one step at a time. Before you hardly realize it, you will have the secret mastered. Then you will be able to discard the rather cumbersome methods that are at first necessary in order to bring the power under your Conscious control.

Universal Life Energy is just as essential to mental power as electricity is to the motor. It is "The Force" which will make your thought a tangible power.

The following lesson will introduce you to the conscious use of Universal Life Energy. Do not become discouraged at any time. Your progress is far more rapid than you realize because the work is being done, and the power built up, chiefly in that part of the mind that is beyond the conscious mind.



~ SEVENTH WEEK ~

(10 minutes for first 2 nights, 15 minutes for the 3rd & 4th and 20 for the rest)

Sit erect in a comfortable chair, spinal column straight, head up but chin slightly drawn in, balls of the feet on the floor, heels just touching the floor, hands at rest, palms down on the knees. **Breathe slowly and fully**, inflate the very lowest part of the lungs, then (without letting any air out) slowly fill the middle portion of the lungs and, lastly, still retaining the air inhaled, inhale fully into the upper portion of the lungs. This last part necessitates a slight raising of the shoulders. Retain air three or four seconds. Then deflate lungs slowly, naturally. **Repeat this breath.**

All breathing must be done through the nose. At the start, do not attempt to inflate lungs to fullest capacity. **Make haste slowly.** After you have practiced this a few times, try to inhale while you count to eight slowly. Hold the breath four counts. Exhale eight counts. Hold lungs empty for four counts. Then repeat. After a few nights you will be able to approximate the time and it will not be necessary to count. *NOTE PX*

This method of breathing without the counting is called the "Rhythmic Breath" and will be so referred to hereafter. The inhalation, although described as three operations, is really one long, continuous filling of the lungs, inflating the lowest lobes first, and the highest last. Always have the body resting easily. The use of pillows to sit on and behind the back is permissible. It is an effort in this and the following exercises to hold the breath without its escaping. Use the fingers of the right hand to pinch nostrils closed. Should you find it difficult to do so without that. **Breathing exercises should not be practiced for at least two hours after eating. Practice for ten minutes the first two nights, fifteen minutes the third and fourth nights, and twenty minutes a night thereafter.**

*As an explanation of the lessons of the Seventh and Eighth Weeks, I would like to say this. Universal Life Energy is the cause of all motion, from the winking of your eyelid to the movement of the planets of the universe. You are constantly absorbing this energy and making use of it in every voluntary and involuntary act of your life. If you wish to raise your arm, the *will*, by the use of the Universal Energy, gives the instruction to the mind. The mind sends an energy vibration through the nerves to the arm muscles where more energy is used by the muscles in lifting the arm.*

If you will think of the Universal Life Energy as being something similar to electricity – although much finer and more potent – it will aid you in getting the proper idea. As a matter of fact, electricity is supposed to be a lower form of Universal Life Energy, the difference being in the rates of vibration.

Everyone subconsciously draws in a certain amount of energy continuously and, without it, there would be no physical life. But there is a great variation in the amounts different individuals absorb. Those who have inherited or acquired the power to draw in vast quantities of this wonderful energy are strong, magnetic, dynamic and self-confident and the leaders in every walk of life. Those whose power is subnormal in this respect are weak, vacillating and uncertain and have no self-confidence. By "Self-Confidence" is meant the calm, quiet confidence that is the mental attribute of those who know that they possess the power to "Do". Do not confuse this with conceit, which is a belief based on nothing, a house built upon the shifting sands of chance, doomed to destruction.

For ages, the esoteric eastern cults have known that vast amounts of this Universal Life Energy can be drawn into the system for use by the mind or body. The method is simple. But you must devote considerable time to its practice to train yourself so that it shall be done sub-consciously, automatically, as it were . . . whenever you concentrate the mind for the fulfillment of some desire and require a large amount of this energy to render fruition possible.

The body, when kept in good working condition by a reasonable amount of exercise, tends to take care of its own needs. When there is continued bodily exertion, the system requires oxygenation of the blood and the lungs are subconsciously quickened into deeper, fuller action. This draws in a greater supply of the Universal Life Energy, in addition to the larger volume of air for the purification of the blood.

However, no provision is made for the involuntary supply of the mind and nervous system with the larger amounts of energy required, as the mind is trained in its use. Mind controls energy, bearing somewhat the same relation to it that a fire engine and its hose do to the water passing through.

The object now is for you to learn how to breathe deeply, rhythmically, without conscious thought being necessary. This leaves your mind free for you to use as an instrument, in directing the energy as it flows through. Breathing rhythmically means taking the same time for exhalation as for inhalation, holding the lungs at rest for one-half the space of time when filled, and resting them one-half when empty. The energy, as it is drawn in, passes directly to the **solar plexus**, where it is stored.

The solar plexus is the great mass of nerve centers located just in back of the stomach, the second brain. The amount of energy you gain with each inhalation is in direct proportion to your powers of concentration and visualization, as you *will* - with each in-taking of the breath - that great volumes of this Universal Life Energy pour into you.

It takes a little time to gain the proper control of Universal Life Energy but, once gained, the control is permanent. It is a power that can never be lost and never taken be away from you.

Maintain a calm, confident attitude of mind at all times. You are growing daily, and the more serene and unhurried you are in your mind, the faster will be your progress. Great things are ahead of you and the foundation upon which you build must be broad and deep.

One of the requisites for success in whatever you wish to accomplish is clear, logical thinking. The only way to gain this ability is by the bringing into action of the countless millions of dormant brain cells, through the vitalization power of Universal Life Energy.

While you are learning to control this force, you are, at the same time, putting it to work for you by increasing your brainpower enormously. And, as your brainpower is increased, the ability to control more of this energy is increased.

You will notice that your mind is functioning much more accurately. As a question comes to you for solution, your mind - due to the quickened activity of the cells - gives you all the facts and logically leads you to the right solution. Do not jump at conclusions. Think carefully and deliberately at all times and have confidence in yourself. Respect all men and their opinions, but do not place yourself subservient to them. Your mind has "The Knowledge of the Ages" in its grasp. Respect yourself and make use of your divine heritage.

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~ EIGHTH WEEK ~
(20 minutes per night)

Review the explanations for the Seventh and Eighth weeks found above and below the Seventh Week.

Sit erect, as in the previous exercises, and practice breathing rhythmically, count the first five or six breaths. After that, do not count, but approximate the same time for inhaling, holding breath, and exhaling. *NOTE PX* Each time, as you inhale, **will gently and also visualize that the Universal Life Energy surrounding you is flowing in with each intake of the air. When exhaling, will that this energy is flowing to the "Solar Plexus" and being stored there.** Practice this exercise for **twenty minutes** each night.

Before you can spend money you must acquire it. Before you can make use of this wonderful energy at your disposal, you must learn how to accumulate a surplus amount of it - whenever needed - without having to concentrate the mind consciously upon it. This comes as a result of habit.

These next practices - of the Ninth and Tenth Week - will clear the mind, stimulate brain activity, and put the whole nervous system in harmony. The vital energy is drawn into the body, passing through the nervous system, refreshing and rejuvenating as it goes, and (with the mind focused on one subject) it brings the mental faculties into parallel, working in a single direction. By so doing, the Universal Life Energy eliminates the harass and cross-currents of thought, leaving the mind in fit condition to attempt any task you may have for it.

Do not limit the practice of this exercise to the few days required. Use it when engaged in great mental effort or when the brain becomes fatigued and does not function properly. Its practice will stimulate the brain action and induce clear thinking and reasoning whenever you are mentally exhausted and apparently at a loss for ideas. When the battery of an electric automobile is fully charged at night, it leaves the car ready for use in the morning.

If these exercises are practiced as the last thing you do at night after you have retired, they will rest and rejuvenate the entire nervous system, permitting you to relax more thoroughly, rest more completely during your sleep, and awaken with a clear mind ready for the day's work ahead.

There is a productive exercise that you should know because of its great practical value.

Inhale a deep breath. Hold the breath a few seconds and, as you do so, *will* that the Universal Life Energy arise from the top of the head and flow down to the floor enveloping you as in a mantle. Next, *will* that this protective covering ward off and prevent all unpleasant thoughts of every description from reaching you. Do this when in the presence of any person who is excited, irritable, unreasonable, or angry. Nothing he may think or say will have the slightest mental effect on you. *The protective mantle wards off all unpleasant vibrations; they cannot penetrate it.*

By now, you should be very conscious of this energy passing through the brain when you practice. The sensation is in two forms, both difficult to describe. At times the sensation is something akin to **experiencing contact with a very weak electric current**, although more of a feeling of intense activity. At other times one has **the sensation of feeling drops of water rolling across the scalp**. Neither is unpleasant and eventually both will become practically unnoticeable, except at such times as you concentrate deeply for the conscious use of this force in order to bring about the accomplishment of some desired result.

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~ **NINTH WEEK** ~
(20 minutes per night)

Assume an erect, sitting posture, keeping your spinal column perfectly straight, eyes fixed upon an object well in front of you, on a level with the eyes. **NOTE PX** **Begin the rhythmic breath**, pressing the left nostril closed with fingers of the right hand, inhaling through the right nostril. Retain breath four seconds. Then (without changing hands) inhale through your left nostril and exhale through the right. In other words, keep reversing the channels of inhalation and exhalation. Do not count after the first five breaths. Just approximate the time. **Keep your mind on the thought that - with each breath - vast quantities of Universal Life Energy are pouring into your body.** Continue this for **fifteen minutes**.

Next, stand erect, left hand resting on the abdomen over the solar plexus, right arm extended full length sideways, parallel with the shoulders, hand opened, palm forward. **Commence breathing rhythmically.** With each exhalation, bring right arm around in front of you, in a semi-circle - barely brushing the temples with the fingertips - from left to right, closing hand as soon as it passes the forehead. Continue swinging the right arm with each exhalation. Practice for **five minutes**.

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~ TENTH WEEK ~

(20 minutes per night plus no more than 10 minutes before sleeping)

Review the explanation for the Ninth and Tenth Weeks, above.

Repeat the exercises that you did in the ninth week, but - upon retiring at night - lie flat on your back with your body in a state of complete relaxation. Place hands flat on the abdomen over the solar plexus and commence breathing rhythmically. With each inhalation, **concentrate your mind on the fact that you are drawing in a supply of Universal Life Energy**. During each exhalation you must *will* that this energy is being distributed to the brain and the entire nervous system. Continue for no longer than **ten minutes**.

Explanation for lessons of the Eleventh and Twelfth Weeks: When you lift a glass of water to your lips it is through an act of your will, yet the physical act is done almost unconsciously. The same is true of walking and a million and one other acts of your daily life. Yet each and every one of these acts had at one time to be learned, movement by movement. Now all you have to do is give an almost unconscious thought and the act is performed immediately and without apparent effort.

The purpose of the first few lessons was to teach your mind the art of instant perfect concentration so that you could fix your mind on any object or subject and keep it there without further effort. In other words, they make proper concentration a habit.

The following lessons will give you the key that will enable you to divert whatever you need of the Universal Life Energy surrounding you to your own uses. The practice of the exercise given in **the eleventh week** will enable you to eliminate any undesirable emotions, such as hate, anger, melancholy, excitement, fear and so forth. The emotions may be quickly and easily removed, by the use of this exercise, which will be an invaluable aid to you in the attainment of mental poise and equilibrium.

During exhalation - while giving the command:

"Go ! Get out !"

. . . form the mental picture of the undesirable emotion being carried away. Practice this exercise only as much as you need it.

The exercise of contracting and drawing in the abdomen is very similar in purpose to the preceding one and it is for use at any time that you are affected by so-called "stage-fright", loss of confidence, or fear in any form. The practice sends great currents of energy through the brain and nervous system, cleanses them of the cross-currents of fear and doubt, restores self-confidence, and makes one master of him or herself.

Always practice just before interviews or stage appearances. **In the brain are countless millions of cells, most of which are never used by the average person. Through this process, the Universal Life Energy (which is drawn into the body and passes through the solar plexus) is sent up into the spinal cord and nervous system, passing through the brain. There, it energizes, vitalizes and brings into use these countless, dormant cells.**

Imagine a large storage battery, with hundreds of cells, but with three fourths of them out of commission. Next, think of the same battery with every cell fully charged and active. This will give you an idea of your brain, as it is . . . and as it should be.

The solar plexus is the storage station of the body for Universal Life Energy. The energy is drawn into the body by means of the deep rhythmic breath, in connection with the conscious thought force visualization that vast quantities of this energy are being drawn in.

The next process is to direct this energy to the parts of the nervous system that must be energized for the development of great mental power. The large plexus (or mass of nerve centers) at the base of the spinal cord, the "Sacral Plexus", is of the greatest importance in the development of mental power. Universal Life Energy, alone, cannot develop this plexus. Neither can thought. It takes the combination of the two.

You must visualize forcing Universal Life Energy into this plexus, *willing* that it energize and vitalize it. And then *will* that this plexus, in turn, send the energy up the spinal cord and into the brain. The development of the sacral plexus has another phase, which will be considered in future lessons. For the present, merely *will* that Universal Life Energy flow into and through it and thoroughly vitalize every portion of it. Once the process is started, the direction gradually becomes an attribute of your subconscious mind and the process is carried forward with only occasional directions of conscious thought.



~ ELEVENTH WEEK ~

(maybe 5 minutes plus about 10 minutes before sleeping)

Walk back and forth the length of the room several times using a vigorous and rapid step. Come to a halt and assume an erect, standing posture. **Begin to breathe rhythmically, concentrating intently upon the solar plexus. As you inhale, picture the energy pouring into the solar plexus. As you exhale, give the mental command:**

"Go ! Get Out !"

Repeat the breath and command seven times.

Next, **stand erect in a well-ventilated room. Take three deep breaths, holding air only a few seconds, emptying lungs quickly.** When lungs are completely filled by the fourth breath, be sure lower lobes of lungs are fully inflated first, hold breath and contract or draw in abdomen quickly. Then, still holding breath, expand the abdomen. **Repeat seven times while holding the breath.**

Upon retiring, repeat the exercise given in the previous lesson for about ten minutes.

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~ TWELFTH WEEK ~

(no more than 25 minutes plus 10 minutes before sleeping)

Review the explanation for the Eleventh and Twelfth Weeks, above.

Repeat the rhythmic breath for no longer than ten minutes.

Then, sitting erect in a comfortable chair, feet crossed, left arm raised, and left hand resting on the top of the head, palm down, **breathe rhythmically, concentrating the mind on the spot that is the exact center of the forehead one-half inch above the top of the bridge of the nose, the "Ajna Center"**. While practicing this, during each exhalation bring the right hand, fingers extended, slowly over the head starting at the back of the neck. Bring the open hand over the top of the head and down to the chin, closing the hand as soon as it passes the chin, opening it again as you begin at the base of the brain. If arms tire, rest one minute, then continue. **Practice for fifteen minutes. NOTE PX**

Upon retiring, repeat the exercise that you did in the tenth week for ten minutes and then fall to sleep.

You have mastered concentration and the methods for acquiring unlimited amounts of Universal Life Energy as needed. The purpose now is to bring these secret plexuses into use.

The exercises of the Thirteenth and Fourteenth Weeks vitalize these plexuses into activity and permit the Universal Life Energy to flow through unchecked. The course of energy through the body is from the solar plexus to the sacral plexus. From the sacral plexus, the energy flows up the spinal cord, passing through the five plexuses (or nerve centers) between the sacral plexus and the brain . . . last of all passing into and through the brain.

~ THIRTEENTH WEEK ~

(32 minutes)

Sit comfortably. **Focus the eyes at the Ajna center** (the exact center of the forehead, one-half inch above the top of the bridge of the nose) **and breathe rhythmically for fifteen minutes.**

Next, continuing to **breathe rhythmically, concentrate the mind on the Ajna Center.** While practicing this, during each exhalation, bring the right hand, fingers extended, slowly over the head starting at the back of the neck. Bring the open hand over the top of the head down to the chin, closing the hand as soon as it passes the chin and opening it again as it starts at the base of the brain. Hold this thought in the mind consciously:

**"Every part of my brain is thoroughly active, awake
And subject to my command"**

Repeat this exercise for **fifteen minutes.** *NOTE PX*

Finish these exercises by **standing erect in a room and facing the East.** Stretch the arms up over your head with your hands wide open and your palms forward. **Breathe slowly and deeply, holding the thought in the mind of "Peace and Serenity". Continue for two minutes.**
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~ FOURTEENTH WEEK ~

(no more than 15 minutes the first 2 nights, then no more than 20)

Sit comfortably and **do the rhythmic breath for no longer than five minutes.**

Continue with the rhythmic breath but now close off the left nostril and exhale through the right nostril only. Concentrate the mind on the nerve centers at the base of the spinal column. As you continue this exercise, you must *will* that these nerve centers become more active. Picture them focusing the Universal Life Energy up through the spinal cord to - and through - the brain. Mentally visualize this energy passing through the solar plexus to the nerve center, being forced the full length of the spinal cord and clear through the brain, to the forehead. Picture it mentally, just as you would a train passing along a railroad track. This must be followed invariably.

The first two nights, practice ten minutes each. After that, practice fifteen minutes a night.

Now, **for five minutes, breathe in deeply** and continue the visualization above while closing the right nostril and exhaling through the left nostril. Practice this for just five minutes. The purpose of these exercises is to gradually bring into use the dormant brain cells.

These and the following exercises are of tremendous importance. Practice faithfully and continuously.

There are many plexuses or nerve centers in the body whose existence as a mental aid are undreamed of by the western world. The brain is not the only center of power, although these other plexuses work in harmony with and through the brain. The solar plexus has already been considered and discussed, but there are other plexuses, most important of which are located along the spinal cord.

Desire is the expression of your innermost being. The brain is the instrument used in working to gain the desired result. **Will Power** is the intermediate pressure keeping the brain constantly at work. Universal Life Energy is the force used by the mind to transmit thought.

I AM His Soul . . . His Soul and I are One

All accomplishment depends upon FourFold development - strong desire, will power, developed brain and nerve centers and the control of Universal Life Energy.

As you *will* that the Universal Life Energy pass up the spinal cord, *will* and hold the thought that it energizes and vitalizes each of the five nerve centers between the sacral plexus and the brain. Concentrate particularly on the **fourth plexus, which is connected to the spinal cord at about the center of the back of the neck.** The development of this plexus is of greatest importance, for the more it is developed, the greater the will power of the individual.

There are exercises which I shall give which deal specifically with the development of the sacral plexus and this phase of power. Through this practice, as you hold the thought, this substance (in reality a force) is very slowly and gradually released and passed up to the brain, where it is converted into power of any form, physical, mental, or Spiritual.

In the exercises that you have received, you have started the development of the nerve centers. The practice should be continued for many months but not in just the same manner given. Always remember that it is the combination of thought and the Universal Life Energy that causes the development.

The best way is to practice five minutes each day, practicing one day holding one thought as outlined, the next day another, the third day another, and so forth. In this continued practice, always inhale and exhale through both nostrils. If you wish quicker development you can practice each of them for five minutes daily but make fifteen minutes total daily time the maximum. You can practice anywhere and at any time of the day you have the leisure. The rigid requirements given in the original exercises are necessary in order to start the development, however they are not necessary for the continuation.

Concerning the lessons of the fifteenth and sixteenth weeks, I would like to say that the action of other plexuses are apparently similar to induction coils in an electrical current, greatly increasing the force of the energy as it passes through them. In practicing this exercise, *will* that the sacral plexus be quickened into greater activity and - as you *will* that the energy flow up the spinal cord - *will* that each and every plexus be energized and brought into use.

The secret occult teachings confirm that there is confined in the sacral plexus a mysterious, powerful substance which in the ordinary man is inert. By the practice of these two exercises, this substance is slowly released and forced

up a canal, through the spinal cord and into the brain. It energizes and brings into greater use the secret plexus connected with the spinal cord and last of all it awakens nerve centers in the brain, which before have functioned in only a rudimentary way.

The unfolding is very slow and gradual. Hence, the practice should not be limited to a few days, but should be continued for several months, as should all of the exercises. While the process is very slow, still you will have to continue only about two weeks before you will notice the change.

As you progress, you will gain a feeling of calm, self-confidence, a feeling that you are master of any and every situation. You will note that you gain a new outlook on life, that the little petty annoyances no longer affect you, that you are more in harmony with the whole world. And, as you work for the things you desire, they come to you far more quickly.

It has not been my purpose here to go into the occult theories as to the "why" of things, anymore than it is absolutely necessary. There is much that I could say on each lesson and then not cover the whole field of explanation. The net result would only be to confuse you with a multitude of words and distract your mind from the actual practice, which is the only way by which these powers can be unfolded. At the present time, until you prove by practice that you have advanced, do not distract your mind with study of the deeper reasons of "how" and "why" this Universal Life Energy functions for you. The energy is here for use and you now know the methods that give you control over it.

So make these practices a part of your daily life until they become habit. As you concentrate on a thought, Universal Life Energy passes up the spinal cord and into the brain giving force, power, and permanence to the thought. In actual practice, a portion of the energy passes down from the brain, into the body, and out through the pores in the skin to its original source. In reality, this portion of the energy is diffused without being utilized. This loss can be avoided by turning the end of the tongue into the back of the mouth until the under portion of the tip of the tongue touches the roof of the mouth. This breaks the circuit which the energy follows in escaping, and throws all the force and power into the thought.

A few minutes practice of each of the two methods in comparison will show you the difference.

This is an extremely powerful method and to practice for more than twenty minutes without an intermission would not be recommended. Do not, from now on, apply any of the breathing exercises without holding firmly in your conscious mind the thought of something you really wish to gain. That is, outside of the two

minutes you relax when you start to practice. Do not meditate upon abstract subjects, hold your mind to the definite concrete objective you wish to acquire. Practice with the eyes closed. If you have any difficulty keeping your mind on one thought constantly, just hold one hand up in front of the forehead, palm toward the face, about twelve inches away. This draws the whole force of the mind into one thought.

You can make any state of mind a permanent mental attribute by affirmation, repeated over and over . . . by the use of Universal Life Energy to give the thought force visualization power and permanence until it becomes a permanent vibration in your subconscious mind.

The following exercises will give you the proper method to follow in **developing the right form of personal magnetism**. In developing along this line **you must endeavor to like everybody and furthermore you must visualize everyone as being strongly attracted to you mentally, emotionally and Spiritually, not physically**. However, this does not mean that you be subservient to others or they to you.

The practice of this exercise started a vibration, which, as you like the people you meet, will attract them to you. You will affect them pleurably, much as the warmth from a stove affects one who has been out in the cold. Volumes have been written on the desirability of possessing a magnetic personality but - here - you are actually given the way to acquire it, easily and quickly.

~ **FIFTEENTH WEEK** ~

(30 minutes per night)

Assume any posture. **Inhale a complete breath, drawing the air in by short sniffs until lungs are entirely filled**, always being careful to inflate the lower lobes first and make sure that no air is expelled between these short intakes. Retain the breath a few seconds, then exhale in one long continuous breath. Visualize the Universal Life Energy being drawn into the solar plexus with each intake of the breath, then flowing to the sacral plexus, the nerve centers at the base of the spinal cord, and being forced up the spinal cord by the sacral plexus. This is accomplished during the time the breath is being held and while it is being expelled.

While holding the breath and also while exhaling, **hold the mental image of the energy being forced up the spinal cord. See it passing through the different nerve centers, energizing and vitalizing each one as it passes through, finally entering and passing through the brain**, performing the same function with the nerve centers of the brain. Never exhale forcibly, just easily and naturally. Use the right hand to close the nostrils while holding the breath if necessary. Practice this exercise for **fifteen minutes, exhaling through the right nostril, fifteen minutes exhaling through the left nostril, for a total of thirty minutes.** *NOTE*
PX

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~ **SIXTEENTH WEEK** ~
(40 minutes per night)

Review the explanations for the Fifteenth and Sixteenth Weeks, above.

Assume the posture that suits you best. **Inhale a complete breath by short sniffs but follow this rotation.** Inhale first through left nostril, retain air a few seconds, then exhale through right nostril. Next inhale through right and exhale through left. In other words, keep reversing. Inhale air by a series of short sniffs but exhale in one long continuous natural breath.

Hold the mental image of a fluid being forced out of the sacral plexus and up a canal running the length of the spinal cord. With each exhalation, picture this fluid being forced a little higher up the canal, until finally you see it entering and permeating the entire brain. Thinking of the spinal cord as being similar to a thermometer, the sacral plexus the bulb, will make this practice easy. Visualize the substance as being forced up the canal in the spinal cord the same as heat forces the alcohol in a thermometer up. Practice this for **twenty minutes**.

Then **open the eyes and gaze, concentrating on an imaginary spot two feet in front of and one foot above the head and will that the fluid is being forced up the spinal cord, through the brain, and to the spot where the gaze is fastened. Practice this for twenty minutes. NOTE PX**

In preparation for the Seventeenth and Eighteenth Weeks . . . for you to be effective in this world, there are three qualities, which are essential.

First, you must be attractive to people. Not physically attractive, but mentally attractive. They must be drawn to you.

The first step in this direction is to like people, to like everybody. Do not at any time, nor in any way, harbor any hatred or jealousy or mean feelings for anyone. If a man wrongs you, forget it. You do not need to get even. Time and the Law of Compensation will see that everyone eventually pays or is rewarded for his every act. As you like the world in general, so will it like you and be drawn to you and reward you accordingly. The second requisite is confidence in your "Self". You must first believe in yourself because you know that you can. Then others will believe in you.

Second, you have progressed with the aid of what has been taught until you have come to realize that all right things are possible. Then why doubt yourself ?

Obstacles that, in the distance look like mountains barring your path, almost miraculously melt into nothingness as you approach. All power is at your command. It was placed here for you to use. Assert your birthright, use it, and advance.

And, Thirdly, you are coming to realize that **your mind is a part of "The Universal Mind", which contains all intelligence and all information.** Hence, you have access to all of the knowledge in the world.

If you wish the answer to some question, the solution to a problem, or any information of any character at all, what you must do is concentrate your full attention upon the thought, before sleeping. You will find that, upon awakening, your subconscious presents you with the answer. Or perhaps it will come a little later, like a flash from your SuperConscious mind some day, or it will come to you from some external source in a seemingly natural manner, without any more effort on your part.

You have but to have confidence in this method to have it work for you.
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~ EIGHTEENTH WEEK ~
(26 minutes plus affirmations before sleeping)

Review the preparation for the Seventeenth and Eighteenth Weeks, above.

Continue with the four practices of the seventeenth week, only holding this thought in mind - remembering to deliver it with all the will power and force at your command:

**"I have absolute confidence in myself
Because I AM in touch with all intelligence"**

(use "You", where appropriate)

These 4 parts consist of:

- 1) 2 minutes to clear the mind and reach a "Meditative State" - Use "Be still" and your breathing tools to accomplish this.
 - 2) 20 minutes using "The Rhythmic Breath".
 - 3) 6 minutes in front of the mirror:
 - a) First minute stare deeply into your eyes
 - b) Five minutes using a rapid, Rhythmic Breath and say your week's affirmation with will power and force
ON EVERY THIRD FULL INHALE.
 - 4) Upon Retiring say your affirmation until you fall asleep.
-

~ NINETEENTH WEEK ~
(26 minutes plus affirmations before sleeping)

Practice the four parts of the exercises as given in the seventeenth week except replace all affirmations with this thought:

**"I welcome responsibility
Because I AM master of every problem and every condition"**

These 4 parts consist of:

- 1) 2 minutes to clear the mind and reach a "Meditative State" - Use "Be still" and your breathing tools to accomplish this.
 - 2) 20 minutes using "The Rhythmic Breath".
 - 3) 6 minutes in front of the mirror:
 - a) First minute stare deeply into your eyes
 - b) Five minutes using a rapid, Rhythmic Breath and say your week's affirmation with will power and force
ON EVERY THIRD FULL INHALE.
 - 4) Upon Retiring say your affirmation until you fall asleep.
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The exercises of all of the weeks after the 18th Week use the same timing and structure so we are providing this reminder every other week. Re-Reading them is rewarding:

First, you must be attractive to people. Not physically attractive, but mentally attractive. They must be drawn to you.

The first step in this direction is to like people, to like everybody.

- a) **Be harmless to ALL.**
- b) **Hold no grudges.**
- c) **Forgive Everyone !**
- d) **Have supreme confidence in yourself.**

Second, you have progressed with the aid of what has been taught until **you have come to realize that all right things are possible.** Then why doubt yourself ? All power is at your command. It was placed here for you to use. Assert your birthright, use it, and advance.

Thirdly, you are coming to realize that your mind is a part of "The Universal Mind", which contains all intelligence and all information. Hence, you have access to all of the knowledge in the world.

.....

~ TWENTIETH WEEK ~

(26 minutes plus some before sleeping)

Practice the four parts of the exercises as given in the seventeenth week except replace all affirmations with this thought, remembering to deliver it with all the will power and force at your command:

**"I AM purifying my body . . .
I AM elevating my mind . . .
I AM refining my Emotions and
I AM liberating my Soul"**

NOTE PX

These 4 parts consist of:

- 1) 2 minutes to clear the mind and reach a "Meditative State" - Use "Be still" and your breathing tools to accomplish this.
- 2) 20 minutes using "The Rhythmic Breath".
- 3) 6 minutes in front of the mirror:
 - a) First minute stare deeply into your eyes
 - b) Five minutes using a rapid, Rhythmic Breath and say your week's affirmation with will power and force
ON EVERY THIRD FULL INHALE.
- 4) Upon Retiring say your affirmation until you fall asleep.

.....

~ **TWENTY FIRST WEEK** ~
(26 minutes plus some before sleeping)

Practice the four parts of the exercises as given in the seventeenth week, exactly as you did them in the Twentieth Week:

**"I AM purifying my body . . .
I AM elevating my mind . . .
I AM refining my Emotions and
I AM liberating my Soul"**

NOTE PX

These 4 parts consist of:

- 1) 2 minutes to clear the mind and reach a "Meditative State" - Use "Be still" and your breathing tools to accomplish this.
- 2) 20 minutes using "The Rhythmic Breath".
- 3) 6 minutes in front of the mirror:
 - a) First minute stare deeply into your eyes
 - b) Five minutes using a rapid, Rhythmic Breath and say your week's affirmation with will power and force
ON EVERY THIRD FULL INHALE.
- 4) Upon Retiring say your affirmation until you fall asleep.

The exercises of all of the weeks after the 18th Week use the same timing and structure so we are providing this reminder every other week. Re-Reading them is rewarding:

First, you must be attractive to people. Not physically attractive, but mentally attractive. They must be drawn to you.

The first step in this direction is to like people, to like everybody.

- a) **Be harmless to ALL.**
- b) **Hold no grudges.**
- c) **Forgive Everyone !**
- d) **Have supreme confidence in yourself.**

Second, you have progressed with the aid of what has been taught until

you have come to realize that all right things are possible. Then why doubt yourself ? All power is at your command. It was placed here for you to use. Assert your birthright, use it, and advance.

Thirdly, you are coming to realize that **your mind is a part of "The Universal Mind", which contains all intelligence and all information.** Hence, you have access to all of the knowledge in the world.

.....

~ TWENTY SECOND WEEK ~

(26 minutes plus some before sleeping)

Practice the four parts of the exercises as given in the seventeenth week except replace all affirmations by holding the thought of "*Whatever quality you wish to acquire, whatever condition you wish to bring about, or whatever material thing you wish to gain*". Write it down and hold the concept in your mind. Go after what you want **without greed** - with a clear conscience and whole heart, mind and strength. Work for it in the usual way during the day. Work for it in the use of the Universal Life Energy, as outlined every night.

The results will prove the certainty of the method.

NOTE PX

These 4 parts consist of:

- 1) 2 minutes to clear the mind and reach a "Meditative State" - Use "Be still" and your breathing tools to accomplish this.
- 2) 20 minutes using "The Rhythmic Breath".
- 3) 6 minutes in front of the mirror:
 - a) First minute stare deeply into your eyes
 - b) Five minutes using a rapid, Rhythmic Breath and say your week's affirmation with will power and force
ON EVERY THIRD FULL INHALE.
- 4) Upon Retiring say your affirmation until you fall asleep.



It bears repeating . . . your mind is a part of "The Universal Mind", which contains all intelligence and all information. Hence, you have access to all the knowledge in the world.

You have progressed with the aid of what has been taught you, until you realize that all right things are possible. So, now . . . no more self-doubts ! All power is at your command. It was placed here for you to use. Assert your birthright, use it . . . and advance.

**YOU HAVE BUT TO HAVE CONFIDENCE IN THIS METHOD
TO HAVE IT WORK FOR YOU.**



YA HO WHA

To Provide Some "Light Upon Your Path" . . .

The Source Foundation

YaHoWha.org

And The Creators of SoulGrowth.org

Who bring you

"The Muse List"

Free Classified Ads for the Spiritually Aware

On-Line or in your Email

ANNOTATIONS

We were born before the wind
Also younger than the Sun
'Ere the bonnie boat was won,
As we sailed into the Mystic

Hark now hear the sailor's cry,
Smell the sea and feel the sky,
Let your soul and spirit fly
Into the Mystic

I want to rock your gypsy soul,
Just like way back,
In the days of old
And magnificently we will float
Into the Mystic.

- Van Morrison

BRUCE GEISLER: Thank you for showing me the On-Ramp !

These notes are drawn from discussions which took place among some of the original members of Father's "Spiritual Family" - The Source - (most of whom were blessed to experience his Love and Wisdom in the '70's) and comments by the editor, E Aquarian.

These notes are intended to aid your journey. Since this is a journey that YOU, alone, must take for yourself, you are encouraged to take what you will from these exercises, meditate deeply on Father's words in the text above (remembering that he said: **The exercises you will be given should be practiced each night for a full week, exactly as given**), listen to the balance and wisdom below and then use your own best judgment and intuition.

This attitude and approach are very different from the way we did it when we were in the Source Family. Father called the Family "Spiritual Boot Camp" and our dedication and determination were legendary. Father taught us about the concept of a "Hokum". That is "A directive (or instruction) given to you by your Spiritual Teacher or

leader" - in our case Father - and it must be done, whatever it takes.

This is the way we think of The Mystic Road. It is a Hokum . . . and - in those days, we were moderately fanatic - so the rule was that - if you missed one day . . . you had to start over !

We hope you find joy, inspiration and personal growth from these exercises.

INTRODUCTION - PAGE X - E Aquarian - One of Father's instructions to us regarding The Mystic Road is:

Before you begin any of these exercises, always sit for a few minutes - quietly, in mediation - and calm yourself completely.

Father taught us to "Bring down" our minds and our energy by "Instructing our SubConscious Minds" with the commandment to "**Be Still**". I have been using this key for 40 years - and much more, lately - and I am finding it to be a very powerful tool to help me reach a meditative state by quieting my raging mind (the Buddhists call it the "Monkey mind"). If you can stop, dead still, and breathe a few very deep breaths and then - continuing the breathing . . . say "Be Still" a few times - on the in- and exhales . . . increasingly more slowly and more quietly . . . and just submit to the feeling that is coming over you and separating you from all that is around you. Sometimes I take it further: "Be Still, and Know." Or even "Be Still, and Know that I AM GOD !"

I saw a photo of an art work that was over the door of Anne Marie Benstrom's (a friend of Father's) "Golden Door" health spa - which was painted on a piece of wood perfectly shaped for it. It said:

Be Still and Know that I AM GOD.

Be Still and Know.

Be Still.

Be.

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**WEEK 1 - PAGE ? - Omne:** After doing my first night of week one of the Mystic Road, I had this contemplation:

I WILL have health, happiness and success.

Now, this is an awesome and powerful affirmation, but (for me) there is a slight problem with it. I think the intent of the words is that, when you say "I WILL have..." you are meaning that you are asserting all your passionate commitment to create that as your reality...BUT our language is ambiguous and flawed and to say "I will have" also sounds like some day I will have...and this is a bit problematic because the subconscious mind (as we know) hears things literally.

As the song goes....Tomorrow is always a day away....and the wording " I WILL have" landed uncomfortably for me, as a future tense...almost like saying "Someday I will have..." which really dilutes the power of the statement....forever pushing it's manifestation into a just-out-of-reach future.....Am I splitting hairs ?

For myself, I have modified the wording of the affirmation for the first week to this.

"I HAVE ALWAYS HAD health, happiness and success." When one says "I have always..." one is creating timelessness, one has moved into a powerful NOW where all time exists simultaneously. It has always been my reality that I have been healthy, happy and successful. If all potentials exist in the quantum field, then, "I have always been" and "I have always had..." are alternate realities that simply need one's observation to be true.

If you choose to be a little adventurous, try the modified wording I am using and see if it occurs as more powerful for you. If we are willing to experiment, we are truly owning the Mystic Road as a tool of self mastery.

---

Astral: I agree totally, Omne. I AM is the sacred formula, the magical incantation of the Soul. I am saying "I AM filled with health, happiness and success", because it is not an aspiration but a current reality.

---

Enoch: I AM so proud of the level of consciousness expressed by my brothers and sisters in this endeavor. We are only on the first day of the first week, yet we are rewriting history for a new generation. Oh, Ye Scribes . . . take note !

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Sky Lightning: Great posts all. I believe we are collecting information which will probably end up in the Granite Mountain Records Vault someday. Omne is spot-on, about saying the affirmation out loud. There is power in the spoken word when impregnated with Spirit as Father said. I like the way Astral has modified the affirmation because it is the TEN (The Eternal Now) reality. And she states it in a clear and concise way with the I AM, which also has a power of its own. Before her post I thought of saying "I - by my will - have health, happiness and success" or just "I have health, happiness and success". If I may, Astral, I'm writing your version into my Mystic Road as the first refinement of the text.

---

Electricity (E): I agree whole-heartedly and have adjusted a few words in my own meditations.

I KNOW that The Mystic Road is an EXERCISE OF THE "WILL" . . . so this is VERY SUBTLE - but I have to admit that I have had these flashes before and so I AM now CHANGING my first week's meditation (based on the suggestions in this posting) to "I HAVE HEALTH, HAPPINESS AND SUCCESS".

The "Have always had" doesn't ring so true - to ME - because it is NOT true. So I am now saying "I Have" because that is my visualization . . . that "I HAVE" . . . NOW !

---

Omne: There is nothing wrong with the Mystic Road directions for the first week, " I WILL have health, happiness and success." especially if one understands the intent to be, "I assert my will so that I have...". There is ambiguity though in our English language and "will" also suggests "future". There is nothing "wrong" with that either. An intentionally created future is a destiny that one will ultimately walk into and inhabit.

Astral points out that " I AM...." is that dynamic assertion of creative WILL in the NOW." That is UN-ambiguous.

I use "I have always been...." In the conjugation of the verb " to be", it is called the perfect tense and it expresses an action or a state completed, as in "it already is and always has been."

E's observation that " I have always been... did not sound true", is an honest and authentic statement. IT ISN'T TRUE...as far as the personality is concerned, but

the automatic program of the personality that is running is exactly what we want to disable."

"I HAVE ALWAYS BEEN RADIANT HEALTH, PURE JOY AND UNLIMITED SUCCESS." is the voice of the ETERNAL SELF. When words such as these are intentionally spoken, they fire in the brain and become a permanent part of the new/God Conscious personality. This is what Adepts have always referred to as THE GREAT WORK. All my love, keep on truckin'.

---

Enoch: We are in the process of making the canon, if you will, for the next generation. The word of God is a living thing. It has to be appropriate to the times. I don't believe in sacred cows . . . if you meet the Buddha on the road, kill him.

(lest anyone freak out . . . this old saw is a reflection of the fact that - IF you meet Buddha on the road - he HAS to be a fake ! ~E)

---

Omne: If you meet a sacred cow on the road, have a barbeque. This, incidentally, is how Jude/Thomas, the twin brother of Jesus met his death. He slaughtered a sacred cow in Madras, India, to feed the starving children in the streets and so the priests murdered him.



**WEEK 2 - PAGE E** Aquarian: In some mirror exercises Father instructed us to look into our right eye with our right eye (the "Giving Eye") and look into our left eye with our left eye (the receiving eye). I have had some pretty cosmic experiences when doing that - including both eyes merging into one, for awhile.

We have tried many ways to write the "Mirror Word". You want it to be bold and effective, but you also need to think about how you will clean it up afterwards. Some of the easiest to remove are the dry erase markers and chalk. Then there are magic markers and those pens for writing on glass. And one of the toughest to remove is lipstick.

IF YOU HAVE NOT CHOSEN A "MIRROR WORD" yet - you may want to meditate on your OWN Word . . . BEFORE you look at list below.

Omne - I tried writing supercalifragilisticexpealodocious - but ran out of mirror.

Joy

Essence

Listening

Love

God

Miracle

Peace

Beauty

Aether

Patience

Life

Mind

Truth

Success

Health

Happiness

Clarity

Understanding

Commitment

And last - but OH so very FAR from least . . .

**YA HO WHA**

. . . Which is Fire, Water and Air - or

## **YA HO WHA HO**

. . . Fire, Water, Air and Earth

This is the Ancient and Sacred Name of God as "Brought Down" out of the Akashic Records by Father (we didn't have the word "Channeled" in the early '70's) as the synthesis of the Tetragrammaton - Yod Heh Vau Heh - the consonants behind which the Jews have hidden the Sacred Name for thousands of years and the I A O - the vowels of the same Name. You may read much more about this at YaHoWha.org or in our books.

Omne - Today is our second day of our second week of the Mystic Road and also happens to be the second day of April. As of last night we all became reacquainted with the being in the mirror.

### **WHO IS THAT ?**

One answer is that it is the twin self who occupies the realm of ANTI-MATTER. We all know a mirror is a portal, a doorway, but to where ? Is it a REAL place or an UNREAL place ? What is REAL ? As is stated on the cover of the Mystic Road, there is more here than meets the eye.

Some have stated here their choice to adhere exactly to the original directions. I think this is the best course for someone doing the Mystic Road for the first time. If one has done the Mystic Road multiple times as many of us have, then one may feel more comfortable with experimentation. For those of you who do, here is a suggestion.

Take a sheet of paper or light cardboard, about 5"x8", and write boldly the word you have chosen for your mirror work. However the word must be written BACKWARDS as it would appear in a reflection. Tape this on your chest just above the heart. Now stand in front of the mirror as directed. Who has become whom ? You have switched positions with the being in the mirror and created a BALANCE in the photonic world of "DARK MATTER / MIRROR MATTER and ANTI-MATTER". This union of the two realms was a coveted secret of the Rosicrucians in their pursuit of personal transmutation and powers of manifestation. It is one thing to read these directions and think that it's an interesting head trip. It is quite another to actually DO it.

In the classic story THROUGH THE LOOKING GLASS, Alice goes through the mirror. Who did she become on the opposite side and where did she really go ? " Go ask Alice, I think she knows. "



WEEK 3 - PAGE Omne said: I prefer a lighted candle in a darkened room to "The Spot". Also, the wording "...trying to hold the mind blank for five minutes" should simply be "...hold the mind blank for five minutes." As Yoda quipped, "do or do not, there is no try".

PAGE ?

\*\*\*\*\*YOU ARE THE CENTER OF THE UNIVERSE \*

I AM THE CENTER OF THE UNIVERSE\*\*\*\*\*

These are the keys words in the MYSTIC ROAD for weeks 3 and 4. I believe they create a powerful shift in one's POINT OF VIEW as well as one's sense of responsibility. IF I REALLY AM the center of the universe then I am the SOURCE of my entire reality. There is no one left " out there " to blame. I was contemplating HOW to bring this up for discussion among ourselves when Makushla sent me this link:

[www.wanttoknow.info/070701imsorryiloveyoujoevitale](http://www.wanttoknow.info/070701imsorryiloveyoujoevitale) . It takes the tantalizing implications of weeks 3 and 4 into a whole expanded and unlimited realm.

I have a proposition. Let's try it. Answer this question, who is the person on this site with whom you have the LEAST affinity ? Who is it in the Family with whom you have the most unresolved thoughts and feelings ? Within whom do you perceive the greatest confusion and entrapment in the past ? If we truly GET what weeks 3 and 4 imply, especially in light of the HO'OPONOPONO illumination/teaching presented in this link, THERE IS NOTHING WE CAN NOT CHANGE, HEAL AND TRANSFORM. Let's do it and see what happens.

I get that not everyone wanted to commit to doing THE MYSTIC ROAD for 22 weeks, BUT WHO WOULDN'T WANT TO TRY THIS ? Let's heal and rebuild our family from the shattered and scattered remnants that we became. Let the SOURCE FAMILY be the phoenix that rises from the ashes. We are a powerful unit that can create miracles. We are FAR FAR FAR more valuable than we can know. I believe we are being observed. Take another look at the youtube of the waterspout snaking it's way through the sphinx and pyramid in Lanikai on the eve of THE SOURCE premiere in Austin. Look again at the non-stop lightning and let your spirit tell you if that was just a coincidence. Let's heal and unite our family first, after that there will be some interesting work we can together do.

Zarathustra - How Correspondingly Miraculous, or substantiation on the path is how APPLYING the 4 steps of a little Hawaiaan boy's Ho'oponopono thru the first 4 weeks of our MysticRoadTogether to Everyone Everywhere is what our Father taught us. And How the 4 Steps of Ho'oPonopono correspond to: Love - I Love YOU, Truth - I am Sorry, Mind - Please Forgive Me and Life - THANK YOU !

PAGE ? Omne -

\*\*\*\*\*NEWS FLASH\*\*\*\*\*

WE'VE ALREADY BEEN DOING THIS ...

I LOVE YOU \* I AM SORRY \* PLEASE FORGIVE ME \* THANK YOU  
...It is divinely human to do this.... It's natural. The Mystic Road exercise this week and the Ho'oponopono just bring it up to a level of powerful conscious awareness. If it can work on a ward of the criminally insane....there is hope for the SOURCE FAMILY. HO HO HO

Sun Flower - "The Spiritual ego is the last trap of the Holy man" - Father



WEEK 9 - PAGE ENOCH - I wanted to add something else to our future version . . . your left hand should be placed on the solar plexus. This unites the abdominal brain with the cranial brain, just as the motion of the hand from the back of the head to the frontal part of the head unites subconscious and conscious, by way of the medulla oblongata, cerebellum, and frontal lobe of the cerebrum.

Another addition to this week...Bringing the hand forward should be done on the exhale, after a conscious inhale, formulating the affirmation in the mind, before performing the action, with the oral intent of manifestation, and the exercise of your will.

I'm gonna make a change...  
Gonna make a difference  
Gonna make it right

I'm starting with the man in the mirror  
I'm asking him to change his ways

And no message could have been clearer

If you want to make the world a better place  
Take a look at yourself . . . then **make a change** !

- Michael Jackson



WEEK 9 - PAGE ? Enoch - The text should read: Inhale through right nostril, hold, exhale through left nostril, hold out, inhale through left nostril, hold-in, exhale through right nostril, hold-out, inhale through right nostril, and repeat. The left nostril is closed by the fingers of the right hand, the right nostril is closed by the thumb of the right hand. This is an exercise in balancing the Sun and the Moon sides of the etheric body.

Yahavah - That is exactly how I have been doing it all along. However, Dear Enoch and Everyone, Try out at least few times to do the way it is written and you will have a blast. That is while you are inhaling with the left after 4 second switch fingers and inhale for 4 seconds then hold 4 seconds then exhale etc... It was hard at first to do but it opened my tubes instantly. I do like the old way better the one you clarified Enoch it is much more comfortable. Again, however i seem to want to close my eyes during or after the hold. Also you are asked to look what is ion front of you You better be very careful what is in front of you.

Fun to share with you all.  
Love eternal  
Yahavah



WEEK 12 - PAGE ? E Aquarian - I have been asked by one who is completing the Mystic Road for the first time: "I do not understand why we do this. Why do we put our hand on the back of the neck and bring it over the head and down the face to pass the chin - and repeat ? Most of the exercises are clear and I can DO them and love them but I feel silly doing something that I don't understand. I believe in merging action with intent."

ON Page X, (28) Father said (and I encourage you to go back and read that section):

As you *will* that the Universal Life Energy pass up the spinal cord, *will* and hold the thought that it energizes and vitalizes each of the five nerve centers between the sacral plexus and the brain. Concentrate particularly on the **fourth plexus, which is connected to the spinal cord at about the center of the back of the neck.** The development of this plexus is of greatest importance, for the more it is developed, the greater the will power of the individual

When we put our hands there, we are not only bringing the focus to that fourth plexus, we are warming it up and "Priming the pump" of the spinal cord to more directly pull the Universal Life Energy up and into that plexus. Then we draw the hand over the top of the head, consciously magnetically pulling that power with it and leading it into, over and through the brain and back down to the chin - the seat of the emotions - firing all of those spots and plexuses with the power of the Universal Life Energy.

E Aquarian - We are exactly half way down this magical, mythical, mystical Road - and half way between March 25th and August 25th. And I have noticed a pretty remarkable increase in my ability to focus and deal with the details and the normal intricacies (politely put) of daily life. I hope it is working for all who have been able to stick to it !

Yahavah - A M A Z I N G L Y  
THANK TO YAHOWHA AND ALL OF US

Zarathustra - Yes, Thanks to all who are Doing This Work Together.

Yes, It is truly a blessing of all blessings to have this all in one package, of most of the backbone of His Teachings for us. For those with eyes to See to apply to the SexMagik Work, The GREAT Calming Breath!, The Rhythmic Breath with the Master Visualisation of The Universal Life Energy Flow from 3rdEye to SolarPlexus and Out, the Sacred Breath and applying these lying on the back "As You Are Falling Asleep", Which is Practicing For possibly the greatest of his KEYS he taught to us, "The Leaving The Body in Full Consciousness" Which could really be worth overcoming the difficulty of doing this when we are usually really tired and so ready for sleep...

E Aquarian - I have completed the Mystic Road 4 times before this and made maybe 3 partial runs at it (up to 14 weeks - stopping - in the old days - after mission one night) . . . and I can say without hesitation that I have "never" been as moved by it ! Before this, it has always been hard work to me - but this one is really helping me to visualize and SEE the changes . . . in my focus, confidence

and - dare I say it ? - consciousness.

There are many reasons for the difference. Partially because I used to almost always do it last - in my day - which would mean it was late and I was fried . . . so I could barely hold on to finish it. This time, we try to do it in the late afternoon or early evening - so that we are still fresh and up for it. As I have gotten older, I have learned to modulate my energy a bit . . . so that my focus on what is best is easier to figure out.

The visualizations and experiences I am feeling are powerful and cosmic . . . and I can finally see and feel the fields of Universal Life Energy coursing through my electrical system. Even my vision is much brighter and more acute after the exercises.

I am sharing this with you to thank you for taking part in this magical formula . . . and in the hope that you can be inspired and put even more work into focusing your faith in the power of these exercises . . . so that you will be deeply moved and feel the power of the changes that are being manifest in you - physically, mentally and Spiritually - as you do this Great Work.



WEEK 13 - Enoch - My left arm is getting stronger and my will, just as my right arm got stronger doing the last exercise of week 9. I am going to combine them... that is the 13th and 9th week exercises, in the future.

Yahavah - I am using both arms during all exercises instead of letting one down toe down to relax a few minutes This way no pain.

This is a most important, yet controversial (in a very good way, as to invite conversation about this work) aspect of "exactly what is The Mystic Road" ? Some might even say it is an advanced course in learning to "Listen on The Astral Cipher", developing the Spiritual Intuition... and when several adepts arrive at the same conclusion, that's a big indicator.



WEEK 15 - PAGE ? Enoch - I will be so glad when the Mystic Road is over so I don't have to breathe anymore. So tired of breathing...

Sky Lightning - It will never be over now that your on it ! It's ALL in the BREATH .....  
YaHoWha ! Ha Ha Ha Ha Ha

Zarathustra - Its true. And he gave us the breath which he named the SACRED BREATH which when done with Great Calming Breath, with Long Holy Exhales and Long Holy Inhales; right after an hour of energized chanting we used to do @ 4 in the morning; and several star exercise opportunities in there as well. The Ultimate Ruach Diet as it were.

I find this particular week so intense compared with the easy going (mostly) previous weeks. In this one we get down. And it is pretty rigorous because of the intense emotional visualization which is really laid on heavy with the "forcing of the Universal Life Energy Flowing Thru The Chakras; and carefully feeling and monitoring the sensations as it travels thru those nerve channels and brain parts; nous atom, throat chakra (plexus of power) ajnas, pingalas, 12 head centers," etc.

ENOCH - That was my not-self talking...I AM committed to doing breath work the rest of my life.

E Aquarian - In other words . . . you were joking ?

: - )

Zarathustra - I have noticed sometimes this pesky not self comes up with these sarcastic epithets, but sometimes these are from a place that is because of something heavy that is being brought up from the subconscious...and it reinforced the examining in myself why I am resistant at certain times to using these incredible keys He gave us!

Enoch - Not entirely joking..every day I struggle against inertia, entropy, and gravity.

Yahavah - Thank God you added this line I felt relieved that you will be using our so " Beloved BREATH" we are soooo blessed by this gift from our Father, YaHoWha.

Enoch - It is so sad that most of the whole world today does not use these wonderful given keys, we would be already in the middle of the Aquarian age. It

is the greatest gift YaHoWha has brought us back this life time I feel Eternal from now on with the Breath keys. YAHOWHA IS THE BREATH I JUST SING IT OR SAY IT OR BREATHE IT SOFTLY AND I AM COMPLETELY RE-BALANCED. Love you

Electra - We also are feeling this Yahavah, but I am careful with it. I try to stay in a place of simply noticing it. I stay OUT of the place of congratulating myself for being so "conscious", "high", or "progressed".

I just observe it without any judgment and feel gratitude and blessings.

I remember one time sitting on my back patio, and I had just finished an amazing mediation, I was feeling so connected, so clear, so on top of it, so proud of myself for the work I had done and so grateful to be in that place where I was mentally, physically, emotionally and spiritually. I remember saying to myself, "so this is what it feels like to be free of the drama, to have worked so hard on myself for so long, and it feels wonderful...I have done a good job and now I have arrived at this wonderful place and feel I will be at this wonderful place for the rest of my life...I KNOW how to do this now."

And then....I was diagnosed with advanced stage cancer shortly thereafter.

So, I just observe it now and stay OUT of congratulating myself in any way at all, for any of it. I know it is just moving through me, and there may be challenges, and I keep focused on the positive...and am full of gratitude and feeling blessed.

Love to you all, Electralena ;-)

Yahavah - Thank you for sharing your story Elena. I feel so good when you are happy & healthy & holy. May the breath of YaHoWha always unite us in his extasy.

Does any one feel incredibly more in tune with the world lately, even though the challenges have doubled. I feel our powers to overcome has tripled. It is amazing I feel that my willingness to accept the things i cannot change with a smile and find the courage to do the things I can with a renewed strength I have not experienced before. I feel like a boxer on the ring punching left and right but knowing that I will take the victory home. Do you know what i mean This is very strange time full of surprises maybe it is just me feeling this way.

E Aquarian - You are not alone. Harvest and I have talked about that exact same thing. While we are in a period of our lives which gives us incredible joy in

sharing our lives with our entire family . . . and substantiation for all that we are and all that we try to grow into . . . we are also facing some very tough times and choices.

But - as you said - we have renewed vigor and strength with which to see clearly those curve balls Father keeps throwing us . . . and hit them out of the park !

This week is, by far, the most powerful Mystic Road exercise, so far - for me. It is even inspiring me to add extra, physical efforts into the "Forcing of the Universal Life Energy" - by tightening up on the "Taint" and buttocks and literally forcing the fluids and the energy up the spinal cord . . . while seeing and feeling it Light Up all of the Centers, nerves, channels and synapses.

We are so blessed. At least those of us who understand the magic we have been given . . . and that it is nothing - unless we USE it !



WEEK 16 - PAGE ? Enoch - When you do the second part of the exercise, what type of breathing do you do...it is unspecified?

E - Since it is not specified - I would assume that the same breathing continues.

ENOCH - I assumed so as well, should be clarified in new edition...I really believe we are the forerunners that must make the Keys as available to the next generation in the most descriptive way.

E - Yes. I am slowly working through the booklet, as we go . . . trying to catch major typo's, errors and confusions - while retaining Father's words. When we are done, I will go through it for a final check and then make it available to all on this site for comments, before I re-publish it in a somewhat final version.

No one knows where it came from but - the way it is written and based on certain wordings in it (like: we will continue on the other side of the tape) - we are assuming that someone gave the original ideas and framework to Father (an adept) and he elaborated on it in class, then someone typed the words from the tapes on a typewriter. The photocopies of those type-written pages are all we have of the "Originals". The efforts to preserve it over the years has generated a lot of errors and confusion and I am doing my very best to preserve Father's words and intentions, while making them completely understandable to the reader.

Yahavah - What I am having a hard time understanding is this part :

With each exhalation, picture this fluid being forced a little higher up the canal until finally you see it entering and permeating the entire brain. Usually when you exhale the breath is going down the canal but here. Visualize the substance as being "forced up" the canal in the spinal cord the same as heat forces up the alcohol in a thermometer.

How are you doing this one since you have to visualize while exhaling tricky !

Zarathustra - It's the emotion you use and what comes up for you as you experience the dynamics of flow or motion of the energy. In half of the Mystic Road Channel Flows Visualizations they go from the secret chakra to head chakras and up and out. The switch in direction is VERY important, (like learning to skate backwards as easily as forwards after a while) Because of the effect of nature that what goes down must come up and what flows up will reverse and pour down. Like what your senses feel, like little pressure drops or changes in gravity somehow when swimming or in the ocean and the way the undercurrents and whirlings and spinning of the tides affect you when you are suspended or floating in the eddies. The energy moves and changes in different ways, we use "fluid" or liquidness as the 1st model we try on to start to establish a visceral inner projection experience of these energies and directions and their effects and changes and increased visualization and imagination of it. Then we can try "electricity currents" or light or heat or wind effects or centripetal pressure like in a car, bike, or rollercoaster etc etc.

E - I sit on my buns and progressively tighten my buttocks and taint and "See and feel" them pushing this Universal Life Fluid directly up my spinal column - in little increments - until I begin to see it coursing into the base of my brain - actually visualizing that I can feel the energy and feel my skin prickling and hair standing on end - and then filling all the channels of my brain . . . and then forming a rivulet of light as it breaks out of my forehead - through the third eye - and reaches to the point just above my third eye.

ENOCH - On the inhale visualize the Universal Life Energy flowing in to the lungs, and then to the heart center....on the hold-in see it moving to the solar plexus...on the exhale it moves downward to the sacral plexus... then on the hold-out a finer more etheric energy flows up the spine.



**WEEK 20** - PAGE ? YAHAVAH - I have been using the two weeks together

"I AM purifying my body  
And elevating my mind."  
"Refining the emotions  
& Liberating my soul"

For me it feels just right



**WEEK 21** - PAGE ? Isis - OMG...I just want to honor all who even started this program and those that stuck with it all the way up to now...awesome !!!

I love reading the affirmation and the hits of that affirmation for each week as it was posted and even though i did not do the whole of the program...i took time to reflect on each week and its meaning.

Yahavah - I do not want to stop the Mystic Road. I got so much out of it. I am going to do it again every morning, this time as part of my meditation. I am so grateful for this Opportunity to have share this with you. thank you for the support and the presence I felt you always there.

YaHoWha

Zarathustra - Don't Stop. Many of us are continuing it, using these powerful keys of the MYSTIC Road.

E - I am thinking of taking a month off and then doing it again from around September 25th to February 25th (?) and then take a month off a do it again . . . and do it from now on. It has been fabulous and very rewarding and it was great to do it with a group.



**WEEK 22** - PAGE ? - I call this the **week of the** "Aspirational Affirmation".

Hope to see you on The Mystic Road again !

**"GOODS" AVAILABLE FROM  
THE SOURCE FOUNDATION**

Please Visit our "[AwareHouse](#)" at [YaHoWha.org](#)

**LIBERATION** ~ 2003 Reprinting ~ In late 1970, Father channeled "LIBERATION" in 10 days. It was written during the period of the early Family, well before many of his greatest Teachings and insights "Came down". Reading this book "in the now" makes it clear that we were living in an entirely different era . . . and yet most of these teachings are so profound that they still live on in the consciousness of many.

**The Untold Story of Father Yod, YaHoWha 13 and The Source Family** ~ This is the Truth Behind the Legend of this Magical, Mystical, Ancient, Egyptian, Grecian, Essene, Indian and Aquarian Tribal Clan. This beautiful book includes many photographs and Teachings, plus the recipes from the original Source Restaurant, which was one of the first health food restaurants in our nation.

**Re-Visiting "Father" And The Source Family** ~ DVD ~ An inspiring series of video interviews with original Source Family Members, all of which were done independently and from each individual's point of view ~ yet they all say the same thing ~ with all of the pieces neatly fitting together to re-create the complete, mystical puzzle . . . some 30 years later.

**SONGS AND CHANTS from Father and the Source Family** ~ This album is primarily composed of chants that were recorded in Lanikai by a group of Family Members who realized that we were dispersing in late 1976. They have been digitally re-mastered ~ as have some of Father's original chants and a great Chant contributed by Pythias.

**THE ALBUMS** ~ We are distributing the original albums slowly but surely. These albums were mostly created SPONTANEOUSLY . . . by Ya Ho Wha and his "Magician Sons" ~ mostly in our garage studio in the Hollywood Hills, between 1973 and 1975. The result was sometimes heavy and sometimes beautiful – but always very unique & full of Father's Wisdom ! **THOSE AVAILABLE SO FAR . . .**

**PENETRATION**  
**THE LOVERS AND THE CHARIOT**  
**CONTRACTION**  
**EXPANSION**  
**TO THE PRINCIPALS FROM THE CHILDREN**  
**THE OPERETTA**  
**ECHOES OF THE CRONE**  
**SONGS & CHANTS** From the original Source Family

**THE SOURCE FAMILY COMIC BOOK**  
**"THE SOURCE" MOVIE - in distribution in 2013**

May these "Goods" shed some "Fun" and some "Light" upon "Your Path" !

***YAHOWHA.org***





