

ALEX E.



# SUCCESS MAGNET

THE SECRET OF SUCCESS  
AND PROSPERITY

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**Success  
Magnet**



## P R E F A C E



*The objectives of every man's desires and ambitions are success and happiness.*

*So why are most people struggling under the burden of unhappiness, failure, and agonizing passion as well as physical and mental pain? .... It is because the power to accomplish our desires comes from extroverted, not introverted, thought.*

*If we examine the personalities of those who have won fame either in social life, the sciences, art or industry, we come to the conclusion that our celebrated ones have always achieved victory of their ideas and resolutions through their own efforts. Their personalities included the secret intellectual power to habitually use their energies and capabilities to achieve their objectives, and in so doing, those capabilities have been brought to their most vivacious activity. As a result, honour, delight, appreciation, admiration and prosperity accompanied them during their lifetimes.*

*The personalities of these outstanding people as well as their approach to life have been fully examined for all relevant psychological and physiological aspects. In so doing, I have succeeded in discovering their principal source of power, so that all my fellow well-intentioned beings could create their own success, health and happiness.*

*The road leading to the fountain of intellectual power is described in this booklet.*

*My Brothers – fighting with despair and disappointment! – turn then the pages of this book with interest and resolve, in which are collected the rays of felicitous sun which illuminate the art of life, and by them, my Dear Readers, awake to a new life shining with delight and success.*

# I. INFORMATION



“Everything is yours if your wishes are rooted in your intellectual power” - This motto should be the talisman of your mortal span, this should be your triumphant weapon.

However, allow me to disclose the ingredients of that omnipotent magic medicine which gives those people using it right answers, happiness, wealth and contentment:

This medicine’s recipe: strong will, limitless endurance and infinite self-control.

In the following chapters you will learn how you can live with these three commandments to fortify their magic, and make their full might work for you.

But I must advise you: learn diligently and attentively, just as if you wanted to learn a foreign language or unknown science. It is not an amusing witchcraft whose key I give into your hands; it is serious science - a science of life - and the art of higher self recognition. Therefore I shall warn you with all my goodwill towards you: do not rush through the chapters willy-nilly. Read one chapter a day so that the real and deep meaning of my words can become set in your mind, my thoughts becoming your blood, my ideas manifesting themselves in your actions.



## II. ABOUT THOUGHT



In order to be able to understand each other, let me start with a fundamental truth that you need to perceive. As it underlies all else I have to say, "*Thought is an object*". The strength of your knowledge and power will be built on this single sentence.

A thought is not some kind of an idea-bubble, which, after a momentary existence, vanishes into thin air; it will leave its marks on the convolutions of the brain, just as a pen does on paper. Therefore, thought is not only a DYNAMIC<sup>1</sup> force, but – so to say – a concrete object, just as any other solid material. Actually, it is just a finer manifestation of the material, or in another sense, a perceivable manifestation of the invisible soul.

The truths of my words are demonstrated by experiments carried out at the New York Smithsonian Institution. Namely, as seen by several famous experts, the mind-images of persons were successfully recorded by a constant direction of their thoughts onto a highly sensitive photographic plate prepared for this purpose. Thoughts of worry and fear were visible on the

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1 *moving, functioning*

plate in the form of dense clouds. Thoughts of jealousy, anger, hatred and envy showed as pictures of heavy masses. Ideas of happiness, love and harmony appeared as rays of light on the plate.

This experiment also demonstrates the material manifestation of thought that Crookes and other experienced individuals in this area have exhibited by concentrating their thoughts to start a pendulum or tilt a scale. By focusing all their thoughts on the swaying of the pendulum, the tension of the nerves creates electric current that moves the pendulum.

You may try this experiment yourself: Tie a ring onto a thread or a hair then suspend the ring between your thumb and index-fingers. Now focus all your attention on the ring and if you do it correctly, you will see the ring begin to move. The swaying here is also caused by the force of thought, which radiate from the finger tips in the form of electric current.

On the other hand, it is not necessary to rely on the assurance and experiments of the latest psycho-physicists, since we can all feel the power of thoughts. Who would not know chilling fright, fierce anger, withering-desire and jealousy, elevating love and cheerful joy?

All the thoughts of the above listed emotions affect in their own way the chemical compounds of the blood, resulting in the formation of emotions, which in their characteristics can be pleasing or unpleasant, healthy or unhealthy. While the emotions and thoughts of fear, anger and pain intrinsically poison and cripple the body, the intellectual products of joy and contentment radiate nice feelings, making the muscles flexible, and giving eternal youth.

Since thought has such tremendous influence on the materials surrounding it, to obey the laws of physics it must have substance. This incontrovertible fact is communicated with clear understanding in this sentence by Prentice Mulford,

"There is only one material existing, but it is taking different configurations; the finest material is the liquid gas or drifting thought."

Thinking produces an extremely fine ethereal SUBSTANCE<sup>2</sup> which begins to oscillate in the brain, making wider and wider and more spacious waveforms. But this substance of thought cannot be seen nor tasted. It propagates in the same way that light advances; moving in the same waves, but with much higher speed, and oscillating through every substance and every liquid. As light dims and goes out, so can self-conscious thinking recede and cease due to illnesses or brain damage. As soon as self-consciousness returns there is again movement and waves among the passageways of the brain.

Thought consists of ACTIVE<sup>3</sup> and calm lights. The operation of these two light-sources result in electric thought-waves, which coming through our brains, bones and muscles emit to the surrounding air, respectively into the ether. The ether filling the universe is an infinite sea, which transmits thought and influence.

The thoughts - being general (negatives) - or defined (positives) - move two ways over the ETHER<sup>4</sup>. While the general so *non concentrated* thoughts make gradually weakening curves, the focused thoughts from the light-source of the brain go directly in a straight line to their destinations.

The non concentrated thought wave is a general big area, therefore their effects are weaker. Opposed to this the concentrated thoughts always focus on some clearly defined thing: all their forces are focusing at one place, clear, that by the necessary existence of a natural law they are able to move enormous forces.

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2 essence (*fine material*)

3 operating

4 clearest particle of air

By endurance the same strength of thoughts sent always to the same direction will squeeze themselves into the mind of the person chosen to complete our will - no matter how strictly one's intellectual fortress is guarded. From that moment on our thoughts will have influence or even a leading role in the given person's mind. This law of PSYCHIC<sup>5</sup> has also several evidences on the PHYSICAL<sup>6</sup> level.

Its truth is most clearly justified by the generally observed way that the waterdrops continuously dripping to the same place over time or eventually will erode even the hardest rock. Thoughts concentrated with this strength of endurance are the basics of human power, on which success is building its magnificent joyful places.

We can bravely shout with *Emerson*, the famous Master of Arts, "Oh thought - you powerful governor of Universe!" Indeed the electric threads of the wire of thought net the whole world, generating movement and life everywhere; since thinking is life itself, the supreme source of strength because all ideas and actions are originated from it.

That person whose thoughts are focused on ENERGY<sup>7</sup> - is ENERGETIC,<sup>8</sup> who often thinks about braveness is brave; in whose intellect there is aspiration and confidence those actions bear fruit. Despite, those whose heart quailed and is moaning about not knowing this or that, not being able to do that or another, those always go past by DAME FORTUNE<sup>9</sup>. A person like this is wasting his power on lamentation and is becoming a desperate and miserable man. Even the Bible says, "*You are your thoughts.*"

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5 intellectual

6 material

7 live force

8 dynamic

9 Goddess of Fortune

So we are all creatures of our own thoughts. In order to be more perfect, more powerful we need to think a lot and the right way because this is the foremost requirement of life.

Accordingly to that somebody has vivid or sluggish faculty of reasoning, there is more or less energy developing in one's brain. This energy is nothing else but the product of the above mentioned active light; latter surrounds the individual as a case made of electric current. Thus, the quality and quantity of energy defines the degree of influence and attraction of the given individual.

The biggest volume of energy accumulates in the brain (cerebrum) from where it is mirrored by the eyes. An open, shining PUPIL<sup>10</sup> refers to a huge storage of energy, opposed to that a faint, spiritless, small apple of the eye is the sign of a small force of thought and proves that the person is not thinking independently, but is under the influence of others. The fainter the eyes are, the more they reflect the external light; but the more determined the expression of the eye is, the stronger it shines from its own light and energy. This so called self-beaming is undeceivable evidence of aliveness, health and energy. This spiritual electricity is nothing else, but a LUMINESCENT THOUGHT.<sup>11</sup>

Mainly you should make your task to improve your intellectual energy. - Settle down daily for a quarter or half an hour into a totally dark and quiet room, where no one disturbs you. Lie down and slowly, carefully stretch yourself then tighten your muscles and suddenly close your eyes. In the meantime think of the object of your desire. This way your muscle strength will assimilate to thought - energy and in front of your closed eyes there will be some quiet lightness which will become lighter

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10 *black of the eye*

11 *burning of the phosphorus content of the brain*

and bigger in time. Some people see this light on their foreheads or in their brains; but others are able to throw this light in front of them into the air where they can look at it as a smaller or a bigger source of light. We shall remark though that this experiment should only be tried if you are healthy and feel totally relaxed.

Approximately after 2-3 weeks thorough practicing you will most probably have nice results. Then have break for 3-4 days. During this time do intense intellectual activities and try to look for variousness in work just as in amusement; since this way of life motivates your brain for endless sharp thinking, by which considerable amounts of electricity is generated in it.

Then step aside again. Tighten your muscles as defined. After a few minutes of stretching try to bring your body, limbs, head, so all your body parts to be relaxed. Then hit a little onto your closed eyelids. Now if you open your eyes in a totally darkened room quickly, then you will see a bluish or reddish flame or ring of light to blaze up. This phenomenon lasting for a few seconds is nothing else but the natural sparkling of the disturbed electron CORPUSCLES<sup>12</sup>.

This is the first step to recognize the MAGNETIC<sup>13</sup> fire of the eyes. - The force that conveys the energy of thought and helps to get successful influence at the location appointed by the person is called *magnetic current*. You will be acquainted with the significance and effect of this in the next chapter. - In the meantime imprint my words deep in your soul and do not miss the practise of the above experiments every day.

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12 *atomy*

13 *hypnotic*

### III. THE POWER OF MAGNETISM



Last time I made a hint that magnetism is nothing else but the current transmitting thought, namely will. The strength and quality of this defines the individual relation of a person to one's fellow human beings and to the world; so magnetism is the measure of individual life.

We are aware that the universe is governed and maintained by the operation of the magnetic and electric forces; and we are also convinced that by the continuous burning PROCESS<sup>14</sup> of the flamy substance of globes or either by the rapid spinning of their big masses there is electric heat generated and relating to the magnetic content the globes have smaller or bigger gravitational pull on each other. The masses that have more extensive or denser MAGNUM-AURA<sup>15</sup> make their voluntary servants weaker and force them to circulate in their FLUID-CIRCLES<sup>16</sup>.

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14 *procession*

15 *aureola radiating magnetism*

16 *eradiation circuit*

In line with the clear logic the laws of MACROCOSM<sup>17</sup> are valid for the MICROCOSM<sup>18</sup> as well. So just as the globes do, every human also has vital<sup>19</sup> that is magnetic supply. Of course also here – similar to the experience made with the globes: when on the surface of brain due to the rapid work of the thoughts filled with energy or in certain organs there is frictional electricity generated by ORGANIC INDUCTIONS<sup>20</sup>, then it has more attraction and influence on the fellow-creatures than in those where this force is only in LATENT<sup>21</sup> condition.

This is the reason of the generally observable fact that some people's actions are always bearing fruit and success. Although nature has not given this person the look that the public calls nice or charming, still everyone respects, likes and trusts him.

Opposed to these kinds of people there are others who are moaning and screaming and still cannot turn the wheel of their fortune on the triumphal road because it always goes back into the mud of unavailing struggle and bitterness due to falling behind. These creatures are avoided by instinct although they are opening their doleful mind to everyone in order to gain the sympathetic love of their fellow-creatures. Poor him, despite his entire desperate struggle he remains mocked and despised, withered wings of his velleity are flapping in vain towards the rays of victory, due to his unequal-temper he could not find loving hearts anywhere.

All this is for what? .... It is since his distant desire and always changing efforts are only wriggling, but not purposive will. Only

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17 / *Universe, the big Cosmos*

18 *the individual, the small world*

19 *vital force*

20 *activity of organs*

21 *delitescent, unreclaimed*

the definite VOLITION<sup>22</sup> excluding all doubt of failure can lead you to the PARNASSUS OF TRIUMPH<sup>23</sup>.

We can find several examples to justify the afore mentioned individual contradictions just as from the pages of history-books and from the colourful pages of our everyday lives. Let's just think of the big names of the past centuries. Actions of sovereigns surrounded by eternal fame, glorious acts of statesmen and heroes or the prodigies of foretime martyrs virtually magnetise us even today, commanding admiration and honour towards those great human beings.

It was the effect of the magnetic forces that made the big men of intellects even bigger and surrounded these outstanding individuals with the glory of irresistibility and admiration. The famous men and women knowing or not have always used this power in order to achieve their goals. In line with the notes of ANALOGIES<sup>24</sup> even the scientists of the antiquity had been initiated in the LAWS OF VITALITY<sup>25</sup>. E.g. the CODE OF ATTIC<sup>26</sup> remembers those as follows, "Knowing the laws of vitality in the human body and mind enables to develop and maintain forces that overrule all values. Those, whose whole life is permeated by the divine stream of this power are armoured against all evil that thousands and thousands of people fall victim of."

One ancient Latin writer talks about the forces dormant in people, "If we intend to create something big in the arts, something immortal, if we wish to acquire the priceless appreciation of society and science of success, or we wish to gain any kinds of

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22 will

23 mountain in Phokis, Greece where the triumphant gods lived in line with the myths

24 science of comparison

25 magic force

26 old hand-written book

business results then knowledge of the LAWS OF ATTRACTION<sup>27</sup> is inevitably necessary. If we utilize this science in the right way then we will be masters of our wishes."

Not only in the dusk of foretime, but even in this century in the palace of monarchs, just as in public life charisma had the leading role. What else could be the reason that lowborn people can struggle themselves up to the highest positions from their poor environment? The acts of Rasputin in the Russian court is an impressive example of this. He had become pilgrim monk from a ploughman, he was a real miracle of the power of magnetic forces, and deeply influenced not only the family of Czar and his court, but also became secret dictator of the entire country of Russia.

We know that there have been and there are governors and statesmen, who due to their charisma (magnetic charm) have great influence on people. Characters of these people are generating interest even centuries later; while names of other perhaps similarly good qualities, but weak character our mind slips along unexcited.

How amazing influence can the energy of a great general have on thousands and thousands of soldiers! However a humble young lieutenant can also lead his troops to victory if he has enough stamina and bravery, which forces permeate the soul of individuals in his circle of will and they also become pertinacious since nobody is able to extract oneself from the network of the hidden operation of charisma/magnetism. Those who get into this SUBTLE<sup>28</sup> circle of magic ruling the whole world are made voluntary slaves. This indefinable something is that by which some people affect others so FASCINATING<sup>29</sup> - this is the

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27 *power of forces*

28 *fine, hardly visible*

29 *appealing*

force which used correctly gives power, influence, happiness and beauty.

Reading these maybe you shout with astonishment, "Oh, how it is possible to glorify such forces that by using them we can turn the lack of energy of our brothers to our own benefit! Since living with the power given by charisma is nothing else but erecting to ourselves a shiny, impregnable castle out of the weak, shabby intellectual shacks of those in spiritual poverty!"

You are disappointed! You as well as most people confuse the essence of magnetism with HYPNOTISM<sup>30</sup>. Namely, if hypnotism has an effect on the SUBJECT<sup>31</sup> not to cure or any other beneficial objective, then taking foreign material into other nerve-substance practically speaking retrogrades to poison. The hypnotist will charm you just as creatures of fairyland because he approaches the wheel of senses as well. The magnetist however will give you such enchantment which is based on reality, on naturalism. Whatever goes in line with the regular laws of nature can only be said to be fulfilment of God's will.

Practising of magnetism can therefore make all people only high-minded and the individual is lifted to the unearthly level of finding its self-conscious intention. The magnetist affects its environment attractively not oppressively since he has such influence on the fellow-creatures that they consider fortune and honour to be able to gain friendship of such a perfect individual and enter into his service. To put it plainly this force can only bring happiness, blessing and cheerfulness there where it had shortage of.

Magnetism attracts man to a woman, this transmits their love. Its most powerful constructive force is in the instinct of

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30 *irresistible charisma that catches you*

31 *subject to the experiment*

self-preservation that reaches its most grandiose manifest in the motherly love; since the love of mother is nothing else, but constantly and altruistically giving magnetism.

The magne-electric relation of the two huge globes, of Earth and Sun gives clear explanation of many biodynamics. Sun in the middle of the space is a huge storage of magnetism; opposed to this the Earth is the carrier of electricity. Since the magnetic force of Sun requires huge volumes of electricity for its operation, therefore it is attracting the Earth that gains its magnetic stock from the Sun. - The roots of plants are attracted by the electricity of Earth downwards, while their sprouts are attracted by the magnetic forces of the Sun upwards; similarly while the electricity filled human body is kept imprisoned by the Earth, the unaccountable forces of soul being magnetic, hold up the human spirit. Desire of the spirit to reach the sky is manifested in every religion of the nations of the world and is also expressed in the inclination for astronomy and aeronautics.

Just as in the macrocosm, the same way in the tiny individual of microcosm we can notice the law justified by the relation of Sun and Earth. *THE-ASTRAL BODY OF PEOPLE*<sup>32</sup>, just as the axle of Earth - *REPRESENTS A MAGNET*<sup>33</sup>: *the organism contains different electric sources*, which accompany most of the actions of life. This way e.g. the frictional electricity generated on the thought surfaces of the brain, just as the thermo-electricity generated by the operations of nerves and blood vessels extends to the surface of the whole body and internal mycoderms. Apart from this light, pressure, induction dislocation and chemical processes in the unevenly warmed up bodies result in contact *ELECTRICITY*<sup>34</sup> in

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32 *spiritual body*

33 *magnetic piece of iron*

34 *compound electricity*

the ENDESMOSE<sup>35</sup> and EXOSMOSE<sup>36</sup>. Whatever gender, electricity is, it can only generate for a certain time defined by its operation molecular<sup>37</sup> movement of the corpuscle of the body or the drifting of layers of ether surrounding the source of power.

Conversely, magnetism towards which not only iron and nickel, etc. shows disposition to, but all bodies show different range of disposition, TONIC<sup>38</sup> electricity which is ongoing flow of fluid resulted by the constant oscillation of atomies and by electric stimulation. *From the above said it is visible that where in nature electricity and magnetism meet, there movement and life is generated.*

However do not think that magnetism and electricity are opponent forces. Not at all! I have already mentioned in the previous chapter that both are generated from the force of thought, namely energy induction, therefore their essence is one and the same they only differ in their results. Considering from this aspect they relate to each other as warm to cold. Highly SENSITIVE<sup>39</sup> persons can feel electricity as warm current, the concentrated magnetism as cold wind.

Otherwise strong connection of these two forces is justified by the statement of *Dubois Reymond* as well, "*I found that the sealing-wax rubbed with fur is not only electric, but in certain conditions also magnetic.*"

The afore mentioned clearly verifies that magnetism and electricity are not different forces but direct consequences of each other: electricity results magnetism and magnetism results in lasting electricity. With regards to that *Dr. Gratzinger* states as

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35 *main life-humours with adversary effects*

36 *main life-humours with adversary effects*

37 *monad, the smallest part of material*

38 *constant force*

39 *receptive*

follows, "If we break a big magnetic pole to several pieces, then we gain several small dipolar magnets on which iron pieces we have to imagine the ANALOGICAL<sup>40</sup> placement of North and South Pole as we can see that by the *Volta* - column zinc and copper interference. This way the content of the electronic cells of human beings give a magnet, which has one POLE<sup>41</sup> in the PERIPHERY<sup>42</sup> - namely in the hands full of nerves, the other pole is in the brain and spinal marrow."

With regards to the definitive understanding of this statement it is advisable to know at least the synopsis of the book of a New Yorker teacher, Marschal Hall titled "Diastaltic Nervous System." In his opinion in the prolonged spinal marrow there is a dual system ruling. The frontal spinal marrow contains the white substance, which is the starting point of the motor nerves, the back one is filled with nerve-fluid named NEURILEM<sup>43</sup> and by the mediation of this our blood, our LYMPH<sup>44</sup> so the whole of our organism becomes a spirit of feeling. This nerve-fluid is in strong connection with spiritual forces and this is that intellectual essence<sup>45</sup> that fineness defines the INTELLIGENCE<sup>46</sup> of the relevant person.

By the magnetic forces the magnetiser and the influenced person's nerve-fluids by mutual agreement are in strong connection with each other.

The MAGNALE MAGNUM<sup>47</sup> can be called not only material, but rather an ethereal substance which by keeping to certain laws

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40 similar to each other

41 Pole

42 outskirts

43 the finest, strongest nerve stream

44 nutritious blood fluid

45 concentrated force

46 sense

47 magnetic flow of fluid

everybody, every mass is filled with and spiritualized. God shared the possession evenly, it only depends on us if we can make use of them.

Now, I am going to tell you how to use these laws. As I have mentioned before, magnetic fluid is ethereal substance. So if you want your nerve-fluid filled with magnetism, then you need to subtract that by deep respiration from the ether.

*Stand facing south, your back towards north, or what is even better lie down horizontally with your legs towards south and your face towards north, because then you are a perfect magnetic needle. Now pull your shoulders back and take a deep breath through your nose that your lung is filled with pure OZONE<sup>48</sup>, pursue the inhaled air into the lower part of your lung in the way that your chest is pulled in and only your abdominal muscles are moved. Then with full strength breathe out the air filled with carbon dioxide (magnetism digesting). Do this every morning and possible every evening 12 times after one another. This way your lung's oxygen content is perfused into the NERVE-CENTRE<sup>49</sup> named SOLARUS PLEXUS<sup>50</sup>; behind the praecordia from where it goes to the spinal marrow; by which the magnetism extracted from the ether is collected into the neurilem while other particles of the air help to build new blood parts and nourish the nerves.*

*"Correct breathing ensures health and happiness", is said by an English philosopher. Really the everyday experience can also justify that if the free breathing is incapacitated by fear or sluggish operations of the body, then due to the shortage of food of the INORGANIC<sup>51</sup> nerves the PHYSIQUE<sup>52</sup> will get ill. Therefore all*

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48 *air filled with oxygen*

49 *center of nerves around the stomach under the heart*

50 *center of nerves*

51 *internal organs*

52 *body*

our energies are to be used in order to have our RESPIRATORY<sup>53</sup> organs function well. Since it is the lung that is the CONDUCTOR<sup>54</sup> of the nerve centre, so the necessary breathing, the organism freshening ozone is not only accelerating the blood circulation and digestion, but also expulses fear and reduces tiredness.

If you are completing the prescribed breathing exercises you should only focus your thoughts on wanting to be magnetic. By every inhalation say slowly and clearly:

“Now I am breathing in bravery.”

When breathing-out: “From now on I do not know fear.”

When breathing-in: “Now I am breathing in attractiveness, no one can resist me. Now I am breathing in energy; all my work *must succeed* and must bear fruit!” – In the end you suddenly tighten your muscles and with a last deep inhalation say: “My body is under the rule of my soul and I can make my person whatever I want to!” – Then take a rest for a few minutes and think of the above statements said.

After this exercise perhaps you will be stunned in the beginning since due to the increased ozone content of your lung it must have your brain marrow and nerves act more vivid, by which electricity is generated in your body. This is electro-magnetic current, as light creepy feeling can be felt in the generating sources such as the brain and spine as well as emission at the tip of fingers. However *it is advisable to extend to exercises regulating electro-magnetic induction to the whole of the organism.*

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53 secretory, breathing

54 leader, influencer

After you have had the required rest get up quickly and swing your arms crossing them in front of your face twelve times.

1. Spin your arms from your shoulders 12 times.
2. Lift your arms to the height of your shoulder, during this bend your lower arms that the fingers of your left and right hands meet on your chest. Then with full strength push your arms up 12 times going back to the original place.
3. Put your hands on your hips and sway your upper body 8 times to the right and 8 times to the left.
4. Sway your trunk 8 times with your hands on your hips.
5. Put your hands on your hips and sway your upper body 8 times to the right and 8 times to the left.
6. Sway your trunk 8 times with your hands on your hips.
7. Lift your arms above your head and bend your upper body so your fingers touch your toes.
8. Lift yourself 25 times to your tiptoes.
9. Go 8 times on your knees without bending your body.
10. Breathe several times, when moving your arms in the meantime.
11. Lift your arms high, take a deep breath and when you lower your arms and slowly release your breath.

It is to remark that these exercises should be carried out in a well aired room, what is even more advisable to do them outside in the open air. In order to keep the gained magnetism, your bed must be placed in north-south direction.

If possible sleep by an open window, because during our sleep we inhale deeper. It is a known fact that wet feet lose lots of

energy. Therefore it is advisable to wear shoes of strong material that keep the warmth and maybe put a spunned insulator into them that isolates electro-magnetic forces.

And now I warn you once again that during dawn you should never miss to do the above exercises. Consider them your obligation just as the Morning Prayer, by which you need to tribute to the wise laws of nature if you wish to succeed. You will see that after this you are rejuvenated in your body and soul; you begin your work with hope from your true forces.

Now you know where the omnipotent force is hidden and how to awake this and collect in ourselves. Next time I will be telling you a few things about the accessories for improvement.

However I recommend you that your knowledge till now is not to be boosted to anyone, let the successful results of your diligent studies speak for you.

## IV.

## POWER OF FAITH AND SELF CONFIDENCE



„Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” Mark.11.24, “Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also, and greater works than these he will do,” - words of our Highest Master, Jesus teach us that if we believe in the implanted germs of divine almightiness then with the necessary improvement of spiritual forces the tree of intellectual power will grow into a fruit bearing tree and we will have no such wish that this tree would not bear as fruit.

If you believe that what you act is good and its success is inevitable, then you can create more and more perfect actions. If you believe in yourself, think that the clearer judgement of your spirit will lead your talent to the right way then the power of the internal will lift you up and take you by enormous wing-strokes towards your final target. If true faith fills your soul then soon the Day of Justice will shine for you.

You should know by experience that those who believe in their own strength will reach their objectives faster than those who have doubt in themselves as well as in others and do not dare take a step forward, it is faith and self-confidence that gives you enormous strength to overcome the obstacles.

Therefore if you wish to make the power of magnetism to be yours then you need to trust in yourself to be able to acquire that.

*If you wish to succeed then you should believe that whatever you wish you certainly reach; because you can reach that.*

These words: "I can!" have enormous power since eliminate all doubts. The person who believes in his abilities and trusts his own strength, his intellectual functions make such thought-waves that due to the rules of cause and effect will incline others to trust him and acknowledge his talents.

Opposed to this the person who does not trust himself due to the reflex-effect of the spirit his manner and personality is grading down in a way that others will not trust him. Even the saying goes, "Only trust creates trust."

Therefore you should expel all doubt of your soul. The power gained by the oppression of doubts is equal power to the force of belief. All difficulties can easily be overcome if our positive thoughts are supported by the negative actions of our trust. Since the Bible also says, "Faith without works is dead", but works without faith are dead too. Therefore you should decide to complete the works you are entrusted with in the way that it is permeated by faith and trust, the most perfect way up to your capabilities. You will see that your fellow-human beings will entrust you with bigger and bigger tasks. This in your, as well as in their eyes, will lift you higher and higher which results in not only intellectual but also social and financial gains as well.

Therefore if some days something seems hard, but your internal self feels that you are able to do it then trust and tell yourself loud and intense that *you can complete that, because you should know that*. Then your doubts will disappear and your decision will be reached. Trust in the eternal rule, by which your talent and together with that your work is improving by

the rules of the same PRINCIPLES<sup>55</sup> by which the wheat seed is sprouted inside the ground, ripened and then all your acts will be received with appreciation and admiration.

Just see, the man who is not convinced of the value of his capability can never carry out big acts because he has no trust in his internal power and therefore is always doing everything by halves and others are allowed to succeed.

The person who is not fully aware of the forces unawaked in him, his work has low values. Therefore I warn you to be self-conscious in order to help yourself and others; since only when we believe and trust can bring faith and trust to the hearts of others; only when we are happy can make others really happy.

The person, who has no self-consciousness, is a man of no pretensions on the ocean of life by whom strong willed fellow-men can play with as they wish. Since by the endless indetermination and doubt the personality of such a negative person will fade and due to this his character weakens so much that he will not be able to set definite target for his own rambling, but only cling onto others and subject himself to all influences. While he has not overcome this state he cannot hope for happiness or success.

Try to find support in your own power do not look for that in others. Since it only depends on us whether on the arena of life we are leaders or soldiers, whether we live a life of a lord or a slave? How proud, grandiose feeling it is to walk with our heads high self-respecting among the fellow-men whining in the bondage of their weakness and how glorious notion it is if we feel no need to depend on ones fleeting good grace. *Therefore make you all actions so perfect that you should not come upon on someone's goodwill or advice; because you should know: all loaned possessions must be returned with thousandfold interest.*

*"Human is only human alone in himself."* - Only our souls' internal allocution can be our undeceivable advisor. Aspire to your aim relying on your power and self confidence. Possible fiascos should not falter since if there were no ill-success then success would not exist either. Otherwise the magnetic person does not know fiasco; he turns everything to success. Forces gained by overcoming resultlessness ensure success. For you there should only be prickles in order to find the rose among them. Make in the following days the overcoming of difficulties trial of your magnetic energy...

Now that your spiritual soul spends time with me, my intellect is deep in your soul, I can clearly see the mirror images of your memories and your thoughts. Among them there is the weak-heartedness borne by self-depreciation, anguish of your teachers and superiors. Self-depreciation and anguish are nothing else but lack of self-confidence. This bad habit becoming almost an illness must be cured, so try awaking your self-confidence in yourself.

If you are broken-spirited and your trust must be consolidated then settle yourself in your room for half an hour. Use the first 5 minutes for regular and deep breathing. Then imagine one of your feared superiors and approach him seriously, calmly as you would do it when meeting him in person. It is important that the addressed person must be envisaged the most vividly possible. Think of your message and speak only then; speak in clear, full and definite voice. Pronounce all syllables clearly, so act as if the addressed person were there by you.

You will see, my child, this exercise will give you self-confidence and strength into your spirit, what is more, when you face your superiors there will be some appealing calmness in your speech and manner. It is because the above exercise made you understand that *your personality must be balanced with the*

*characteristic of your fellow-man, in order your words or wishes to have an effect.*

Therefore I advise you not to forget the two main commands of trust:

- I. Believe in your own self, as the highest expression of the eternal principle of life.
- II. Trust in the goodwill of your brother. Respect his capabilities and believe in his eternal characteristics lying dormant in his soul.

So trust in him as in men from God and with the same power and intimacy as in yourself; because you must remember: which glass you look at the world, the same glass it is looking at you.

Destroy the weeds of suspiciousness and discredit in order to have the beamy flowers of faith grow. It is only the undespairing faith that can borrow you such a magnetic eradiation, a magic power, which ensures you the love of your brothers, their trust and unfaltering faith.

## V.

## HOW WE CAN GET RID OF FEAR



*"Lack of faith and self-confidence will bear fear, which is the snatcher of peace and happiness; what is more the provocative of death."* If we go down to the root of fear, we will see that it is absolutely nothing; so nothing else but phantasm born by incorrect judgement. Still most of mankind is slave-bowed of this monster. Since there is no tribe, neither a profession where the so called pestilence of fear did not pitched itself.

*Bacteria of fear are hidden in misdirected consciousness.* Namely, every experience and feelings planted into us by our parents leave some kind of impression in our memories. The sum of these impressions is manifested in the quality of our consciousness. So if we remember our nice or nasty experiences or possible mistakes as unavoidably necessary lessons of which we need to learn our future lessons, then if we have understood and learned well our tasks then other times we can avoid the weariness of repeating difficult lessons and this way safer and faster we get to the port of *success and perfection*. This example DEFINES<sup>56</sup> the self-conscious permeated by NORMAL<sup>57</sup> self-confidence.

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56 *interprets*

57 *regular*

However if we are afraid of the accumulated discomfortable events of our memories to take place again and we dread because we do not have the power to avoid them then soon we are becoming CHRONIC<sup>58</sup> PESSIMISTS<sup>59</sup> and as such we need to renounce all happiness and success. If we do not trust in our forces to repel temptation and if we are afraid of the future then our self-conscious is filled with dark pictures, ill thoughts which poison our bodies and empoison our whole lives.

We know by experience that when our brain is burdened by trouble and fear, it cannot make such plans that can bring success and happiness to us. *Where there is fear, there neither glorious action, nor goodwill can take place.* Fear has never resulted in any really noble acts, has never made a home to a shiny and warm place.

Neither Liszt nor Mozart could have surprised us from tousled loops with magic sounds, so if fear disjoins the cords of our spirit and indirectly our nerves as well, then the energy and the creative force will be paralysed and our brain weakened due to the unavailing efforts.

Therefore fear prevents all proceedings. In its wake there is only despair and illness. Enervating the nerves our organism will lose its hardiness and therefore all kinds of illnesses can set foot more easily in our bodies.

*The most anxious transmitter of epidemic is fear.* Namely, if we are afraid of something then unconsciously we focus our thoughts on the feared thing and by this we certainly attract trouble and as a consequence of this we are really surprised by illness and due to the power lost by fear we are not able to fight against it, but only yield to fate.

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58 *habitual*

59 *with dark ideology*

Fear is not only bringing and transmitting the most different problems, but is real illness even in itself. *If we are afraid, our chest is tightened* and by this little air can get into our lungs and this as we know goes along with the reduction of power of life and magnetism.

Experiments of Teacher Mr. Gates have revealed that by fear the blood vessels are tightened and organs are incapacitated in their normal operations due to which some acids and gases are collected. Of these materials chemical compounds are generated which have damaging effect on liver, kidney, heart, brain and nerves. How often do we hear that someone due to a sudden fright or fear has turned grey, or what is more, he has become insane!

*Fear has disturbing effects on the brain and on the spine marrow CELLS<sup>60</sup> by which the generation of magnetism is hindered.* Besides in most cases fear is causing cholaemia and the incurable lues, as well as faulty development of an EMBRYO<sup>61</sup>. Moreover, the mother distracted by fear and worries can transplant this weed oppressing all joy of life into the embryo; by which instead of the protective spirit filled with divine faith she trusts the life of her child to this adverse cabal. On this gloomy haunted road, by the sides of the road the intentions are killed and day of God is darkened in front of them. In such person fear will become inherited instinct and to overcome that would require huge energies.

It is a serious misfortune considering the impulsive spirit of children if parents live among constant fear and troubles; since it is proven fact that thoughts are creating a kind of an ATMOSPHERE<sup>62</sup> which defines how the nature and character of the distance of

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60 *cellule*

61 *conception*

62 *environment*

manner is generated. This way those persons whose character is filled already during their childhood trembling with fear from any invisible thing, or they are afraid of poverty, judgement of their brothers, illness and death so every uncertain notion and picture is ominousness and is sitting on their souls.

Where there is no positive fear its place is taken by the negative lack of self-confidence. Those suffering from lack of self-confidence never trust the internal light of their spirit. They are afraid of destiny and afraid of tomorrow. - "Ah, what bad things will tomorrow bring?!" - this is how many of them think and for them future is populated by gruesome frights, scary events which, in most cases, never come true. Otherwise fear from a misfortune is much harder to bear than adversity itself, since there are in the meantime normally some small joys and mitigating circumstances which help to carry the weight of burden.

With regards to the damnation of fear *Atkinson* the world famous psychologist mentioned the following example in one of his lectures: A father on his death-bed tells his son, "I lived up to 80 falls and had lots of trouble and sufferings, most distress however was caused by fear from fatality, which I must admit was unsubstantial. Biggest burden of my life so I tell you was fear itself. Therefore I warn you my son, if you wish to live happily and in sheltered life, keep away even from the thought of fear."

I also warn you, do not give place for fear from future in your spirit. Enjoy the present, trust yourself and you will do your commitment tomorrow just as well as today. Think that in ratio with the increasing requirements of life your strength will grow. Have you ever been afraid of the night never ending and sun not rising? Have you ever doubted the arrival of the flower sprinkling, pleasure giving spring? As the dark night is displaced by the day of light, as cold winter is followed by

budding spring then in line with the law of balance of nature joy is followed by sorrow and sorrow is followed by joy. Therefore we do not have reason to worry about the future.

Free yourself from the squeezing of this monster that takes away your light and poisons your body and soul. Most poverty, misfortune and unsuccess, even evilness is generated from fear. In line with the words of *Spinoza*, "*Fear is net of Satan by which it forces humanity and makes its victims to be tools of his target.*" How many people would defalcate, attempt robbery or commit murder only because he is afraid of poverty or losing some of his social positions! Countless businessmen go bankrupt only because due to their open worries they are losing their credits.

From the above said it is clear that fear is one kind of cowardice which captures the weak, nervous people in its power. They will noticeably stumble upon at every step and have unsuccessful course of lives; while those who fear nothing can go to the barren unarmed without the wild animals attacking them.

Therefore if you know that someone wants to harm you, try and make your enemies into your friends. Mainly you need to dismiss the thought that anyone is of bad intentions towards you. If you are afraid of someone attacking your possessions then it is all the same if you open doors to him to carry out his evil plans.

*Love is the strongest armour which protects you of all poisoned arrows.* If we always think the most of people then we disarm all adverse influences. While we are nurturing the thought of injustice, then we are always targets of hostility of others and our body just as our spirit will suffer from the damaging external influences.

As words of *Swedenborg* say, "Fear and trouble nurtured on evil earthly instincts destroy not only the body, but also the soul since unable them to accept higher spiritual effects. Whose soul is always filled with trouble and fear is the one that refuses life,

justice and good. Humanity must therefore be rescued from trouble and fear since then half of the catastrophes will vanish from the world."

Therefore you and your brothers whom fear and fluctuant doubt is thrown here and there on the sea of life - I wish to give good advice which is cleared from the experience of the biggest thinkers: Do not be afraid! Do not worry! Do not let influences and destinies lead you, but be brave and take your destiny into your own hands in order to be able to lead and guide it as you wish! Do not think that in your environment there is something which will obstacle and discourage you from advancing, but you should know that the law regulating the world set you in the right place of your characteristic so that by faithful performing your obligations you free yourself from the chains locking the power of your real self.

The only way of freedom is self-recognition. Think that you are from the same divine source as the person whose authority you fear; so heaven gave you the same strength to destroy evil influence as to the one whose hostile intentions you are afraid of. Think clearly and by using your common sense of the reason of your fear and you will soon see that you are the creator of your worries and their sources are in yourself, in your nerves.

Therefore after you have had some intellectual self-recognition you need to systemize the activities of your nerves. The simplest way of doing this is if you try to affect the centre of your nerves so the *solarus plexus* around your stomach.

While the brain is the headquarters of the voluntary thinking and intellect, the clearly nerve substance the so called abdominal solarus plexus is a *secondary brain*, controller of the unconscious movements and different emotions. It is proved by someone whose head was hit by a bullet, loses only his self-conscious but his heart and lung can still work for hours; the death of the body only takes place when the nerves had consumed the feed

required for their operations or if by bleeding the substance of the nerve centre is injured. But a strong blow on the stomach area is enough to stop the unconscious functions, breathing and cardiac actions to cause immediate death.

Since emotions, feelings and unconscious movements start from the *solarus plexus* therefore if we wish to rule our feelings of trouble, pain, anger, expectation, stage-fright, fear or any other kinds of mood then mainly we need to regularize the operation of the abdominal brain.

The *solarus plexus* can be influenced with the ELASTIC<sup>63</sup> pressure made on the muscles of the lungs and the abdomen. This tension can only be reached by the regular breathing. Therefore if there are adverse feelings rushing onto you and you wish to rule your mood then *stand straight, put your head and shoulder back and say to yourself with cold blood and full recollectedness, "I am not afraid of anything!"* or other times, *"I have destroyed my troubles!"*, etc. *After that you should take a deep breath, chase the air with all your strength to the lower part of your lungs so that it creates huge pressure on the ABDOMINAL PART<sup>64</sup> of your body, indirectly onto the solarus plexus. Try keeping this pressure for 2-3 seconds then exhale the thickened air.* It must be remarked that during the inhalation you must not pressurize the upper part of the lungs because then the air could not be forced with the required POWER<sup>65</sup> towards the lower part of body since due to the stretching of chest the pressure is divided. By breathing out if you expand the lungs then part of the air filled with poisonous gases will remain in the chest cavity.

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63 flexible

64 region

65 force

In normal mood do not use this method since you will get used to that and in need it will not have the required effect. This exercise should not last longer than 2-3 minutes. During normal proceedings it can never become harmful, because the whole process is an internal massage which restores the correct blood circulation.

Namely, when we fear, worry, hate or have any kind of anger we feel some unexplainable anguish in our chest. The reason for this is that the emotions lead blood from the *solarus plexus* towards the brain or heart, due to which the *solarus plexus* will tighten among some wriggling movements. If the abdominal brain is filled with air in line with the above described then it will get back to the normal state and the nerves can continue their regular activities.

In order to standardize this normal state lead away your thoughts from the subject of your fear or sorrow to something external, possibly nice thing. You will see that you can more easily break the power of bad mood as we cannot focus on two things. If the subject of our thought is nice or useful then we have double merit of this action; first of all by dismissing evil thoughts we give place for the ideas of fortune and success, second of all we highly improve our spiritual power.

You can be convinced that there will be a new world opening for you if by your free will or the method recommended by me you will have unlimited power on your emotions. You will feel yourself enormous and powerful, since your true efforts are followed by success in ration to the work or will expended on. *Atkinson* also talks about this in one of his essays: The energy and power of life that humanity wastes on fear and sorrow would perfectly be enough to overcome the actual misfortunes and achieve real success.

Therefore before I close this chapter I wish to enjoin on you: free yourself the soonest possible from fear and similar evil thoughts that are the Minotaur eating up joy. *You should believe, there is nothing in this world we should be afraid of unless fear itself.* Bravery should be your key-word.

## VI. CHANGING ILLUSIVE DESIRE AND PASSION INTO MAGNETIC ENERGY



“Everything has its price”, says an old proverb. The price of acquiring magnetism is to press the illusive desires and passions.

Desire whatever form it appears in is always an intellectual current containing strength of which by oppressing wish we can extract energy.

As soon as you comply with your frivolous desires, you are wasting your force and deprive yourself of some volume of energy which might be used for gaining a position, exercising influence or use for achieving other positive objectives. You shall not consider desire be disadvantage, but as a tool for success to ensure your happiness.

Such efficient strength is hidden in the desire to show most emotions and moods; e.g. impatience, anger, indignation, laziness, eroticism, but mainly different types of vanity are all energy sources. The latter characteristic is the most frequent therefore it has the most danger on our energies. More or less all people are in pursue of praise, but especially those who are the most eagerly after eulogy will the least achieve their wishes since they are wasting their intellectual current in smaller or bigger wishes although by oppressing their useless desires could have

focused their energies into irresistible charisma or enormous success.

"Why are you telling me this, you know I am not looking for praise ..." this is what you think bona-fide.

Maybe the *positive vanity* will not hurt you, but it has several unnoticeable forms and sometimes we can hardly realise that we are trying to satisfy our lust of honours. You must remember of moments when you wanted to convince others by words or actions of your own importance, supremacy or importance of your person. This instinctive characteristic ruling human and animal nature as well, is nothing else but simple desire to please.

If an average person has done some honourable acts, then there is an irresistible incentive to bring this to the attention of all friends and acquaintances, therefore they will use the first possible opportunity to spread the information on his action. At least 90 percent of humanity has this habitude. Most of them do not wish to concede that desire of praise will generate the chasing of honour on the level that is sometimes harmful for the good taste of his and of others and therefore their brothers will only reflect with a pitiful smile.

*A magnetic person never talks of himself* due to which their fellow-creatures talk even more of him. Since as a consequence of his discretion he will never be known and therefore will have much more interest, admiration and honour than those who use the art of speech to force the listeners to flatter their vanities.

Therefore I advise you to overcome this degrading instinct; since *the desire to be liked* is one of the *strongest* natural powers that fine outgoing flow we can tie by our thoughts and lead back to ourselves; by which we will gain the same power of irresistible energy or magnetism.

Now let's examine the hidden forms of desires such as the instincts of *surprise* and *gossiping*. How great inductive forces are underneath in these desires it will clearly be justified by the

following case: All people when hear some news, immediately wish to inform their friends about it, they wish to unburden their minds by telling them in other words wasting their energies. However they would be smarter to save these powers by which the object of their determined objectives could be attracted to themselves.

If you wish to tell some news or opinion without importance to your acquaintances, I recommend you not! Overcome the instinct of desire of chatting is the first step by which your oppressed desire can help you develop magnetism enabling you to succeed.

Your secret in your BRAIN-BATTERIES<sup>66</sup> develops some volume of magnetism; so if you resist your desire to inform, then you give such a force to your spirit which will approach similar forces and as well invested money brings you good interest.

*The more secret you keep, more self-contained, more ISOLATED<sup>67</sup> you are, the more spiritual power you have available.* There are several examples justifying that humanity gives power to those who imagine secretive heights above themselves. There is a German proverb that says "Quiet waters are impossible to see through." Really, who could define the depth of thoughts of a magnetic person? He is an inapprehensible sublimity in the eyes of his curious brothers.

You should become like this! Be aware of vulgarity or inquisitorial behaviour. Also the BIZARRE<sup>68</sup> manners can reduce the general appeal. As Victor Turnbull said, "We do not admire the ECCENTRIC<sup>69</sup> talent, but pay a tribute to talent in spite of its eccentricity."

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66 *brain-machine*

67 *confined*

68 *extravagant*

69 *eccentric*

Be careful that your curious interest towards your brothers must not be mistaken with the real honourable interest, by which we approach all inconceivable. – With all your efforts you should try and be a secret forever even in your environment. From time to time raise the interest of your acquaintances; with regards you should have the following example: Your friend comes to you with some surprising information. Your instinct would make you wonder loudly about that; but you control yourself and with friendly interest without any interruption or remark you are listening to the news. Your friend is amazed by the fact that the situation with such a great impression on him will leave you calm, what is more you seem to have suspected this for some time and now its occurrence is natural.

What will be the consequence of this behaviour?

Your friend will be awed by your wise foresight that he has not realised before and now he has even more interest towards you. Your immovable spiritual balance is commanding respect. This way in a short period of time your value and prestige will grow in your environment. Everyone considers you secretive, inexplicable and deep spirited.

As long as the magic of this secrecy lasts, you will have huge powers. But as soon as you satisfy the curiosity of others there is an exchange of currents between you and the curious ones similar to the electric shot. You have given and received and the mutual satisfaction results in electric NEUTRALISATION<sup>70</sup> therefore the magnetism between the two people disappears for a while.

By the MYSTERIOUSNESS<sup>71</sup> kept with great care, imperturbability and abstinence you represent the magnet with unchanged

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<sup>70</sup> counteraction

<sup>71</sup> mystery

power, your acquaintances however are the irons with magnetic attraction towards you.

Our great people have always used mysteriousness in order to reach their objectives. Famous party leaders during danger when their allies have betrayed them were ruling the discontent mob by the mysterious charisma of their personality. There are nice examples of that from the Hungarian history the beloved leader of the 'Kuruc' *Ferenc Rákóczi*, later king of the Hungarian freedom *Lajos Kossuth*. Both of them had amazing influence on the heart and way of thinking of their patriots. They had such an enormous spiritual power that even their enemies had admitted their intellectual superiority.

*Rákóczi* spoke a little, but his words were always matterful and senseful. His voice had some kind of secretive melancholy that was cited by many poets. Similarly *Kossuth* also had a lot of this ancient proud Hungarian constraint. Even his closest relatives did not know his elevated spirit. His personality still has its impenetrable and inscrutable aureola in which rays prayers of a whole nation are united. *Kossuth* was raised by the wise self-confidence, great magnetism of an excellent noble spirit and some self-contained determination to the height of glory.

Just as the characteristics of these heroic leaders as well as other outstanding people of history: *Ferenc Deák*, *Széchenyi*, *Napoleon*, *Parnell*, *James Blaine*, *Bismarck*, etc convince you by their biographical data that the basic of their individualism was always isolation.

However withdrawnness is not the same as misanthropy. - Be evenly friendly with your fellow-creatures. Sometimes make them feel with an expressive word that you love them and trust in their good qualities. This way the law of reflections of positive thought waves your acquaintances will look at you with increased appreciation. So as you can see, what I mean by isolation is not the science of repression of the manifestation

of heart of theanthropism but only the use of power of desires originating from the ancient power of the fallible men in order to achieve higher level desideration.

But do not think that due to continuous oppression of the stimuli there will be an intellectual and emotional *APATHY*<sup>72</sup> that is excluding all desires. On the contrary, desire will besiege with multiplied forces and just as a river among dams will have more pressure on its course as if it had been given free way. The enormous forces gained by the blocking up of effusion of your desires can be utilised for achieving your foremost wish.

After I had wised you up how great magnetic value is behind the oppression of the *desire to be liked*, and in *withdrawnness* I now would like to convince you that every *temptation* is a hidden bless. Our poet, *Miksa Bujdossy* nicely *IDEALIZES*<sup>73</sup>, "Saints had to break their ways by the swamp of sin." – Other places he teaches us in his divine voice, "There is not anything nicer then to have two strong enemies in man: great temperament, fire – opposed to this great intellect, cleverness and morality. Against enthusiastic blood, there is enthusiastic faith. – This competition is in the real good ones." The intellectual spirit emerging of these senseful words should enlighten your soul, so you, who still have more of the high-spirited blood than dispassionate thought, knowing this eternal truth, should guide and control the desires and pursuit of your young life.

"Where temptation is big, life-force is big as well." The intellectual life or nerve-force is of equal importance with energy. Who accepts the teaching of magnetism right will welcome temptations, since he can gain great energies by passive resistance; by which he increases the force storage of his magnetic *BATTERY*<sup>74</sup> as well as

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72 *impassiveness*

73 *phrases*

74 *accumulator*

his personal attraction. The person who yields to temptation is aimlessly flashing the electric sparkles of his individual power, due to which the energy content of his battery is reducing as well as the power of his attraction. However temptation must not overcome you if you strongly believe that you can beat it. This way your kidnapped power can be directed on your own purposes. Using this procedure you will be armed against all temptations with time, which is such a great result that many are trying to achieve during their lifetimes.

Let me enlighten my teaching with the picturesque METAPHOR<sup>75</sup> of the famous PSYCHOLOGIST<sup>76</sup>, *Turnbull*, "Temptation is similar to a bomb which falls beside us with a blazing fuse. The inexperienced will let it explode and suffer the consequences of their inadvertence. But those who know the gender of the bomb and its characteristics will act fast and sensible, pull out the blazing fuse; this way the explosiveness of the bomb is pretermitted and its power can be used ad libitum."

Knowledge of this thesis by keeping to certain rules can be realized in your own soul in practice. When a *stimulus* or *temptation* is surprising you all your thoughts should be focused on that stimulus that by the passion by using its strength help you utilise this to your own purposes.

Since afterwards *desire will rush on you with increased forces, take a long and deep breath*. In the meantime tell to yourself, "Now I embrace full strength of my desire self-consciously!" After this hold in the inhaled ozone for 8 seconds and think, "I have fully oppressed my desire; the power of its force is only in my own possession!" then take another long and deep breath and repeat, "I am calm and relaxed! I perfectly rule my magnetic energy!"

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75 *tralatitio*

76 *a specialist with knowledge of our souls*

When in the meantime there is a positive wish occurring in your spirit then at the end of this exercise you may add the following e.g.: "The forces gained by oppressing my passion I will focus on the successful implementation of my new bridge construction plan, or to gain the attraction of N.N.!" – In the material, the intellectual and nerve-forces used for the magnetizing of the sometimes slyly watching and sometimes widely raging lions of temptation perfectly highlights the ideal of your positive desires. Perfect idea, in line with the order of law, results in perfect success.

Therefore I recommend you: live with the afore mentioned practise the most possible times since it not only eases the restructuring of your spiritual balance, but as you could be convinced in the previous chapter of those said about the secondary brain, the lung is in strong connection with the emotional worlds, the energy, generated by the oppression of the desires and strengthened by the regular breathing, is absorbed by the *solarus plexus*; therefore your nerves just as your blood, indirect all your substantial parts are filled with irresistible attractiveness and intellectual tension.

After four or five times accurate procedure you will feel the positive effect of the above exercise. By the self-conscious restraining of the power of desire you will be feeling intellectual, what is more almost physical increase of strength in your brain and in your nerves. As many times you have dismissed from your spirit an unjust experience, your self-confidence, self-esteem, human dignity and power grows in yours as well as in other people's eyes. – With regards to this in the debate of The British Psychological SOCIETY<sup>77</sup> of Shakespeare's idea of the oppression of materials have the following remarks, "Renouncement of the

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77 company

animal nature of mankind, as well as its oppression is the most valuable treasure in the area of further development. Those who fully rule their bodies and desires, row on the sea of life with determined security. Those who only know positive desires and accurately defined objectives, reach everything whatever they want. By strong control on the emotional world the thinking is regularly schooled, due to which do not trust in the leading of the incalculable flare-up of emotions, but define with cold-headed conviction that what is really desirable for personality. They do not waste their times and powers on negative wishes, these are outcasts of their spirits and all intentions are focused on the successful achieving of positive objectives."

You shall see that the power used as the tool for the oppression of the stimulus you can gain so much of self-conscious volition which is the first step towards the road to eternity.

You shall avoid everything that is unworthy of you as God's child and therefore would hinder your advancement on your high-flying progress. Use the forces given by Heaven wise and follow the rules of self-management. Keep yourself away from bad and wish intellectual good everywhere and in everything.

## VII. WILL OF SELF-CONSCIOUSNESS



Today *I wish to talk to you about* the strongest subdue of fear and desire, about *will*.

The magnetic will is generated by the objective use of the energy sources generated by the previously discussed self-restraint laws. The quality and force of will is defined by the volume of self-control. The focused reflex induction of self-control is the power that can strengthen the desire, or rather say wish into will. *Will is nothing else but desire made positive.*

There is big difference between desire and will. Namely desire is the outflow of emotional and sexual stimuli; will is the active form of intellectual energy. So if wish, even a fixed wish does not mean positive will until it goes to the authority of intellect and becomes a definitive thought.

Clear-headed though is where the real person is different from the other creatures. Experience shows that animals have definite wishes. They are forced to satisfy their needs by their instincts, that is nothing else than force generated by the mind and emotions on the stage of unconsciousness.

While instinct is generating a fixed definition to satisfy any desire and generates stimulus the animal does not care about success or failure, follows its instinct like sheep. Since it only allows its senses, in the case of failure it cannot learn from the

consequences of the act immediately and chose another method that is more suitable in order to reach its objectives. It is a good example that when a predator cannot get its victim by its usual hunting method, then retreats ashamed.

What is inconsiderate will by the animal is *obtrusiveness* and obstinacy by human since a man just as an animal does not care about the consequences, a defined way, at a given time wants to do something and whatever happens he will not move away from his standpoint but stand there stuck rigidly because his obstinacy closes him from any kind of cold-headed intelligence.

His energy is wasted on the forceful overcoming of obstacles that could easily be avoided by some consideration; later his will-power will wear down and in the end discarding all tools to help he becomes pessimistic and a victim of his own obtrusiveness.

Lo and behold! The general belief considers these people with the title of "will-powered". However the results of their actions prove the opposite. How could anyone rule others who cannot put a brake on himself? The measure of the real will-power is how one can rule on his brothers and what influence he can have on its environment.

As you can see, the power of will originating from the spiritual energy is in sharp contrast with the half-results of aggressiveness, obstinacy, and animal will. In line with the words of *Atkinson*, "To really want means to be a human." *The notion of will relates to mankind as thought to mind.*

Under the notion of will we mean certain intellectual abilities; acknowledging that the intellect is governing will, however will is ruling the intellectual talents.

As per the evidence of the above said will is the cornerstone of the construct of intellectual forces, because as the strength and importance of the cornerstone is given by the other parts of the building the same way will get the power from most of the intellectual abilities. However without will all intellectual

forces lose their values. In line with this will is the culmination<sup>78</sup> of complex intellectual and emotional forces. The more self-conscious, more active the rays originating from the centre of will-power are, the more energetic, victorious their ways are towards the target, the more certain success is.

*Degree of well-doing of people always depends on the INTENSITY<sup>79</sup> of will.* Nothing exists in the range of possibilities that could not be reached by strong will filtered by reasonable consideration. Naturally, achieving the extraordinary, complete success needs huge energies and practiced will-power.

Just as if we had used some of our organs only a little for years time, we cannot wish that after that time suddenly it would operate faultless. Similarly our uncultivated talents, waking up from their long and deep sleep cannot bring perfect results immediately. Will, just as other intellectual talents must be developed and increased gradually with persistent exercising, because this is the only way for us to reach our highest ideal. Although educating will is causing many difficulties in the beginning and requires continuous attention, but if we use our existing energies with full determination then any failure to produce a result is ruled out.

*Rule of will* is that our wishes should always be positive and should not be looking for support in any collateral, since as soon as we subordinate our wish to the influence of an event or of a person, our self-confidence reduces and therefore the ethereal fibres of our intellectual energy making our will indefatigable are going to be loose. We can stop this languish if we use direct flow of thought to achieve our goal.

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78 concentration

79 force of impact

The cause of most ill-success is due to the negligence of this principle. We can experience in several cases that many people continue their miserable lives because they are rambling on aimless on their ways of lives and they leave everything for good luck and fortune. Nevertheless fortune does not offer anyone the horn of plenty! Starting from a sluggish wish there is a long way to the Temple of Fortuna. Even here, in line with the proverb, Goddess of luck only gives her favour to the will-powered.

Fortuna is a fastidious and selfish woman, because she demands that if we wish something from her, all our thoughts and all our attention should be paid to her and the method of obtaining success. Those who are deviated from their ways of determination by every new, splendour, more colourful things, those who distribute rays of their spirits all over, are let down by the Goddess of success. These ENTHUSIASTIC<sup>80</sup> people have enormous volumes of spiritual electricity, but since they are not able to focus onto one definite objective, their power becomes unworthy.

*Applying the art of linear, or direct flow of thought is that at one time we should only keep our eye on one exactly defined certain objective.* By our intention even the smallest tool to aid us must not be neglected, but all our forces, our talents should be focused on achieving successfully this definite result. In the meantime we should avoid everything that directly or indirectly has no relevance to our target. If we have obstacles we must walk round patiently one by one with factual consideration or if this is not possible then we must fight with them.

Those who go with puckered forehead, dark face and the biggest effort possible do not go wise to reach their target. Even if they might reach their aims, but they are wasting lots

of energy and therefore are abated in power and happiness and arrive tired to their targets. They are not strengthened by effort; success reached by great sacrifice do not power them to go for higher objectives and this way they can never be compared to a calm man, fertile in expedients. The latter one completes his job with consideration and joy, only smiling in the case of occasional ill-success. Experience due to failures are used for his benefit and patiently begins his work again because he entrusts his intellectual power, his will-power will finally succeed. Looking at him we see that effort is not struggle, but a period of certain power generating act.

Our well-known writer *Perczelné Kozma Flóra* said, "When I must do something I feel stronger." This is the manifestation of the professional force of the will permeating spirit, which gains victory over everything.

*Erdős Renée*, the successful write says the following, "I wanted to raise out of my poor environment, become big, famous and admired woman. I wanted this strong, always, persistent. And I have reached my goal."

*Actions of a strong-willed person know only one result and this is success.* By overcoming the obstacles and reaching success he gains new experiences, new power and by using them with consideration, gradually sets higher and higher objectives to himself.

We must not forget *that we shall set our target to the power of our will and capabilities of our talents.* When e.g. a genius person is aiming a first-class job, then gaining that job only depends on the persistence of his diligence and strength of his endurance. If a limited ability person has the same hopes he only talks about his futility, because he is trying to get to higher than his qualification would allow him.

We shall set our objectives with comparison to the talents of our fellow-creatures and to the circle of options because the frequent failures due to energy paralyzed by carelessness.

In the beginning of schooling of our will we should not aim enormous targets moving heaven and earth since our will is not trained enough for that. We should attempt to complete simpler things perfectly.

It is incontrovertible fact that overcoming of every small difficulty strengthens our will. To be convinced of the truth behind these words let's make an insignificant experiment. E.g. draw at the same time with your right hand a circle, left hand a square. It is not as easy as you think!

Finally when you have completed your task perfectly, take a deep breath and inform your self-consciousness that you have just conquered some difficulties only with your thought-powers. Give this consciousness to your energy batteries and then begin to solve a question perfectly with regards to your profession. In order to reach that, use the full self conscious of the powers collected by the self-control exercises by objective consideration.

Once we have decided something, no matter how easily reachable the goal of our will seems to be, we must complete our decision by all circumstances. If by acting this way sometimes our efforts bear fruit then by time fortune will accompany us on our roads and this way successful actions soon become our habits. Acting like this we have just opened a free way to our advancement in the labyrinth and if other times directions of our will would touch again that dangerous place we can certainly pass victoriously. After each intellectual triumph our energy resource is increasing; by victory we gain approximately twice the amount of energy than we previously had.

Since by this way we could gain some kind of flexibility of thought, now we can try a higher level exercise and we can claim more perfect results with regards to that. Amazing effects of

this method are based on the law that every power is identical in the end; be it power of self-conscious, intellectual power, gravitational pull, electric force or muscle power. Therefore if we proceed rationally all our forces can be united into one powerful energy source or another manifestation of force we need and can be TRANSFORMED<sup>81</sup> to the required strength.

In order to use to this method correctly go to a place where nobody and nothing can disturb you. *Close your eyes for a few minutes until the echo of the noise of outworld is silenced in you, and then open up your clothes. Then take a deep breath and tighten your muscles so strong that your body is almost torpid.*

By this extreme effort great volume of power is generated which you should not leave useless, but all your focus should be on transforming this physical energy to intellectual power - that is will-power in order to reach a definite result. Focus all your thoughts and desire to the aim of your ambitions and say expressively and clearly, "*Slowly-slowly my slackening muscles are allowing their power outflow in the form of intellectual power towards my designated objective.*" Make haste that all your words deeply penetrate your self-conscious because this is the way to make this exercise useful.

Besides among the actions carried out to reach your designated goal use the previous breathing technique and say, *1, My will is strong. 2, My will is imperturbable! 3, Success of my efforts is certain because I clearly see the direction of my aim. My will is enormous, because I want and I can.* - And really make these your strong belief.

This thought "*my will is almighty*" should be written with never fading blazing letters in your mind. This way by time you will have such an elevated feeling in your soul that it makes your

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81 altered

brothers contact you with respect and admiration. You in the eternal light of creation will recognize the value of your human being as well as your power and force, and you do not need to search all corners of Earth to find some temporary pleasures and jewels since you can find peace, success and happiness in your spiritual self. Furthermore you will not know the ghosts of fear and trouble but you will bravely manage your tasks in life. Your thoughts will be accordant to the harmonic tones of the never-resting operation of outer space.

*"I know and I can, because I am God's child."* - This sensible truth should permeate your own self, all corpuscles of your body and spirit. When your self-conscious generated by the source of God Almighty is awakened it fills with noble self-esteem not only your soul, but this internal pleasure will shine such appealing light onto your physique by which none of the wellness cures could compete with.

When you are aware of your humanity: your posture is straight and you have a dignified walk. Regular use of the energy accumulated in your brain gives beautiful light and respectful expression inspiring love to your eyes. Who was touched by the look of your eyes or steadfastness of purpose, or your calm self-consciousness, can never forget you. The clouds of secret fear, trouble, complaint and depression will fade away from you therefore your skin is cleaner, lighter and healthier in colour which can be increased by the faster metabolism acquired by the regular use of the breathing techniques. Wrinkles of doubt and irony will smoothen in the corners of your lips and eyes. As different expressions can prove every thought has influence on our muscles. Since will is magnetic energy and therefore it cannot tolerate enervation and weakness. Muscles and facial skin is tensioned, due to this the wrinkles caused by trouble and tiredness, etc will smoothen out and face gains a kind of harmonic rotundity.

The AESTHETICAL<sup>82</sup> balancing and transforming process can be felt not only on the muscles of the face, but also on the whole muscle structure of the body. What is more, your manner, acts and all your personality is changing because your personality is trained in the fire of will-power and you awake to a new and better life. Your energies charged with positive electricity are able in line with the laws of nature to utilise all negative will and manifestation of power as a tool in order to reach your higher objectives. This way all those great and desirable things which you could not reach before, offer themselves to you voluntarily now.

*Remember:* Who lives rationally with laws of nature receives intellectual and physical attraction from the eternal light of God which shines on him with magical light and fills his self with irresistible positive energy. – From that on you cannot be the victim of adverse effect which breaks apart all forces in their origin, since you are a human in yourself.

You must *want* with all your intellectual and physical powers because from that moment on, when you say the word “*I want,*” in full self-conscious and in its great importance, your possible spiritual or physical defects inherited through long chain of TRADITIONS<sup>83</sup> will disappear.

*Your life is being placed into your own hands and it only depends on your will whether you transform yourself into a miserable dozen or a real piece of art.*

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82 *beautology*

83 *ancient convention*

## VIII. EFFECT OF SUGGESTION



In the last chapter I tried to find a way to raise your interest for the power of self-conscious will, namely the force of direct VOLITION<sup>84</sup> and now I will make you familiar with the great influence of indirect volition, such as SUGGESTION<sup>85</sup>.

*There is a strong connection between will and suggestion; the difference between the two is that will is generated from itself created by itself, opposed to this suggestion can only enter in our emotional world and organs by suggestion and this way by the force or instinct raised in our or in other people's spirit reaches the required result. Suggestion defined exactly is a positive thought that we stand in front of our spirit for the purpose of more exact observation, in other words suggestion is an idea which somehow we communicate to another spirit and in some cases we really talk into someone.*

How and why are some excellent rhetoricians, such as Lajos Kossuth, Count Albert Apponyi able to convince thousands and thousands of souls and conquer to their own opinions? ... Since their expressions are filled with positive will and in their voices,

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84 will

85 impulse

moves there is so much definite suggestive force that their vividly active brains capture and make our brains their noble tools; as a consequence of this the ideas of their great minds – just as the starts of the beautiful sky mirrored in a lake – find their counter-glow in our spirits.

You must have experienced that in the street or in among other people sometimes you are surprised by new and strange thoughts, then such notions will appear in your brain which you have never dealt with before. These thoughts strange for you originate from the spirit of other people, which thoughts as electric sparkle – wanted or unwanted flash in your brain and find their places as your own ideas. This is why we need to avoid bad company, because those who spend their lives among low fellows, if they do not have strong will that resist to everything then their characters will mould to the environment poisoned with sin; since evil thoughts permeate the atmosphere and suggest bad into the spirit and body of the person.

*Suggestion is the conscious or unconscious impression gained by the transfer of our thoughts and senses. One's personality is formed by the grouping of these impressions. Life is continuous gain and refusal of suggestions; in what ration we make this depends on the degree of our suggestibility, positivity of our intellect and quality of our education.*

*Self-conscious of the intellect is double nature, such as: OBJECTIVE<sup>86</sup> and SUBJECTIVE<sup>87</sup>.*

While the objective self-conscious is collecting knowledge by the physical senses of the brain (vision, hearing, smelling, tasting, touching), the subjective self-conscious is controlling the

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86 external

87 internal

mechanic operations of the organism; gaining impressions by internal feelings, views or suggestion.

Suggestion can take place two ways: I. by positive thought waves or by attraction of spiritual fluid we have an effect on the subjective self-conscious. II. by physical ways such as manner, appearance, voice, handwriting or regularly repeating external impressions we influence the objective self-conscious, that informs of the absorbed impressions the subjective self-conscious.

Primarily let us discuss suggestion influencing directly the root of spirit, the subjective self-conscious. We are aware that the mind has two types of operations; an ACTIVE<sup>88</sup> and PASSIVE<sup>89</sup> function. Active function is the starter of the creating thoughts which is usually called will-power. Passive function however is totally independent of will-power, it is the carrier of an instinctive, AUTOMATIC<sup>90</sup> thought.

Passive function is useful servant of people because actually it completes most of the intellectual work, and is an inexhaustible trigger for all movement and physical works. Its operation is apparently without strain. Nevertheless the active function only works by the definite wish of the will and consumes lot more of our nerve-power reserve than the passive function. Active function completes all the intense intellectual work; in the case of great exertions it soon exhausts and requires peacefulness.

Those who always use the active function by completing their tasks, since their thoughts are the carriers of the active energy they can easily suggest their brothers, but themselves are not really willing to absorb foreign impressions, since their will-power as a shield repulses all adverse influences.

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88 *acting*

89 *receiving*

90 *mechanical*

There are some people who complete all their intellectual works in passive direction. Due to the lack of their nerve-energy it requires lots of effort to use their brains; therefore instead of thinking they rather accept ready thoughts of others. These kinds of people are endlessly trusting as they believe everything that is told by positive seriousness to them just to avoid thinking, thus they totally subject themselves to the influence of their active partners. These people are always highly receptive to suggestion.

However the active minded people can also be influenced but mainly in unconscious or semi-unconscious state. The semi-unconscious mind does not have any power to objection and easily believes what is being said, just like the sleeping person who cannot refuse the pictures of his dreams. If we wish to influence an active minded person first we need to bring him to semi-conscious state so we shall use physical suggestion. Physical suggestion is when we combine the intellectual and verbal suggestion by using physical actions and materialistic tools; namely if our words are emphasized by definite voice and sharp, serious look. With regards to the materialistic tools, it is useful if we guide the-attention of the person to be suggested onto some object or notion in relation to our intention, besides our appearance, especially sympathy, fellow-feeling and power of love that will affect him. From the source of the all-time rejuvenating love one can get such a power that does not grant validity to anything unobtainable.

*Love in itself is already a magnetic force*, therefore those who are attracted to each other can work miracles by suggestion. All caring and loving mothers can influence the actions, thoughts namely the physical and intellectual development of their children. The same way all loving relatives, brothers and sisters by using the correct procedure suggestion cannot fail.

If you want to gain someone for your goals, or if you wish to give positive ideas to a person so that his actions, thoughts

and possibly body would mould to that, then first you need to prepare yourself adequately for the operation of influencing. With this in view, you shall step aside to a room that is off the beaten track, where no one can disturb you. *Lie down or sit down comfortably that your muscles are relaxed; in the meantime chase away all disturbing thoughts.*

After spending 10 minutes in total physical and spiritual passivity, *sit to the table and write down your wish with regards to the person you have selected as target of your suggestion, like this, "I want N.N. to accept my proposal still this week." "I want X.Y. to be forced to travel to Szolnok." "I want A.K. not to refuse my request." - After having written your wish clearly and similarly to the above, put the paper to a place where it is easily visible for you. Sit back comfortably and in the meantime taking long and deep breaths, look at the paper. Do not let your thoughts stray, but focus on the implementation of the designated target and its firm carrying into effect. This action is named *psychical photography.**

Particularly if you meet the person selected for completion of your wish, go to him with friendly calmness and have a strong grasp with your right hands. It is to be noted that by the *handshake* you must intend to hold the person's hand fully and shaking it kindly, stroking the palm and fingers of your SUBJECT<sup>91</sup>, take your right hand off his. Then turn the tip of your finger towards your palm. At the same time look into the person's eyes with a deep, serious look. By this look and the so called magnetic handshake you have connected your subject's energy battery to your own. Advantage of the magnetic handshake is that you deprive smaller or bigger volume of energy from your subject which also promotes your success. - In these cases, no matter how inflated, conceited or doubtful your opponent is, your

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91 *experimental person*

appearance is pleasant to him therefore he deals with your case with the same volume of trust in line with the influences on him.

*However you shall remember that during the discussion you should never take your eyes off the face of your listener, but as soon as he speaks or makes objections you immediately take your eyes off him to a lower point opposite to him. Then suddenly raise your eyes and tell your reasons. Highlight the most important parts by the required tone - if necessary repeat them several times, and take your look onto the left pupil of your subject. This is where the flow of will can get through the easiest and most irresistibly into the brain, and on the material of the brain the suggested thought would oscillate in line with the type of the thought and the suggested person would consider the external idea of his own and he would act and judge under the influence of that.*

If you act correctly, then under the influence of your look your subject will first be reluctant, then after slight hesitation he will bring himself to your plan, in other words he would bend in front of your suggestive will.

Let's suppose that another person who also knows the secrets of suggestion wants to gain you for some of his purposes. *In this case the point is, that under no circumstances should you allow the influence of your opponent, so you must strictly keep your positive intellectual standpoint, because this is the only thing to armour you against the suggestion of your opponent.*

As soon as you realise that the person wants to gain you for some idea, do not allow him *to look into your eyes*, but without any sensation look away off him. From time to time you can just stare at the speaker, look him up and down with a serious - but not strict - look, however your eyes should never rest on him otherwise you can lose your balance. As soon as *the person comes up with an offer, immediately turn away and look into the distance* as if you were reviewing the situation; but if your opponent using some kind of a clever trick can still look into your eyes then make

him wait for your answer for at least one or two minutes, while by the focusing of your cold-headed wisdom you resume your spiritual balance.

*In dubious cases always reply with "no".* This "no" should sound definite, but polite. At the same time do not forget to glance with a will-strong look at your person and be on his leaving at the soonest since if the person is experienced then he would not give up easily. The more intense or long discussion you go into with him the more certain it is that he would arrive to a psychological turning point when he is able to fix his influence.

We can only protect ourselves against this if we give the counter-suggestion by the greatest seriousness and firmness in a firm voice. At the moment of consolidation of the suggestion you need to behave with positivity focusing all your will-power. The thought "I order this!" should be expressed in your look, in your facial expression, in your voice, in your words, so in all your personality and by this you can do wonders.

On hearing the above you shall be dealing with this science with joyful hope and by acquiring these techniques you ensure your success.

You may only know the power of suggestion in all its efficiency when you have carried out experiences on yourself and on others as well to prove that suggestion is *one of the most general still hidden operating powers of the world*. We may nominate suggestion in some aspects secret ruler of an individual or even that of the society.

Agree with this ruler, live with the elements of power offered you and your suggestive will becomes irresistible. It ensures you amongst your fellow-creatures authority, position and the role of mentor which makes your life and social life joyful and eventful. Acknowledgement and love of your brothers will wreath you with the garland of flowers of satisfaction and happiness.

IX.  
AUTO-SUGGESTION AS TOOL OF  
SELF-EDUCATION



In order to have effective and lasting influence on any of your partners any time it is necessary to get rid of all your bad habits that would make you unpleasant in the eyes of some people. Our ingrained bad habits shade our character and frequently have reflect on our honour and all appearance, therefore today we solely deal with the balancing method of the physical and spiritual lumps. Faults, be habitual or inherited bad habits are most perfectly relievable by *AUTO-SUGGESTION*<sup>92</sup>.

Now the only question remaining is what does auto-suggestion really consist of? *Auto- or self-suggestion is transfer of an idea or decision from the objective self-conscious to the subjective self-conscious.* For example in objective self-conscious there is a vivid thought that selflessness is a nice virtue, but due to your nature you rather tend towards selfishness. However the final and main goal for all of us is being better, noble and perfect therefore you shall decide with all your will-power that from now on you pursue selflessness in your actions. The main thing is that this decision should be refreshed in your mind as frequently

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92 *self-suggestion, self-influence*

as possible and you should behave with everyone as if this desired good quality has already been rooted deep in your soul for a long while. Should your subjective self-conscious hesitate to accept the existence of this unknown characteristic, due to the orders given by you several times it must finally accept this new feature. This way the previously only imagined good quality in your soul would soon become reality and find its constant place in your inner self.

As we can see *auto-suggestion is some kind of self-hypnosis*. The object self-conscious forces the subject self-conscious to MANIFEST<sup>93</sup> the now physical or spiritual condition. *Atkinson* is right in stating that "every man his own hypnotist". What he means by that is, if a person has physical defects or weak character then by applying the suitable tools he can fight these faults and create magic to turn himself into a person that he would imagine as a human permeated by the eternal flame.

Let us discuss the ways of practising and applying auto-suggestion.

Let us suppose that an ACUTE<sup>94</sup> hoarseness or frequent headache is torturing you - or in the company of strangers you behave awkwardly and cannot find the suitable tone with them. For example let us make the subject of our studies which treatment methods we can use depending on if we intend to overcome our faults of characteristic or protocol or even our organic diseases.

*This time the subject of auto-suggestion is to make depravation disappear and fixing an ingratiating manner and self-assurance.*

*Preliminary works of auto-suggestion consist of finding the most comfortable position and wait quietly till all your muscles relax: you must not tolerate any kind of nerve tension in your organism.*

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93 indicate

94 constant

After reaching this fully passive state, *take a deep breath* and for a few seconds hold it in as usual then slowly breathe out. *Continue this breathing* technique until you feel the greatest relaxation in your spirit.

Now after neutralizing yourself both physically and spiritually, *create the most vivid picture inside of you of a man who has ingratiating manner and is self-assured then focus all your attention on him.* Think of the movements of a self-assured person who is a great talker, has manner and general attributes. Compare his appearance to yours; then in your imagination give him your personality and excellent qualities of your social ideal. Try to make this idea from time to time more definite and by more intense autosuggestions try turning to reality.

Move freely in the company of people and behave with everyone as if the social ROUTINE<sup>95</sup> were your inseparable friends; especially in the beginning you need to proceed as if the desired good quality would play the main role in your life. We know by experience the faster and the more intense we want to acquire a quality, the more emphasis we should put on gaining it.

In order to spread the desired quality or favourable medical turn not only the content of suggestion, we need to be on stabilitating this beneficent condition.

Therefore it is more useful if our good qualities trying to find their stable places in us (improving medical condition of our organs) have received a *definite order* (suggestion) from us written *on a piece of paper*. E.g.: 1. I have immaculate social routine. 2. My movements are elegant. 3. I can have enjoyable conversation with anyone. 4. I am equally polite and attentive to everyone. 5. I reserve my calmness and self-assurance in all circumstances.

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95 *experience*

6. I am never embarrassed. 7. I can find the suitable tone in any circumstances.

After having noted these seven points in easily readable big letters fill up a bottle or a glass-jar two-third with water. Set this in front of you on the table to have a distance of half a meter between your eyes and the bottle. When you have reached total passivity as said above look at the surface of the water in the bottle for about 2-3 minutes then read loudly and clearly the first point of the suggested quality. Then turn your eyes again onto the water in the bottle and after 1-2 minutes you should fix the 2. point of the suggestion. Continue doing this until you have finished all the seven qualities you wish to absorb.

*If the suggestion is completed with the suitable intensity then while you are looking into the jar, the words of suggestion that you had seen on the paper a few moments before, suddenly will be visible on the surface of water.* When you have reached this point, do not move your eyes off the jar and fix strongly the suggestive words floating on the water surface, since the appearance of these is a sign of the suggested quality rooting in your spirit, since you are able to mirror its image outwards.

However do not be contented after trying this method of fixation for 5-6 times, but every day for a period of a month spend 20 minutes to consolidate this quality as per discussed above. *Repetition is the mother of all learning.* Therefore it is recommended to repeat the seven points of suggestion before going to bed.

If you get sleepy during suggestion, do not fight against this favourable condition because suggestion in the awake or half-awake state continues to work in your dreams and is mixing with other impressions and forms your individual feature.

Hereby I have enlightened you on the subject of improving your inherited faults or bad habits, medicating your physical illnesses and finally how you can gain useful and noble characteristics.

X.  
IMPORTANCE OF IMPROVING  
THE NERVE ENERGY



Referring to my previous letter: stating that your influence and will – be it suggestion or outflow of concentration of thought – can only be efficient in any circumstances if you show always immovable collectedness to anyone. This constant balance can only be ensured by the professional training of your nerves and by practice. Today's intellectual meeting is dealing with *the studying of nerve functions and their standardization*.

It is a matter of common knowledge that humans consist of three parts, such as intellect, power and material in other words, *spirit, nerve and fluid*. Spirit is the moving force while nerve is the life-giving force. The known fact that a *human lives* in his nerves is generated from the notion of this PHYSIOLOGICAL<sup>96</sup> truth.

In order to justify my statement we can find several examples in the deeper study of human body. We are aware that nerves net all parts of the body. As the ARTERIES<sup>97</sup> and VEINS<sup>98</sup> of the blood circulation do not intersect but travel among each other by the

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96 *vital function*

97 *artery of the body*

98 *blood vessel that leads the blood filled with carbon dioxide to the lungs*

CAPILLARIES<sup>99</sup> the same way the nerves transmitting feelings and nerve-tracts conducting nerve-energy connect to each other by elementary grids CONTINUOUSLY<sup>100</sup> and this way the whole nerve system creates a closed, self-contained, integrated system.

It is also proven by the fact that when one of our nerves is put through long-lasting pressure or some other kind of strong stimulus then soon all our nerves will begin to vibrate and there will be anxiety on all over on us. - If the nerves of the eye are cut through all the nerves of the face are demolished and no matter how perfect the construction of the eyes is, the cutting through of the eye nerve terminates the ability of vision.

*Therefore without nerves there is no feeling, no movement.*

The fact that the feeling, be it painful or hedonistic is manifested even the minor orders brainless animals, proves that the *nerve system*, is the *tank of some extent of an intelligence*. We can experience that e.g. by the insects, crumbs and infusoria the nerve system takes the role of the brain. By the higher animals and by the human the nerve system is the integral part of the brain; since the feeling is conceived by the nerve first, reads it then informs the brain about this where the feeling becomes conscious-sensation.

Due to this strong connection between the nerves and the brain the nerve problems have damaging, moreover painful effects on the brain functions. So the neurotic and splenetic people frequently have headaches and brain-fever, the same way those who work excessively lot with their brains they are disposed to all sorts of nerve and heart diseases.

Especially symptoms of myelanalosis occur by individuals with peaceless brain work. It is known that the nerve system

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99 *blood vessels that are only visible by microscope*

100 *continually*

embedded in the spine-marrow situated in the area of spine and parallel with the spine there are the two main lines of the MOTORIC<sup>101</sup> nerve system. Due to the placement of the nerves it is frequent that nervous people complain about back pain.

Knowing these you must focus with all your will-power *on overcoming this useless irritability*, because as soon as you allow free way to this guile following few of its success nervousness becomes your habit and will gain full ascendancy over you. Even in best cases nervousness will result in weakness and indecision, but life has certain turning points when it can result in the greatest decay and damage.

In a CONSPICUOUS<sup>102</sup> position your advisor must be wisdom and this will reduce your restlessness. Even if you had a chance for being anxious you must force calmness on yourself. You should think about that no one has ever reached its purpose by nervousness and haste.

*In the case of danger the greatest help is serenity.* – If others are afraid and fluttered by thousands of worries and anxieties, you should not follow their examples but stay calm and you will induce trust and braveness in yourself just as in your fellow-creatures.

In the case of failure you should not be angry, but start again quietly with even more patience and positivity.

If you get into a heated debate with someone, or your opponent is calling you on to quarrel, do not get blazed up but show the utmost calmness possible. *Cold blood!* – this is the only method to beat even your most evil-hearted opponents.

If you have made a mistake, admit that seriously and calmly; this is the shortest way to discontinue any quarrel.

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101 *creating and feeling motions*

102 *insecure*

During work or during amusement you should be wearing the sign of calmness and seriousness on you; this can protect you against useless waste of power and induce trust in your fellow-creatures towards you. You should not give place to any blood-stirring feelings since only the calm consideration ensures ultimate success.

In order to overcome your nervousness follow this way of life: *begin the day happily and calmly.* – If due to your profession or among your people there are things that excite you, pull your energies together and by your positive determination oppress your temper and save your face. Several successful repulsing of attacks of nervousness will strengthen your nerves so much – that against any external or internal irritations – your nerves will remain calm and relaxed and nothing can unnerve you, but you are ready for self-conscious battle.

Unfortunately nowadays we can hardly see a person ready for combat with healthy nerves and calm. The reason for this is the landmark of our era, the endless work and rakishness. Some people are doing works beyond their forces, others work a lot more than they are able to in order to sustain the appearance of superiority. Nerves of these people are so tense due to the constant hasty activities that by every unexpected new stimulus the nerve threads begin an abnormal vivid pulsing, sometimes get entangled; frequently they are similar to overstrained cords and simply give out. This is how different neuroses are generated.

Exaggerated amusement is also contributing to the spreading of neurosis. Many people – especially from the capital – think, “If I spend the whole day in the factory or in front of my desk, let me enjoy at least the world at night.” Really: most of people from big towns instead of peace and quiet are looking for amusement and relaxation in watching spectacular events, cafe houses, loud sprees, etc. However for tired people nothing can replace the

quiet, fresh air and the peace of a harmonic home by any theatre play, concert or cabaret play.

It is true that art and its pleasure has freshening effect on the nerves and stimulates intellectual activities since it guides attention towards higher ideals; but since the nerves and intellect of a tired person is not able to do the regular vivid acts, every stronger stimulus just like alcohol, only awakens the body longing for rest, brings the nerves to abnormal pulsing which results in naturally in the obtrusion of nerve system and along with the intellect. - This is why the encephalomalacia (brain-softening) is so common disease among the illustrious and well-to-do people, but mainly among the leading men of the society.

How many more inordinate nerves we can find among people with uncertain existence, looking for ways to make a livelihood! Especially in the bigger towns about 35% of the population is like this, living from one day to another.

Considering their situation there is nothing to be astonished. If these people live without sure income among all time snivelling and trouble, it is constant pressure on their brains and their nerves. Their intellect is in constant activity, trying to find newer and newer sources of income; while the soul is working the muscles and nerves of the body are also kept in constant tension. This is why dreams avoid people of restless lives; even if they doze off in their great exhaustion, sleep does not bring them the required rest and refreshment since in their dreams they continue planning, their nerves boggle and their bodies tumble about. - Since the ongoing activities of the spirit hold on to the nerve energy in the brain, the other organs of the body do not get sufficient feed therefore the muscles will slacken, wither just like the lungs suffering from lack of oxygen.

If we wish to keep the health of our nerves it is necessary to change work always to full and complete rest. After we had lots of work done we must spend the time identical with the

length and quality of work on rest only. When we had enough relaxation then we must get to work again, so that our powers can begin to deal with another successful activity. Too much or too little work is increasing nervousness. Nervousness due to idleness is best compensated by amusement, while work by physical or intellectual activities. Nervousness due to strenuous work shall be cured with peace, fresh air and sleep.

As soon as you notice on yourself the smallest sign of nervousness, lie down with your body totally in horizontal position and rest your body and soul; since spirit must rest to enable the brain to generate nerve-energy, which is intended to permeate evenly all the nerves of your body. Do not feel sorry for short time spent on rest since every minute of the *self-conscious* rest trains, increases your spirit just as your body, by which you will be more vivid and able to carry out our greater works.

It is said about Emperor *Charlemagne* that on the days when he worked much he prayed extremely lot. In his writings he also mentioned that during his works he prayed and meditated at least for about 3 hours. In our age most people do the opposite, the more they work the less they spend on rest and relaxation, therefore it is no wonder if their anxious, nervous efforts do not bring results and they are becoming annoyed, nervous and ill.

I advise you that if a profession takes up your capabilities to work so much that you cannot stop that for a long while then work slowly and prudently; the main thing is that you breathe regularly and deeply. As soon as the feeling of haste and discomfort reaches you, rest for a moment, take a deep breath then you can start work again. The intellectual nerve tension is most frequently manifested in gasping, weak breathing.

The problem must be cured by its origin. *If you get used to breathing deeply and regularly during your work then you will be able to do intensive activities successfully for a long time.* This is since the inhaled oxygen will feed your blood vessels, indirect your

nervous system, so neither your brain nor your body exhausts too soon.

All kinds of excitement possibly originate from working on a task that success is doubted by us, or complete some works that we think because of our lack of self-confidence that they are beyond our physical or intellectual capabilities.

*The reason for the nervousness is the incorrect direction of thinking. The person lacking self confidence forgets that he is a being with unlimited will, that power is creating principle, he forgets that here on Earth the source of all things from eternal times is man. Yes, this carelessness is the bed of all neurosis, indirectly failures.*

Researches of *Dr. Buraduc* and other excellent physicians reveal that only those people's actions are successful whose nerves operate regularly because they have plentiful nerve energy circulating in them. Whose brain marrow only contains small amount of fluid or whose NERVE-FIBRILIUM<sup>103</sup> fields are clogged or perplexed due to different nerve problems, those are not able to carry out calm, accurate and considered activities; therefore cannot be prepared to succeed.

As the nerve-fibrilium is the transmitter of will and thought the force of these intellectual abilities can only predominate as long as its operations have not used up the nerve-fluid. If due to the involution of the fibrilium channels the regular circulation of the fluid is obstacle then the thought or will detained by something cannot have a chance to influence or succeed. - Therefore I advise you to *increase your nerve energy, since in ration with this the success of your work and effort is increasing as well.*

The objective of the following exercises and directions is to increase and cultivate your nerve energy in such a volume that

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103 a thread of nerve containing fluid, transmitting feelings

your will should find enough nutrition there to get stronger and do not know failure.

Before I begin with the nerve-fluid increasing exercises let us see what quantity nerve energy you possess at the moment.

*Take a piece of letter-paper, fold into two then take one half of the paper into your hands at the lower edge between your pointing finger and your thumb.* It is important that for this experiment you must not lean your arm on anything. *Mark off a point that is in line with your eyes and now keep the letter-paper the above described way for 2 minutes that its upper edge is in the same line as your eyes and the marked off point.* - It seems easy to say, but try this experiment and pay attention to keep the edge of the paper exactly in the line of your eyes, exact to a hair! This experiment can only be completed by those who fully rule their nerves.

Of course people with weak nerves become annoyed and nervous due to the failed experimenting. This excitement is the unconnected, abnormal circulation of the nerve fluid or the sign that the experimenting has such overstressed or perplexed nerve threads that his life power flows out by the outburst of temper without the person making use of that.

We must persist in resisting to this enormous waste of nerve-fluid. Albeit for people who get used to nervousness the retention of nerve fluid and its increasing first is almost painful and torturous effort, but *those who wish to rule on others* or intend to do other great things in life *must learn to rule themselves first* and exercise patience. - If now at the first station of overcoming the difficulties you lose your spirit and braveness then you should not hope to gain appreciation and succeed because you are not worthy of it.

Since from the depth of my soul I wish to heighten your personality, let me help your to strengthen and supply your nerves by the following potion as well: Take the same quantity of potassium, sodium, calcium, magnesium, iron-dust,

phosphoric acid, common salt, sulphur, silicon acid and mix to this compound some fluorine-acid kali (nerve-ameliorator). You shall take of this mix prepared this way every morning and evening a teaspoonful dissolved in some water. Since the blood, indirectly the material of the healthy nerves are generated by the above salts, therefore if one or two is missing from the organism, weakness of nerves, organ problems, general slackness, etc. will take place in the person. These troubles can only be cured if the materials missing from the blood are replaced; which is filling the blood with the component elements, salts so the nerves are supplied to their regular operations by the required quantity and quality of feed.

Recommending these to your attention let me continue with the *second* EXERCISE.<sup>104</sup> - When you can carry out the first experiment easily take a big walk or find another way to fatigue your muscles. After that you stand away and try to lie or sit totally relaxed for 5-10 minutes and your head and body parts should not move from their standstill.

*On the third day* take a piece of card-paper, fold into two and try the first experiment with this for 3 minutes long. I warn you again, the upper two edges of the paper must not go out of the line of the marked off point and your eyes.

If you have completed this experiment as well, then *on the fourth day* mark again a point in your line of vision but further then before; then take a smaller book or exercise book and hold that for 4 minutes that the upper line of the book should not get out of the line of your vision at all.

*On the fifth day* repeat exercise 2. but when you begin the experiment take as much air into your lungs as you can. Keep

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<sup>104</sup> These exercises were put together based on the method of the famous English psychologist, Dr. Weller.

the inhaled oxygen in your lungs for a few moments that it permeates your entire organism; then slowly and calmly breathe out the carbon dioxide.

*On the sixth day* first repeat exercise 5. then allow your thumb to meet all your fingers without pressure. The two fingers must meet each other when they move towards each other, halfway. This small technique must be practised as long as by the touching of your fingers you cannot feel any pressure, but the surfaces are smooth on each other.

*On the seventh day* hold your middle finger horizontally on the line between your eyes and the marked off point; the point is that your index-finger should not move out of your line of vision. Stand still for about 2 minutes without any trembling of your fingertips.

*On the eighth day* take a glass filled up full with water, stretch your arm and look straight onto the glass while you should focus on the water remain without the smallest vibration for at least 2 minutes.

After you have completed these exercises, you can begin practising your eye-nerves *on the ninth day*. Follow the line you imagine around the walls of the room. Follow this with your eyes for about 50 times; however I shall remark that during these rounds the trepidation of your eyelids and the blinking must be avoided.

*On the tenth day* make yourself comfortable in a chair without your back or your arms leaning on anything. Focus your eyes on a point on the wall. Look at the marked off point for 1-2 minutes without any movement or blinking of your eyes.

*On the eleventh day* make yourself comfortable again, think of your fingers and try to bring them into a totally relaxed state for 4-5 minutes, none of the nerves in your hands must vibrate.

*On the twelfth day* place your hands on your knees with balled fist except for your index-finger. That you must move slowly here and there and in the meantime you should not take your eyes off your moving fingertip for at least 5 minutes.

*On the thirteenth day* repeat exercise 5 then lie down and remain motionless for at least 3-4 minutes. I warn you that your eyelids, head, arms and fingers must not move.

*On the fourteenth day* stand straight and relaxed for 4 minutes: the second and third fingers of your left and right hands must touch each other. Your eyes should be fixed on a point without blinking. This exercise has very great importance for those who wish to train their nerves therefore it is useful to repeat every day. In the case of failure begin the exercise again as long as you are able to bring your muscles and nerves into a total relaxed state. In the school of art of life you can only reach your target by endurance.

*On the fifteenth day* stand straight for 5 minutes without any swaying of your body, head or limbs. Even your muscles should not vibrate. In the meantime breathe normally but keep your body in its standstill position.

Try to avoid any unnecessary movement during the exercises and also in your everyday life. Walk easy, relaxed with light steps. – Take off the soonest possible the rugged robe of nervous, uncertain manner and line in the group of calm, serious and easy-mannered people. Nothing should make you embarrassed! If people doubt your words do not try to be right and give point to your argument with striking on the table or impatient flourish and trampling. Do not stamp about! When you are talking do not swing your legs. Do not use rocking chair! – Do not bite your nails! Do not crunch your fingers. Do not twinkle too much!

Your happiness should not be expressed by ridiculous, funny frolicking but in harmonic peace. In the case of your grief do not

knit your eyebrows, do not be impatient, in agony do not bite your lips and do not writhe, since by all these you only increase your sufferings and lose your nerve-power. No matter what kind of happiness or sadness you have, you should accept both by the same patience and peace.

You can only reach these if first you make your nerves get used to that in the case of any sudden or loud noise, which today might make you appalled, they become so disinterested that bear any kind of a noise without boggling and indignation.

Therefore *on the sixteenth day* go to a very loud street, nightclub or factory and be at rest there. Your look should be fixed on a point you try to stay disinterested for at least 5 minutes towards any external impression. Should you hear any noise none of your muscles shall quiver.

*On the seventeenth day* repeat the previous exercise, but now neutralize your nerves for 10 minutes long. Successful completion of this exercise makes you capable of ruling your body's and your nerves' unusual and involuntary functions, by which you not only gain strong nerves, but increase your intellectual energy.

*On the eighteenth day* after repeating exercise 14 lift your right arm and bring it into a position that it is in the line of your shoulders. By focusing your will-power tighten the muscles of your arms from your shoulder to the tip of your fingers. Repeat this exercise six times slowly and carefully. Do the same with your left arm as well, while your right arm should hang torpid, almost dead on your side.

*On the nineteenth day* stretch your arms. With balled fist you tighten them stronger and stronger when the tightening is causing almost numbness in your lower arms, then tighten the muscles of your upper arm muscles and nerves.

*On the twentieth day* do the same exercise with the difference that during the most tension of your arm muscles and nerves

you should bend your wrist and in elbow your arms without your upper arms changing their horizontal position.

*On the twenty-first day* lower your shoulders and move them back. In the meantime stick out your chest to breathe more air into it. Keep looking at a point and with gradual effort make your neck muscles rigid.

*On the twenty-second day* stick out your chest, tighten the muscles of your body; then focus your thoughts to an object outside your horizon and by all your efforts try to keep the relaxed state of your body.

*On the twenty-third day* tighten the muscles of your legs from your thigh to the tarsus until your legs will be asleep. This tightening must be made with great care because the exaggerated effort will weaken the legs.

*On the twenty-fourth day* tighten with the required care your leg muscles from the tarsus to the toes. After this sit down and bend your toes. In the end starting from your thigh to your toes you should tighten all your muscles and bend your knees.

*On the twenty-fifth day* stand on your tiptoes for 2-3 minutes with tightened leg muscles. Repeat this exercise three times a day.

*On the twenty-sixth day* stand straight with open shoulders and chest in the meantime take deep breaths for 3-4 times. After that you should stretch your arms to be in line with your shoulders and staying in the same direction let your hands hang from wrist dead. After this hold your breath. In the meantime with balled fist take your hands to your shoulders and make your muscles very tightened during this. In the end focus all your energy on your fist, look out not to have your tightened hand-muscles vibrate at all.

*On the twenty-seventh day* stand straight, your hands must hang unmoved on your sides, dead. Focus your thoughts onto your right arm and slowly hardly observably lift that and bring

to horizontal position with the most possible slowness and patience.

*On the twenty-eighth day* repeat exercise 27. with the difference of tightening slowly and carefully all the muscles and nerves of your body when lifting up your arms. Take a deep breath and slowly reduce the tension of the muscles to the level that after finishing the exercise be impassive to any external influence.

This status is the first step to your further self-regulation. As I have already discussed in the beginning of this chapter, those who have experienced and strong nerves and besides take care of the improvement of their nerve energies, they are close to the empire of success; because the nerve energy, alias fluid or PERISPRIT<sup>105</sup> is nothing else but unprocessed magnetic force. As I have already emphasized that is the only irresistible power. The nerve-power and the imperturbability is the basis of the miraculous concentration, the same way the nerve-energy (perisprit) is required to establish TELEPATHIC<sup>106</sup> connections.

Since I do not want you to waste all your time with collecting nerve energy, but wish to enable you to qualify for higher sciences and other success therefore I describe you another tool. You may use this for advice: whether you possess enough nerve energy, magnetism in order to enable you to use your fluid to influence or move things outside your body and soul in one word your personality.

*Dr. Joire* described a tool in the English "Pall Mall Magazine" that is a piece of card on the edge a floating needle. This small tool is not to be disturbed by air-draft, wind, etc it is advisable to cover this with a lamp-shade. This interesting device according to *Dr. Joire*, *Loeb*, *Owen Bott* and other physiologists, it is a very

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105 current radiating from human

106 distant feeling

sensitive and correct scale to measure the irradiation of human nerve power.

Before you decide to begin the studies of the sales of your higher nerve power, make some experiments with the above tool to see if you had collected enough nerve power at all to enable you to rule other things outside your personality.

The experiment should go on as follows: look straight onto the needle and focus all your thoughts onto it. If you possess the required nerve power then the needle will move out in line with your wish onto the right or the left. When you are able to influence this inorganic material so greatly then you can be prepared to succeed; since in your earthly acts you are dealing with live creatures only whose spirit is behaving on the reaction of the positive thought filled with energy as wax to pressure.

It must be remarked however that after this substantial feast do not try to use the device to measure your nerve energy because you will not see much as all your effort is spent on digestion. The best hours to measure your nerve energy are the early mornings since this time your thoughts and physical forces have not been slivered among the works to be completed.

If any time during the day you would try in vain, then it is the sign that for the higher classes of the school of success you are weak and your nerve fluid is lacking education; therefore with required professionalism and endurance you must repeat all the 28 exercises. It is common knowledge that only endurance can bring constant success.

I must warn you once again, under any circumstances you must be *insistent* and *calm*. No matter how much work or responsibility you have always do your work calm and considerate. You must have full trust in your power among any conflicts and difficulties. – Never waste your energies for fleeting worldliness. Never overdo things, since *overdoing is the principle of destruction*. However the *civilized and well-functioning*

*nerves* ensure sound mind, sound body and sustaining power in life just as creating force.

Who is armed with these possessions on the arena of life shall be victorious and head the line.

XI.  
THE MAGNETIC EYE AS INSTRUMENT  
OF SUCCESS



Faithful to my promise made last time let me introduce you to the workshop of forging greater success.

The only fighter of the amazing victory of science of life is *the strong thought* and its triumphant weapon is the *magnetic eye*. Since the warrior is defenceless without weapon just as the sculptor without a chisel, therefore first *we must get down* to the forging of arm, namely *the practising of the eye*.

Foremost we shall discuss what really the magnetic eye is. – It is strong, but in its attractive look it is able to focus all thoughts, will, physical and spiritual energy of the person by which in the light of his eyes he can easily shoot his thought as burst of flame to the mind of his subject and there within a moment of time fix it irresistibly.

Who would not have heard of the amazing influence of the eye on people frantic with anger or on wild animals? – With regards to this even the Bible gives an example when Prophet Daniel was taming the wild lions with his look. – Lately *Buchanan* has been talking about a similar case. Not so long ago on some province in India the governor-general wanted to get proof of his subjects bravery and victorious will-power. He promised a prize of 400 pound sterling to the person who enters the cage of a bloodthirsty lion he has chosen for the person.

Soon there was a person who undertook to go for this deadly trial. As soon as he stepped to the cage of the lion in calm determination, Buchanan was the first who wanted to talk him out of this. However this brave man was tenacious of his opinion and stalwartly entered the cage unarmed.

The lion threw at him, but then miraculously; as soon as the wild animal looked into the imperious, forceful look of the person, the lion quietly packed up and shyly couched in the corner of the cage.

We can find similar examples in the everyday life. In the zoo and animal circus the breakers and tamers mostly order their animals by eyes only. The strong look can force to stop a wild bull or a runaway horse.

I am sure you have also experienced that the assertive look will tranquillize the naughty children and restrain a hot-headed person.

We could write complete books about the amazing effects of the eyes. Of the poets, *Petőfi, Károly Szász, Goethe, Heine, Jókai and Schiller* wrote several poems on the glamorous eyes and their wonders. Nevertheless the most appropriate example is that of Baron *József Eötvös* in his *Karthauzi* the astonishing power of eye, "There are eyes that deprive us of our mind, that take the treasure of our cabinets, steal the self-esteem from our hearts, the heroic desperation from the patriots; eyes that break through the walls of the castle, the robe of Kings, the purple pluvial of priests, the seriousness of men and matrimonial faith."

It frequently happens that one person is focusing the ideal of the whole society, the power of an era in his look. This is noted of e.g. *Napoleon* that in his look there was something irresistible, unexplainable that sometimes ordered, other times enchanted. – In the history of our country the greatest Hungarian, count *István Széchenyi* opening a new development era it is also mentioned that in the Parliament during his speeches made for the interest

of the country there was such a flame of determination and fire in his eyes, that it inflamed the hearts of others and won them to his ideas.

Last time when I visited one of my old friends, who is a passionate collector of portraits, invited me to have a visit of his collection and of course I had to gaze his portrait room. While my friend was into a highly coloured narrative, to be honest my eyes were just stealing on by a take a look-see the portraits of excellent strategists, great writers and artists. In the meantime I discovered that all the individuals succeeding in the intellectual life have magnetic eyes. See what charisma is glowing from the eyes of Byron shaded by his beautiful eyelashes! If we look into the big blue eyes of *Sándor Humbold* our heart and spirit opens.

Shakespeare, Moltke and Hindenburg have a steely glance which makes us be amazed with respect.

What an intense look do Kossuth and Petőfi had on their patriots.

Actors with incredible success, like Sarah Bernhardt, Mari Jászai, Márton Lendvay, Eleonóra Due, Matkowsky and the range of expression in their eyes is suggesting to our spirit the dramatic effect which cannot simply be told by words or actions as they would be like a colourless brush.... Our beloved and admired tragic actress Jászai Mari also remarked about her art as follows, "I force them by the power of the talk of my eyes that they cannot take their eyes off me, - to understand.... If this is successful, then this is my reward for the work of my soul."

I spent the longest time in front of the portrait of *Prince Schoenaich Carolath*. This young poet's dark, will-powered still charity and wisdom reflecting eyes were really fascinating me. I think those who saw these eyes some time in real life, whose heart was filled with the utmost sympathy for the prince.

Leaving the instructive room of portraits I had the desire growing in my soul to wish you had these authoritative still

friendly look in your eyes. In that case to win the love and trust of your partners would be a game for you. By that way you could ensure success and happiness for yourself in all areas of life.

We have come to the moment when my wish can come true; supposing that you begin the improvement of your eyes based on immovable calmness and endurance gained by the nerve exercises.

*Systematic eye-exercises of Flower and William Walker:*

- I. Take a 15 cm long and the same width white cardboard paper, draw in the middle a circle in the size of a 10-cent coin, which then you colour black so it is highlighted from the white background. Pin up this paper on the wall in the way that the drawn circle is in the same height as the line of your eyes. You shall sit in the middle of the room and watch this point for 1 minute without any blinking. - Repeat this exercise for 5 days long; every day watch the point 1 minute longer.
- II. Pin up this paper now 1 meter far from its yesterday's place to the right. Sit in the middle of the room and watch the empty wall in front of you. After that without moving your head, take a look on your right and do not take your eyes off the black point for 1 minute. Repeat this exercise 4 times after one another. - Now pin up this paper now 1 meter far from its original place to the left. Repeat these two exercises for 5 days; every day you should watch 1 minute longer the marked point. When you are able to watch this point without the smallest blenching and without twinkling, then you have gained a rather definite look. Besides, these exercises have the advantage of expanding the space between the eye-ball and the eye-lids therefore making your eyes larger and more expressive.

- III. Stand 1 meter far from the wall, pin up the paper marked with the black point the same height as your eyes. Look fixedly at this point then turn your head left and right but in the meantime you must not take your eyes off that point. Repeat this exercise for 3-4 days until you are able to move your eye-balls for 3-4 minutes without any twinkling to left and right.

This exercise is very important, because it improves the muscles and nerves of the eyes, and as a result of that your eyes will not get tired so soon by positive watching, but you will be able to look fixedly at a place for long and strongly therefore you will have an authoritative look of a master which makes humans and animals passive, the tool of your will.

- IV. Mark off on the wall opposite you one-one point. After that you stand in the middle of the room, look fixedly at the wall opposite you, then turning your head quickly look on one or the other points marked. Of course twinkling must be avoided. As soon as you feel that your eyes are tired stop this exercise and rest your eyes on a point, or repeat the previous exercise.
- V. *Stand* in the middle of the room and mark one point on the floor and another on the ceiling. Look first the wall opposite you; then quickly keep looking first to the point on the floor then the one on the ceiling.

These last two exercises should be repeated for 3 days long. Their effect is not only the improvement of the eye nerves and muscles, but also its proficiency. You will even be able to have magnetic look into any directions.

- VI. *Stand in front of the mirror* and look into your own eyes without twinkling for 5 minutes. This exercise enables you to bear any distinct look calmly and respond to that even more strongly and positivity.

Do this exercise every day for 5 days until you can be face to face your own look for at least 10 minutes in the mirror. – If you keep repeating regularly and accurately the above method then during the exercise you can notice how the magnetic fire will increase in your eyes.

- vii. *In the morning*, when your muscles and nerves are still relaxed, sit in front of the mirror that the distance between your eyes and the mirror is approx. 40 centimetres. Draw a small point between your eyes on the nasal bone. – Sit totally immovably and focus your eyes through the mirror on the point on your nasal bone. If you feel the need for twinkling, pull up your eyelids. This has the same relaxing effect on the optic nerves as if you had closed your eyes.

Repeat this exercise as many times as necessary until you can watch the point on your nasal bone for 12-15 minutes without any oscillation of nerves, tiredness of muscles. – A few days later you will be able to realise in public life how surprising effect your look has on your partners.

After practising your eyes diligently you have gained totally positive look, you have an easy task to win a friend of yours to try the power of look on him. – Have your friend seated in front of you and call on him to look into your eyes; you should direct your calm, strong and expressive look on the nasal bone of your subject.

Soon you will realise that your friend gets tired under the effect of your look; then he will be embarrassed and impatient until he gets to a passive stage and freely surrenders himself to your influence.

If by any chance you do not have suitable subject for this interesting experiment then you can try to power of your look on a cat, dog or any other animal. In this case you will experience

that as soon as you have a magnetic look onto the animal, it will go away with its tail between its legs or turn its head away and whimperingly cower in front of you.

The power of your look will not lose anything with you wearing glasses, what is more it can have the opposite effect because the characteristic look of your eyes can be emphasized more. - You can frequently experience that even those people who leer at you or give you depreciating look will, as soon as they meet your magnetic look, cast down their eyes and turn their heads away uncomfortably. The strong central look onto the nasal bone has the same effect on the subject as if you looked into the middle of his brain-marrow.

Of course we must differentiate between the impertinent gaze and the calm, intense look since the former is characteristics of a villain and a rascal, the latter is the expression of the irresistible magnetic energy. - Since according to popular apprehension eyes are the mirror of your soul, you must pay attention that in your look you have more pleasant and more attractive characteristics be expressed. All your better self, namely all your intentions to good should be focused in your look and you will see: young and old, all will be attracted to you.

With time you will be able to have so strong charisma from your eyes that whoever you have a magnetic look at, the person will flush, be embarrassed and feel some kind of a pleasant daze; the irresistible energy of your eyes will have so strong influence on his spirit that his senses go numb and your positive feelings, rather say your determined will is conceived in the self of your subject as negative feeling or thought. - Verily not one emotional heart of woman will sigh with languishment, "How beautiful, expressive eyes! Oh I wish their magic look would only caress me, only me."

*Yes, the secret power of the magnetic eyes is an ignition by which in the soul of our fellow-men we can ignite any emotion according to*

*our will*, so by this we can make any thought into action. Who once got to know and learned the power of the magnetic look, would never replace this effective science even to a kingdom.

It is important of course that you are not satisfied with the result of experiments made on inanimate things, but try the power of your look on humans and animals. Only experimenting on live creatures will revive gradually the magnetic fire of your eyes.

By calm and irresistible look the success over your fellow-creatures will make you capable of the art of energy concentration of which power and source of health I will get you acquainted with very soon.

## XII. ALMIGHTINESS OF CONCENTRATION



After you have armed yourself for the battle of conquering success in line with my advices and following my instructions given in my previous three letters now let us begin the studying of the strategy of success.

It is known that the most indispensable quality of all famous fighters of life is *cold blood, imperturbability and persistence*. This is why I had paid so much attention on overcoming your nervous unease and indignation. Those who wish to gain victory on others must first subdue themselves.

You must strive to place your nerves, muscles, emotions, senses, thoughts, so all particles of your body and soul under the governing of a unified spirit, so all the magnetic energy of your body and soul must be focused in one notion, one will. - This action is the so called *concentration*.

*The secret of concentration is that we place our body to its utmost passivity and use all our energy to increase our power of thought by which our spirit will begin its activity creating the greatest success and victory. In order to reach this stage we must dismiss all external thoughts, voices and influences; so we shall make our material creature totally desensitized, neutral in order to allow our intellectual self operate more undisturbed and all*

our powers and will can focus in constant attention onto the achievable target.

With regards to this *Buchanan Uriel* has the following opinion, "Concentration is nothing else, but the exclusion of disturbing and transitory effects, respectively ruling of peace over our thoughts that all our attention and talent driven by our self-confidence and irresistible will shall focus on one thing." - *Nancy Kay Gordon* the great English scientist confirms this statement as in one of her lectures she defines concentration as follows, "What is concentration?...: What else then focused attention."

In the everyday life we frequently use the word "concentration", in the meaning of clustering, condensation or of a mass of people overcrowding in a small place as well as of the increase of power. In order to avoid all misunderstandings let me define the meaning of concentration with the words of the first and major expert in psychology William Walker Atkinson, "The word 'Concentration' is seen to mean, literally, "the act or state of bringing to a fixed point or focus." - Keep in remembrance the analysis of this expression. *Concentration - is the focusing of talents and powers* in the human focal point, in the intellect.

Since our intellect is just a corpuscle of the great "Unity" of God, it is not only from logical, but also from doctrinal aspect evident that the will or thought focused in the power of the Lord of the world is almighty. Of course *only those thoughts and will can unify in eternal almightiness which are worthy of it.*

As I have already mentioned in one of the previous chapters, the flow of ignoble, bad-hearted thoughts is similar to a thick and dark cloud which is not able to move out of its place, but always eddying above the spaces of derogatory emotions and finally it settles down as an evil influence to revenge himself in the fluid circle of the one *generating* it. As a result of this process it is visible in public life that those people whose fluid circle is filled with thoughts of evil intention we instinctively avoid because

they have awkward influence on us. As I said: the thoughts focused on evil goals due to their adhesion to materialistic things, narrow-spirited characteristics are not able to aspire to the "*Almightiness*" and flow towards their designated targets.

Now you must reflect on the above like this, "If this is the case, how is it possible that there is so much abuse of concentration and sciences related to that?"

How? ... People first pursuing good and noble things - if in them the God's sparkle, the feeling of omnipotent power is not paired with morality and true faith in the Creator - are dazzled by the power of their irresistible will (just as the fallen angels and Adam and Eve) make themselves God. However driven by their selfish human nature in their limitless self-confidence their energy is not used to strengthen their bondage with God, neither to achieve noble success, but to disrupt this great unity, to satisfy their *selfishness*, namely their temporary pleasures. At the same time they enter into an alliance with Satan - *the evil principle* causing troubles of the world.

Their fate is the same as of the fallen angles and that of Adam and Eve banished from Eden.

When mentioning these Biblical figures I can imagine seeing your smile, "Oh, what thrice-told tale and phantoms you mention to enlighten your teaching!" - Yes, maybe the ideas of our age due to the constant debate between science and religion doubt the existence of biblical figures and events, however considering the internal essence of the things incontrovertible truth is hidden in the legends of Bible. As all the works of ancient philosophers, the Bible shall also be studied with the unification of the two directions of thought such as: 1. mythological symbols to ennoble our souls, 2. intellectual aspects to self-recognition of our intellect.

The fallen angles and Adam and Eve are not figures of a tale anymore, but the impersonators of the experiences of the

ancient philosophers prepossessed from the notion of the power of "Unity". This way for example Adam and Eve symbolise men, who after the long stages of development finally gain their consciousness, who indeed in the delirious stage due to their power use their energies for aims opposing the divine *Unity*. Although the result of their actions is worthy to the creating power given to human, but the action borne by selfishness - resulting in the splitting of the unearthly "Unity" - in the end result in pain and misery for the whole world.

Similarly, the legend of the fallen angels shows the damaging REACTION<sup>107</sup> of the limitless self-confidence borne by the lechery in the feeling of power. In the beginning humans, animals, plants so every-everything has served the perfection of *unified principle*; but then the man being aware of his power did not want to obey God - *the unifier of almightiness* - anymore and then the unity between the creatures split, each wanted to look for his own happiness and benefit, invaded his brothers. Here is the notion of evil generated from the breaking up of unity, war, robbery, poverty, etc.

Due to this, those who although from friendly love use his energy for reaching other objectives, in line with the above experiences - as long as the *almighty Principle* will not deteriorate in him - his energy collected in the *Unity* of divine power is necessary to bring the evil success, but these in the end bring only misery, pain, lovelessness, etc all bad things on the person. While the person does not return to the "Unity", the retroact of his evil thoughts and actions will attack him in the forms of discontentedness beclouding mind and soul, and dark ghosts of fear and excitement.

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107 *reactiveness*

We know that those who are afraid, who are indignant, in one word those who do not live harmonic life in body and mind, who only have minimum quantity of energy and therefore are not capable of concentration. - Therefore I strictly warn you once again: *stay away from using your power any time for damaging your brothers.*

In the phrase of *Fred Burry*, "Who unites all his power and thought in good, shall keep away all indignant emotions and desires from him. Slavery of spirit has only been generated by despotism of the body."

Who focuses his power of thought in the unified "Great-power", his ideas will not fade away already in their formations, but strengthen to noble acts watering the shiny flowers of perfection, which by its radiance clears up the shadows of brooding science and lack of knowledge around the human spirit. This way the borderline between the earthy and eternal lives shall collapse in the soul of the person.

Yes, *good must rule the world*, since only people permeated by the "Unity", brotherly love are able to practice long-lasting and become power for good, only those people can create new and great just as in the world of art as in public life.

*Soloviev*, the great Russian prophet says, "Who in the Great-power by their focused forces steal healing and life-giving energy to places where there is shortage of it, *who are able to call forth sounds of happiness and love from the exhausted hearts, those are the real priests of humanity, those are the greatest wise men.*"

All masters of the ancient and new age taught law of unity. - Jesus of Nazareth propagated to poor, rich, old, young, wise and untaught by his words as well as his actions how we should constrain our fleshliness and anger and their power of manifestation to be unified - concentrated by us for improvement of our intellects. What else is prayer than concentration of our thoughts, desires and will with *Almightiness*.

Prayers and acts of Christ and his followers were energy focused in "Unity" - were concentrations, therefore consequently produced almighty result. - By words and thought transubstantiated with energy concentrated in irresistible divine will they have solaced people under the burden of troubles and weariness, healed the ill and revived the dead.

But nowadays there are also some people who simply by concentration of thought have reached success not only in the area of intellectual life, but also in the treatment of most desperate diseases could reach amazing results. Some English psychologists: *James Braid, Sidney Flower, Atkinson* and the lately deceased German private scholar, *Lucian Pusch*, gave back health not only to one person by concentration of thought.

What is more, *Helen Wilmans* managed to conquer by energy-concentration the most impenitent villain: *agedness* and *death*. The well-known psychologist woman writes to one of her friends as follows in one of her letters leaked out to public. "As I reached the age of 70, marasmus was taking me closer and closer towards my grave. But I did not want to die, because I am convinced that there is still a lot of work and pleasure waiting for me here on earth. Therefore by my scientific operations based on the results of my researches made about human nature I myself put together the elixir of LIFE<sup>108</sup> in order to restore the unbalanced forces of mine, paying no regard to the medicines of dubious use recommended by doctors."

"Getting up early in the morning, I washed my whole body with spring-water. *It is commonly known that spring-water contains high level of radioactive EMANATION<sup>109</sup>, namely geomagnetism, which significantly contributes to the accumulation of nerve-energy.* - After

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108 *magic potion*

109 *geomagnetic radiation*

that I took a walk of about 30 minutes in equable steps or I made exercises to increase the electrical energies in my body. After that I returned to my room for one hour where my eyes by looking at one point I looked into myself searching my inner power that gives me back to life and work."

"In the beginning my body was protesting against my forcing power. I needed to suffer again and again all the diseases that had ever tormented me. I have almost given my head to despondency and sorrow; not thinking over that these illnesses have only been used to select all the harmful materials of my body which in my organism were *preventing the generation of energy and caused my agedness*. - Soon I have come to a conclusion that only the "inherited mistake" caused my illness, because at the semi-darkness at the dawn of getting to know the true divine "Unity" the symptoms of my weakness started to disappear."

"This way my will and thoughts have been continuously concentrated on the principle of eternal life for about six month of diligent practise, suddenly I have realised that Oh, miracle of miracles the wrinkles slowly-slowly unbend on my face, there is the old fire in my eyes and I am able to distinguish people and objects without my lorgnette again; then even my hair regained its shiny brown colour. So the symptoms of old age disappeared together with my physical weakness."

"My intellectual power is increasing from day to day again; I can work again in my authorial capacity without any effort; what is more even my memory has become as vivid as I could only take pride in my young age. This way from day to day I am becoming more hopeful and happier."

"Look, I can only thank this to the professional concentration of my will and thought-power."

Concentration of thought can cause certain physical changes in body parts exposed to the power of energy this has been proved several times. Here is the declaration of university

professor *Wood*, "During the experiments completed just as on myself, as on others I managed to observe that if we focus our thought to any of our body parts then we have increased circulation of blood there."

*Dr. Kraft-Ebing* and *Dr. János Hunter* state that simply by concentration of energy they managed to create feelings at their choices in the organs of their patients. - *Hake Tuke Dániel* proved the effect of concentration with the following experiment: during his lecture he called on his students to focus all their attention on their little fingers for 7 minutes long. During concentration some felt formication and feverish pulsation, but most of them felt weak pressure in their little fingers.

The presentations of *teacher Gattes* are even more impressive. He wanted to prove the efficiency of concentration to his doubtful colleagues, all his thoughts in the presence of his colleagues were focused on his right arm. 10 minutes later the arm became hot then the sinews bulged and finally the whole arm got swollen. - After this he focused all his attention on the forehead of one of the participants. The person's temple began to pulse then his forehead streaming with perspiration. - Besides these *teacher Gattes* could extremely increase the size of his body parts only by concentration.

Besides these interesting tricks *Gattes* and his partners could heal the most pertinacious neuroses, such as HYSTERIA<sup>110</sup>, HYPOCHONDRIA<sup>111</sup>, NEURALGIA<sup>112</sup>, EPILEPSY<sup>113</sup>, insanity and other damaging diseases by energy concentration.

According to *Gattes* illness is nothing else but lack of energy or disturbance in the nerve fluid due to erroneous life or false

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110 *nervous affection*

111 *neurosis due to imaginings*

112 *neurosis with torturing pain*

113 *serious illness, neurosis with spasm*

way of thinking. Namely, "Where body and soul live in unity, so where the energy of the body is focused with the considered will of spirit, there no illness, poverty or grief goes to visit." - "By concentration there is an imperturbable balance between body and soul; *where harmony pitches its tent, happiness moves in.*" says an Indian wise man.

*Harmony, yes, this is the esoteric importance of concentration.* In this aspect, the thaumaturgical Raya-Yoga means by concentration the self-conscious union of the spirit with God Almighty, by which people share the power and wisdom of God. - "This way human can even more exceed the low, limited sphere of material and almost grow into the infinite spiritual region of the "Global Power" (Bhagavad Gita). Therefore in line with the Indian system concentration, unity with the whole, is the masterful tool of spirit looking for light; this is why the Indian wise men name concentration the science of sciences.

Let us go back to the elements of concentration. Thought and energy lacking rational leader are just as worthless as the existing but unused, uncultivated powers. However when we subordinate our thoughts and powers to our will then the capabilities of our spirit become limitless. By constant concentration of our thoughts truth will appear in front of us in more radiant and more splendour light which hide under the fog of objective life. This way we soon acquire surprising knowledge of life.

Besides *by concentration all our abilities, resting deep in our soul, also awake to be active.* These will gain us amazement and acknowledgement in public life, the occurrent obstacles we can clear unperceived, this way enforcing our highest aspiration guide us to a place suitable for our characteristics and talents; so it can do the most successful and fruitful work.

As we can experience, only - the fruit of concentration - *immersion in ourselves* leads us to the heights of recognizing

our individual profession; during our pursuits and works it is concentration again that will convey us to result and success. For example how obvious the difference is between the works of a slobbery painter imitating the extravagance of nowadays so fashionable IMPRESSIONISTS<sup>114</sup> and the works of an artist focusing all his talent on his creations. While the public opinion says of the former, "a daubster without personality", watching the art of the latter everyone admits, "this man created life in his picture" and the connoisseurs recognise this artist as master and creator.

The great statesmen without an exception have always lived with strong thought-concentration, because they were able to enforce their will and ideas against so many counter-opinions only this way.

Not only in the area of politics, but also among artists, officers and craftsmen only those can get well ahead who can confine all external effects and focus all their energies onto that particular work which must be done at that time. The effect of all concentration onto only one single objective shall bring the expected result.

Workers of the human society follow each other in ranks in line with their values that whom, how much trouble (thought), what rate of energy they spend on the completion of work entailed on them. The person who completes his work by attention and care, finds individual pleasure in the perfect execution of his duty; is not only a live member of society, but at the same time more wanted worker and therefore he is more satisfied and happier than his slap-dash partner, who is dissipating his attention and therefore cannot complete even one work perfectly.

There is one more constituent of society and that makes most of humanity. This is the mass of those people who work some

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114 *work to a sudden impression*

out of necessity, but they check the clocks every hour to see how many minutes later they are off their hated works. These people are even in the best cases as much valuable as a machine because they break-off their work unfinished on the tick, after that they do not think about that until the pressure makes them work again.

What is more, these people are brave enough to complain about fate being adverse on them, that their work is not bringing the expected success, no one entrusts them with higher quality obligations for higher compensation, or that they are looking for work in vain as they cannot find any.

With regards to this I remember a small episode of my life: When me and my friends admired one of the architectural works of arts in preparation, at the sight of the artistic details and motifs I have shouted with excitement, "Oh, how is it possible that these human hands soon crumbling to dust can create so eternal fairy-palace?"..."How?" - said the architect, "It is since only those workers are hired who focus all their talents and all their thoughts in their hands."

Allegedly if the works of *Phidias* were celebrated, he humbly shuffled off the sweet incense of praise, "All my craft is that I smear my brain-marrow over onto my chisel and hammer." With this statement he intended to point out that all his thoughts are concentrated on his work.

All people who gained dignity and fame in their lives, self-consciously or unconsciously were followers of concentration. Since in this whole world, beginning from the smallest corpuscle of the organic life to the perfect human *everything is the progeny of unity*. Thought itself is nothing else, but more or less concentrated spiritual power. The proof of that is that when we are abstracted, we say we cannot concentrate.

*The mass of concentrated thoughts is the pioneer of sure success; although for the first blow he will not conquer the Jericho of his*

desires, but maybe in weeks, months or years only. Due to this the main requirement is that *in all our aspirations and works we must be constant and persistent*. It is not enough to practise concentration for weeks or months only in our lives, but for eternal times it is our weapon in our struggles in life. It has no value if we only use concentration by some of our works and other works we only imprudently, just shuffle through.

*Note that works and pursuits of your life can only be crowned with success if whatever you do - be it the smallest thing - you complete with consideration and use of all your energies.* You could be convinced, if by any insignificant obligation is completed with all your attention focused on that task, then you have created the most perfect work which resulted in greater and higher level success for you.

The moral of these experimental facts is that whatever you do, do that with all your power, all your will and use of all your energies as if your happiness would depend on this one thing only. *At one time you should only do one thing*, but strive to accomplish that with the greatest precision. E.g. take a pencil and sharpen it the most perfect way. I emphasize once again, make a nice and good pencil-point! Do not hurry with this work but focus all your attention on the point of the pencil, in the meantime be aware that your thoughts and your mind are not all abroad; all your efforts should be focused on the making of the most perfect point for the pencil.

So, how did the thing go; it was harder as you had thought, wasn't it? - Practise this experiment until you are able to focus all your attention and will-power for the point of the pencil. It is easy to concentrate on even for a longer time on an interesting or pleasant event. The situation is different if we must concentrate on a monotonous or maybe unpleasant task. In the beginning our thoughts and mind - against all our efforts - will go abroad and the work even in the best case is automatous; and we must

recollect our scattered attention from time to time, since *perfect work can only be accomplished with the art overseen from the Great Power – with concentration.*

The relationship between the refractory attention always resisting to concentration and the strong will is like the relationship between the rhapsodical, playful student and his strict teacher. The child has already been tired of looking at the dead letters or has had enough of the colourless explanations, he is eager-eyed to look out of the window to the green garden or is playing with his fingers, or his focus is attracted from studying onto a buzzing bee.

Now it is the obligation of will, namely the teacher to chain the attention of the student - his thought - to the relevant subject; to make him concentrate on the work to be completed.

Acting like this, your attention will be stronger and more intense every day, your work becomes more and more perfect and short time later you will show perfection in your movements, in your walk, in your overall appearance. Since body is governed by mind thus it is under the direct influence of the will.

No matter how cleverly our will governs through the words of mind our physical functions, how great nerve-energy is focused in our brain-marrow this is still the preparation for the higher art of success. Just as *van Eeden*, the great Dutch SOCIOLOGIST<sup>115</sup> in his work, "The Happy World" states, "Only the mind correctly educated by the energy aiming unity and muscled by self-conscious will can lead to perfect happiness."

We shall not only strengthen and increase attention and energy, but purposively educate in everything, every time, just as in physical and in psychical level to be infallible in achieving perfect success.

Education of our attention shall begin with the *star-gazing* application of choice by the Indian adepts. - At eves when thousands and thousands of globes are shining on the sky as eyes agleam and hiding many secrets, *hurry outside*, where you can see half a celestial globe or at least one zodiac by closing out any other thoughts try counting the visible stars. The more star you can count without your mind getting tired of this monotonous action, the more flexible your attention is. - This exercise of counting of stars you shall repeat every day for one week with the greatest professionalism.

After this focus your thoughts and attention on a tangible object. For example take a book, a piece of bread, chalk or something like that. You should already begin to focus all your thoughts and attention for 5-10 minutes on the object lying on the table in front of you. Think of the material, colour, elements and value of use of the relevant subject. Just imagine that there is nothing in this whole world outside you and the chalk (bread or book); so do not let any other thought in your soul to arise only the thought of chalk. Attention as I told you before is like a really unruly child, but with severity and energetic will it can be taught to obedience and then will complete a work of ten times more as if we leave the heady, but talented kid rambling on his own.

If your rebellious attention can be focused on one thing, then you can put your triumphal badge on the flag of success; since by concentration you have gained such a power that ensures the victory of perfect work in your profession.

*On the 3<sup>rd</sup> week of your studies go back to a solitary place. Take a regular deep breath; during inhalation tense all your muscles and nerves as long as your whole body is numb. - Then take 13 pebbles, hold them on your right hand. Stretch your right arm and immersing in the observation of the pebbles, spend about 5*

minutes in total relaxed state. Understand, neither a nerve nor your eyelids should move.

*Taking into consideration all these, drop the pebbles slowly into your left hand, then again back to the right; in the meantime the main thing is that your thoughts, imagination and attention is by closing out any other notions for quarter of an hour, later for half an hour focused on the pebbles only.*

Your concentration should not consist of your thought rigidly picketed to a word or notion. Oh, no! One word or one sentence can give an expression to a thought, but one thought can be expressed in several sentences as well. There are books written about one thought only. If you focus your attention on this notion, "Here I have 13 pebbles in my hand," do not make a mistake of reciting this sentence in a mechanical meaningless way again and again.

*Create a notion for yourself about the origin and purpose of the pebbles, define this thought in the widest possible meaning. Look at each of the pebbles with care and think what objects are they similar to used in our everyday life in their shape. Use your imagination and think of tales of the pebbles. So when looking at the seemingly insignificant object, all your thoughts and talents should work on one thing vividly.*

Your spirit can only grow into great and can only unite with the almighty *Principle* if you are able to escalate the notion of even an insignificant thing to the whole world, by which you *bring the individual balanced with the "Unity"*. *Power and importance of concentration is inherent in this act.*

Understanding this, *let us move on the exercise Number 3.* - Go to a quiet place; take a deep breath a few times. After that bring your body into a totally relaxed position, let your glance rest on a point and choose a notion of which you have the widest possible ideas. Literally speaking you must surround this notion with your words. The more words, the more ideas you strengthen this

above named notion, the more perfect job your intellect can do.

Thinking of bravery maybe you think of the lion as the prototype of this notion. Observe the king of animals by envision; study all of his movements. After you have inscribed the picture of the embodied bravery on your memory, take the virtue of bravery onto your own person and *state will all your will-power that you are one with bravery*. Repeat this statement at each breath, your lungs will expand and all corpuscles of your body will be permeated by the feeling of bravery, strength and power.

You should spend on this exercise for 2 weeks long every day  $\frac{1}{2}$  later  $\frac{3}{4}$  hours, but each time choose a different notion as subject of your concentration. Preferably select one out of the simplest ideas.

It would be a mistake to focus your thoughts already onto some complicated things, such as almightiness or God. As these notions had already been discussed by many, our spirit would only repeat thoughts of others with regards to them and that is why concentrating on this idea does not give much work for our thought-forces. However the point is to have more really intense thoughts, questions of the hour, for our focused intellect.

Therefore I must warn you once again, the tool of practising concentration should be insignificant, lacking all interest; the less significant the object is, the more improving effect it has on your spirit as it requires more work and energy from you to be able to focus all your thoughts only and exclusively on the appointed object.

This concentrated, vivid intellectual work will give so strong positivity and power to your mind that even the turmoil and crowd; so even among changing influences you will be able to exclude all the external effects and immerse in an idea, carry on its notion. No matter what situation you might get into, you will calmly consider your objectives, complete your work perfectly,

which perfect work can of course only result in paralleling success.

Make and experiment though, let us see how much you have advanced in the art of concentration. – *Go to a place visited by many people, to an esplanade or a museum and stay at its most crowded part where you are possibly exposed to the most very-interesting, changing impressions present. These different impressions will rush on your soul as windstorm. Do not disturb your attention by anything for about 5 minutes and let your thoughts fly free; in the meantime do not miss the rhythmic breathing.*

You will see that a few minutes later your thoughts themselves will focus onto one thing. Pick this object with your spirit, in the meantime bring your body position to a statue-like, motionless position, and by tensing all your will-power and nerve-energy direct all your thoughts only to the relevant subject.

*Take a piece of paper and a pen to write or draw the picture of the subject of your concentration. Immerse in its notion and essence so much that even in the biggest crowd you cannot see or hear what is going on around you. This way showing total impassiveness towards the external effects work out the notion of your subject in your head or in writing the most perfect way and create balance between yourself and the infinite "Unity".*

As you can see this is *real concentration*. By this masterful way the resolution of the most complicated problems is just as easy as the conclusion from the least humble reason to the greatest target, since by the method of the concentration we learn to go higher and higher on the steps of small results to the big ones – to the fairy-castle of the unceasing chains of success.

Nevertheless you will not be satisfied with this more or less abstract result of concentration, but you are curious already whether directly applying these acquired talents you can achieve success in your practical real life. – Good; soon you will have

information about this. However first *you should, try the power of concentration on your own body.* Take regular deep breath and during this you should focus all your thoughts, all your energy into the thumb of your right hand with the decision that your thumb shall go totally tense.

If you focus all your energy with the required strength then after a short while your thumb will be warmer as the result of the pressure of your concentrated thought. Slowly the muscles of your thumb will be tenser and finally going numb and so rigid that you will not be able to move it. Begin to focus your thoughts on your thumb already with the intention to reduce this rigidity and after a few minutes later you can use your finger normally again.

*Some illnesses are also cured similarly by concentration.* Lets us suppose that some of your body parts are in pain due to cold or neuralgia. Make yourself fully comfortable and by your magnetic look watch your painful body part or if you could not do that, then close your eyes and envision your ill body part with the definite order that illness or pain does not have place in your body, so it must leave the soonest.

Due to the pressure of focused vitality on one point your ill body part will be hot, while on the enlarged pores healthy energy-current will flow into the relevant body part and expel the damaging materials causing the illness. These materials are frequently excreted as perspiration or due to the power and energy concentration in the relevant body part the ferment in the blood quickly transforms the poisonous material in the body; and the vital vibration generated in the nerves will reduce the sense of pain.

As you can see, *since the power of concentration is in Almighty,* therefore in all fields, in all times and trouble it is a useful science.

As you have tried on yourself the power of concentration, let us see what power you can have over your fellow-creatures.

*Let us begin with a simple experiment.*

- I. When you go along the street focus all your attention to the person walking in front of you. There should be a distance of 2-3 meter between you and your subject. – You should look at strongly and sharply with your magnetic look onto the nape of the neck of the selected person, at the point where the little brain and the marrow-brain meet. This is the point (directly at the deep spot under the nape) where we can easily influence the self-conscious operation of the little brain as the unconscious operations of the marrow-brain.

Concentrate all your thought-power to this point with the positive wish of your subject turning his head and looking at you; in the meantime focus more and more intense energy to your eyes, you should have a piercing look onto the centres of the meeting point of the conscious and unconscious functions.

As soon as your concentrated thought-energy has penetrated the organ of your subject, it begins to pulse in line with your will, the person trustworthily follows the order of the stimulus; he will turn back and curiously look at you. – If you have acquired this craft by several repetition of this practise, you will wonder how many people, especially the more intense females, how quickly and easily can be influenced by this method.

- II. Since you have succeeded in the previous exercise of CONCENTRATION<sup>116</sup> in a church, theatre, restaurant or any other public place, *focus your attention* onto the person sitting in front of you. Look at his body parts; then

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<sup>116</sup> these exercises were put together based on the lectures of Turnbull and Atkinson magneopath

concentrating your attention on the centre under the nape, you shall focus your will to the thought that the person sitting in front of you should be more and more stressed. – Soon you realize that your subject is tumbling about from one place to another and in the meantime looking at you with fast glances. With the intensification of your concentration the impatience of your subject is also increasing.

Based on your inventiveness, both exercises Number I. and Number II. can have variants of many ideas. However the main principle of the method is always the same: *concentrated thought energy and magnetic look onto one certain point.*

- III. On a public trolley or in the compartment of a train select the person as subject of attention next on the left or right of the person sitting opposite you. *Hold your head straight,* cast a quick and sharp glance from the corner of your eyes to the nasal-bone of the person, in the meantime focus all your thought-energy in the positive order that your selected subject shall look at you from his own will.

If you proceed correctly, you will realize after 1-2 seconds that the person suddenly glances at you with expectation as if the person would fully be aware of your spiritual call. If you apply your central GLANCE<sup>117</sup> together with rational concentration then your subject will not be able to take his eyes off you and will keep looking at you again and again. Under strong concentration the eyes of your subjects will stick to you so strong with full of interest that the person especially if she is a woman will look at you almost apologetically.

- IV. If you have discussion with someone and the person cannot find the right expression for the notion discussed, *focus all your thoughts* on the word the person should use for the expression of that notion (sentence) then have a sharp look at the nasal bone of the person and you will see that your subject will repeat the notions intruding to his brain by your thought energy.

This experiment was used several times by English psychologists on parliamentary speakers and other rhetoricians and they have collected many interesting results with regards to this.

I have also known a university student who had enormous will-power and had already acquired the art of concentration in his young childhood. Since being the child of well-to-do parents, being a member of all sorts of clubs, he was rather into sports and his science was on indecisive bases. The time of his COLLOQUIA<sup>118</sup> were dangerously approaching.

He took his books and studied 2 or 3 chapters of each very well. When the time of his exams came he used his concentration to force his teachers to ask only the paragraphs he had learned. – This worked perfectly and the young man graduated with perfect results in his verbal exams. – However the situation was different with the written exams as the topics of those were defined by mutual agreement of the examining body. This young man believed that by the written exam the decision of the professionals would matter so he only focused his wish onto the individuals and therefore he suffered a rebuff.

His catch did not help much. However he learned for

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118 *university terminal examinations*

once and for all that one should never play a game with concentration.

I told you the above example as a lesson for the future.

- v. When there is a person in a company who hesitates to tell his opinion, concentrate your thought energies onto the actual person, object or notion; while with positive decisions on the relevant opinion take a sharp, harsh look onto the nasal bone of this person. You will see that your subject will declare the same way of the matter as you direct his thoughts.
- vi. It is also an interesting exercise if you force a person by concentration to move to a certain direction. - When you are walking on the street and using your central glaze you focus your thought energy with that positive wish that the person coming from the opposite direction should step aside to the right or left. - Proceeding correctly you will realise that your subject nicely obeys your thought-order. By repeating this experiment several times you can become so experienced that especially in the case of more sensitive individuals, soon you can influence to turn - consciously or unconsciously - into a cross street designated by your concentrated thought-energy.
- vii. Stand in the ground-floor window of a building and focus all your attention and thought-power on the approaching person with that positive wish that when the person is going in front of the window he should turn to you and look into your eyes. - You will see 7 out of 10 times surely will follow your spiritual orders; of course supposing your concentration was intense enough.
- viii. Carry out the same experiment with the difference that this time you stand in the window of the first floor not on the ground floor and from that window you give the spiritual order to the person to look up to you.

- IX. Walking on the street choose a sensitive person as subject of your attention. Already at this stage focus all your attention on the wish that the person going past you should look after you with interest. By using your magnetic central look lead your thought-current into the brain of your subject by which his whole self is filled with the force of your order. Due to this the person reluctantly - with embarrassment but still obeying will turn back; what is more if your concentration is very intense soon you will realise that your subject is faithfully following you.

Nevertheless you should not imagine that the hereby listed exercises have exhausted the methods of improvement of attention and spiritual power just as of perfection of concentration. The above experiments only help you to get to know the certain touches; since these can be used in any situation and enable you to apply concentration successfully.

However you should also remember, no matter how simple these experiments are, they should always be studied and observed carefully and seriously, but should never become games played for the amusement of your own or that of your friends.

Otherwise as I have told you before it is never allowed to play carelessly with divine forces or make them tools to satisfy your curiosity.

People, like you as well, knowing the rules of self-consciousness in their own importance, cannot be assumed to boast of their knowledge to others, but try others never to realize their working with MAGIC<sup>119</sup> forces and their success is not due

to innocent coincidence but to irresistible divine forces, to the highest art.

Therefore I warn you once again, your success should not blindfold your common sense, however use them for increasing your will-power and your experience. Having succeeded with all these small experiments your knowledge shall be used for you to establish connections in your public life and achieve results of great importance.

Let us suppose that you are invited to an evening-party where several people of importance are present. You are well aware that nowadays in our world of preferences considering your advancement it is very important for you to ingratiate yourself with one or the other lions of the state. It is your craving desire to attract the attention of the designated person onto you, due to which the person requesting your introduction would want to form closer connection with you.

Had you ever wished this, *call the art of concentration for your help*. Bring your soul to total balance. Then go in front of your subject in a way that he notices you in the meantime with a friendly and calm expression on your face use your *magnetic central look*. During this your energy should be focused in this thought, "You turn to me with interest!" - "Your interest towards me is increasing more and more!" - "You wish to know me better!" - You want to know my name, origin and profession!"

You will see that in a few minutes the influenced person will talk to you like this, "I would like someone to introduce this interesting young person to me. Based on his talking eyes, he must be a professional efficient worker, worthy member of society."

Some clever words during introduction or a short discussion from your strictly concentrated thought-power can move a lot on your progress.

You can apply the same method when your heart is embracing

one or another woman with special feelings. - Do not feel indignant as I know that young men - whose feelings are like wings of a butterfly floating from one flower to another - have their main desire to make the most possible hearts throbbing for him.

It is not my intention to dabble at the romance of your soul. These small and sweet pleasures, small enjoyments should be united to one shining sun, to the eternal love, which rays of lights once will only caress and warm that person only who is the most beloved, the dearest of your soul.

Do not day-dream, but let us go back to the serious topic of our studies. Now you must pay attention to my words, since the correct solution of the task placed in front of you will be one of the trials of your acquired capabilities in the art of life. E.g.: Let us suppose that we inherited a large estate. Since me, together with you spent all our lives among books and files we suddenly could not have the knowledge of cultivating correctly that large area. Therefore we must sell the estate.

Let us say I am informed that N.N. likes the area and would be willing to buy that. Go to visit him and use some suggestion to make a proposal that on a day agreed by you he shall visit the estate and you show him around.

On the designated day get up with the feeling of your irresistibility of your intellectual and physical energies. After this open your window to let fresh air in. As your room is filled with fresh air and magnetic irradiant sunshine, prepare the energy-centralizing battery which you will see, by any direction of concentration will be great help.

Take a piece of paper that is 20 cm long and 12 cm wide. Draw a circle with 5 cm radius, its circumference should be divided to four 3 cm and four 4 and a half centimetre parts. Now draw from the centre of the circle with the radius of 1 and a half cm another circle. From the centre of the two circles draw a 3 mm radius

circle. – The 3 cm arch sectors and the 1 and a half cm radius circle should be painted black.

Out of the circumference of the larger circle of 1 cm draw a 6 cm long horizontal line and from its two end points downwards draw two 2 cm long perpendicular lines. In the place of these 2 perpendicular lines make two cuts. – Now make 7-8 cm long and 2 cm wide small tables of flexible cardboard.

If you have any wish, write on the tables and place them on the BATTERY<sup>120</sup>. – This time take a note on the small table as follows, “I want N.N. as well as his fiancée take fancy in the estate of ‘Bullfield’ and therefore do not regret to pay for that great area the 700.000 crowns.” – Place the table to its suitable place, put the equipment on the wall so high that the centre of your eyes is in the same height as the centre of circles.

Look at the text of the table for about 5 minutes; in the meantime consider how you shall proceed to put across the deal of selling the estate still today. During this action take regular breaths; and when you breathe the air the fifth time into your solarus-plexus, gradually make your muscles more and more tense. When the tension reached its peak, look at the focal point of the battery marked with “A”. Now concentrate in this point all the electricity generated by the tension of your muscles and all your capabilities acquired by your previous studies: (your faith, bravery, self-consciousness, will, nerve-power) so all energies of your body and soul for the successful sales of the property.

By this procedure all your forces you have already accumulated in your thought regarding the sale of estate, therefore batteries of your brain become similar to a convex metal mirror collecting the rays of the sun in one point and from this focal point radiating irresistible heat and energy. As soon as the

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120 *power-collector, power-concentrator*

person to be influenced appears in front of your eyes from your thought-mirror, from the rays of your eyes there is an outflow of professional energy into your subject's emotional or thought processing organs that the person will be numb due to the rays of intense will, he will lose its physical and spiritual vigilantism; so becomes so passive that he will think and see as the pictures you show him in his brain by your energy.

At the agreed time go to the appointment with that concentrated, focused thought that you are selling the property at a good price today.

As soon as you notice N.N. take a magnetic look at him, then you greet him with a friendly however not humble expression on your face and the above described magnetic handshake. Nevertheless do not allow your subject to shake your hand either to offer only his fingertips to you. Try to take his whole hand in the way that his fingers cannot bend, otherwise mutual energy compensation happens. During the handshake apply the central-look that must be filled with this concentrated thought, "You wish to buy this estate and will do so today."

During the walk try to talk about general things, do not always talk about the issues of the estate, N.N. should not think of you as a self-seeker, obtrusive shark, as it would weaken your influence. While you are talking about other things, from time to time take a strong concentrated thought - of the purchase of the property in his brain, so by the time you arrive to the estate you will be permeated by the idea of buying the property.

On your arrival to the estate, talk about its great location, romanticize the beauty of the surrounding nature, etc. Should he make any objections about this or that and would begin to talk about the disadvantages of the property, take your eyes off him and then - when he stopped talking - suddenly almost daze him with your central look, focus your attention on the part of the estate complained and by the strong concentration

of your imagination screen a picture to the complained place so that he would see advantage even there. In the meantime with the definite fixation of your will you need to lead stronger and stronger thought-flow into the brain of your subject, that the small disadvantages of the estate are overshadowed by your suggestion with regards to its advantages.

After this when defining the price once again emphasizing the great size and favourable location of the estate you say the price calm and confident; in the meantime the energy of your eyes, blood, all your muscles, all your nerves, all thoughts, in one word all energies of your external and internal self should concentrate in this suggestion, "Considering the advantageous location and size of the property that meets your expectations with regards to your purpose of use, the price of the estate is almost ridiculously low. Therefore begin the concluding of the contract as soon as possible."

Until this positive thought has been rooted in the mind of N.N. do not take your concentrated look off him.

If your subject would maybe think about the offer, it should not embarrass you; you just put more and more concentrated thoughts into his brain. When finally he looks at you with a satisfied smile accept his look with a positive, "That is agreed!" suggestion.

You can return home as a victorious winner; getting to know the big truth that *the talent of human spirit does not have any limits*, and more positive balance do we create between that and the spirit of your fellow-creatures, meaning the more intense we can concentrate the sheaves of our talents, the more almighty is our spirit.

This is the big secret of art of life, which ensures health, love, advancement and wealth.

### XIII.

#### THE MAGIC OF SOUND



Sound is the most effective tool of suggestion. - "Say the word, and my servant will be healed!" - says the centurion from Capernaum to the Master.

The power of word originating from the deep feelings and strong will. - Who would not have felt the suggestive force of a great rhetorician's words! Sounds can enchant and win over you or may as well dismay, depending on what feeling, emotion, thought or individualism tinkles in them. It is well known that voice gives true description of a character.

The loud, boastful or theatrical speech is mostly the sign of emptiness. However the expressive, colourful voice shows rich spiritual content. Therefore the harsh, ill-tempered or discordant voice describes the critical, jealous or dissentious person which really hurts our nerves. Opposed to this the calm, soft and pleasant voices tune us to sympathy. In the voice of the grief-stricken or worrying person there is some dark pulsing tone which can be attractive for a while, but later it becomes depressing. Fear and excitement makes the voice falter and panting. The voice of an ill person is enervated and colourless, as the scent of fading flowers. Joy and health can be heard in happy voices. Love of

people gives warmth, softness to their voices and the internal harmony and good-will gives definiteness.

That person who had hard lessons from the dark side of life, had lots of enemies, was scheming and was frequently dealing with thoughts of revenge, no matter how hard he tries to hide his internal character, will speak in a dry and rough guttural tone, which sounds unpleasant as sound of sawing. However the one, who is keeping secrets and is afraid of disclosure, will speak in a low, fearsome voice. Whose conscience is clean and only wants good, the voice of that person is calm, cheerful and pleasant, just as a harmonic sound of music.

*Pal Weller* in the capacity of the Psychological Institute of New York says, "More or less we differentiate two types of sounds: the live, expressive and the dead, colourless sounds. The former is the sound of the heart and soul, the latter is just a simple muscle talk." - While we are listening to the speech of a soul, no matter what tone it is told in, we are listening to that with full of interest, however the muscle talk being colourless due to its monotony will soon exhaust us and leaves our spirit untouched. This dead voice can be filled with life, colour and become full of emotions if the owner of the voice gets under the influence of a deeper feeling or begins to live a little more eventful life. The dead, colourless sound is normally the result of monotonous life and sound of internal boredom and detachment.

As the operation of the organs of our body slacken if they get the same feed all the time, also the life of soul will languish and exhaust of viewing the same things always from the same aspect and creates the same thoughts all the time. Just as the body needs movement, the spirit also needs eventful experiences, emotions and thoughts to revive and can only develop and influence others as well. The sound of an insensitive, bored spirit leaves everyone disinterested, while the talk of a live, rich soul will create interest, hearten up and carry along. Therefore those who

want to affect and desire convey one's emotions, thoughts and will to other people, shall keep in mind that the empty, dead voice is one of the major obstacles in social life.

More flexible is the voice of someone, the more emotions it can express, the more individuals it can affect. People are designed to be conceived by the pulses likeable for them and are attracted where they feel emotions similar to their affection. The soul of each person has a certain unique scale and if we find this then we won the person to ourselves. We can experience the same with animals. Some voices will make them calm, make them humble, well-mannered and obliging, but strange or unpleasant voices make them annoyed and go wild.

Sound has an effect not only on human and animals, but also on objects. This way for example every house, every church has its own unique sound - if we find this, the walls will vibrate and joggle.

*Kerning*, the well-known German Mystic said in his memoirs that during a concert he realised that whenever the contrabass was playing on Chord D, the walls and floor of the building was vibrating, the windows clattering. Kerning was enquiring about the cause of this interesting phenomenon. An expert musician told him that the room is tuned on Chord D. Kerning expressed his doubts and asked them to play other sounds in much stronger and louder, but nothing moved in the room; however whenever the same deep Chord D was played, the vibration and joggle could always be felt on the walls and windows of the room.

Other times he experienced in a church that when the organ was plying a certain accord, the walls, windows, even the altar were shaking. Kerning turned to the chorus-master for explanation. His answer was as follows, "This is the individual accord of the church, which makes its walls vibrate."

Namely all material or ethereal bodies and objects consist of material or spiritual molecules, which when contacting each

other are constantly vibrating, however we cannot see that with our eyes. If the vibrations of the composition and construction method of a building meet the vibration of certain sound or accord, then if that sound or accord is heard the vibration between the molecules becomes more vivid and noticeable. Most probably the strong walls of Jericho were also broken down like this by those few trumpeters who found the sound which made the walls shaken.

I know some people who under the effect of the accords of an organ, violin or flute are physically and spiritually shaken and are literally delirious by the music. It is written about *Paganini*, the famous violinist, that with some accords he could inspire a feeling he wished into his listeners. The effect of music of Wagner is also in expressing some emotions, states by tonality and is suggesting emotions and states and the listener is under its charm.

Considering the great effects of vibrations of the sound of music, how much deeper and more suggestive effects the enthusiastic words can have! The human word acts not only as a sound, but also as a feeling and thought formalized. *Kerning* says, "If the artistic sound of music can break down walls, enchant souls then the human word can move mountains, melt hearts, control and reconstruct."

Not that we say, but how we say influences people. Sometimes one word which we pronounce with deep sympathy gains a human, a friend for us. However a word that we said annoyed or contemptuous we may gain an enemy as well. Therefore we must be careful what tone we use when speaking to our fellow-creatures. We shall pay attention how some varieties of our voice affect individuals and which tone is the best for them and we shall use that tone when talking to them.

It is the most advisable to frame our voice to the voice of person talking to us, supposing the person is not shouting. If

he becomes too loud, we shall reply in a much calmer voice and soon our opponent will also calm down. The more indignant voice someone talks the calmer voice we shall use with him and soon the bad mood of the person will disappear and we could win him to ourselves. – The flexible, pleasant, colourful voice ensures great victories to its owner in public life.

Attempt to have a tone of our voice in line with the feelings we wish to generate in our partner.

Voice one tone higher than normal, but calm and quiet is the sign of understanding and affectionateness. This sound is very pleasant, magic and awakens affection. The normal, medium high voice is the sound of calm spirit, this awakens trust. The voice one tone deeper than the medium high is expressing seriousness and apprehension. Those who speak at this time attract our attention and raise our interest. The deep melodic voice is sign of the strong character, brave soul and determination that rouses respect and devotion. Words pronounced in a deep voice, slowly, half-quietly create solemn feelings. Words told in medium-deep voice with intimacy and heat suggests passion.

This way every sound has its own effect. It only depends on us how we colour our voices to reach the required effect.

Who has colourless and rigid voice should read a lot out loud, especially lyric poems and dramatic plays and should try to vocalise the feelings and emotions expressed by the words and to be shown in the colour of his voice. Besides this he should also listen to great rhetoricians or performances of famous actors and feel all emotions deeper. Only the deep, real feelings can give our voices that fine resonance which makes them fascinating.

Hungarian language, just as Italian is especially suitable for expressing emotions and suggestions. Hungarian language is beautiful just as the body of our nation and melodic just as the Greek language. It is a shame that apart from a few aristocrats, rhetoricians, actors and writers only a few people speak in its

ancient classical form our beautiful language. Yes, the language of our nation is classical, should our ancestors resurrect from their dead, we could well understand them.

We shall read great old writers as *Baron Eötvös, Zsigmond Kemény, Jósika, Gerben Vas, Arany* and *Jókai*. We should not be modern by all means, however shall feel and think deeper and more Hungarian, talk in the expressive and more melodic Hungarian language, then everyone will be happy to listen to our words and this way we can easily steal our feelings and thoughts into their hearts.

Voice is the flutter of wings of the spirit. Therefore you shall take care of your soul and give place in it only for noble, clear and elevated emotions and thoughts; behave with the most sympathy towards others and your voice shall sound clear, warm and melodic and you will real your spirit by your words.

## XIV. CAUSES AND RESULTS OF TELEPATHIC PHENOMENON



We only need to cover the most generic but most effective field of the science of art of life: this is *TELEPATHY*<sup>121</sup>.

Opinions and lessons about telepathy are very diverse. One considers it a spiritual community borne by strong sympathy, the other considers the phenomenon of telepathy as the moody game of coincidence cooperating with delusions. Most people, especially the enthusiasts dream of telepathy as an unexplainable *TRANSCENDENTAL*<sup>122</sup> capability. Those who are clear about the laws of material and spirit do not need the uncertain *THEORIES*<sup>123</sup> of transcendentalism, but are able to explain the telepathic phenomenon clearly and understandably with the strong correlation of material and spiritual forces directly.

As soon as the said words begin their vibration of the air (which vibrations will spread over in space depending on the vibration and strength of voice) *thought will also create vibrations in ether* which in line with the intensity of the thought has an effect to all distances.

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121 *telaesthesia*

122 *suprasensible, unearthly*

123 *doctrines*

It is a known fact that these vibrations of sounds and that of thoughts do not vanish into thin air but generate harmonic resonances on the chords in line with their vibrations in the area of their sonic wave vibration. The concentrated thought waves in their scope also generate similar ideas in the brains of those whose spirit harmonizes with the spirit of generating these ethereal vibrations.

Who is able to shoot his concentrated thought or will on the wings of his nerve-energy, he can give his ideas, feelings and will to any of his fellow-beings living in any part of the world in distances at choice as if he were connected with the elected subject with a wireless telegraphy.

King of the English Chemists *Sir William Crookes* (who invented the radiometer, thallium and X ray tubes) stated in one of his lectures that the general achievement of the new-age, the wireless telegraphy is only artificial - physically validated - way of that intellectual faculty (generated by energy concentration), which effect was born together with the first purposive thought and the amazing phenomenon of this talent can be summarized as "*telepathy*".

Crookes is right in a way since the causes generating telepathic phenomenon, their accessories, are the same as the equipment of wireless telegraphy. Namely, the sender and receiver devices of the radio telegraph are substituted with the nerve-centres of that one or more people involved in the traffic of telepathy. While at the station of the sender the positive functions work (purposive will and concentrated thought-force) in the receiver station the subjective spiritual capabilities, that easily give way to external effect, in other words the negative nerve-functions take actions.

As in the case of the wireless telegraphy the notions expressed by words and signs and transmitted by electric current, in the case of telepathy the electro-magnetic current of the concentrated nerve-energy transmits thought, will or feeling

towards the designated target. Electric current both in the case of the telegraphy and that of the telepathy is conducted by the wave-like progressing vibration of the magnetic fluid of earth.

While the sound-waves only make the rough molecules of the air vibrate and the light vibrations only spread in the air and in isotropic agent (and hitting against sound- and lightproof material reflect from them) the subtle vibrations of electricity irresistibly move on towards their target in the ether of the whole Cosmos.

Ether is present in every substance, every material, its vibrations are faster than vibrations of light. As the light moves with the speed of 300.000 kilometres per second, the corpuscle of ether in line with the calculations of the Russian scientist, *Mendelejev* speed away 11.190.000 kilometres in one second only. Due to this inconceivable fast movement they are the most authentic to transfer the current of thought and will-energy from one nerve-centre to another.

In locations where Earth radiates greater volume of magnetic fluid, the flow of electric current is in stronger and faster flowing waves, therefore in the magnetic ether filled regions especially those that are close to the magnetic poles the telepathic phenomenon are more frequent. This is why in Sweden, Denmark and Norway almost everybody is actively or passively initiated follower of telepathy.

In the poetry of the northern nations there are countless beautiful legends and symbolized narratives about the visions and telepathies of people with fine souls and sensitive nervous systems. *Axel Wallengreen* Swedish and *Lie Jonas* Norwegian writers describe with affecting romanticism how the Child of Night feels all the love and troubles of his distant beloved ones.

The above mentioned Swedish writer collected his writings in the book "Ur Wallegrens Skrifter" and among other stories he remembers to a Laplander fisherman who while fighting with

the huge waves, focusing the energies of his weakening life tells his death to his loved ones at home in a heated prayer. And really, the faraway children of the dying fisherman can suddenly see the figure of their father and are crying over his death.

Also the son of the magnetic forces filled North, Sweden is the great mystical and visionary Swedenborg as well, of whom the records of past ages note that when he looked out of the window of his home in Stockholm, he could give a true picture of what happened at that time in the court of the Monarch in Berlin, or on the boulevards in Paris.

However you shall not think that the home of telepathic phenomenon is only in the regions close to the magnetic poles. As we know the whole earth is surrounded by magnetic fluid as an infinite sea consequently the telepathic phenomenon can appear at the Equator and in the temperate zone just as in the turbulent points of the magnetic atmosphere, in the region of poles.

It is a well-known fact that the sons of the Hindu nation living close to the Equator are great masters of telepathy. Transmission of their thoughts and will are only done possibly at night. The reason for this is that during the day the sun is screening a great volume of electric thermal energy to the earth; when the cold night begins the body of earth shrinks and the electric rays combined with its own magnetic force is already emitted as magno-electric ethereal substance. In line with the Hindu legend Tesla (spirit of Ether) only then is freed from the slavery of material. This is why this favourable time - approximately before midnight - is used by the Indian ADEPTS<sup>124</sup> to transmit their miraculous telepathic notions, feelings and thoughts and to

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124 *people initiated into the secrets of higher philosophy*

generate physical and spiritual states ad libitum in their subjects under the telepathic influence.

During the war of English in Afghanistan some Hindu people gave surprising evidence of telepathic COMMUNICATION<sup>125</sup>. Namely in the bazaars and cafés of Bombay and Calcutta the natives had discussed much earlier the outcome of the Afghanistan battles, than the military officers in Bombay who were in continuous connection with the locations of the battles by telegrams. Due to the battle the members of the Indian-English Embassy were in disturbance but only received information on the results of the English - Afghan war when the mob in Calcutta had already discussed the events of the battles.

As soon as the English became aware of this event, they knew that the telepathic transmissions winning over time and distance were making a mockery of the good old telegraphy using material devices. Following the things finally it turned out that the express delivery was a few Hindu people whose group was in telepathic connection to receive the coming news and the other group was to send the war correspondence.

An even more convincing case is told by Countess *Montegu Anne* in her dissertation, "Photography of invisible phenomenon". *Dr. Israti* a doctor from Bucharest who has great thought force made several experiments with *Dr. Hasdeu* in the area of telepathy. It happened at that time that *Dr. Hasdeu* finally managed to create a plate that clearly absorbed the smallest possible ray of light of the subject clearly and visibly.

These two doctors agreed that in order to convince their unbelieving friends they would record their telepathic phenomenon in this strongly photosensitive plate. Therefore on the night of a defined date *Dr. Hasdeu* stood this 'Camera

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125 connection

Obscura' beside his bed and went to sleep. - At the same time Dr. Israti with two of his colleagues were staying 100 miles from Bucharest and concentrated all his thought forces and nerve-energy to reflect his picture on the photosensitive plate stood up by his far-away friend.

The brave experiment was not a fruitless effort since Dr. Israti received a telegraph the following day from his friend in which he informed him about his waking up after his vivid dreams at dawn and he checked the plate there were 3 figures visible of which one picture is really clear.

Dr. Israti travelled to Bucharest immediately and along with his friends in doubt of telepathic communication options they went to see Dr. Hasdeu. He was busy with duplication of the picture. When they checked the plate from closer by the side of the two shadowed figure they immediately recognized Dr. Israti's figure. - The picture truly showed that the above named doctor was looking at the OBJECTIVE<sup>126</sup> of the dark-room which is surrounded by luminescent light. This light is believed to be nothing else but the magno-electric nerve-energy radiated by the personality of Dr. Israti.

Later when the positive picture was complete many experts went to see and observe and all of them stated that it could not have been reflected more truly and characteristically the face of Dr. Israti as it was reflected by this record made by telepathic concentration.

Similar to this rare experiment, other telepathic phenomenon were introduced by Teacher Crookes a few months before that in the "Royal Society". Crookes composed from wood and different metals a device similar to the wireless telegraphy receiver that is highly sensitive even to the smallest vibration. This sensitive

apparatus received and truly reflected by sound and signs the letters, words, sentences and geometrical forms concentrated on it even from the distance of 100 miles (by the application of the electro-magnetic flow of human nerve-energy).

Other times in one of the rooms of the "Royal Society" Crookes mounted a huge magnifying glass and at the same time he requested different gender and different ranks of people to focus all their attention on the lens of the microscope and remember exactly of everything they realize there.

Crookes, with his colleagues who were also experts in the art of telepathic connections went to another room where all of them focused their eyes on a mutually designated point, by strongly concentrating their thoughts and nerve-energies all of them together said, "The lens is transparent." - "The lens is black." - "The lens is iridescent." - "There is a cross in the lens."

After a few minutes the controllers brought the news that the subjects saw the lens of the magnifying glass first transparent, then black, then iridescent and finally they saw a shining cross in the fluorescent light in the lens.

Then Crookes and his partners were eating some candies and focused their attention that their subjects should also feel the taste of sugar. This experiment was also successful.

After that the experimental team put salt on their tongues and with the required thought concentration they wanted their subjects to feel the taste of salt in their taste buds. - The controllers soon came to report that the influenced persons feel salty taste so strongly that some of them were making grimaces and asking for water.

If you rule the art of concentration discussed previously and you have gained enough electro-magnetic energy by the improvement exercises then keeping to some regulations you can easily begin *telepathic communication* with your friends, acquaintances or even total strangers.

In the beginning only make telepathic visits by those people who you like and you know that they are interested in you and also like you. This mutual spiritual sympathy, *the spiritual orientation*, highly promotes the transfer of thought or feeling. Even in the everyday life there are countless examples to prove that those who are in strong psychical connection mutually forecast their thoughts and emotions.

What is more, Teacher *Lodge Oliver* in his readings about "The Miracles of Our Age" states that two or more souls could not harmonize to one another unless telepathic thought (emotion) transfer would exist. In his opinion telepathy is the indisputable natural necessity of the generation of harmony. However higher level telepathic communication can only be established among people in harmony with each other.

Select a person from the range of your acquaintances who is thinking and feeling in harmony with you, however with a really negative nature and at night when you are sure that your subject is asleep and is in passive state, go to a silent place. Take some regular deep breaths and in the meantime think calm and relaxed what you really wish to say to this person.

After this you need to close your eyes and calm your spirit. Send all irrelevant thoughts away from your mind, you should only focus on your subject. Try to imagine his figure, face and movements, so all his personality and character. When your imagination gave the truest possible, the most characteristic picture of the person then focus all your thoughts to the notion you wish to say to the subjected person. The most important thing is that during this you should not lose the picture of your subject.

The following preparations are great help in establishing telepathic communication, especially by the first experiments: Take a 1 meter long rattan stick and put it on the back of two chairs. After this stand on one end of the stick and fix your eyes

on the other end of it you almost fix the picture of your subject at that point.

Looking at the stick will awake that notion in your mind that your nerve-energies and concentrated thought in a linear psychical line connects you with your subject. At the same time the rattan stick will seem to you as if it were getting longer and longer then suddenly as a linear line stretch to the vast distance. At the end of the line your subject appears as a more definite, more realistic figure.

When this artificially generated telepathic connection similar to a dream appears as a fact in front of your spiritual eyes then you can be certain that your will, your notion is already vibrating in the nerve centre of your subject and the person feeling your spiritual profession will deal with you, which means that he looks at you with his spiritual eyes. So you can have spiritual discussion with him and can influence him just as if you were close to him.

Call your subject on a serious and definite voice. Tell him your notions or will calmly, in easy to understand full sentences just as if you talked to him directly. Emphasize the meaningful words and by definite positivism plant your suggestions. - Following my directions you will see that your experiments will bring results.

If subject of your telepathic communication is the communication of some information then your subject most probably informs you about this verbally or in writing that you appeared to him in this or that night in his dreams and you told him this or that in such a definite voice that he can still remember your words.

If you wish to communicate your feelings or will in a telepathic way to your subject he will narrowly resist to your positive wish and considering your wish as his own he would faithfully comply with that.

One of my principle friends told me an interesting case with regards to the great effects of these kinds of telepathic suggestions. During a charity event my friend got to like an elegant young lady. Since the woman due to her beauty was constantly surrounded by an army of philanderers, my friend could only talk a few small words to her. The lady as a celebrated queen of hearts from a wealthy family did not seem to realise the man of no pretensions, reserved head-keeper.

Of course my friend as a SCEPTIC<sup>127</sup> philosopher before giving way to his emotions first he wanted to know whether this beautiful body has the same elevated nice spirit as well? Therefore he decided to persuade the woman to confess by telepathic way.

My friend upon returning to his penthouse immediately contacted in telepathic way the relevant lady. Darkening his room, he placed himself to full relaxation until his muscles got really numb. Then by full concentration of his nerve energy brought the photo of the lady close to his eyes and he wanted his subject to think wittingly or unwittingly of him only and from minute to minute think of him only and generate the idea in her spirit more and more irresistibly that she must confess about her spiritual characteristics and emotions to L.

The process of telepathic suggestion lasted approximately for half an hour. During this time my friend was working so hard in his spiritual talents that in the overweight of his spiritual forces he could only regain his normal physical senses only after half an hour.

However his success attended his efforts. A few days after the telepathic suggestion my friend received a long letter from the subject of his desire in which she showed her real image.

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127 *doubter*

Besides I shall remark that the above lady later became the wife of my overly happy friend and still being the nicest woman in the county against all temptations she is the most caring, loving and faithful towards her silent husband going white whose magnetic personality chains this beautiful woman to himself with a magic thread. Their marriage is based on their mutual spiritual harmony and similar relations to theirs in our age - unfortunately - can be considered a miracle.

What else was the basis of happiness of L. than telepathy?

We are able to communicate not only our will and notion to our fellow-creatures in telepathic way but the same way we can collect information on their thoughts, feelings and positions. In the case of acquiring this field of telepathy it is very useful to make the first experiments in agreement with one of your close friends.

Ask one of your distant friends who you are in mutual amity with to think of you at a designated hour and at that time he should express verbally or in writing everything he wants to tell you.

At the designated-time go back to your room and sit comfortably in an armchair. Stand a crystal ball in the size of a billiard ball in front of you that the middle of the ball is in line with your eyes. During the process of the telepathic communication focus your attention only on the crystal ball and wait with strong belief and perseverance that in the magnetized crystal ball in symbolic pictures or in written sentences you can see the communication of your friend reflecting.

Take some deep and regular breaths and in the meantime try to make your muscles and your nerves numb and your body to become totally impassive. You shall also banish all disturbing positive thoughts from your mind and you should only visualize the picture of your friend in front of you. In other words you shall behave inactive just as in your body and in your soul, only

activate your attentive talent, so all your energies should be concentrated in the strong attention focused on your friend as subject to your telepathic experiment.

The work of our soil-bound attention is made easy if we travel to our subject in our imagination. Spiritually you go to the railway station you buy the ticket and rush on. Soon you arrive to your subject, get off the train and arrive at your friend's home.

Finally you are standing in front of the door of your subject. - Now you quietly step inside, look around and remember the unique elements around your friend's environment.

He is standing in front of his desk. Looking up it seems to him as if he noticed you at the corner of his room and he remembers to the promise made you. Therefore he would think of you and slowly, loudly tell you the information he wants you to know, or what is even better he writes them on a paper with nice and big letters that are easy to read even from far away.

You, with your nerve-energy focused in a definite direction, accept the vibration of thoughts from the mind of your friend. This, in line with the power and the quality of the notion communicated will run through your brain as electric sparkle. In the centre of the concentration of your attention, either by the words written in the crystal ball or by signs the communication will be visible.

This phenomenon is the sign of the strong connection established between yours and your friend's nerve centre. Use this great opportunity and focus your thoughts, will and nerve energy in positive directions, it will be easy to reply your friends in telepathic way. This way several hundreds of miles apart you can still communicate without paper, pen, telegraph, so without any tools and comfortably exchange your thoughts and feelings.

This way countless flow of will and wave of thoughts are networking the world. Of course the weaker waves without resistance break on the positive energy of the stronger or simply

they are rejected by the stronger waves. This is the reason why not all thought waves can reach their destinations.

We can see even in our everyday lives that some weak, fighting with the mass of thoughts of the crowd or a notion against the notion of many can rarely succeed. However if the notions generated in different nerve-energy sources focusing on one thing meet, they establish thought waves with huge implications which energy flow will carry away thousands of people.

The same thing occurs during political and ethical-religious crisis. The leading notion is born in the minds of some individuals thinking positive. Of course these individuals, as reformers enthusiastic about their ideals continuously focus their thought forces on this notion. This way from the batteries of their energy they shoot to all directions the canon-balls of their notion and bring the spirit of each individual with a little more negative brain-function as well as indirectly their feelings into motion as well and soon win them to their purposes.

This is the reason why under normal circumstances the most peaceful crowd can become bloodthirsty, furious team of bestial. If later the power of flow of notion generating the revolution is broken by much more powerful - opposite direction - thought waves than the previous ones, then these outbursts of tempers are settled down since they are glad about their old harmony based on the old notions.

Other times a strong flow of notion will awake even the wildest moral nation, behind with civilization to the most vivid intellectual life and amazing activities. Sometimes it can also happen that later a desperate attack of thought will again ruin the nation, stealing self-esteem from their hearts, destroy their masterpieces. Examples to this are Spain and Italy, etc.

Look into yourself, I am sure you have already rhapsodized over some communist, national or social notions and as an

enthusiast you have become fighter for the new idea. When people with more positive thought forces than the fundamentals of the notion enlightened the same notion from the opposite direction, suddenly this fire is extinguished.

Today for example you see the importance of the world affairs through rose-coloured spectacles of an idealist, tomorrow in other environment, under new influences you might become pessimistic.

We can experience from the very different conception of our ancestors on the world that every age, every century has its own significant flow of notion. This way for example in the 19<sup>th</sup> century sometimes the flow of materialistic other times the idealistic notions influenced humanity. These two contradictory flows of notions were the filters of the general ideology of our present century, *the reality*, which in the area of religion, politics, social sciences and ethics is researching and honouring truth and purposiveness.

Due to this in our age when the art of correct practice of reality - the science of "Truth" - and thought-force and nerve-energy going together with them is gaining more and more ground, the negative-spirited people will have bitter fate.

These people are unsatisfied, the reason for their pains, depression namely for their physical and spiritual disharmony is frequently nothing else but the influence by direct suggestion or telepathic way from the minds of their fellow-creatures. It happens several times that the passive nerve centre of the negative souls accepts the vibrations of the nearby people with positive thought directions, opinions, moreover their physical feelings. Putting these down to himself he will feel and act accordingly and this situation is not enviable. The negative individual will soon become the toy of thought forces affecting his soul at every step from the existence of their active fellow-creatures, just as the sand put to the fancy of air-blast.

Therefore in order to keep your individual opinion and feelings amongst these flows of thoughts affecting you from different sides and be able to act according to your own discretion you need to insulate yourself with positive thought-shells against the influence of your fellow-creatures.

When you feel the rule of strange influences originating from outside simply dive in this thought, "*I am an independently acting individual in full possession of my self-conscious.*" In your imagination create a definite picture of your individuality and surround that with positive thoughts originating from your self-conscious. You will see that your thoughts focusing in true recognition of your internal self generate energy which fills your fluid circle with positive vibrations and surrounds your being as steel armour excluding every external effect. Due to this you will feel strong in full conscious of your individual talent both psychically and physically.

This individual insulation is of great importance for anyone. There are times when the individual sober-minded thinking becomes question of life. In this crucial situation normally the external influences have huge pressure on us and frequently create doubt and indecisiveness. We shall not hesitate much, but consider that every man is of his own master.

Bearing this in mind we shall take positive intellectual standpoint and concentrate our most active thoughts to the case under review. Our notion generated at the highest, strongest stage of our concentration should be fixed in our minds and we shall act accordingly.

This way by the isolating from external effects and at the same time by the thought concentration we can generate the most successful decisions, since it is a matter of course that our internal self knows best that is good for us. It is not without reason when apart from the art of activity (concentration, telepathy, and suggestion) and passivity (reading of thoughts,

etc) we also practise the science of spiritual isolation as well.

When this uniformed three dimension ability has been acquired by you then you have the key in your hand to open the house of secret forces of nature anytime. – If with these great talents in your soul you are not able to conceive the highest wisdom, then it only depends on your spirit as not fine enough for the perception and understanding of the subtle vibrations of the grandiose thought-waves of real “Trueness”.

Even the physical effects (such as light, sound, scent, heat) can only be felt because in the gradual development process we trained our senses to accept and understand the vibrations of those influences.

Namely at the lowest grade of PROGRESSION<sup>128</sup> people differentiated only two kinds of sounds: high and low. It is proven by the monotonous music and songs of the nations closed from the general flow of culture and therefore still drowsing in the cradle of development.

At the same time people of the cloudy age of dawn did not know the different shades of colours and that of lights, they could differentiate between the dark and light colours. They considered light those surfaces that reflected light and dark all those layers that absorbed light.

It is of common knowledge that even in our age among educated people there are some who are totally insensitive to vibrations of some colours; some of them confuse red with yellow and blue with purple. The reason for this colour blindness is nothing else, but the fact that the ancestors of the given individual or the individual himself had not improve his optical organs to sense correctly the vibrations of these above named colours.

Similarly in the area of psychical life we can only feel and understand those influences to which perception our sense organs are well developed and practised.

Nevertheless the most intense are those influences which we pay the most attention to. This is why a rough, sensual person is paying attention on the thought in line with his spirit that is contemptible and immoral, so he is the most impulsive towards the vibrations of those. – The attention of a composer focusing on the sounds and tunes originating from the visible and invisible musical instruments is of course most sensitive towards the vibrations of those.

*Ferenc Erkel* for example states the following in a letter written to his cordial friend, "Walking in the affectionate regions of Transylvania my heart is filled to overbrimming with the flood of more and more beautiful Hungarian and Sekler folk-songs. I cannot get away from them and I cannot even be relaxed until I am able to open my heart to say what I felt there when I was wandering in those romantic, singing regions."

The painters, sculptures and poets being interested in beautiful landscapes, noble figures and elevated thoughts are under the suggestive effect of those. This is how the amazing poems of *Petőfi Sándor* were written about the miragy plains and lives of plainsfolk.

The above said make it obvious that what direction and grade of education we have, that quality and quantity thought and feeling vibrations we are able to absorb.

According to *Dr. Braun* the great German METAPHYSICIAN<sup>129</sup> we can get into communication with the "Source of Omniscience" in two ways. It is either we place ourselves to total physical and spiritual passivity that the general knowledge floating in

“Akasa” or in ether is able to flow into our spirit, or we must establish communication to a higher spiritual being by straining our thought concentration and attention to positive directions.

The well known English writer *W. T. Stead*, by uniting the above mentioned two methods rationally found a more direct way to conceive and record the vibrations of higher wisdom. In his opinion if we wish to interpret any philosophical term, then *we must concentrate all our thoughts with full positivism on the relevant notion.*

When the picture of that is definite and perfectly formed in our mind then we must place our whole physical and psychical SENSORIES<sup>130</sup> into total passivity only our sense to perceive the relevant philosophical term should be active. All our attention must focus with the most energetic tension to perceive and understand the vibrations originating from the source of the relevant philosophical truth.

It is advisable to write down immediately our impressions gained this way. It is subject of an interesting study that by several intense exercise our improving spiritual capabilities from day by day are able to perceive vibrations of higher and higher, more superior thoughts.

If we get into telepathic connection with the general knowledge floating in ether or the source of wisdom, frequently we get to know new notions and ideas which we have not known before. This is the so called *INTUITIVE*<sup>131</sup> *knowledge and acquisition of wisdom*, of which under the name of *inspiration* countless number of artists, scientists, poets and writers have attained knowledge and art.

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130 *totality of our senses*

131 *inspirational*

Using the words of Emerson, *"Glorious great nature is always ready to give us, to give to his children and keep on giving, we just need to know how to ask of him."*

In the artistically created brain and nervous system of millions and millions of corpuscles by the highest spiritual "Principle" Lord gave amazing talents similar to His. These capabilities are patiently waiting to come alive in the process of development by awakening words from outside or inside and beginning to act, the genius sleeping in human should spread its magic wings of its power and gains the victory over all obstacles.

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