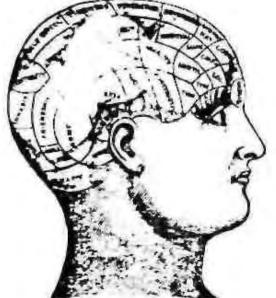




CONSCIOUS CONCEPTION wisdom



BY L. ARKLINSKI

For more information visit the Honesty Organized Worldwide website at http://www.honesty.org

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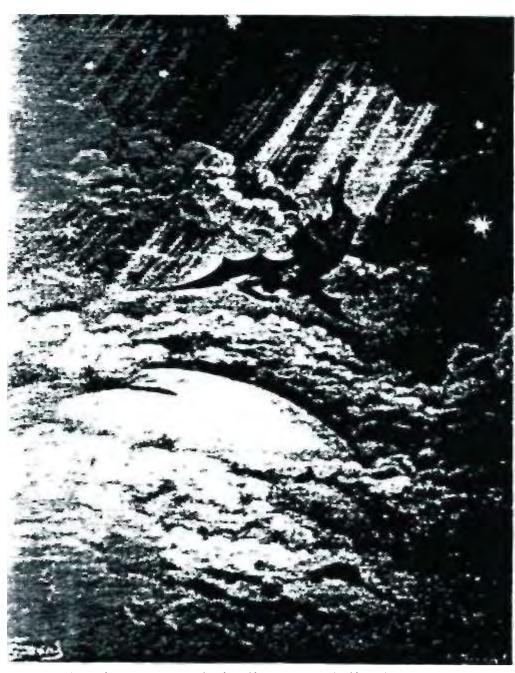
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Ancient records indicate an 'alien' knowledge once contaminated Earth.

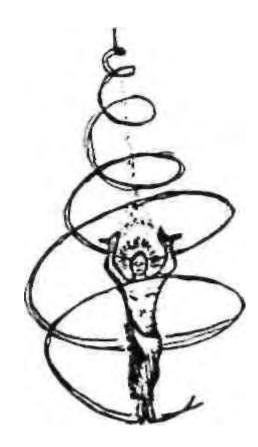
INTRODUCTION

This book will present the theory* of Infinite () Knowledge.

You will learn how you can use it to acquire the knowledge you want for your needs and desires.

Various techniques are presented that have worked for me & other people. These techniques are used to tap a storehouse of infinite knowledge. Both directly & indirectly.

Yes. You can know any and everything with the help of this book!



^{*} I say theory only because you can't really 'prove' this, except to yourself.

DEFINITIONS

Here is a list of terms I will be using and the meaning I'll give This is so we both will know what I am talking about.

EMPIRICAL KNOWLEDGE: That knowledge which is learned or experienced

<u>INFINITE</u>; Without bound or limits,

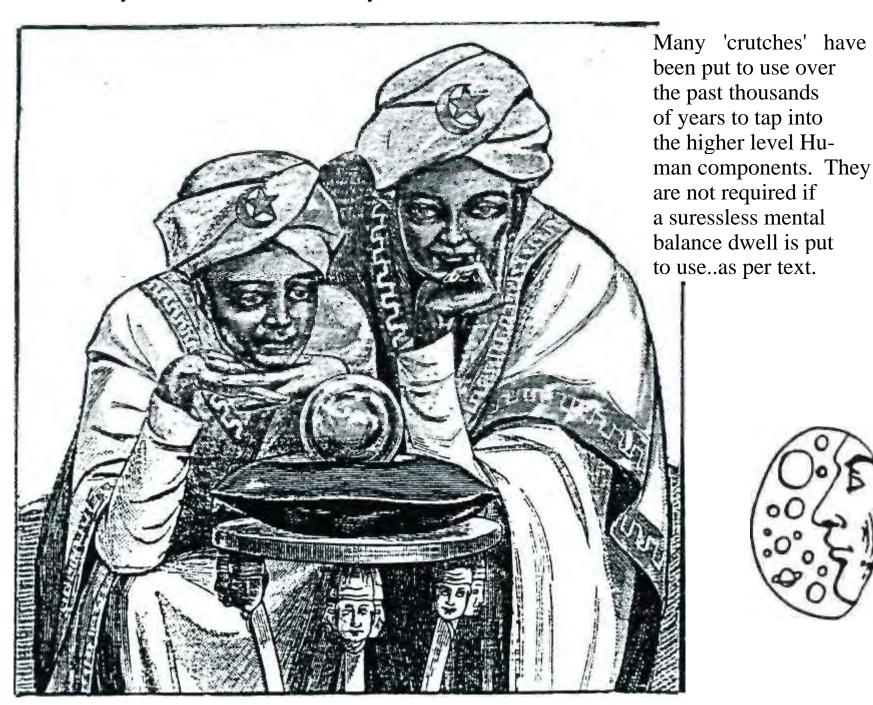
I'll be refering to knowledge as information or fact. KNOWLEDGE:

<u>TAPPING</u>: Methods of getting knowledge.

KNOWN KNOWLEDGE: Knowledge that a civilisation or place has or knows. Gotten empirically. (Although all knowledge is actually known, as will be shown in this book.)

'UNKNOWN' KNOWLEDGE: Knowledge that a civilisation or place doesn't Knowledge not gotten empirically.

Symbol for infinite or infinity,





Infinite knowledge is knowing that you can and will know anything at anytime and anyplace. There's no restrictions on time & space!

Infinite knowledge is based on the theory* that there exists a universal storehouse of all knowledge & energy from all times, races, places, and 'realities.' This storehouse is <u>available to anyone</u> who wishes to contact it.

This storehouse contains all the knowledge that was, is, and ever will be. Infinite knowledge. This storehouse goes by many names The Universal Mind, The Source, Cosmic Mind, Space Time Unit(STU), Nature, and even God at times. To me it simply just is.

You can think of this 'Source' almost as a consciousness of its own.

Expanding throughout all universes & all encompassing

This is all fine and dandy' you say, 'But just how do we get at this infinite information bank?', you are wondering.

To use this source that is available to us is simple. Tap it. Just like you do anything else. Tap it!

I have my methods that work and there are others that other people use.

Let's find out what they are.



^{*} I say theory because you can't really 'prove' this. Today's instruments are inadequate, although results speak for themselves.

- UNLIMITED KNOWLEDGE
- IS AS FAST AS YOU WANT IT
- GOOD ANYPLACE
- WORKS ANYTIME
- YOU CAN KNOW 'UNKNOWN' KNOWLEDGE
- YCU HAVE TOTAL ACCESS
- GREAT FOR ENTERING AN 'UNKNOWN' AREA



TAPPING

(For Infinite Knowledge)

Tapping for infinite knowledge. This is the meat of this book. It's like having a car and not knowing how to use it. You need the operating instructions. And the principles on how it works are a good help also.

I use tapping because it seems to fit. However, use whatever word suits your fancy. Words in themselves are meaningless. The only meaning they have is that which we give them. Hey! Create your own word!

First I'll go over what I'm familiar with and then hit some methods that have worked for others.

MYMETHODS

I use various methods to get the knowledge that I want. These methods fall under various categories:

INSTANT KNOWLEDGE

PUTTING IT ON THE WIPE

'STARE' - NO THINK

TOTAL THINK CUT

QUALIFYING

'SLEEP ON IT'

UNKNOWN KNOWLEDGE

MINDSCAPE IT



<u>INSTANT KNOWLEDGE</u>: As you might have guessed, this is 'on the spot' knowledge. Many times it is gotten

'on the spot' knowledge. Many times it is gotten as I am speaking. I'll find myself talking with authority on something that I know nothing about. Checking it out later, I'll find that I was right. Or, if I'm working on a project I'll get information on something I don't know as I am doing it. This last one happens more than the previous one. I'd say this is the one that I'd say I have to not work at - I get it as I need it. Sort of on demand, but without a conscious effort. For this method to work you have to pre-program yourself, at least that's what I do. I do this by knowing that I will know What I want to know, when I want to know it. It is based on pure faith & belief. Actually this is the method I have used the most when I'm on to something. Especially when I am exploring new ground. It works well with 'unknown' information. I would say to train yourself to do this do things that you have no idea of what or how to do them. But know that the source knows and it will tell you what you want & need to know. Experience in other methods gives you more faith in this one. This Instant Knowledge method is the best method I know of, but takes the most faith also. Practice doing unknown things is the best way I know of to do this. In fact, the more foreign it is to you the better. This is my favorite one. I've used this method the most & it has the best and most immediate results. But it can be the hardest one to learn because of its pure faith level of knowing. This may be the toughest method to develop. I've done it naturally for so long it's second nature to me. I consider this the best method. It is quick, exact, and requires no real work.

—That April OMNI also includes an item in its "Continuum" about the brain heating "thinking cap" mentioned in the April installment of this column. In the OMNI story. University of Southern California researcher Peter Hancock is quoted as relating the body temperature/human performance link to circadian rhythms, implying a potential freedom from the categories of morning and night people.

-If raising brain temperature one degree C improves brain function, as Hancock claims, perhaps our natural "fine tuning" comes from facial expressions. This is the theory put forth by Robert B. Zajonc, professor of psychology and social science at the University of Michigan, in 2 recent issue of SCIENCE,

PUTTING IT ON THE WIRE: This method is a bit more layedback. it's not wishful thinking. You have to really want to know something. First you get the idea. Then you ask yourself "Do I want this information?" You have to really ask yourself. Take a few minutes and think about it. If after your confusion and some icecream (a), you decide that you really want the knowledge, you let it go & know(matter of factly) that it will come to you. Obviously this is for when you're not in a hurry. Yes, you could use Instant Knowledge. But it's like a car, you use each gear for its best range. The same applies with getting knowledge. I use this when I'm working on something on the side-it's not my main project. I decide that I <u>really</u> want the information. Then I say "O.K. Take care of it. Thanks." I wait patiently doing other stuff while I know I'll get the right knowledge I want. I give a sincere thanks to the universe(this step isn't necessary, but it makes me feel good about it). I would say the most important step here is to decide if your desire is just a wish or a sincere need.

<u>'STARE' - NO THINK:</u> This one's interesting. I would say it's close to a trance, but not exactly. When I do this I feel that I am in direct contact with that all knowing source. The knowledge does come instantly & directly. In fact, I've designed some circuits using this method(I've never taken an electronics class*). I'm now gonna tell ya how I do it. You may want to develop your own method.

- 1) I <u>unconsciously</u> put the thought of the knowledge I want in the 'back of my mind.'
- 2) I clear all conscious thought.
- 3) I look out into space or usually focus beyond my paper.
- 4) I breathe slowly & deep through my mouth. My mouth is open but not gaping relaxed.
- 5) My eyes are only partially opened also relaxed.
- 6) Voila! I get my wanted knowledge. I do this sometimes by putting my pencil on my paper & start to move it, in no particular direction. Then I write or draw the knowledge I get. (NOTE: No, this isn't that automatic writing stuff. I don't believe in that hoo doo voo doo stuff.)
- 7) I just get a feeling & know when I'm through.

^{*} Nor do I plan to. In fact, 'normal' learning methods and avenues become slow & obsolete with Infinite Knowledge. I know all I need to know about anything whenever I want. And since I'm interested in getting things done, this works just fine for me.

NOTES: Many times the knowledge comes in symbolic forms. Some I've seen, some I haven't. It's a thrill to see your pencil move around and draw a circuit or write out information right before your eyes! No, I'm no medium. Nor do I want to be! I know I am tapping the source and just channeling it to my pencil. This isn't any hokey hoooopla. I'm just using a tool. No more. No less. That's all. This is probably the most far fetched method, but it does work. I've always gotten valid knowledge. I've only used this method for known knowledge. When checked, it has always been right on.

You know. You think and work on the knowledge you're after. Sweat & tears mingled with sleepless nights and many hours of frustration are your companions. Yes. I have done this. No. I don't anymore. "Why?" you ask. Well, I'm into the easy & simple way of doing things. And the other methods of acquiring knowledge are more my style these days. I admire those who use this method. They have perseverance & dedication. If you want to know, this is the way I did the "SPACE-FLIGHT Using RELATIVITY" book. It took me over 2 years to finish the book that way. I wanted to do it. Now 1 to 2 weeks is all the time it runs me anymore. And sometimes only 3-4 hours!



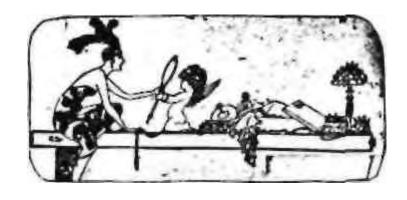
QUALIFYING: I use this method about a third of the time. It's easy to use and rather straight forward - not so abstract. This is a good way to get started using Infinite Knowledge. This is neat because you don't have to know exactly what you want. You guessed it! All you have to do is start giving the qualities of the knowledge or piece of information you want. Think of them all. Even write them down. For example; I wanted a space propulsion system. Not just any system. The system or means had to be simple, easy to impliment, use no fuel, use the natural ways of the universe for propulsion, and operate in any space & time. There were a few other qualities I wanted also. I put this out on the wire & I slept on it. I redefined the system a bit more and put it out & slept on it again. Low and behold I got itl The answer was; all I had to do was to tune into where & when I wanted to be. That's it. It was that simple. Well I got the details and the particulars also. And presently I am working on a prototype. Believe me, when you see your dream coming together you start getting a big ear to ear sh____ eating smile on your face. Everyone is always wondering.... This method is the one I suggest you do first. It's simple and the results are good. I do suggest that you give as many qualifications as possible as you can. The universe can help you better when you are more exact on what you want. That's one reason why this method works so well.

'SLEEP ON IT': Yes. You've seen the books. I've written one also. This is a popular method. I use it, but not too much. Basically, get down what you want and give yourself commands to work on it as you are falling asleep. It's that easy. I make a checklist of what I want done while I sleep. I also give the list items priorities due to importance, magnitude, & time factor - when I need it. This should work well for you. I've had nothing but success with this method. Sometimes the knowledge sought does take time. If you are having any troubles, I suggest you redefine your wanted knowledge and give it more qualifications. This has helped me.



UNKNOWN KNOWLEDGE: This isn't a method. I just wanted to make some comments on Unknown Knowledge at this time. I would say that Unknown Knowledge is almost a dimension of its own. Like flying is a dimension different from traveling on the Earth. With unknown knowledge you are really <u>stepping out</u> for real. Most of the information I have gotten in the past year or so has been Unknown Knowledge. Mainly because the things I want to do and the manner in which I have wanted to do them are very forefront. There are no books on them. No one knows anything about them at all. I've even had to develop my own words & symbols to describe some of the things I've been doing lately. Unknown Knowledge is exciting. You are on the frontiers. The unknown. I feel like an explorer. Besides that I have a lot of fun creating things...with enthusiasm! When working with someone (talking to them, etc.) and the information is unknown knowledge, be patient and go slow. Say the same thing over again in at least <u>3 different</u> ways. And show them something they can grasp, maybe on paper. "Define all of your terms. if they are following you. Keep asking them. You could lose them at any turn. Be cautioned though because many people don't want or like new things. Especially if you tread on something they cherish. No matter how great your newly discovered knowledge is. They are only human though, like the rest of us. Approach them with compasion & understanding. No one likes an arrogant smart a____.

my favorite. And one I am using and exploring more & more each day, It's great !! In mindscape I combine a dreamlike state(but I'm still conscious & hear what's going on) with Instant Knowledge, the direct tapping of 'Stare', the completeness of Qualifying, the easiness of 'Sleep On It', and the adventure of Unknown Knowledge. I have my MINDSIGHT - mental visualization - down to a very high degree. this I enter what I can relate to only as an infinite state - can do any & everything. It's a blast! And what's neat is that I have as much control & generation(creating) as I want - from zero to total. This is only a recent development. I have only been MINDSCAPING since last March(1984). Ever since then things have been wild and wonderful! It's like a new dimension. It would take me a whole book to tell you about Mindscaping. I just wanted to mention it here so you know what's available for you to advance to. I'll try to get it down in a book for you, but we're dealing with something totally new here so it might take some doing, I'll do my best though. Just imagine having the power of dreamstate, with infinite knowledge capabilities, ultra-visualization & total creativity and control. It's a blast !!!!!!



OTHER'S METHODS:

Other people have developed techniques of acquiring knowledge that work.

The ones I am familiar with are 'Sleeping On It', which I already told you about, and what I'll call 'Directed Meditation.' There are other methods I'm sure, but at this time I don't know of them. So let's hit it.

<u>DIRECTED MEDITATION</u>: I was taught this one by a friend. Meditation may actually be a misnoner as you actually need only be relaxed and go through this with your eyes closed. You direct yourself in a self imagery process. You 'see' yourself getting the knowledge you need *from* the universal library of all knowledge. This is how it works. Find a relaxed place. Get in a relaxed position (whatever works best for you). Now see yourself entering a tunnel. A tunnel that links you to the universal library of all knowledge. Go through this tunnel for as long as you need to before reaching the entrance to the library. Go in and you're there! Go where you think the information would be. Look around. Look up the subject. Or you can say "Where would it be?" and wait for direction. This works for some. I've gone into the library and just sat down at a computer terminal and typed in what I wanted to know. In an instant or so, voilai 'Information at your fingertips.'



MY PERSONAL EXPERIENCE

Let me tell you how I came about this,

I love to know. It is almost an obsession with me. I can still live & enjoy life without knowing though.

Here are a few things I've used Infinite Knowledge for:

The Wave Theory Series - of the Universe of Anti-Gravity of Spaceflight of Time Travel

The Psychotronic Phenomenae - Specifically as Mind interface & the Universal Mind circuitry.

Also specially designed Psychotronic circuitry.

Automobile Circuitry Design

CYBORGON - the intelligent omni-computer, psychotronic 'type' of device. This is for our spaceflight control, but can be used for anything. This guy is something.

GALINTRA Spacecraft Design

Let me tell you. It's a real nice feeling to know that you can and will have any information on anything you want at anytime and anyplace. A sort of omni-knowledge. A good part about it is that you don't have to spend years in a classroom to 'study' or 'learn' about something.

Infinite Knowledge is a great tool for you to have. I like it because I can get things done fast & well.

Infinite Knowledge is one of my best resources I have. I am highly creative so Infinite Knowledge more than 'earns' its keep. I am thankful for this very nice gift.

Please have fun using Infinite Knowledge. I'm sure you'll enjoy it!

Regaining Memory

Many researchers and hypnotists will frankly tell us that the so called subconscious never forgets. The problem comes in dredging up the memory from the human data storage banks.

Up to now. knowledge in the field of memory storage has been based on guesswork. The most advanced memory courses have relied on association or little understood "crossing the fingers" techniques. Recent human function breakthroughs have now changed such shortcomings. A California author has blueprinted the "hidden" components of the body and shown that all humans have at least 3 Minds feeding data to the brain. Unless these Mind components are balanced or working together there is the usual confusion, sickness and poor memory. To prove the point, recent testing on Eastern

Your friend,

- L.A.

"mystics" with super-normal powers

have shown this balance. While and

average person would be would be functioning in a "delta" or "alpha" frequency, the Yogi master would be functioning on several Mind frequencies at once. This tripled the electrical wattage. . .and the performance.

Further data on gaining super ability performance through such simple mind balancing techniques is available from: Modern Humans. 22511 Markham. Perris. California. 92370 U.S.A.

Some things will help you in your quest for knowledge using the techniques presented here.

One key is faith & belief that you will get the knowledge that you want. You must also be 'in tune' with yourself. Accept the information as matter of fact. It also helps to keep your emotions and fears out of the picture. Trusting yourself that you can & will know the information is a good help. Try not to analyze how or why a method works, only accept that it does. Not consciously thinking aids in receiving the knowledge you want. The more you be exact in what you want to know, the better you will receive the knowledge - faster & clearer. Just knowing what you want to know - in an idea state, but a complete idea form - works fine. In fact, this is what works well for me - the path of least resistance (isn't that how Nature does things - the easiest and best way. How come we seem to have a compulsion to complicate things?).

I have found that the universe will go out of its way to help you, and even seems to enjoy doing so.



Note by publisher: Don't be misled by your Logical thoughts into thinking that the methods in this work are to simple to get action. Your non material SOUL has access to all of the knowledge collected on this planet. The only barrier to it's retrieval is fear and a lack of action & determination.

If vou need further background on how these methods work, I highly recommend the Modern Humans Comprehension texts put out by A.B.Glaser in 1976. They will aid in throwing off the usual mental blocks..... Fry

From the time our species ate of the fruit of knowledge there has been a special training program going on to get Humans back to perfection. Prior to this noted event & 'contamination' by knowledge & choice, we functioned like all 'animals' do. They simply act & react according to their automatic soul species programming. A Dog, for example will always act within it's own species knowledge & never act like a cat. Occasionally, the animal soul will program a newborn animal to act closely to another species for survival, but this is outside the norm.

The carricula for we Humans on Earth covers a wide variety of subjects before we are ready to venture beyond the confines of Earth in completeness. At present our technological systems are paving the way toward conquering space but unrecognized by scientists, there is one human component that does not make the journey. Astronauts can be carefully trained here & then act completely unprogrammed in space. Early communications with them exposed this fact & a heavy censorship followed later communication exchanges. ± Because we Humans do have a number of anti matter higher level components, it is essential that we have training in mastering the use of these components, if we are to go on to broader realms. Just one component acting slightly out of synk can bring disaster when higher brain wattages are used. An example of this is when a body short circuits it's components & goes up in spontanious combustion.... or 'blue flames' out. Persons who cannot bring their Mental Hertz rate down below an excitement dwell are completely cut off from access to outer dimensions & higher PSI work. Paradoxically, the higher 'Mind over Matter' abilities fail to materialize if all the higher components & dwells cannot be blended. With one component working in the eight hertz range, it is possible to add at least two other component energy bands & expand the brain wattage to the required 20 watts or so are reached. This is why Humans stuck in a strictly mechanical frame of reference in these areas are limited. They can't get full potential from their Human energies to augment their machines. Since one of the Human components is little interested in fame or public demonstrations, there is usually little higher level ability available for scoffers & amazing Randi types who seek demonstrations. With a long background of negative programming to overcome, PSI machines & high technology is very necessary to bridge the gap & pave the way for acceptance of high level Mind power. Its just that machines are inferior to the magnificent body our creator gave us. The Human brain is worth several hundred thousand of todays best computors in storage potential. The higher level components can easily escape the boundaries of time & distance, which all machines are restricted to. No, There are no instruction manuals on using such components but this corricula is covered for students who will make the effort to go beyond the basic training programs here. The 'basics' include constant 'choice' actions concerning 'ethics'. Whenever the creators inviolate 'free choice' laws are violated, there is a nice little karrric less on forthcoming to show the violator how it feels to be violated. Memory banks are filled with ten thousand years of hard earned data to give us an inner knowing of 'right' & 'wrong'. Still, Humanity struggles along in chaos from weak application & little positive action. ± Time is now running out for slow learners. Certain planetary energy patterns were cut off back at our perfection contamination. It will be necessary for the good of our planet & solar system to end these resrictions. This will require that those of us who are going to graduate from this drama get in shape for the final testing. Soon there may be little security

be little security beyond the useage of own own inner higher level knowledge and abilities. Persons who cannot tap their higher level abilities will simply flunk out & lose not only their bodies but their higher level components as well. They will, by their inaction and lack of effort, go back to their original automated, non choice status.

At this time there are two major intelligence systems upon the planet that are aware of whats coming up. Both have had representatives & teachers who advocated bringing about a 'paradise on Earth'. One system has doae a magnificent job of forcing our lazy species into high level technology & energy useage. They are valiantly trying to get their remarkable system spread beyond Earth with space programs. They are trying to bring back a system they once lost in which the leaders were Gods with great power and ability. For every counterfit or reflection there is a real & 'genuine' however, and it is the 'free choice' system that offers the other 'paradise on Earth. No leaders would run their Paradise. The only control would come from the persons with their own 'self control'. As the final drama on Earth unfolds & the players & stage sets are placed, seekers who are serious about the game should realize their time for choice and action is running short. There will be no unearn ed rescue squad from on high, there will be no instant easy lesson crash programs to take away responsibility. There will only be the inner awareness, that each Human now has and must now use or ignore. Our future will depend on our present choice. (The author welcomes letters from persons interested in reorientation, & may be reached at: 879 Park Ave Perris, CA. USA 92370

Sleep Requirements: There are several ways to cut down on the need for sleep. The easiest to implement for most persons is to cut down on eating. One of the main reasons for sleep is that it gives the little garbage collecting globules in the blood a chance to clean out the toxins in the body and eliminate the waste.

Since the majority of persons eat far to much...and foods loaded with additives and artery gunking crud, it takes longer for the average junk food addict to get their nightly cleaning.

A light diet of brown rice, freshly ground Sesame seeds, raw milk and raw greens will provide all the food value requirements and do wonders in cutting down the sleep requirements.

It has long been recognized that unhappy persons without positive goals in sight, take refuge in sleep. The persons who take time out for fun each day and balance this fun with creative work, usually look forward to the new goals to conquer each and every day. They seldom need nearly the normal amount of sleep.

Persons who start tapping their higher level components or their 'flowline' also get quickly recharged. This is because each of their balanced mind components will work with the other and give the body functions a boost. The foundation of this action starts in the slow churning action of the intestines where electrical current is produced for the electrical circuitry of the body. While one component stores this type of energy, another starts storing away a seperate type of energy which runs through the acupuncture meridians, and which science knows almost nothing of. Since the average person is constantly having conflict between their Mind components, it is usual for this charging action to take much longer than necessary.

Further data on higher level Human functioning is found in the Modern Humans Comprehension texts distributed by Pry's, 22511 Markham, Perris, CA. 92370 USA

(The founder of Modern Humans ,A.B.Glaser and the author of CETAR publications have both been able to balance their components to the degree that higher level knowledge is automatically tapped. At this stage there are huge energy and knowledge gains...) A.Fry



The crossroads have and here we are looking around and making choices. Many of us get sidetracked and cant even choose anymore. I visit friends and aquaintances and see how they lose thier life and dreams. They simply sit in front of the boob tube and let it slowly wears away thier mental shields and self determination. Many have never had much of a chance for escape. They were born in cities of emotional poverty all scrunched together in 'cell block' homes. Schools soon taught them to follow authority and keep their original thoughts to themselves. Programmed in such an environment they were comfortable in controlled surroundings and only one in a hundred would probably even break out and face a change. Its easy to spot the mental damage. The animals are always enjoying themselves while resting, eating, or playing. The human species is seldom happy anymore. After a fourth of thier life in school. The indoctrination usually permanently erases even a smile. Denial systems run the planet. They ensure efficient work and value systems. If you dont fit into the popular systems you get shunned and punished. The Creator put the food and shelter here for free, but manipulation and domination systems have made it unavailable. Give allegience to a government leader, or system or starve. Millions starve because they have inefficient leaders. Millions thrive in wealth because they can fit right into this denial or manipulation game.

Now that technology and transportation problems have been conquered the choice of paths is simple. Either we spread the natural wealth of the world around a little better or we continue on the same old denial paths and selfdestruct. The civilisations of the past have all self-destructed. Their beginnings in idealism were corrupted and eventually their domination patterns corroded away their strong free-choice foundations. 90% of our Constitution is now gone. When I was a kid I used to visit the goat man. He was a hermit in the hills above our ranch, he was old and couldn't stand being cooped up. Today, he would be carted off to a rest home doped up and emotionally poisoned. I thought his ideas and lifestyles were great. Yet, today the system has no room for Self-determination. Pit in or be made to fit in. Freedom is sold for a promise of security. Any politician who promises more for less is eagerly voted in office. Once in office they do the bidding; of a monolithic banking cartel system that works toward a subservient one world system. America is being sold out and few persons have enough inner determination to fight. The insidious trivia of the media lulls us into apathy and dulls our emotions beyond action. By 35 our citizens are 'burned out' or shut off. They can't even remember what free pleasures are anymore. They are held in the rat race by constant offerings of a 'carrot on a stick'. Running an expensive toy on a weekend is the best they can do for fun anymore. Having true emotions like an animal is considered a weakness. Heaven help us. Somewhere along the line I hope my neighbors on this planet wise up before its too late, 'while I'm waiting though I'm going to live each day to the hilt. I'm going to ask if something is fun before I do it. And I'm not going to allot over a third of my time to non pleasurable pursuits. By an ethical balance and self control of my one and only body. I intend to escape the servitude of society as much as possible and enjoy as many of the wondrous pleasures here as I can.

IMPROVE YOUR MEMORY

One of the easy ways to improve your memory is by remembering to take your vitamins.

Many people in our society today drink alcoholic beverages, smoke, take sedatives, and indulge in other ingredients that considerably impair memory processes, but are negligent in taking certain nutrients that can help keep the memory keen.

B-complex vitamins, found in beef and chicken livers, brewers yearst, kidney beans, navy beans, and soybeans, are essential for a good memory.

To keep the memory alert and functioning:, it is also important to eat plenty of foods rich in iron, which includes beef livers, soybeans, chickpeas, prunes and sunflower seeds. And be sure to include vitamin C because it helps your body absorb iron and keeps your memory bank well-stocked.



One of the best kept secrets of the past several thousand years is how & why the 'denial' systems of our planet were set up to enslave we Humans. . mentally & physically +- To learn of these things can be a little dangerous, as mentally free persons are always a danger to such systems. If you are ready for the key to freedom however, there are certain concepts that should be understood. 1st, it is essential to recognize that we do not exist under some tyrant 'God' who wishes us in misery. Our creator gave us a literal 'garden paradise' that is simply brimming with food and raw materials. Being a creator who grants free choice however, he lets us work out our own We are the only species that has this burden & all other animals work on their instinct and under an 'automatic' knowledge that is carried in their species patterns. A Dog or Cat for example simply can't function in the patterns of another species. Only the human species can function in many knowledge patterns. The ancient sacred works tell of the time when our species was changed, Adam was driven from the garden for eating from the fruit of knowledge is how our christian Bible puts it. This contamination of our original knowledge makes us 'cursed with constant memory and choice. Animals can squabble over terretorial rights & such one minute & the next minute, be eating with each other with no recall caryover. Not so we Humans, we will carry over grudges & either try revenge. . . or will repress our negative thought actions.

The great spiritual leaders have pointed out that our anti matter or 'spiritual' counterparts gather knowledge & carry it in the memory patterns of our genetic patterns. After thousands of years of how it feels to be dominated & abused then, there is an 'inward' knowledge of 'ethics' or what is right & 'wrong'. We 'inwardly' know when our actions will hurt or deny another Human. We then have the choice of whether we carry through the thought to action or not. Our classroom or training ground of course, is the environment that we surround ourselves with. The Domination or denial systems are carefully set up at all levels to extract constant pressure & choices from we Humans. Such systems see to it that the creators bounty is never freely sharred or spread around. It allows a little power&freedom only to those who follow their systems and gain such rewards from their obedience & loyalty. Persons who fight these denial systems are easily dealt with through complex system rules & 'laws'. Such are the greater choices then. Either put ethical conduct 1st & follow the inner guidance that the great spiritual leaders spoke of, or choose to become a pawn in the wordly systems that always lure the Human with more 'things' or power. A great many of the persons who are locked up today simply have no skills in surviving under the domination systems today. They simply can't survive in the complex jungle outside and they have no concept of either of the two choices available. They can't fit well in the current hard core domination systems & they ignore their inner higher level components that would furnish them an inner or 'spiritual' escape. Such persons tend to ignore their inner ethics values & remain caught up in an in between area of constant futility.

The choice they do not see is simple: Either they get caught up in chasing the carrot on the stick under the domination system, or they escape the weary rounds of future turmoil by tuning in on their 'inner' free choice components & acting with high ethics. . . regardless of the outer temptations. No, religions or creeds have little to do with this. If the creator had needed slaves & servants he could have created them.

It is simply a matter of our species getting a little contaminated & needing to find our way back to the creators free choice system....As long as there are Humans who can't learn that domination is a 'dead end' system, then there will be hard core domination systems around to provide some 1st hand experience. the hard way. Each Human carries the rest of the details on gaining freedom within themselves. The trick is in contacting that higher inner 'knowingness' through high ethical goals, action & asking. Life will always be full of choices & how we handle such choices will determine how much freedom we have. If we grant freedom we will have freedom.

Keys To Superhuman Ability By A.H.Fry

The basis of superhuman action comes from the controlled use of a special body energy. This energy is used by all animal species for survival, UNKNOWINGLY. We humans are the only species that can put this psionic or eloptic energy to use knowingly. Sages, saints, mystics and magicians have tapped this energy to work miracles from the dawn of history. Why we are struggling along with 'dead end' mechanical systems that are inferior to mind over matter useage, is a puzzle to many 'visitors' to our planet. That something so natural and easy to work with has been made so mysterious and confusing is a reflection on how well our domination & denial systems have kept us mentally enslaved.



To understand the principles involved in directing eloptic energy, it is necessary to understand that we humans are an assemblage of several components. Most humans have at least three Minds. and it is these minds who know how to extract and entomb the bodys energies. The body can be totaly exhausted and if one of the Minds is suddenly motivated to start a new project or have some fun, it can suddenly get rejuvinated. This phenomena happens constantly but is totaly unrecognized.

The new concepts concerning cryogenics (freezing a body for later) is based on a mind awareness of this energy storage. The finer mechanics & ignorance of the higher level human components make this another 'dead end' system however.

Eastern cultures have long known of the flows of eloptic energy through the body, Acupuncture charts show some of the circuits. This technique simply short circuits these energy flows at various points. Our mechanistic science has long ignored such aeas. The flow atoms are not the usual electrical atoms, so are not easily measurable on the usual machines. The human Mind that functions on this energy flow is also unrecognized by todays sciences. It is the life force atoms of this energy that pulls the blood flow through the body. The arterial flow is very crude compared to these eloptic energy flow systems. The Orientals who are ware of these flows have unfortunately added to the confusion by creating complex systems of tapping these energies. "Kundalini" is a typical concept that is based on abstanance. It is a system that forces undisciplined persons into a step by step concentration. Such a body denial system is actually not necessary ,but by such mechanics & ritual the students are forced into greater concentration. It is this concentration that is the key. Persons in our culture are so filled with Mind chatter or scattered mind thought flow, they seldom concentrate on anything more than a few seconds. The thousands of systems dreamed up have usually worked to some degree simply because they cause a greater flow of eloptic energy atoms to be directed toward a particular goal. Pew persons are interested enough in giving up their favorite concepts or brainwashing to get down to the basic elements of anything. The planets domination & denial systems have them firmly entrapped. Even in learning some complex Mind control system, they must give allegience or money to some outside influence. This despite the fact that most of the great teachers insisted that the awareness was to be found in knowing ones self. Yes, the simple fact is, that anyone can use awsome mind over matter abilities when they know enough. Without complete self control and discipline however, there can be problems. Spontanious human combustion is an example of what can happen when emotionally actuated energies conflict and short circuit.

As a protection energy, the eloptic energy can easily be put into place with no danger or effort whatsoever. Animals who ordinarally feed on each other can sleep side by side when they unconciously put up this energy shield. A human can use simple mind switching techniques to be virtually 'invisible' and unharmable with such shielding. Marshal arts lore mentions this as the 'golden bell' cover etc.

In the mid 70 's a man who had complete control in these areas put out foundation material called the Modern Humans Comprehension texts. Later, some of his conversations on using eloptic energy in self defense was put into book form. Persons interested may write; Modern Humans at 22511 Markham, Perris, CA. 92370 USA

(Research into the use of Eloptic energy by Psionic machines is carried on by Advanced Sciences Res. Dev., P.O.Box 109, Lakemont, GA. 30552 - \$2 journal)

Gotu Kola Ehydrocotyle astatica manori is the favorite food of the Indian elephant, known for his astounding intelligence and longevity. It is also erroneously known as fo ti teng, a different herb from the same locality, Asia Minor. However, fo ti teng is slightly over-rated as compared to Gotu Kola.

Gotu Kola taste good and is used occasionally as a seasoning. I do not recommend it for this as its stimulation would be unregulated and often undersired.

Briefly, Gotu Kola is one-half as expensive as Ginseng, yet many times more demonstrable per equal dose. It is primarily Mental and secondarily physical in its effect. Whereas Ginseng is the reverse, being a heart/sex stimulator first and a mental stimulator second. One to two tablets is a general recommendation for longevity. The stimulation would be very slight on a day-to-day basis, but pays off on the long term.

tor an immediate effect, three to four tablets will yield intensified concentration commencing in approximately fifteen minutes and lasting about two hours. However, an all-day effect may be expected to a lesser degree.

Gotu Kola appears to give extended mental abilities to all types. Il is very speedy. Several patients have compared it to the amphetamines, but without the tired feeling that eventually follows. Of course, there are no addictive compounds En Gotu Kola.

Research from a Canadian clinic discovered that the ? especially adrenalin and ephedrine, flow more smoothly(?) across the nerve synapses with the intake of Gotu Kota and Ginseng. Thus you operate more efficiently (and faster) without paying for it later, as with amphetamines, vaso-constrictors, and "hard" nerve stimulants. (Choline also promotes this ease of nerve transmission. A dose of 1000 to 3000 mg is required. It is also a basic fat metabolizer and nerve tissue component.)

Gotu Kola has long been advocated as an aid in the regeneration of brain cells. This would be one of the obvious longevity benefits. The active ingredient is not known. If it were, it would be isolated, sold separately, and we would have another drug with side effects. As the entire leaf is used, it is naturally buffered, yeilding no malific effects.

My personal opionion is that, similar to Ginseng, particular metallic compounds are responsible for the metering and alkalizing effect. Magnesium (a hypnotic), Potassium (adrenal recovery) and Iron (oxygen transporter) are present in a highly organic form.

Gotu Kola has largely been used in my consultations to increase metabolic rate to aid in weight loss. A typical American, slightly overweight and not prone to paranormal concentration efforts, noticed that no matter when the Gotu Kola was taken, he would awake the next day and actually be 100% conscious. An experiences seldom found with this type. His mind would then immediately plan out the day and he would follow through. Several others of this type later look up higher education because of the increased mental power. They also look three to four Glutamic Acid (not the HC1 type), the protein utilized by the brain as construction material and fuel, once or twice daily.

Neurodyne accomplishes much the benefits Hydergine, but same it uses a Neurodyne herbal formulation. consists herbal protein monomers of compounded into a guarana herbal base.

This product is available in Israel. Europe, and Latin America —

Revitalizing Your Brain Power

Are there nutrients and prescription drugs which can improve memory and learning abilities in normal healthy people? Yes. there certainly are. We even have a fair understanding of how some of these



biochemicals work in the brain. Imagine what would be possible for you if you were more intelligent. Well, this is no dream. Whether you are young or old, you can improve your mental function right now by following the suggestions given in this article.

In natural aging, your mental functions decline along with other bodily processes. In fact, many people are more concerned about senility than about any other infirmity of age. It is particularly sad to see once alert and active parents, relatives, or friends become confused, forgetful, and apathetic Advancing senility is truly a type of living death in which a once intelligent and alert person gradually turns into a shuffling zombie. Fortunately, it is possible with present knowledge to avoid substantially or to delay the natural mental and emotional ravages of aging and even to partially reverse some of the ag-

ing damage that may already have occurred in the brain.

A drug which can improve brain function is Hydergine* or its generic aquivalant Dihydroergotoxine Mesylate (DM). This drug has few side effects (it should not be uaed by persons sensitive to it and in acute or chronic psychosis) and has been used for many years by patients in the United States and Europe. DM ia used for several disparate disorders. but its versatility is less well known in the United States due to FDA restrictions on advertising claims.

DM can do a number of things to help prevent or correct aging in the brain. It increases protein syntheses in the brain (required for memory). Improves memory and learning, and stimulates the growth of neurites (nerve cell connections required for forming new memories that are gradually lost during aging). Both the brain's own natural hormone nerve growth factor (NGF) and DM seem to work by the same biochemical pathway to cause neurite growth.

DM can also be of value in hypoglycemia because it helps stabilise the brain's, response to energy supply.

In an Italian clinical trail studying the effects of DM on patients with cerebral arteriosclerosis, the symptoms reported to be significantly improved included headache, dizziness. tinnitus (ringing in the ears), and visual and memory disorders.

In France, an indication for the use of DM is "reanimation," meaning that it can be used to bring very recently dead persons back to life in conjunction with other methods. Since DM is a powerful stabilizer of brain metabolism as measured by EEG energy output. French doctors administer it to preoperative patients so that if a crisis such as cardiac arrest occures while they are on the operating table, the doctors will have more time to handle the situation before they have to worry about brain damage.

The FDA-approved dose of Dihydroergotoxine Mesylate (DM) in the United States is 3 miligrams a day; in Europe, the typical dose is 9 milligrams a day. Dramatic effects will probably not be achieved below the typical European dose.

GET SMARTER THAN EVER WITH NEURODYNE, THE EXCITING NEW "HERBAL HYDERGINE®" DISCOVERY

AMONG THE VITAL ORGANS OF THE BODY. THE BRAIN IS ONE OF THE BIGGEST CONSUMERS OF OXYGEN AND OTHER IMPORTANT NUTRIENTS. AND YET IT IS POORLY VASCULARIZED — VERY FEW BLOOD VESSELS PERMEATE THE BRAIN PROPER. A VERY LARGE SUPPLY OF BLOOD IS SENT TO THE BRAIN AND CARRIED BACK AWAY. BUT THIS SUPPLY DOES NOT ACTUALLY CIRCULATE THROUGH THE BRAIN TISSUE. THERE IS NOT ENOUGH SPACE OR ELASTICITY IN THE BRAIN TO WITHSTAND THE PRESSURE CAUSED BY THE PULSATING CIRCULATORY SYSTEM.

TO NOURISH THIS COMPLEX VITAL ORGAN, NATURE HAS DEVELOPED A SYSTEM — CALLED THE GLIAL SYSTEM — WHICH IS EVOLUTIONARILY AN EVEN MORE SOPHISTICATED TRANSPORT MECHANISM THAN THE BLOODSTREAM. THE GLIAL SYSTEM PICKS UP OXYGEN AND NUTRIENTS FROM THE CAROTID ARTERY. AND TRANSPORTS THEM THROUGH THE ENTIRE ENCEPHALIC (BRAIN) MASS. IT SIMILARLY TRANSPORTS WASTE PRODUCTS BACK OUT OF THE BRAIN AND DEPOSITS THEM INTO VENOUS RECEPTORS. WHICH EMPTY INTO THE JUGULAR VEIN.

WHAT HEALTHY GLIAL FUNCTION DOES FOR THE BRAIN IS ANALOGOUS TO WHAT GOOD CARDIOVASCULAR FUNCTION DOES FOR THE BODY. IMPROVED GLIAL FUNCTION ACCOUNTS FOR THE HEIGHTENED BRAIN PERFORMANCE THAT OCCURS WITH THE USE OF PRODUCTS SUCH AS HYDERGINE. AND OUR OWN MORE RECENTLY DEVELOPED PRODUCT. NEURODYNE.

Mind Connection

A lot of communication goes on within the cell itself. There are no nerves know them/ but there is some primal have material not isolated yet, we that communicates what is going on, not only from the environment to the individual, but within the individual and with other individuals. We know that much.

We cannot see the material, but we know it has as its function communication. Communication becomes the key word that affects the intellect. If communication is not given to the conscious mind, the unconscious is thrown into a loop. The logic process that it goes through makes mistakes, because it doesn't have enough information. This is what happens when a person eventually goes insane. There is nothing wrong with the way the mind is operating. It didn't have important pieces neededof information it After she had done a lot of research, Barbara Brown staged an experiment that blew her mind. She did not expect this result: muscles act with a single nerve cell in the spine. She told people they could learn to activate specific types of muscle cells, and people did it! They were affecting a single cell in the spinal cord--a single nerve cell was responsible for firing those muscles I So, in essence, the mind is capable of controlling the body down to a single cell's chemical action.

As the nervous system evolved through the eons, the physical systems operated like cybernetics. Two systems are created. Those two systems interact, and a new system, different from the previous two, comes about. The capabilities are different; there is a different way of functioning.

As Barbara considered the evolution of the mind, it seemed to her that the physical neurological system was evolving, the brain itself, the brain tissue. From the systems we have, such as the five senses, other senses evolved.

With very minor variations in the chemistry of the blood and the color of the hair and the eyes, the human organism is the same throughout the planet. If mutations happen at random, what keeps the human species the same?

The energy pattern of the mind limits that randomness and once it was evolved or attached or anchored, whatever you want to say, it became the template of everything the human organism would do.

The conscious mind seems to be able to influence all the work of the unconscious mind. But the conscious mind, at this point, is like a child. It doesn't really know what to say to the unconscious mind because it doesn't have very much information, very much knowledge. The unconscious mind is the parent of the conscious mind, and, at at the moment, it is more powerful, it is more of an intellect than the conscious mind of most human beings. But the conscious mind has the promise, the potential of being able to bring within itself everything that the unconscious does and more. Barbara feels that this is what evolution in mankind is all about.

The next question is, "How will the whole species get a particular insight that only a few individuals are having?" It seems there are triggers in the evolution of the mind. One came about in the 1960's when there was an "explosion" of awareness techniques all across the United States and the Western world. So we keep on having Metaphysics '83, '84, '85 and '86, not just here, but everywhere. We are trying to become connected - we are trying to be the many-celled organism. Multicellular animals exist because communication was established throughout all the different systems - a unifying energy pattern. The same thing is now happening with the species. And it's not just the human species, it's all the species.

So what is ahead of us? Information. Give yourself as much information as you possible can. Listen to all kinds of lectures. Explore biofeedback mechanisms.

Attune the conscious mind to the inner states of your own body. Listen to yourself. Do you really "desire" this food, or do you need it? How would you know?

Learn to understand the communication going on incessantly throughout the body as it tells the brain what's going on. Listen very closely to what it has to say. It has perfected its communication over a long period of time. The least we can do is to pay some attention to it.

Metal Bending: A NEW TWIST IN DEMONSTRATING THE POSSIBLE YOU

Un Geller started it all back in the early 1970's when the world couldn't get enough of his apparently paranormal metal bending abilities. Of course. everyone was trying to explain or debunk it scientifically. Very few people could get past the physical phenomena to understand why this type of strange thing might occur.

Today, no silverware is safe from being bent and broken by everyone from debunkers showing how it can't be done to children with the ability to bend an entire set of spoons at a time without even touching them.

I'm not interested in how it works: I know it does because I've seen it. I'm most fascinated by what metal bending teaches as a graphic expression of the possible human in each one of us.

Interestingly, this phenomena was not explored by the early Spiritualists in America and England. Psychokinetic Metal Bending (PKMBj, as it is termed by parapsychologists. was generally unknown until recently when the likes of Geller, Masuaki Kiyota and Stephen North demonstrated their baffling abilities to the world

My first experiment in leading a group spoon bending effort was with a local psychic development class I figured because these people are in "tune" with what I was trying to do, twisting the spoons (cheap K-Mart specials) would be simple.

I lead the group through the procedure. I first asked them ro give themselves "permission" to bend the spoon. Actually this is a process ot getting their subconscious mind programmed to accomplish the cask. It's done by holding a pendulum (a weight on a string works fine) over the spoon and getting a "yes" swing to the question. "will you bend for me" If they receive a "no" answer, they try another spoon.

Once everyone found a "willing" spoon. I told them to hold it between their thumb and forefinger and then guided them through a deep relaxation exercise that opened the chakra at the top of their head. They visualized energy being drawn from the universe, through their head, neck, arm, fingers and on into the spoon they were holding. I told them to note the feeling of the metal. To some it was tingling, to others it was hot, some people fell it turn cold. Some felt nothing at all After this was done for a minute or two, they commanded the spoon to bend. This was done in the way they were most comfortable with either shouting "bend! bend!" out loud or by sheer concentranon.

The spoons should have bent. None did. Where was Geller when I needed him!

Gulp.

New day I called a friend who was more experienced at this and he reminded me that I forgot the most important part. Once they command the spoon to bend, they immediately have to release the thought — to change their focus and allow the spoon to bend "You can't make it bend." he said . A fine, but very important, line there.

Next stop was Virginia Beach. I was down for a few days speaking it an A.R.E. health conference. A local group asked me to do a one-day workshop I thought it would be interesning to try spoon bending again

This time I led 18 people through the procedure using the same K-Mart specials I tried with the other group.

I led them through the same procedure except this time adding the allowing or letting-go step.

A number of research programs have shown lab subjects can sometimes describe an environments thousands of miles away. Many volunteers in this remote viewing research can be taught this art with little training. In the Modern Humans texts, you can see where this ability comes from and it's potential.

In Comp 1, you recognize that the Animal body uses it's feel field for survival. Australian bush people, for example, use this brain energy radar probe, to locate game and water at a distance. The oil companies have studied such abilities in hopes of finding a way to locate oil. As the Comps explain, however, most persons never get their CMinds and animal AMinds working well enough together to get much cooperation in such areas. Students with the savvy to balance their Minds can easily ask their little animal to send out the 'SEE ENERGY' vibes and find out what the nature of a distant object is. The body can automatically alter the waves & 'vibes to allow penetration..or simply a 'surface probe' where the outside nature is indicated and the radar vibe level is returned with the data. All it takes is a reasonable request & need...and the cooperation of a contented AMind. Comp students sometimes tend to be lazy in putting such principles to work of course.... They tend to wait until someone mentions that such things can be done before they ever recal what was hidden away

They tend to wait until someone mentions that such things can be done before they ever recal what was hidden away in Comp #1 all the time. Application & practice is very necessary in mastering any ability. Get Comp one in your memory and apply the data if you want results.

How do you practice? Well, it's up to you and your choice. Kreskin the metalist started as a kid playing 'hot' and cold' with his brother who would hide an object for him. Eventually after years of overcoming negative CMind negativity, he learned to relax and 'flow with his intuition and knowingness. Kreskin has done thousands of performances and failed in his acts very few times. All persons need to do he claims ,is to overcome their negativity, think positive, and practice.

As you should have picked up in the Comps, you are on this planet to learn and enjoy yourself. If you are putting the Comp data to use, you should never have any really hard lessons, and lasting pain. You should be having FUN, escaping from the usual CMind traps, and experiencing Joy through sharring affection. Or, of course, you can accept the domination system in your goals and squelch your emotions and pleasures.

Again, nothing happened. I began to see my future as a spoon bending facilitator twist and turn away. Then one woman yelled. She was holding her spoon upright by the tip of the handle. Her spoon had fallen over by itself — it bent where the bowl meets the handle.

Then most everyone else's spoon sorted bending. In fact, about 15 of the people there bent their spoons to some degree Evidently, they needed to see a spoon bend to give their own belief system the proof it needed to transcend the ingrained "I can't do this" to "I can." The "can't" became no longer valid because of what their eyes had seen.

Interestingly, when I ran out of unbent spoons, the hostess brought out her fine stainless for the participants to bend. No one could, or would. The "can't" came back, this time to be polite and not ruin her set.

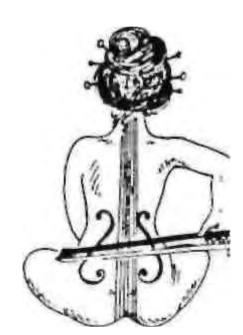
So what does metal bending mean?

I often speak until my vocal chords crack about our wonderful potential and how we can create our personal reality. But nothing can prove this potential like a graphic demonstration of an ability the Earth's mass consciousness says cannot be done. Bending a spoon is an exercise in transcending this realm. It's exhilarating It demonstrates that a person is truly unlimited and helps them *know* it.

You can work with this dense Earth vibration. You do it every day as vou continually create your day to day reality. But most of us rarely go beyond a familiar set of limitations until we do something like bend a spoon, walk on fire or create a new job or relationship by visualizing what we want.

The key is simple: thoughts are things. You are what you believe. Change your thoughts — your beliefs — and you can change your life.

Or at least ruin some silverware.



Comments from one of our unusual reports writers and customers:

Dear Al, As you know, and I have taken dreams to their infinity limits. We have solved any problems, created unique realities, met each other and many

others, taught classes, toured all over the universe...all in our dreams. We have had loads of adventure and fun. we have died hundreds of times, met incredible beings, melded with beings and things, taught people how to fly in their dreams (while we were in our dreams). Retaining all of the usual physical control factors, we can change the dreams at will, creating all the color and senses of the physical.

I have met Alexander Graham Bell and others while dream travelling, and it is quite easy to dream or mentally space out while still conscious. Like driving a car over to see things and return. It's great. I'm doing controlled and aware reality...space ,time, & place dimension travelling right now. Now have the time down from days to initiate, recover..down to less than half an hour. Soon it will be instantanious... then perhaps I'll be gone for good for good & working on other projects in other time frames

S...& I can operate now at multiple levels of dream 'awareness while going about our lives and functioning normally at the physical...

The hardware that is normally needed by some to get a little mental boost... such Psychotronic, Galintra, Chronocraft are actually not required. Just tools. We humans have EVERYTHING- all the time - if we would only realize it.

After hitting the streets and exposing many of these secrets and potentials, I am dissapointed that so many continue to remain in their self created 'Hells'. They have chosen and I am in hopes they injoy their choices.

On a mechanical awareness level you can explain all of the phenomena of our universe in the following visual principles. Applying these with the principles of harmonics, resonance-wavemechanics & quantum mechanics tell it all, yet all are the same thing, just different manifestations or ways of seeing it...

The Universe IS what YOU see it. It can be altered and changed as Nelli points out (HEER Books) The guy thinks & thats rare. Glasers way of seeing the universe is unique (Mod Hum Comp 4 text)

PULSES SPIRALS - +

Pulses also 3-D Polarization give off wave fronts.

Further oomments from A.Fiy; In the works I cany like Modern Humans text number 4, we find that the Universe is made up of a mass of mini Pos & Neg circles of energy. Atoms are formed between the vibe patterns, and where they touch and interact, we have matter.

To alter matter, Human thought can alter the molecular patterns. To bring forth matter, simply alter non material atoms & change them into material atoms...

Persons mentally in what we could term a 'reverential' or pleasurable mental thought pattern are, in effect, in tune with the vibrational rate of the creator. They can then heal and alter those things around them fout of attunement. Using the usual non-reverential 'I want it now' thought pattern obstructs success. Allowing the 'Love' appreciation of the act to sharpen the true concentration brings fullfillment and success.

To allow a reshaping of our 'out of attune or negative thought patterns, we learn by negative experiences. "Karma' feeds us back the experiences of domination and negativity that we have visited upon others. We thus learn let hand how it feels to be used and abused. Inwardly then, we are learning ethics and what is 'right' and wrong from the framework we are stuck in at this time. The so called 'bad guys' of course, simply continue to exist because such lessons as they deliver, continue to exist. Inwardly, we often get the knowledge we mentally desire in many ways other than by direct 'flowline' thought input. We are often resisting the direct and simple way. Various works like "Space ,Tlme, & Beyond" go into the mechanics of the universe, Works by CETAR take such views and concepts further, and Modern Humans Texts will balance the entire perspective...

Fry's

The story about Colloidal minerals you never heard before. The plain facts are that most civilized people today are simply not getting

enough minerals. This is due to the leaching of farmland soil for decades & the fact that many persons have a build up of gunk on their intestinal walls. Trace elements wash out of the soil very easily and farmers are simply not adding any back to the land. The Chemical cartels sell them fertilizers like nitrogen which puffs up the hybrid seeds and plants so they look good, regardless of what they contain. The fact is many normal plants simply won't grow in the usual soil. Only hybrids thrive. Nature won't even allow a seed to sprout unless it has enough trace elements in it. Only hybrids cheat nature and humans. They may only have a third of the elements 1n them that a normal seed would. Little wonder people are often nutrient and trace element starved. People tend to be hungry all the time because their body is starved for minerals and trace elements. People go around snacking constantly and turning into slobs because their bodies crave nutrients they aren't getting. Even if the food has nutrients, years of eating white wall paper paste flour has made it virtually impossible get the nutrients from the intestinal tract into the blood stream. Many persons will have an inch or more of hard dark gunk on their intestinal walls. What to do? Ocean vegitation put back on the land in a composted state is helpfull for the soil. Humic acid erodes the minute rocks in soil and allows the trace elements to be released. Humic acid can be purchased or made by Earth worms. Few persons have the time or resourses to grow their own mineral rich food however, Few persons have the money or inclination to get their bowels cleaned out also. By far the simplest and cheapest answere to the trace element & mineral deficiency problem is 1n using colloidal minerals. Such minerals tend to not only break up and help expell the gunk in the bowels, they tend to get through to the blood stream a lot easier. The tiny positive charged minerals are so tiny they easily pass through to the blood. Persons taking such minerals often start losing their craving for food and easily lose weight. Customer after customer has mentioned they simply lost their appatites after starting on such minerals. Cleaning out the body can get a little scary. You can start the process through taking a couple of inches of minerals on a drinking glass twice daily. Friends have started to get rid of smelly gunk that looks horrible. Slim, trim persons may lose 10 pounds in such gunk over several days. Overweight persons may irradicate this gunk for a week or longer. However long it takes, just remember that 1t is saving you hundreds of dollars in colonics and treatments...and it's probably necessary in getting back in shape again- If it gets to scary, just back off awhile-or go talk to your local pharmecist. They are trained to understand how minerals can obsorb gunk and waste. Friends, of course, will probably think your heading down crackpot lane. They will continue to go around with protruding guts and health problems for years. No one wants to break away from the norm until forced to. Right? As an inividual with enough determination to patch up their body, you can work wonders with your secret formulation. Either Boddy Toddy or Clark's minerals will probably give you results that will astonish you. I couldn't even begin to recount the stories & successes I have heard about what happened after persons got on these minerals. Just today, a Man told me he faithfully swished a little mineral solution around in his mouth to keep his teeth tight and his plaque down. Chunks of plaque would break away after he 1st started on the minerals. Much the same thing has happened when kidney and gallstones have caused trouble. Literally hundreds of testemonials have come from Arthritic people who have had relief from their problem. The positive calcium of the formulations evidently removes the negative calcium from the joints. The immunity system also seems to work better. Goodness knows how many persons have lost their breast lumps various forms of cancer. Skin problems seem to slowly respond to even minimal dosages. Hearing problems, high blood pressure, wrinkles and literally dozens of other health problems have cleared up after minerals have started getting to the body. None of the mineral processors or I will tell you there is any relationship between such cures and the mineral intake, but I'm sure you can draw your own conclusions. See your Dr. if you are ill. Publications on Super Soil, Health etc in catologs.

KEYS TO SPIRITUALITY

Al Fry

People of todays world are often unwilling to take responsibility for their lives and actions. They are willing to redeye but not willing to originate or acknowledge. Such laziness can lead to their eventually losing their higher mind components at the final period of choice. Since the higher level components are aware of the creators choice system, they will not allow the rational self to break into awareness and understanding untill the ETHICS are mastered....

Without ethics there is karma, and karma lowers our free choice quotient. Great teachers have always provided the truths to humanity so we could have choice, Great civilizations have risen and fallen from their rejection and adherence to the creators choice principles. Ancient documents in Sanskrit & other ancient languages show that our ancestors had aircraft, laser weapons and much of the technology we enjoy today for short periods. Lack of ethics and karma stripped such technology away, BEFORE Intelligence arrived to our huminoid species we had many strange human forms and sizes here. Claws, tails, scales and even venom sacs were existant to certain tribes.

As Intelligence contaminated our ancestors who were living in an 'instinct', act, react mode, more radical forms and bodies were discouraged by the dominion leaders, Eventually the superior abilities of these early 'gods' were stripped from them (Staff Study #1) and humanity was given a chance to progress to higher levels of awareness and ability themselves. The key was pointed out by virtually all of the great spiritual teachers. KNOW THYSELF, was the admonition.

Handling communications is important in spiritual growth. Our thoughts create our reality and to handle larger creations we must be responsible for our creations, This responsibility can start at a lower communication level. If we speak we should see that our thoughts get to a terminal or person in a clear form. And is spoken to we should give an aknowledgement of having recieved the communication. If the childs Mother doesn't aknowledge or praise them after they have spoken they tend to commit upsetting acts until they are aknowledged. If we fail to ansere a simple 'hellow' 1t breaks up a healthy two way energy exchange and builds up a condition that can lead to problems if repeated long enough. Poor eyesight and hearing are typical examples of problems that can come from communication breakdowns, A hearing loss may come from a Man who is around a Woman who talks all the time without letting any feedback occur, Outflow abuse can come from persons who want attention, with little intention of real communication, INFLOW abuse can result when a person withholds due to fear of critisism etc, GARBLED Communication can be sent by people using long impressive words, many pauses, stuttering, or other garbling, they are parasitic, seeking attention with little concern for being understood, LAGS & Refusal to acknowledge are also parasitic actions. Normally the energy batted back and forth between communicating humans 1s dispursed if there is proper exchange. If acknowledgement doesn't occur there 1s a build up of energy that can lead to health problems eventually. Mental institutions have many patients who remain 'hyper' and miserable because they run off at the mouth continually...or fail to exchange with others. Acknowledge persons around you and give them some attention. If you find them to be parasitic, you can leave the area or explain to them what they are doing.... If you or they keep failing to exchange, correctly the build up of unexchanged energy reduces awareness. If you got burned by a hot stove in the past, the memory energies accumulated will bring on a fear of stoves in the future unless such memory patterns are run out. Going over the incident and duplicating it mentally helps run out this energy build up. If your child burns themselves on a stove, it is important to ask them all about what happened as soon as possible....or until they have faced and duplicated the incident enough to have eraced most of the negative energies involved,

To eliminate most of the problems stemming from lack of communication, it is only necessary to grant the right of CHOICE to others. No matter what others like, desire or believe or do, allow them to as long as it doesn't drag your own freedoms down. The ability to Be, Do or Have is most important in any relationship, don't deny others this freedom if you wish to progress spiritually. Granting of Choice is an ethic that can lead to immortality and the overcoming of all the usual mental & physical barriers.

In learning balance, the human can begin to tap their awareness. Such 'flowline' can come as an instantanious thought before the usual mind thoughts and rationality come pouring in a split second later.

The Man Who Could Be King

"Ability to Move Objects with His Mind Attracts Attention of Government Officials"



We'll call him John because he has asked us not to use his real name. John can move objects with his mind, and he is afraid that the government will someday ask him to perform a violent act against an enemy of the state.

"It isn't that I'm not loyal or anything like that." stated the 34 year old man. "It's just that maybe I've seen too many movies where the CIA or FBI or some other secret agency uses people for their own benefit — and when they're done, they get rid of you.

"I look upon my ability as a gift from God. And I don't want to abuse or take advantage of it. I have fun moving objects around on the table, or causing a vase of flowers to fall in someone's lap, but I would never want to cause anyone harm. And I could do that if I wanted to.

"One time I was surrounded by a couple of neighborhood toughs and I scared the daylights out of them when I concentrated on their eyelids and made them shut. I told them I would make them blind for the rest of their lives if they ever came near me again. They were so terrified of me after that. I felt like a king. But it was a power trip and I don't like that kind of thing.

Last year I was approached by two men who wouldn't identify themselves, but they

did intimate they represented an important government agency. They wanted me to meet their boss, but I refused. I told them I didn't know what they did or what they wanted — and didn't want to know.

"Fortunately, they didn't bother me after that and I hope they never will. I'm very, very happy living a normal life as a shoe salesman. I'll stick to making a can of shoe polish fall off the counter rather than causing a car to fail off a cliff."

mentioned in the brief article to the

left....For those of you who think of these things as the workings of Satan, I can only say that, to me, you have an extremely narrow view of God's universe, of the magnitude of His works and His plans for mankind. "Are ye not gods?" the Master reminded us. And: "Verily, verily I say unto you, he that believeth in Me and the works that I do, he shall also do, for I go unto the Father." (John-10?12?14?)

Again—is it believable? For Crystal

Ball devotees

-of course! Remember Uri

Geller? And

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book (I para-

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documentation

things as are

enlightenment is attained. These schools recognized that the new-ly acquired experience can last a lifetime, though it usually will

The material or Immortality and Resemblation as done by ancient ruler is interesting and ruints up many problems as the average person is living in the rorld. The belief system that is fursted on most people cause: then to spend precious life emergy keeping Spiritual opposites apart in their mands to maintain sanity. This emergy is around the equivalent of 100 KILLION torm of TNT daily! If they could focus a swall percentage of this emergy on dormant areas of their trains, they would develope psychic and spiritual shilling the rid them in life. I know because I have stoubled onto this route among other things. Emergy (-SPIRIT when in mution of SOUN when retential or at rest) is the basic building block of Creation.

Your comment about my being a WALKIN is very likely but I can't be sured when it harrened. Some of my relatives who know me well say that I am nothing like any of my family either by heredity or by training. In addition, I can tar into new unknown visdom at will which had no connection to anything known before. This is what I am constantly verifying. Some of it is too weird for words but it solves the problem that prompted it every time.

Yours.

teacher until a full experience of schools recognized that the newly acquired experience can last a lifetime, though it usually will fade in time if not properly tended to. One way is to reassociate with the person or group that originally nourished us. Another way is to use the memory of the experience. By making a unique hand gesture during the experiences you may store and recall experiences thru the body's memory. Making the simple hand gesture again is all that is needed to reconnect with the exanywhere, perience anytime, alone or even in a crowd of angry people, so that you may be the *one* person that makes all the difference. For each distinct experience the hand gesture must unique and simple be remember. (MEMORY SECRET) So that you can integrate peace deeply into your life and that you may work the compassion of peace wherever you go, plan on making a hand gesture during your participation in the Peace "World Event" December 31. Begin with the compassion of peace in your heart, empathize with the peace that surrounds you, and breathe peace. Then reconnect peace the rest of your life.

EASY HOME-PRACTICE METHOD FOUND TO RAPIDLY INCREASE INTELLIGENCE, BRING OTHER BENEFITS

Summary of Outcomes From University Experiment

- Results of Recent University Study, during semester spring 1989. which the of measured the effects of a post-Einsteinian technique thinking discovery visual called "Image Streaming:"
- 1. Average gain in **general mental ability** higher eight measured than points "I.Q." hours of home per easy ten practice, approximately "I.Q." 17 points gain per twenty hours of such practice.
- 2. The order in which students finished at the top of the final exam in an unrelated academic subject (college physics), regardless of hours' study in that subject, depended closely on how many hours they practiced Image Streaming,
- Streaming 3. Most strikingly, Image moved toward balance integration students and of their styles learning and perception, while their classmates moved further into imbalance.
- 4. Other, even more profound benefits practice of Image Streaming, accompany skills including language improvement and comprehension in reading, but were not measured in this study. At least one of studies currently underway will the new measure these.

Principals in the Study:

- Location of the experiment was the Physics Department of and Chemistry, Southwest University, Marshall. State Minnesota 56258.
- * The Principal Investigator was physics professor Charles P. Reinert at that university.
- * Inventor of the method being measured is Win Wenger, Ph.D., researcher, trainer, author and head of Project Renaissance in Gaithersburg, Maryland (Box 332, 20884).

Design of Experiment:

Half of Reinert's physics students enriched with home practice of Image Streaming, with

practice results kept in personal The his students enriched with other half of the for developing analytical Whimbey program much related skills, directly more The Whimbey program felt physics. participants, experimental to the but vields already results which were known to experimenter. Use of such comparison group is believed to yield far more accurate comparisons than the conventional use group) for whom (control one does nothing except placebo. Whimbey's On own tests, the Image Streamers outgained the Whimbey comparison rate group a of better than at two to one.

The Method Being Tested:

the Streaming is practice Image allowing spontaneous undirected, images to eye, while into one's minds the same time describing those images aloud to an external focus such as a live listener or a tape recorder. Dr. Wenger devised, in the a body of late 1970s, simple training and which self-training procedures ensure virtually every individual is able to perceive work with this inner visual experience. and The phenomenon is believed to reflect patterning ongoing free-association insight which within every individual goes on usually unconscious levels, and draw upon remarkably sensitive perceptual faculties and unconscious data associations.

Image Streaming is one of a great techniques for using visual mental imagery discover answers problems, to questions or arrive creatively at new, original insights to discoveries. Most major discoveries and have historically, been arrived at, through some such use of imagery. Albert Einstein approach, famous popularized the with his imaginary train ride on beam of light, a experience theory of which taught him the Post-Einsteinian visual relativity. thinking which uses undirected imagery, draws upon sensitive inner resources even more than directed form, and concurrent does the uses draw out-loud description to more and more of these initially subtle perceptions into the of full consciousness where can be more readily examined for content and

The experimenters believe meaning. that through use of these two post-Einsteinian average person can techniques, the usefully experience and thoughts and subtle powerful perceptions even more and Einstein's. "A main difference," says genius high "between and dull Wenger, practice of is: way(s) ordinary some of bringing subtler perceptions conscious!"

Most geniuses, Wenger suggests, hit upon some simple knack or technique which made the difference for them - usually so early on in their lives that "they are as mystified as the rest of us why they can do thus and so and the rest of us seem unable to do so." Wenger claims have identified to dozen such techniques which will be featured in his forthcoming book, Toward A General Creativity Theory of and Genius, published in late 1990 by United Educational Services in East Aurora, New York.

The Theory Being Tested:

Image Streaming is one of a great many activities ways of combining from separate regions of the brain, causing those together. work closely regions to closely together these improves regions communications them. As the between each region become resources in more processes occuring available in other to of intelligence regions the brain, apparent increases. There is even stronger an accompanying this "bridging" effect between the different regions of the brain: the lag in reduced, between time initial the time parts of the brain start to handle a stimulus and the time when other parts of the brain become involved in that stimulus.

This time, or phase relationship, lag in between different regions of the brain, is a crucial matter. All of the brain does, sooner or later, light up on any major stimulus, but brain the rest of the handles how stimulus is set by the instructions written that stimulus by the first part(s) into stimulus. If it's handling that a relatively long time before other, subsequent, parts of the brain become involved, the first part has time to complete its processing and write "close-out" instructions into the stimulus as it is passed along - "Here's how it was done, folks!" If, however, the phase relationship is so close that subsequent parts of the brain start to interact on that stimulus before the first part can finish, these "interate" back

and forth, reverberating on that stimulus and what results is a far more involved, sophisticated set of instructions written into that stimulus for handling by the rest of the brain.

brain Characteristically, the with closely phase relationships will therefore integrated do far more with each stimulus. The person integrated phase relationships will perceive more and richer relationships and meanings in each stimulus, see more options available to him - in general, act and be far intelligent. Image Streaming thus far the most powerful known technique for intelligence through this increasing "pole-bridging" effect of training separate regions of the brain to work closely together.

Image Streaming is, however, only one of hundreds of such known techniques to produce such effects. Several such techniques involve conventional more and music, the integrating practices in arts between left and right temporal lobes in the brain. However, expression, from free-formed, initially subtle or even perceptions and into unconscious impressions descriptive words, concrete gestures, sketches. etc., is believed to be crucial to obtaining substantial gains in intelligence through Pole Bridging.

Because there different are SO many of brain with their regions the own activities characteristic of or types experience of human all experience function relates to somewhere in the brain literally tens of thousands of Pole techniques possible and some, are suggests, may be found "once people finally begin looking" may prove even more powerful than Image Streaming.

Not only can Pole Bridging techniques such as Image Streaming increase intelligence generally, Wenger suggests, but this approach should also be useful in therapy, in instances of brain damage. Integrate closely together the activities characteristic of regions of the brain close to either side of a lesion, until the brain has bridged over the gap in its functions.

Image Streaming is so easy a practice that the average layman, and even the average college or high school student, will be able to teach himself and others how to

do the procedure, from a self-taught Kit which Project Renaissance expects have to early November, Earlier published by 1989. versions of that Kit had been distributed until recently, assembled from assorted papers which Project Renaissance had around technique. which happened relate to to that That set of papers was much harder to work smoothed-out though, from, than the new kit.

Ways the Reinert Study Outcomes Support The Theory of Pole Bridging:

- 1. The remarkably rapid, easy gains in apparently permanent general intelligence.
- The even dramatic shift toward more integrated style balance of learning in and while perception Image Streamers, among further classmates moved out of balance during the experiment.
- 3. The the practiced Image way most performed the Streamers at very top on physics), final exam regardless of (in conventional of study that hours subject.
- 4. The fact that the several students who did the spontaneous imaging but did not do the concurrent describing-aloud of the details of those free-flow images, not only did not gain as much: they showed no apparent gains at all during the semester interval of the experiment!

Further studies:

Four studies underway new currently are effects Image Streaming. investigating the of Three being conducted by Professor are Reinert: repeat of the earlier study one a year's physics with this students; with one entering remedial and college freshmen at Southwest State University in a developmental studies program. His third population with a geriatric in a nearby The fourth, thanks to a grant nursing home. funded by the LA. O'Shaughnessy Foundation, conducted in the Washington, being D.C. on an executives-studded population by area Project Renaissance.

Additional studies, both of Image
Streaming effects and of many hundreds of
other investigatory leads, are urged.
Interested institutions and professionals are

requested to contact Project Renaissance, 301/948-1122 Box or 332, Gaithersburg, MD experiment protocols 2088A. Free and other available details upon appropriate are request.

- Main Sources for Instructions How To Image Uses Streaming, and of FOR Image —besides the afore mentioned Streaming: Kit. due be published in November, to 1989 by Project Renaissance—
- Win Wenger, the main text -by on Image Method applications, Streaming and its A For Personal Growth & Development, a edition special pre-publication being distributed by Project Renaissance the at above address.
- To Your -also by Wenger, How Increase the added Intelligence, in new sections 1987, edition with the seventh, his of tra'de internationally popular book currently published United Educational by Services, P.O. 800/458-7900 Box 605, or East Aurora. NY 14052. Consisting mostly developmental of sensori-motor procedures How for improving brain functions, To Your Intelligence Increase is available from the publisher, from Project or Renaissance, at the above addresses.
- —Used Arthur the comparison by group: Whimbey J. Lockhead, Problem and Solving And Comprehension Hillsdale, Lawrence NJ: Eribaum Associates, 1986. We'd edition, like to emphasize that Whirabey's is, in itself, excellent an program: the standard result for students who work through his program (again, "describe-aloud" basis **Image** as in Streaming), is a 6 to 8 point gain which **Image** It is that standard gain Streamers outpace than twice more rapidly, and with a far easier practice.
- CAN Intelligence Be Significantly Increased? Obviously it has been; obviously as discussed elsewhere the grounds for the hereditarist, position have contrary, long remarkably demolished, since been among things by the exposure of the Cyril other Burt fraud. Even today, though, many professionals continue in the conviction "you are pretty much stuck with the that with." level of intelligence you were born Yet—
- * Would you or any reasonable person seriously object to the idea that it's

desirable to be able to identify and readily solve a variety of problems? —Or object to the observation that such a skill can be trained or practiced and nutured?

- —Or seriously object to the desirability of abler to cope successfully being with wide variety of stimuli or situations? —Or seriously doubt that such a skill can be trained and practiced?
- * —Or seriously object to it's being good to be able to understand, both in words and wordlessly? —Or seriously doubt that such skills can be trained and practiced?
- —Would anyone seriously you or contend it's not desirable to be more able to perceive, detail think and in enough and enough variety enough scope and and involve enough depth a large to conceptual vocabulary in support of these processes? —Or seriously doubt that experiences and/or vocabulary will building affect such skills?
- Who would seriously claim that it's not abler, when good to be need be, to respond the unexpected quickly and to only effectively? —Or that a host of not skills trainable but readily changed physical conditions won't considerably and affect such speed accuracy of response? (Why else do we train up response patterns and physical condition in sports? But competitive ah, we forgot: giftedness worth something to society İS athletics. It's only in SO much more valuable to society to be able to throw a football write well than to a new formula. symphony new —though or a train with Image Streaming, et al, and may also become abler to throw you football well! -But still: it is an everyday experience, everywhere, to train such response skills and speed, even if it's only done in sports.)

these and/or similar factors Ah, but put together them "intelligence," and and call suddenly you and everyone has whole a mythology catechism running through and of that myth your heads. —And the contents and cant with the may have little do to reality!

There overwhelming still-growing is and evidence intelligence be that readily can increased and profoundly so. All main bases contrary belief have since for the long been demolished professionals yet most and institutions today continue believe to unswervingly that "you are stuck with the with," intelligence you born regardless. were Worse, those professionals have in many instances lengths prevent gone to great to kinds the of research and experimentation which directly would most demonstrate improvability of human intelligence which Streaming why, though Image (and many significant techniques) score other similarly discovered 1976, it took until in was spring of 1989 finally get a university to to make a measurement study of its effects.

main used The textbooks being train still tomorrow's professionals, cite Cyril Burt's fraudulent I.Q.s data (concerning the identical twins separated birth and - he made up the data separately out head, with along the identity his and names of his purported co-authors!) two cite they simply no longer him by name! The other main hereditarist two underpinnings, of speed response cross culturally (all measures depended easily upon changed visual functions, which have been trained re-trained the 1930s readily and since see also above paragraph in reference to do "mental and tendency sports), to rehearsal," also removed have been totally for the belief, however widely support held, that intelligence cannot be significantly increased. Hundreds of today programs forms of rehearsal," teach "mental overtly "Inner Tennis" inducing or by Suggestopedia.

the Aside from all many practical benefits from increasing your intelligence: while absolutely gazing sometime at an gorgeous sunset, ask color blind person a as to whether and why s/he'd like to be able to of richness see color. In terms of life, perception and meaningfulness, experience, the analogy is a close one - even if we don't yet know how to train the color-blind to see color and we do know how to train 50 or "I.Q." more points increase in general personal mental capability.