

**A System of  
Caucasian Yoga**

by  
**Count Stefan C. Walewski**

**New and Revised Edition**

**A 1990 R.A.M.S. PRODUCTION**

## Notes on this Edition

In 1955, Falcon's Wing Press, a tiny publisher in Indian Hills, Colorado, published A System of Caucasian Yoga by Count Stefan Walewski. It presented a course of magic which the author referred to as the "Master System." The original publication was a rough, mostly complete, handwritten draft. This is primarily a transcription from it, with a few explanatory footnotes. Unfortunately, the author is no longer available to correct or emend any changes made here. Therefore, the manuscript was submitted to a number of expert occultists for comment.

The system comprises two groups of practices or "arcanes" as they are called in the manuscript<sup>1</sup>. The first group of 7 are called "Master Arcanes" and the second group of 16 are a mixture of "Greater" and "Lesser Arcanes."

The antecedents of this system are not all that obvious. It combines elements of Zoroastrianism and Sufism, but seems to owe most to Tibetan Tantrism and Indian Raja Yoga. I also see echoes of Franz Bardon (see Bibliography)

Long out of print, it deserves to be more widely known. Even considering its omissions, obscure passages, and blithely perilous excursions into kundalini and tantra, many of the techniques, experiments and instructions in it are more explicit than can be found anywhere else.

### Conventions

[ ] Square brackets indicate an editorial comment, clarification or insertion. Where a meaning is unclear in the text, there is usually a comment in square brackets immediately following the questionable passage, or a footnote with the original in double quotes. All other footnotes are the Editors'.

[?] In some cases a [?] will be appended to the questionable term or phrase.

<< >> If the meaning was unclear, researched, and still couldn't be uncovered, it is left in the text surrounded by angle brackets <<thus>>

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<sup>1</sup> "Arcane" is an adjective meaning "hidden; secret; understood by only a few; esoteric" all of which definitions certainly fit these teachings. However, Walewski consistently uses it as a noun. The noun form is correctly "arcanum" (pl. arcana). Definitions of this word (from Webster's New Universal Unabridged dictionary) are:


1. secret or hidden knowledge.
2. a mystery; secret.
3. the great secret of nature which the alchemists sought
4. a secret or mysterious remedy; elixir.

The word "arcane" will be used throughout this work as it appeared in the original.

## Notes on this Edition

avoiding confusion with Walewski's own use of double quotes.)

( ) Round brackets are used where Walewski used them or square brackets.

ì The symbol  appears often throughout the MS., often before a sentence which is followed by the same symbol upside down. Since I only have Ì, I have used it for both cases.

**The entire manuscript** was originally hand printed in capital letters, thus capitalization in this edition is all assumed but will hopefully be at least consistent.

The Editor

## Key to Mastery

\ I am on this earth  
To reclaim the earth  
To turn the deserts into paradise  
A paradise most suitable  
For God and His Associates  
To dwell therein. ²

*[Here occurs a line of what appear to be Zend characters, presumably transliterated and translated as follows:]*

\ YAT-HA-AHU-VAIRIO\  
\ The Will of the Lord is the Law of Righteousness³\

-- MASTERY --

|

YOU MUST

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<sup>2</sup> I presume this to be from the Zend-Avesta (sacred scripture of Zoroastrianism) but have not found the actual citation.

<sup>3</sup> "Yatha ahu vairyo" is the beginning of the sacred Zoroastrian prayer, but it does not mean "The Will of the Lord..." I am forced to the conclusion that Walewski was not aware of this, due to the fact that the Zend and the English appear together throughout the MS.

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<sup>4</sup> I have not yet been able to trace the meaning of this term. It may be Tibetan, and is also written "GA-YA-LHA-MA" in the manuscript.

<sup>5</sup> An "Arcane" as used in this work indicates a major section or group of disciplines of the study.

<sup>6</sup> This may refer to the episode where Professor P. Blondlot at the University of Nancy (France) deluded himself into believing he had discovered a new form of radiation. The story is given in detail in an article in Scientific American (sometime between 1956 and 1980, I believe). It is also referred to by Martin Gardner in his debunking book "Fads and Fallacies in the Name of Science" (Second Ed., Dover, 1957)

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<sup>7</sup> "Centralising"

<sup>8</sup> Where "levitation" occurs, Walewski usually wrote "rising in the air".

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<sup>9</sup> Note Franz Bardon (bibliography) and also the correspondence between electric/magnetic energies with ida and pingala spinal energies in Kundalini yoga.

<sup>10</sup> I have not yet found the meaning of this phrase. Like "GA-YA-LHA-MA" it appears to be Tibetan.

<sup>11</sup> This goes contrary to most Yogic teachings and many other occult schools. Gurdjieff: "By himself a man can do

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little."

<sup>12</sup> See comments above at "Gaya Lhama"

<sup>13</sup> This spelling, used by Walewski, is interesting since Aleister Crowley originally popularized it in English.

<sup>14</sup> "Lesser Arcanes & Great"



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<sup>15</sup> This was also labeled Chapter 18 in the manuscript. To avoid two chapter 18's, I continued the numbering. (These numbers are not used by Walewski anyway.)

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<sup>16</sup> More commonly known since the 1970's as "Lucid Dreaming."

<sup>17</sup> This could be called either "singing" and/or "chanting".

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<sup>18</sup> Note: in Ouspensky, The Fourth Way: p. 239: "Yawning is pumping energy, it is not necessarily switching over, although a really good yawn may produce a switch over when necessary."

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<sup>19</sup> I have yet to trace this word.

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<sup>20</sup> In original: "Invoice the essence out yourself and let it grow outside."



## Introduction

[MS p. 8]

It was said two thousand years ago that there is nothing hidd[en] that would not be revealed.

In this key are given simplified, condensed and correct techniques to achieve mastery, solve every problem, and answer every question in every department of life—on the physical, mental, spiritual and psychic planes.

This permits mastery over every situation through the application of consciously developed:

- careful observation
- correct interpretation
- practical application.

To know thyself is to go inside one's entity and to watch, study, and apply.

The indicators of entity [?] are:

- I am
- I think                      Soul attributes
- I feel
- I will

The indicator of thinking, feeling and willing is the breath.

[MS p. 9]

A being is born to this world, having as [its] basic rhythm the breath of the mother at the time of conception. This is called the "mother's breath", and within its vibration are hidden the destiny and fate of every individual.<sup>1</sup>

Produce the causes and the effects will follow.

The state of Mastership is to be at all times consciously in a positive, receptive attitude, open to all powers to flow and express through you. And to direct them in the proper channels which will be illuminated and express good thought, good word, and good will.

The titanic power [called in this MS] "Gaya Lhama" is everywhere, and always seeking entrance into human beings to express herself. To be receptive to the harmonious flow of this power is to establish the Master Rhythm in the human being. Relying on the mother's impression of adverse surroundings,

<sup>1</sup> This corresponds to many psychological and esoteric schools' emphasis on the conditions at the time of conception. Even Scientology makes this a central issue ("engrams").

## Introduction

coincidences,

and influences at the time of conception[?2]

[MS. p. 10]

### **Breath is life.**

Flowing through the nostrils, breath is in one of three possible modes:<sup>3</sup>

1) When flowing through the right nostril, it is the creative, electric breath and feeds the vasomotor system. This is called pingala in pranayama; also known as the "Sun breath": the breath of the warrior ready to fight.

2) Flowing through the left nostril, it is the regulating and mothering principle—magnetic. It then feeds the sympathetic nervous system and is called ida, the Moon breath, in pranayamic yoga. This is the breath of the sage ready to absorb wisdom.

3) Flowing through both nostrils evenly it is balancing, preserving or destroying (sushumna breath).

Normally the breath changes about every hour: Sun breath, neutral (sushumna) breath and Moon breath. [However, to coerce a particular mode of breath,] two postures create either the Sun or Moon breath in three minutes.

For the Sun breath, lie on your left side and rest your head on the left

[MS p. 11]

hand, thumb touching the cavity under the left ear and the rest of the fingers covering the forehead. The right arm is bent under at a right angle, with the hand resting on the earth and the thumb pointing in the Assyrian manner. The heel of the right foot lies on the knee, and the joint of the left leg is held straight.

[Illustration in orig. MS.]

The Moon breath can be attained via the reverse of the same posture.

Gaya-Lhama is energy contained in space<sup>4</sup> It has 4 states of vibration which correspond to four colors. These states are assimilated from the air into corresponding centers in the human body and vivify them.

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<sup>2</sup> The sense of this is not clear.

<sup>3</sup> MS has "breath shapes itself three ways." The term "mode" does not appear in the MS., but will be used in this edition for convenience. See Nature's Finer Forces (bibliography) and other works on pranayama.

<sup>4</sup> Is this the same as Prakriti? Research this.

## Introduction

Those vibrations enable the development of four functions of the human entity.

[MS p. 12]

These functions with their corresponding colors and body areas are shown in the following chart<sup>5</sup>  
[Note: possible elementary attributions, not present in the original MS, are given in square brackets.]

Physical	Red [Earth]	Lower stomach, sex organs, back of the head
Mental	Yellow [Air]	Upper chest and forehead
Spiritual	Blue [Water]	Solar plexus (abdomen) and top of the head
Psychic	White [Fire]	Arms, hands, legs, feet and face

*[MS has sketches corresponding to the above]*

The human body, through the conscious use of will, breathes in the color vibration and at exhalation charges the corresponding parts and centers.

Breathing is performed in this willful and conscious manner is a basic part of the Master Exercises.

[MS p. 13]

### **The Seven Master Arcana**

Master Arcanes, greater mysteries. General observations.

A Master Breath consists of:

- 7 seconds inhalation
- 1 second stop or hold
- 7 seconds exhalation
- 1 second stop or hold

The Master Rhythm is 7 seconds. This corresponds to the rhythm of the (esoteric) Heart Center of the Earth: -+ (plus) (with the pause of 1 second) (+) [sic]

The eyes are to be relaxed as to muscular structure and must not[?] be fully charged with power

<sup>5</sup> These colors are attributed differently in other sources. In Bardou, for instance, fire is red, air blue, water green and earth yellow.

## Introduction

from within. In Master Exercises the must play[?] [hung) [sic] on the Sun, Moon before they cross the meridian, star light, or a spot.<sup>6</sup>

The spot used as [the] exercise point [referred to in the rest of the MS as the "Focus Spot"] must be on a white background and can be, for general purposes, black on which the charging colors can be imagined [projected or visualized] mentally. The size of the spot must be about <math>\frac{1}{100}</math> (MS: "about like 1 cent").

The light (MS: "or shine") radiation and emanation of each of [the] heavenly bodies is called: sunshine, moonshine, starshine, etc.<sup>7</sup>

The eyes absorb [and] ("or") emanate, among others, the N<sup>8</sup> or love rays, and thus are the index of the soul, sending out love, will and thought.

Master Thought is the opposite of slave thought,

[MS p. 14]

as is Master Will and Feeling [the opposite of common or slave will or feeling. Although "slave will" appears to be a contradiction in terms]. We must master our thought[s], our will and our feelings. [This is accomplished by] relaxation in a positive attitude. The body is to be relaxed but alert, and watchful[ly attending to] thought, will and feeling. Thus we attain to radio-audio reception and transmission simul- taneously. As a Master, we are both transmitter and receiver: the ecclisis[?], synthesis and analysis: the filler, thinker and willer.

Hertzian waves are thought waves of the geoid entity, the Earth Soul--armaiti<sup>9</sup>--whose aura we blend with our own in the 6th Master Arcane exercise.<sup>10</sup>

When concentrating, meditating, receiving or sending energy or thoughts, the Master always faces the Sun:<sup>11</sup> East in the morning, South at Noon, West at sunset and North at midnight. Exceptions are made when there is a special need for Moon or astral power, or for the specific powers of different planets or stars according to their magical properties.

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<sup>6</sup> This might become clearer later in the MS when eye exercises are further elucidated.

<sup>7</sup> Yes, true. So?

<sup>8</sup> Although these N rays are not the same, there was an episode where, early in the 1900's (check date), a Professor Blondlot at the University of Nancy (France) deluded himself into believing he had discovered a new form of radiation. The story is given by Martin Gardner in his debunking book.

<sup>9</sup> I need to try and trace this term.

<sup>10</sup> The concept that the Earth itself has a "natural" frequency occurs frequently in other occult writing and systems, (Adduce references)

<sup>11</sup> In MS: "direction in which the Sun is situated at given moment".

## First Master Arcane

### First Master Arcane [Exercise]

[MS p. 15]

#### Exercise: Posture

Sit in a chair, spine erect, neck straight, head up, chin in, eyes level. The eyes should be fixed on the Sun or [the Focus] Spot<sup>1</sup> If the Spot is used, it should be on a level with the eyes and from 3 to 7 feet distant on a vertical wall or stand. "Remember levels or horizontals, verticals or perpendiculars, and diagonals, angles, standiculars [sic]"<sup>2</sup>

Note whether the Sun or Moon breath is flowing (Sun: right nostril, heating, "electrical"; Moon: left nostril, cooling, "magnetic").

Relax all the muscles of the body except those that keep the back and neck straight. Rest the hands with fingers slightly separated, forming "V" shapes on the thighs, index fingers at the knee point and thumbs circling [? curling?] to the inside of the knees.

The heels should be between 3 and 6 inches apart, the feet also slightly open to form a "V" shape. "And also shins and thighs" [sic: means they should be slight separated, too?]

Life attracts life. The symbol "V" has a concentrating power, and the sounds "V", "F", "Ph" have direct mantric (invoking) power to attract, increase, and prolong. [? the sentence ends here. Presumably the word "life" or "health" could be the last word.]

[MS. p. 16]

Keep your thought fixed on Gaya-Lhama (GA-EL-LHA-MAH), the centralizing principle of life, which is only appropriated by loving [it]<sup>3</sup> (and so attracting [it]), thinking of [it] and willing it.

This act, by those three powers fixes the energy in the physical, intellectual, spiritual and psychic equation.

*[MS sketch of correct posture and hand position for this exercise]*

(This posture is the same in Egyptian ritual. However, in the exoteric doctrine it was shown with the limbs brought together, without showing the [correct] state of relaxation pertaining to the Esoteric doctrine.)

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<sup>1</sup> See the Introduction for a description of the so-called "Focus Spot".

<sup>2</sup> I have no idea what this is intended to mean.

<sup>3</sup> MS has "of".

## First Master Arcane

### Breathing

[Warning added by Editor: The practice of pranayama as given in this manuscript is sketchy and quite dangerous if attempted by a beginner with no other guidance. Breathing exercises of this nature should never be attempted without an experienced teacher. A cautious student can find more complete guidance in (for example) Iyengar (see Bibliography). In that work, many pages of warnings and cautions are given, for instance, "allow at least 6 hours to elapse after a meal before practicing pranayama".]

Note: Before starting any of the Master Arcanes or exercises, first exhale all breath using the muscles of the abdominal, diaphragmatic and chest sections to expel all residual air.<sup>4</sup>

I Once properly seated in the posture described above, exhale for seven seconds. Gaya-Lhama of Red color (physical center). Expand the abdomen; pause one second, then exhale the breath

[MS. p. 17]

for seven seconds, at the same time "by thought and willing the color Red--lower stomach, sex and back of the head"<sup>5</sup>, pause one second, and repeat the same breath on the same color twice, to [perform three cycles]<sup>6</sup> on the Red current<sup>7</sup>.

I Then after the last pause of one second, proceed to inhale, expanding only the chest, [visualizing] Yellow--mental; pause one second, exhale for seven seconds, "fixing by thought and willing Yellow color". [The color should be seen as permeating] the chest and forehead. Pause one second and repeat to perform three cycles on the Yellow current [as above for Red].

I After last pause of one second, inhale expanding the chest and upper abdomen, fixing on the Blue --spiritual--current. One second pause, seven seconds exhalation, "fixing by thought and willing Blue color". [The color should be seen as permeating] the solar plexus (abdomen, diaphragm), pause one second and repeat as above for Blue.

I After the last pause of one second, proceed to inhale expanding the chest (as in the Red breath) [visualizing] the White--psychic--current.

[MS. p. 18]

Pause one second, exhale for seven seconds, "fixing by thought and willing White color". [The color should be seen as permeating] the arms, hands, legs, feet and face. Pause one second and

<sup>4</sup> Details on this can be found in works dealing with pranayama, for example B.K.S. Iyengar, The Concise Light on Yoga. After exhaling with the mouth open, purse the lips and blow and it will be found that more air can be expelled. Also, this section originally appeared in the MS near the end of the section. It was moved here since it is supposed to be done before the breathing exercises.

<sup>5</sup> I guess that red is visualized on the breath as permeating the named anatomical areas.

<sup>6</sup> MS: "make three breaths"

<sup>7</sup> The term "current" will be used henceforth when it clarifies the text in the context of the Gaya Lhama colors.

## Second Master Arcane

repeat the same pattern as in the above paragraphs.

¶ The Full Breath [Cycle] thus consists of:

- One inhalation of seven seconds
- One pause of one second
- One exhalation of seven seconds
- One pause of one second

For a total of 16 seconds per cycle. Performing three cycles per color, and with four colors, the whole pattern takes 192 seconds = 3 minutes and 12 seconds. This comprises the full 1st Master Arcane exercise of 12 cycles in 3:12.

[MS. p. 19]

¶ This Arcane awakens forces of the universe, establishes connection with higher powers, begins to establish the Master Rhythm in the organism and develops clairvoyance.

*[A mysterious diagram appears here in the MS]*

### Second Master Arcane [Exercise]

[MS p. 19]

#### Exercise: Posture

Stand erect, spine and neck straight, hands at sides. Place the right foot about 8 inches in front of the left if the Sun breath is flowing, and conversely for the Moon breath. Eyes level and fixed to the Sun or Focus Spot as in the First Master Arcane.

#### Breathing [Note the warning given in this section of the First Arcane]

Note: Before starting any of the Master Arcanes or exercises, first exhale all breath using the muscles of the abdominal, diaphragmatic and chest sections to expel all residual air. [See First Master Arcane for details].

Inhale for 7 seconds rising on toes and clenching hands tightly, as if to hold on to the Life Principle in the air. Imagine [visualize] Red--physical--Gaya-Lhama, expanding the abdomen. Pause one second. Exhale 7 seconds, lowering to the floor and unclenching hands. [At the same time] charging the lower abdomen, and the back of the head with Red. Pause one

[MS. p. 20]

## Second Master Arcane

second, then begin again two more breaths [Cycles] on Red (physical). Follow with three breaths on Yellow (intellectual), three breaths on Blue (spiritual) and three breaths on White (psychic) using the same expansions [and visualizations] as in the First Master Arcane.

Twelve breaths [Cycles] will constitute the Second Master Arcane (3 minutes, 12 seconds duration).

*[Diagrams of the postures appear here in the MS]*

### Results

The Second Master Arcane teaches us how to face friends and enemies, and how to defend and attack<sup>8</sup>. It develops clairaudience and

*[MS. p. 21]*

harmony.

### Notes on Foot Care

**I**Note: Bathe feet with soap and water, or use an alcohol rub. Cold water is used for magnetic shock and hot for electric (amperage).

Wading in rivers, brooks, or even the bathtub, dewy grass or the sea is magnetic. Walking on dusty roads, sand, earth is electric.

Dry feet thoroughly, and rub them well with the hands, then use some oil: e.g., sweet almond oil, coconut or cocoa butter. Crude oil and kerosene are good also. Never use animaloids other than lanolin (from sheep's wool) or butter.

Take especial care to keep the great toe in good condition. Massage it thoroughly, and stretch and pull it with the hands to prevent numbness from setting in, and to keep it responsive and alive.

The great toe is connected with hearing (auditory nerve) and coordinates harmony and rhythm in the body.<sup>9</sup>

*[A sketch of this exercise appears here in the MS] <sup>10</sup>*

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<sup>8</sup> MS has "aggress".

<sup>9</sup> This should be checked against reflexology and acupuncture teachings. Unquestionably, the great toe has a lot to do with human balance.

<sup>10</sup> This exercise is almost identical with that called *Paschimottanasana* in Iyengar. (It is also known as *Ugrasana* or *Brahmacharyasana*.)



## Third Master Arcane

The feet should be clothed in a silk cloth, or linen

[MS. p. 22]

wool, or cotton if silk is not easily available. Stockings or socks are then pulled on over this cloth.

**I** Change the foot cloths whenever the feet are moist or cold. This will prevent colds, coughs and [afflictions]<sup>11</sup> of ears, eyes and throat, as well as many rheumatic conditions "to a great extent."

*[A diagram symbolizing this Arcane appears here in the MS]*

### Third Master Arcane [Exercise]

[MS p. 22]

#### Exercise: Posture

Sit on a chair, spine erect, neck straight, head up as in 1st Master Arcane. Have one spot fixed level with the eyes (or use Sun, Moon, etc.) and the other 3 to 4 feet distant placed flat on the earth or on the floor. Observe whether the Sun or Moon breath is flowing.

Relax all the muscles except those that keep the back and neck straight. Rest the hands with the fingers slightly separated forming "V"s on thighs, index fingers at knee point and the thumb <en>circling toward inside of the knees. The heels are between three and six inches apart, the feet open to form a "V" along with the shins and thighs.

#### [Breathing]

Once the posture is properly assumed, exhale all air as directed previously and start rhythmically bending forward, keeping the spine and neck in line. Shift the eyes to the ground (floor) spot, inhaling for seven

[MS p. 23]

seconds, expanding the abdomen and taking in the Red Gaya-Lhama breath (physical). While inhaling, concentrate on the Life Principle. Acknowledging[?], mentally say: "Breath is Life". Hold one second when the ribs touch the thighs and mentally say "Breath is Life," fixing the principle of Life by [so] affirming. Exhale for 7 seconds, rising erect to original starting posture, charging the lower abdomen and back of the head--Red--mentally saying "Breath is Life," realizing and affixing principle of life.

When exhaling and rising shift eyes the the horizontal [Focus Spot] or center[?]. Afterwards,

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<sup>11</sup> MS has "affections".

## Fourth Master Arcane

pause for one second and begin again two more cycles on the Red energy (physical), follow with three cycles on Yellow (intellectual), proceed with three cycles on Blue (spiritual) and close with three cycles on White (psychic). using the expansions described in the 1st Master Arcane. Twelve breaths [cycles]--one master exercise--time three minutes and 12 seconds.

### Observations about breath direction.

With all the Master Arcanes, always note whether the Sun or Moon breath is flowing when beginning your exercises. If you performed a series of exercises in the morning while the Sun breath was flowing, if you perform another series in the afternoon you should ensure that the Moon breath is active.

*[Diagrams of the postures appear here in the MS,  
along with appropriate legends]*

### Results

This 3rd Master Arcane develops good taste and [good] judgment of distances holding the constant attraction of the Great Centralising Principle: "I am breathing Life in on

*[MS. p. 25]*

my breath--and forming a field of magnetic force around me, my magnetic field or aura."

### Fourth Master Arcane [Exercise]

*[MS p. 25]*

### Exercise

Stand erect, spine and neck straight, feet 18 to 24 inches apart, raise hand above the eyes about 18 inches from them. Your palm should be toward you. Keep eyes on the Focus Spot (on the same level as the eyes), the Sun or the Moon. The thought and will is fixed on "GA-EL-LHA-MA" [sic]. As usual, note whether you are in the Sun or Moon breath. Exhale all residual air from the lungs using the muscles of the abdominal, diaphragmatic and chest sections.

Now rotate the arm rapidly, one revolution per second. Always begin with the arm corresponding to the side in which the breath is flowing. Make the rotation toward the body, cutting off the vision with every circle.

Breathe in Red GAYALHAMA [sic] for seven seconds, making seven circles with the arm (using momentum). After inhalation and rotation, let the arm drop relaxed (limp) to the side, pausing

## Fourth Master Arcane

for one second<sup>12</sup>. Raise the same hand and arm again, rotating it seven times as before, exhaling for seven seconds. At the same time, charge the lower abdomen and back

[MS p. 26]

of the head with the Red (physical) current. At the end of the exhalation, let the arm drop of its own momentum to the side. Pause one second.

Ì Now inhaling, raise the arm full length over the shoulder, clenching the hand, for seven seconds (on Red {physical} current). Tense and slightly vibrate the clenched hand for one second. Rapidly bend and strike the earth in front of the feet with the fist, releasing the grip and the breath at the moment of striking.

Raise the body erect, throwing the hand and arm up [and] back, and down the side with round graceful motion and exhalation, charging Red to the lower abdomen and back of the head.

Ì Pause one second. Ì

Repeat both parts of the above exercise on the same current (Red) in the other arm. Ì In this Master Arcane, you take fours breaths on a color (two on the breath and two complementary) making in all sixteen breaths: four on Red current (physical), four on Yellow (mental), four on Blue (spiritual) and four on White (psychic).

[MS p. 27]

So the Fourth Master Arcane (exercise) in every color variation<sup>13</sup> consists of two parts.

*[Sketch of first part of exercise with detailed legend]*

Note: [The second part of the exercise she be performed immediately after the first, with the stated one second pause].<sup>14</sup>

[MS p. 28]

*[Sketch of second part of exercise with detailed legend]*

[MS p. 29]

*[Continuation of legend from MS. p. 28]*

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<sup>12</sup> In text, "using time one second pause."

<sup>13</sup> In MS.: "in its every development"

<sup>14</sup> Literally in MS.: "After going through the first part of the exercise (one breath) proceed without [but regular intermediate one second] stop into the second part of the exercise so as to keep exercise as a whole."

## Fifth Master Arcane

### [Results]

This Fourth Master Arcane (exercise) develops the commanding will and electricity, storing it in the ganglia of the body, ready for use.

[MS p. 29]

### Fifth Master Arcane [Exercise]

#### Exercise

Stand erect, spine and neck straight, feet three to six inches apart, slightly bent at the knees. Relax all muscles. Keep eyes on the Focus Spot (on the same level as the eyes), the Sun or the Moon. The thought and will is fixed on "GA-EL-LHA-MA" [sic]. As usual, note whether you are in the Sun or Moon breath.

Ì Raise hands and arms from the back over the head to the front, level with the shoulders. Ì

"Float" arms on the air as if about to fly. Hands limp from the wrist. Ì

Exhale all residual air from the lungs using the muscles of the abdominal, diaphragmatic and chest sections.

Fix your thoughts on the Red current — physical.

[MS p. 30]

Ì Inhale for seven seconds and tense arm muscles to wrists only, leaving them limp. Expand the lower abdomen still concentrating on Red color.

Pause one second. Ì

Exhale for seven seconds, relaxing and folding arms on breast; right hand on right breast, left hand on left breast, at the same time charging lower abdomen and the back of the head with the Red color — physical.

Repeat for Yellow (mental), Blue (spiritual) and White (psychic) currents three times each for a total of 12 breaths.

(Note: Legs have to be slightly bent at the knees.)

*[Two sketches of exercise. That on the right has the following caption:]*

## Sixth Master Arcane

In profile, exercise is shown with the motion of one arm only.

*[[MS p. 31]*

Ì Now again extend and circle hands on level of shoulders to sides, tensing the muscles of the arms, hands limp. Fold and extend again at sides, etc., on each color (three times each).

Then, at the last breath, return to the front, but swing hands up, fingers toward each other, but not touching. Now drop and exhale through mouth quickly, saying "Hâ" as in "Ha ha", but with a long, "sigh-like" breath, swinging arms limp as the lesson [sic] goes. Ì

Now to explain correctly [?—sic]. One every color, physical, mental, spiritual and psychic, there are three breaths: two with the hands in front and one with the hands on the sides. All together twelve breaths.

### [Results]

The Fifth Master Arcane gives control over attraction of the Earth (weight); thus enabling one to rise [MS.: "raise"] in the air, fly, and walk on water.

*[MS p. 32]*

### Sixth Master Arcane [Exercise]

[Before beginning, I would recommend that this entire section be read carefully particularly the warnings and cautions. Also note this type of exercise has other dangers not addressed by the author's simple physical precautions<sup>15</sup>.]

### Exercise

Ì 1) Stand erect three feet away from the back of a chair with straight round poles (vertical, upright) in the back. Or, instead of a chair, use two staves of bamboo or other material.

2) Holding the upright poles, kneel close to them (or to the chair) by balancing on the balls of the feet, and bending back to maintain balance as you kneel. Relax after kneeling.

3) Hold back of the chair (or the poles) gently, and empty lungs—thoroughly, but gently and easily.

4) Inhale for seven seconds and tighten grip as you do so.

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<sup>15</sup> For a good cautionary work, read Kundalini by Gopi Krishna.

## Sixth Master Arcane

5) Keep eyes focused on the Focus Spot, level with them on the wall or screen without straining or staring. Shift eyes around the Spot's circumference, the size of a penny (2 cm in diameter).

1 (Explaining line of declination. Neck and spine straight, body erect, chin in. All muscles relaxed. Feet straight or at right angles, or heels

[MS p. 33]

out [here are some stick figure drawings in the text] (First) excitation of functions by rapid panting—then (second) breathe all air out using muscles of trunk, abdomen and diaphragm to drive residual air out, as much as possible.

Breath may be sniffed, sobbed or waved in, but sighed out.)

6) Now after inhaling, hold breath for seven seconds. This is called kumbhaka (in Hindoo) in yogah, to hold or master the breath.

(While holding breath, exert gentle pressure against the diaphragm.)

7) Exhale gently, fully, with perfect control, squeezing out the last possible bit of air.

It is during exhalation that the magnetic and electric and thermal forces blend and travel to the outer ring "pass not" and then return causing ecstasy and intense calm and poise.. This is called rechaka (Hindoo) in yogah, while the inhalation is called puraka.

### Phenomena & Caution

You will feel heat waves and electric shocks at the base of the skull, and in the cerebellum and inner brain. The magnetic current will flow along<sup>16</sup>

[MS p. 34]

the spine upward into the medulla oblongata, corpora, quadrigenia, fifth and fourth ventricles, corpus callosum, corpora strata, pons varolli, pituitary gland or body, third ventricle, and pineal gland or hypophysis (pituitary is epiphysis).

Also in septum lucidum and othe parts, you will hear a pulsating sound like a bell or chime and and feel pulsations with a sense of swelling or expansion of aura, and sometimes a feeling as of beating or folding of wings, of moving. As if a bird were clasped to the back of the skull or head. This is the ka or bird (ba) of Egyptian mythology.

[Warnings] This is all right, but when things suddenly go dark, stop. [!] If you continue, realize that you will go into a sleep or trance state, and must not be disturbed until your Guardian Angel or

<sup>16</sup> In MS.: "...and inter-brain and magnetic current flow along..."

## Seventh Master Arcane

Heavenly Father awakens you.

Also, if your knees rise from the floor, or your body rises in the air, stop at once. You do not want levitation to occur.

[Also see the caution at the end of this Arcane about crashing into hard objects in case of falling down due to entry into trance.]

[MS p. 35]

The trance state however is healing, and gives the power of laying on of hands or healing by so doing.

8) While exhaling relax grip on bars or staves, but let hands gasp gently and hold to them.

Remain on knees or seated for three minutes and twelve seconds after complete exercise [eh?]. Full exercise comprises eight breaths of twenty-four seconds each (that is: seven seconds inhalation, seven seconds hold, seven seconds exhalation, three seconds hold). Thus  $8 \times 24 = 192$  seconds.

*[Drawing of student kneeling with hands grasping the two staves. The staves reach from the floor to about the student's eye level]*

[MS p. 36]

[Purpose and Results]

The transmutation transformation and transfiguration exercise is called the "Rosicrucian Philosopher's Stone" for the transmutation of the base elements into gold. Also the transfiguration in the garden of GATRA-SA-MARA and of [? — probably "It effects"] the transformation of the electric and magnetic forces and powers of the individual and universal so as to blend the auric spheres or "eggs" of man and earth into one. This brings unification and "at one ness"—atonement and is the Egyptian "AT-UN" — it brings one into communion with the divine, angelic, celestial, heavenly, human and aurical blended with harmonious accord through music, sound, magnetic [and] electric fields of contact. Ì

*[Symbolic representation of the exercise:]*

Caution: During the exercise, do not have any chairs, tables or objects standing around because if going in trance you may fall and strike objects with your head, hurting yourself. It is advisable to have pillows and rugs thrown about.

[MS p. 37]

## Seventh Master Arcane

### Seventh Master Arcane [Exercise] (Weather Control)

This exercise is a separate one called the Seventh Arcane, but having in itself a separate place as a purely magical work connected with weather control.

#### [Exercise]

1) Stand erect two feet away from a stand or altar on which there is a square, round, pentagonal, or other form of vessel<sup>17</sup>, about two feet in diameter and six inches high, filled half with pure water.

The stand should be of a height permitting putting of hands on top of it without bending or straining.

2) Face in the direction of the Sun, Moon or stars accordingly.

3) Now cleanse the lungs by panting out all residual air.

4) Submerge the hands in the vessel with water, palms resting on the bottom of it, fingers spread fan-like, thumbs and forefingers of both hands touching each other underwater.

5) Inhale deeply for seven seconds, hold one second, and exhale through the mouth, slowly, sounding a sigh, until the air is out of the lungs. Voice should sound like

[MS p. 38]

deep sigh. (Exhalations are timed only to make them run naturally and easily without prescribed seven seconds.)

6) Hold [MS.: "stop"] one second, inhale again for seven seconds and exhale through the mouth with a moaning sound, like moaning and at the same time whistling.

7) Hold one second, again inhale deeply for seven seconds, hold one second, and exhale through the mouth with a roaring sound, like the roaring of the wind mixed with the whistling of it.

8) Repeat them [the above series] four times making a total of twelve breaths.

Note: There [MS.: "the"] is a word which is to be used with sighing, moaning and roaring breaths, and this word forms [MS.: "form"] the background for them, giving them vibration to AVAKEA [?], the elemental spirits of the wind, storm, hurricane, etc. [MS.: "e.t.c."] This word is — Ì I-HAU-HAA Ì to be interwoven with the exhalation of the air in sighing, moaning and roaring. This Arcane through attracting powers of wind and

[MS p. 39]

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<sup>17</sup> In MS.: "wessel"



## Seventh Master Arcane

storm, changes surrounding climatic conditions  
with the help of the mighty spirits – EL BORACH (Spirit of the Lightning) and WAAT (Spirit of the  
Wind) Ì

*[Drawing of practitioner standing before pedestal with  
hands placed on top of it, eyes level with Sun. Also a  
smaller drawing indicating the position of the hands.]*

Note: Eyes should be fixed, but very lightly so that at times one is actually seeing only [a] blur.

*[Symbolic representation of this technique.]*

## General Compendium

### Theoretical Background

Ì All the previous comprises the Seven Great Arcanes of the Master System, the seven keys of absolute liberation from adverse surroundings, influences and hereditary chains, and slavery—

This short path establishes the Master Rhythm [MS.: "rhythm"] in the body, which you must strive to keep as often as you can (seven seconds

[MS p. 40]

inhalation, one second stop [hold], seven seconds exhalation, one second hold). This will put you with the good thought, good word and good deed, and open channels, establishing connections with the Master Thought and [the] Heavenly Father. You have then all the knowledge, all the authority, and all the powers and forces are at your command. You are on the path, and your great teacher—the Heavenly Father—will instruct you in everything personally, so that you do not need any other teachers or human authorities. Ì

Ì In the work on mastery the main and the only object is to attain communion with the harmonious creative power of the world, and consciously joining the forces for solving the destinies of the evolution toward immortal oneness.

The first steps in this process are mastering thought and through it mastering the body.

To "master" means to overpower, to subdue, to rule, to know, to understand thoroughly, — it also means dominion; superiority, victory, of beings conscious of it [sic—perhaps: "of being conscious of it"?] [The] process of development is called "The Great Work" and consists [MS.: "is consisting"] of six Great Master Arcanes constituting the "Short Path", "Quintessence"

[MS p. 41]

development of conscious mastery.

of the ways and means for

## General Compendium

The man is generally in a state of slavery; produced by ignorance, on more or more planes of his entity; i.e., physical, mental, spiritual and psychic, which state comes from the different mislead[ing] impressions on the human system, like preconceiving and conceiving state of the mother—prenatal influence of mother's thought, feeling and willing. In addition, the influence of the moment and manner of birth has a lot to do with life currents circulating in the body, and which is of great import in human personal history.<sup>1</sup>

[The] birth of a child can be compared to taking a fish out of the water into the air. The surroundings are changed [to a] very great extent, and first impressions mould the destiny by shaping and piercing [MS. "piersing"] new channels for energies and life currents. (Note: After birth of the child, the umbilicus should be cut only after it collapses three times.)

Next comes the age[s] of childhood, puberty and adolescence of seven years each, during which influences, often adverse, imprint themselves upon the developing entity, warp its growth, and create at times unnatural ways of expression.<sup>2</sup>

[MS p. 42]

The process of liberation from the bondage of slavery of darkness and ignorance could only be formulated at be given out by the souls who attained freedom [MS.: "the freedom"], and were filled with the pure light of wisdom and understanding.

It was done by the masters and is called the Master System, from eternity into eternity for the guiding of [the] human race.

The aeons of involution, revolution and evolution, thoughts—feeling and willing, through many rebirths—through pain, suffering and work—a race purest was evolved, the race of masters and saviours.

### Physical basis

Man is the center in which currents—powers and forces of the world are crossing and merging to find through him the perfect expression.

The Master System proves that everything is one, built from the same clay of primordial energy, in different states of vibrations. (Speed of positive and negative components of matter, which the matter [?]) is condensed energy—positive and negative in different proportions and states of denseness.) — Positive is minus in within the vacuum, taken by division spark from neutral—which is vacuum [???

[MS p. 43]

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<sup>1</sup> In MS., this sentence reads as follows: "Influence of the moment and manner of birth, which has lot to do with life currents circulating in the body, and which is of great import in human personal history."

<sup>2</sup> In MS.: "and creating at times unnatural ways of impressions and expressions."

## General Compendium

This one which is also two, which is also two with again one surrounding, which is three [? yikes!]  
—is the "that is" and is called the "GA-YA-LHA-MA"

### Physiological basis

The human body absorbs the GA-YA-LHA-MA through the breath. Air enters the nose, being given spiral motion by turbinates, and elongating into two cones striking each other as they meet.

*[Illustration: coronal section of nasal fossæ at the plane of the second molar tooth, seen from behind]*

The air in passing gets heated, and going through pharynx, releases the GA-YA-LHA-MA, which sinks through the pharynx behind the soft palate in the proximity of the twelfth nerve and first pair of cervical nerve, in the proximity of the medulla oblongata, ninth, tenth and eleventh nerves. [The] air then goes to the lungs where it oxidizes the blood.

GA-YA-LHA-MA has four states of vibration; having distinct color vibrations and areas where it is stored in the body.

[MS p. 44]

Filling with energies is done simultaneously in two places in the body, both of them being charges at the same time during the period of exhalation. The four states of vibration of GA-YA-LHA-MA and corresponding colors, with the parts to be charged in the body are given in the following table:

<u>Type</u>	<u>Color</u>	<u>Body Areas to be Charged</u>
Physical	Red (vermilion)	Lower part of the stomach and back of the head
Mental (Intellectual)	Yellow (chrome)	Chest and forehead
Spiritual (Dynamic)	Blue (ultramarine)	Upper part of the abdomen (solar plexus) and the top of the head
Psychic	White	Legs, forelegs, feet and arms, forearms, hands and face

(In certain cases the color for psychic is black.)

## General Compendium

*[Two diagrams follow: a profile of a head which illustrated (presumably originally in color the currents of GA-YA-LHA-MA charging the head, and a schematic representation of the same based on a circle divided in quarters.]*

*[MS p. 45]*

Currents of GA-YA-LHA-MA charging the body.

*[Two diagrams follow representing the currents charging the body described.]*

*[MS p. 46]*

*[Between the following two columns is a five pointed star inscribed in a circle. It appears from the photocopy that it was in color in the original.]*

Ì Star which is the crown the  
the crown, the power, the love.  
The five points of fellowship.  
Star of Resurrection

Ì The Star of man, the Star of saviour  
the Star of senses, the Morning Star,  
the Brightest Star, the Star of the  
Wise Men, the Star of Elements Ì

[Caption] Pentagram of the man (microcosmos mirroring the macrocosmos), the secret of the sacred mastery and supremacy.

*[MS p. 47]*

Nature's innermost secrets are waiting to be commanded by masters, to work for the benefit of the world.

Books of Zend Avesta declare the mastery and answer the riddle of human life: "Why am I here?" Ì "I am on this earth—to reclaim the earth,—to turn the deserts into paradise,—a paradise most suitable to God and His associates to dwell therein." Ì

This is the true goal of life. [The] soul that realizes this consciously stands on the path as the Master and Saviour.

Good thought, good word and good deed are analogous with Master Thought, Master Word and Master Deed, expressions with the aspects of AHU-RA MAZ-DA. (Light)

Bad thought, bad word and bad deed are analogous with Slave Thought, Slave Word and Slave Deed, expressions with the aspects of ANGROMAINOUS [?] (angry-mind) (Darkness)

The Master System teaches that through the conscious control of the breath, and establishing the Master Rhythm [MS. "rhythm"] through [the] system of exercises called "Arcanes", we change our

## General Compendium

impressions<sup>3</sup> and expressions—from slavery into Master.

[MS p. 48]

Be conscious and positive, assert your true I<sup>4</sup>—your true ego, renounce the bondage of ties and slavery, and declare—the Mastery.

The sign of [the] Master System is, when you meet another human being, stand straight, (erect) spine straight, shoulders back, head up, chin in, gaze [MS.: "gase"] quiet, level with the eyes. Right foot forward, forming a slight angle with the left ("V"). (Master breath)<sup>5</sup>. When you sit, sit erect, gaze [MS.: "gase"] level with the eyes. Head up, chin in. Legs relaxed feet, forelegs and thighs [MS. "tighs"] forming letter V. (Master breath)

*[A line of characters in Farsi, Coptic, or some other tongue follows here]*

ì YAT-HA-AH-HU-VAI-RIO ì —[meaning] "The Will of the Lord is the Law of Righteousness".

*[A line of characters similar to that above follows here]*

ì YAT-HA-AH-HU-VO ì [meaning] "The Will of the Lord is Power" (lighting that strikes).

We are [like a] mysterious mirror, which in its pure state reflects the world, its causes [MS.: "cases"] and effects.

If then inside of you, you creat[e] the cause, [the] effect will follow—and be reflected through the mirror of the soul—into any medium [,] becoming flesh.

(Reflection is polarized, while the rays before striking the reflecting surface are more in the state of chaos.<sup>6</sup>)—Always strike at the causes,

[MS p. 49]

effects will follow.

changing them, and the

<sup>3</sup> Cf. Gurdjieff's theory that impressions are "food" for the human organism.

<sup>4</sup> This locution is also reminiscent of Gurdjieff, who analysed human psyches in terms of numerous changing ego centers called "I"s.

<sup>5</sup> I'm not exactly sure what is intended here and at the next occurrence of this parenthetical note, except that the author seems to indicate that you should either be breathing the Master Breath or in synchrony with the Master Rhythm.

<sup>6</sup> Here I believe he simply refers to the simple optical law that light rays striking a reflecting surface are polarized; that is they vibrate along a plane intersecting the surface.

## General Compendium

Ì [The] state of mastership is to be at all times consciously, and in positive, receptive attitude, open to all good and positive powers to flow through you. — And to direct them in the proper channels of Good Thought, Good Word and Good Deed Ì

Those titanic Powers are everywhere, surrounding us at all times — being the emanations of God, and always seeking the entrance into our beings, to express themselves through us.

To be receptive to those Powers—is to establish [the] Master Rhythm in us and relinquish the mother's impression at the time of conception and pregnancy, and defeat the brand of adverse surroundings, coincidences and influences.

In the ancient mysteries, establishing of the Master Breath was done by the four great initiations of the elements.

1) [The] first initiation was by water. Submersion in cold water, affecting [the] thyroid, brought about a spasm, which when correctly done established the Master vibration in the body.

*[MS p. 50]*

This was the initiation of Moses and Christ, and used in this day in the Christian Church.

2) The second initiation was by fire. The neophyte [MS.: "neophite"] passing between two fires or going through fire, had to hold his breath in order not to inhale smoke.<sup>7</sup> (Babylonian and Dravidian mysteries.)

3) The third initiation was by air, dropping down from a height in specially prepared contrivances. This process affected the breath and solar plexus. (Egyptian mysteries, also Christ put by Satan on the mountain and then thrown from it.)

4) The fourth initiation was by earth, getting body covered with earth, being buried alive for a certain amount of time, also listening to the (silence) [sic] in subterranean caves, to get the sacred rhythm [MS.: "rhytm"] of the earth's [MS.: "earts"] heart, which vibrates in unison and harmony with the universe [MS.: "univerce"]. (Heart of the earth contracts [MS.: "cotracts"] for seven seconds, one second pause, seven seconds expansion, one second stop). This is the sacred Master Rhythm [MS.: "rhytm"].

Those are the great [MS.: "greath"] four initiations in the mysteries of mastery. In the Master System there always was the simplified, condensed and correct manner of disclosing the teachings and arcana of mastery, but it is always given only for the sufficiently developed and ready candidates, and in cases of

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<sup>7</sup> In MS., "for the impossibility to inhale the smoke."

## General Compendium

[MS p. 51]

evolved, worthy, and well-qualified souls.

Those only hear the call who are ready, to the others the moment has not arrived yet<sup>8</sup>, but sometime throughout eternity it will.

The Master System solves [MS.: "is solving"] every problem in every department of life, and [answers] every question, and meets every situation—on the physical, mental, spiritual, and psychic planes.

It is doing all the things that the other systems claim to do that have been borrowing from it.

"Master System" means that when it it thought [probably "followed"] fully and completely everywhere, all the other systems will be shown to be what they are, that is that they were always falling below the standard [MS.: "stantart"] of [the] first and only word of masters of Arias<sup>9</sup>, from eternity into eternity.

We will define here what is mysticism, occultism and magick.

Mysticism is careful observation through supersensitive channels of impressions

Occultism is correct interpretation through application of the conscious discrimination of the soul.

Magick is practical application of supersensitive observation and inter-

[MS p. 52]

pretation. It is to make things appear, disappear, and change one thing into the other. Creation, destruction and transmutation.

*[This page contains two sketches of students in the sitting and standing master system posture, with the following captions to their right.]*

Ì Sitting Master System posture. Ì Ì Posture called—positive in relaxed attitude, to receive, analyze, and direct consciously, impressions and expressions, according to the Law, and the spirit of the times. Ì

Ì Standing Master System posture Ì Ì Upright and on the level. Ì Standing like a man [MS.: "men"] in Master System. Positive in relaxed attitude. Right foot forward denotes Sun current (RA) positive and

<sup>8</sup> In MS. "...moment did not arived yet..."

<sup>9</sup> This somewhat tantalizing reference has not yet been tracked down.



## General Compendium

electric. (Left foot forward would mean Moon (MA) — negative and magnetic.)

## Supplementary Arcana I-III

[MS p. 53]

### (Introduction)

Lesser arcana and great exercises for different particular purposes, according to the Master System.

#### I Lesser Arcane: Doctrine of the Heart

Oldest symbol—swastika—represents contracting of the heart, while souwastika, expan[d]ing.

Dividing the work in mysticism and occultism and magick into two distinct paths:

- 1) (First—doctrine of the closed heart but open mind—developing reason—it is symbol of souwastika used in the Orient.
- 2) (Second—doctrine of the open heart—and feelings, brings in wisdom—it is the symbol of the swastika used in the Occident [MS.: "oxident"]).

([A] cross section of the heart will show the muscles in the form of swastika and souwastika, contracting and expanding the heart.)

The doctrine of the heart is one of the greatest signs of the fulfillment and evolution. It is the development of love and discrimination, and it penetrates all the secret and sacred traditions of the white race.

*[Diagrams of swastika and souwastika]*

[MS p. 54]

[Exercise]

- 1) Sit down in a quiet place facing the Sun, Moon or a planet<sup>1</sup> (in the direction [meaning obscure]), breathe deeply, then relax and withdraw within yourself.
- 2) Fold your hand leaving only two fingers outstretched, index and middle (destiny and teacher) and apply them towards the heart. Watch the heartbeat, and consciously fill it with love, repeating the word "love" with every heartbeat. (The word "lob" can be used from which derives the word "love"—one of the two sounds of the heart—systole [MS.: "cystole"] and diastole—"lob" and "dob") Gradually you become conscious of the feeling of love concentrating in the heart [MS.: "hearth"], sensation of congestion which is pressure of feeling and fullness in the cardiac region.
- 3) When feeling reaches its pinnacle of tension, cover the right hand gently with the left, and

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<sup>1</sup> See comments about "Focus Spot" under the Master Arcana.

## Supplementary Arcana I-III

slowly withdraw the right hand from under the left at the same time shaping left hand with forefinger and middle finger pointing to the heart, the other finger closed.

*[Two diagrams of hand with two fingers outstretched]*

[Caption for drawing:] Ì Way of closing hands (called also sacerdotal hand Ì)

*[MS p. 55]*

4) With every heart beat utters word AL-IM, this is the holy word which opens the heart. The word is repeated with beats of the heart, and you enter the interior of the heart, filled with red clouds and mist. In the center is standing the Arc with measures of discrimination, and over the Arc you see the blazing [MS.: "blazing"] pentagram, with the all-seeing Eye in the center.

5) You worship then and commune, and send out love to understand, reach, help and bless.

6) Then, having ended, you put the right hand like in the beginning of the Arcane and withdraw the left hand, and with index finger and middle on the heart, repeat with every beat of the heart the word "peace" to fill the heart with it.

*[Diagram of sacred heart as described above, with the words "Love" above, "Peace" below, "AL" on the left and "IM" on the right.]*

This completes the doctrine of the sacred heart.

Note: Heart should be consulted in every important undertaking, by putting on it the two fingers of the left hand. It also is used in healing. Ì

*[MS p. 56]*

### II Greater Arcane: Creation Exercise

Used for awakening of the desire and transmuting it into will power.

#### Exercise

(The entire exercise done with the eyes half closed, introspective gaze [This note originally occurred in ¶4]).

- 1) Stand erect, spine straight, head up, chin in. Relax and breathe deeply.
- 2) Put your hands over the solar plexus on the part where is ensiform cartilage.
- 3) Hold them there lightly, think of the thing that you desire, and slightly holding the breath,

## Supplementary Arcana I-III

[MS p. 59]

Symbolically represented process of creation is in [the] Caduceus of Hermes with the two serpents encircling it mounting towards pine cone [???] or Mercury's head with wings spread attached to it. Also, winged scarab of the Egyptians, scarab representing human skull, the same symbol often used in Christian symbolic art. Mercury (Hermes) carrying demand or order on the wings of Will.

Note: This is a great arcane (Hermetic) and uses the same powers, consciously directed, as [awakened?]<sup>3</sup> in the Sixth Master Arcane. It is used in everything of importance, it materialises things you want, cures diseases (yours and others), will make you insensible to pain (self-anesthesia), and will put you in trance, cataleptic state or in lethargic [MS.: "letargic"] (hibernating) condition. It arouses the serpent power of the body (kundalini in yoga<sup>4</sup>).

CAUTION: Working those powers is best beginning delicately and being in practice with major Master Arcanes.

When going in subconscious or superconscious state, while in it your eyes get out of focus, and you see objects dimly. This is normal and to be expected in this powerful exercise of masters, converge [?], rulers and high priests. Ì

[MS p. 60]

### III Greater Arcane: Projecting of Power

Ì Ritual of pentagram Ì Master Projection.

This is a projection of power, done to build the wall of absolute protection against adverse powers and thoughts, and also a powerful and terrible weapon to strike and destroy the enemies.

1) Face north. Begin by doing the twelve complete breaths like in the First Master Arcane, sitting and using Master Breath: seven second inhalation, one second pause [MS.: "stop"], seven second exhalation, one second pause [ibid]—twelve times.

2) Set up and stand upright, head up, chin in, right foot forward like in the Second Master Arcane.

3) Inhale deep[ly]. Now move your right arm to the left, hand closed with index finger pointing from your left side make swingingly a stroke upward the the apex of the pentagram that you are bu[i]lding, which will be straight over your head.

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<sup>2</sup> This evidently refers to the use of classical astrological attributions of the planets: e.g. Venus for love, Jupiter for prosperity, Saturn for patience, etc.

<sup>3</sup> This is illegible in the available copy of the MS>

<sup>4</sup> Note that this is spelt "yogah" previously.

## Supplementary Arcana I-III

4) Then [MS.: "than"] swing the arm downward toward the right side, building this way first [the] upper corner of the pentagram, then swing the arm toward the left shoulder, then horizontally, over the right shoulder[,] then [MS.: "than"] bring the arm down from upper right side toward lower left which motion is closing the pentagram.

[MS p. 61]

5) Without stopping, swing the arm in a wide circle after [d]escribing which continue making half a circle toward the center. At the same time, step forward with the right foot, and making a thrust [?—MS. has "rhrust"] with the arm and hand, forefinger pointing.

(Actually the circle and half a circle form a spiral drawn in the air from left to right.)

Note: All the exercise is done pointing the index finger as if writing in the air [as mentioned in ¶3].

*[Diagrams showing the order and direction of drawing the pentagram in space as described in the text.]*

[MS p. 62]

6) When building the pentagram in the air, sing the sacred word "YAT-HA-AH-HU-VO" . With the first motion sing "YAT", with the second "HA", with the third "AH", with the fourth "HU", with the fifth "VO". When doing the spiral and thrust, sound "OM" with all the rest of the breath used on the end of the "OM" humming sound.

7) Then drop the arm and hand relaxed to the side.

Project it according to necessity up to twelve times, always facing north.

To build protective wall you can make it to the four corners of the earth, above and below, using only the pentagram without the spiral thrust.

"YAT-HA-AH-HU-VO"—this word means "The Will of the Lord is Power." It is the word that [the] rooster knows. The word "OM" is that word tha[t the] lion roars.

Caution: Use this only when you know that it is the only way to act in accordance with the Spirit of the Law. Ì

*[The "YAT-HA..." phrase in the unknown alphabet follows here.]*

## Supplementary Arcana IV-VII

[MS p. 63]

### IV Lesser Arcane: Exciting the Life Energy

#### [Description]

To be used when you are tired physically, mentally, spiritually or psychically. Also before any task, or to bring power to face audience of one or more. It brings alertness and magnetic and electric powers of the body into play, strengthens the penetrating quality of the eyes. It is a quick helping exercise.

#### [Exercise]

- 1) Sitting or standing, relax completely, inhale and exhale deeply [a] few times, exhale thoroughly. Spine erect, head up.
- 2) Now begin to inhale for seven seconds, tensing [the] upper part of the body—chest, shoulders, arms, neck, jaw, forearms and hands (fold the fingers).
- 3) Then vibrate tensed muscles holding the breath for seven seconds. Exhale quickly, relaxing completely, opening [the] mouth and saying "HA". DO it once.

This exercise sends [MS.: "is sending"] currents to the pineal gland (medulla oblongata), stimulating it. This is the serpent within the spinal column, raising his head in attention and swelling it.

Note: You will hear in the ears [a] sound like [that] of silver chains, when you tense your jaw, which is to be expected.

[MS p. 64]

### V Lesser Arcane: Healing Power

#### [Description]

To heal wounds, stop bleeding, remove pain, and set in [motion?] healing process[es] in the organs of the body.

#### Exercise

- 1) Get easy access to the part affected—yours or another's—breathe deeply for a few moments.
- 2) Hold your mouth one to three inches from the part to be attended to, inhale through [MS.: "tru"] the nose and exhale through [.do.] the mouth, blowing the breath over the spot affected [MS.:

## Supplementary Arcana IV-VII

"affected"), at the same time singing [MS.: "singinging"] in [a] very hushed way (without the voice) the word "YAT-HA-AH-HU-VAI-RIO" "OM", vibrating the "OM" to the end of the breath.

3) Do it for [a] few minutes, then whisper a prayer to [the] Heavenly Father to send the healing power to the sick part to restore it to [its] normal state.

4) According to the affection, when it is heating (local higher temperature)—blow the incantations on (cold) and if it is cooling (local anemia) breath them on hot.

5) If you can put your hands on [the afflicted part], right hand on the body in proximity of the affliction [MS.: "afection"], left on opposite part.

Note: Do not let the person being treated hear the words, but convey [MS.: "conwey"] them to the af[f]ected part, which will hear and react accordingly.

*[The "YAT-HA..." phrase in the unknown alphabet follows here.]*

*[MS p. 65]*

### VI Lesser Arcane: Soundless Sound (Voice of the Silence "AUM")

[Description]

This is hearing of the vibration of the world sound of rhythm [sic] which permeates [sic] the universe, the holy and sacred "AUM."

[Exercise]

1) Sit on a chair, having in front of it a table with a pillow on it, at [a] convenient height so that you can lean on it with your elbows, while head rests on the palms of the hands[.] Eyes, forehead and upper cheeks resting on the palms of the hands with four fingers of each hand without thumbs, which you wet with saliva, and insert in the opening of the ears, preventing this way all the sounds to reach from outside.

2) Keep your spine straight, breath[e] deeply the twelve Master Breaths; seven seconds inhalation, one second stop, seven seconds exhalation, one second stop—twelve times.

3) Then, relaxed completely, close your eyes, and lift them (or turn them) as far upwards as possible, converging the[m] at the same time trying to see the inside of your forehead between the eyebrows.

4) Then forget everything, and concentrate your attention on the inner left ear. In the beginning you will hear [the] rumbling sound of the blood, this will subside and you will hear the shrill blast of a trumpet, then after a time will come the buzzing of a bee, next will be sound of the ringing of a bell, this gone in a while you will hear the sound of a flute, which will cease and after a lull you will hear the hum of the rhythm [sic] of the world—the sacred "AUM" [*Farsi(?) characters apparently representing "AUM"*] Listen to it, you will understand.

## Supplementary Arcana IV-VII

[MS p. 66]

Go in this state time and again, and stay in it as long as you can or want. Find the true sound of "AUM" and try to learn the meaning of it.

*[Diagram of subject sitting on the stool or chair, elbows resting on table or pedestal with caption: "Posture for hearing the "AUM"]*

*[Sketch of a face with a dot between and just above the eyebrows, with the caption: Position of the eyes. (It is called looking on the mountain tops.) Looking toward the "Urna", central eye between the eyebrows<sup>1</sup>.]*

Note: To get the best results, and have them the quickest way, start the exercise with the Second Master Arcane (Standing and tensing exercise). (Face the position of the Sun.)

*["AUM" in Farsi, bracketed by Ĩ ]*

### VII Greater Arcane: Concentration

#### Exercise (1)

- 1) Sit erect, spine straight, facing the position of the Sun. Do the complete First Master Arcane exercise. Then proceed in practice of concentration.
- 2) Formulate the thought on which you wish to concentrate and make it simple and concrete, then hold it in your attention.
- 3) Turn your eyes inward and as far upward as you

[MS p. 67]

can comfortably reach, close them as much as you can close them comfortably. You will find that the inside of your forehead, between the eyebrows, you feel a slight pressure or tension, at times the feeling maybe that of slight pinching. Hold to this feeling, not letting it relax. Do not pay attention to your breathing or your body. (At times after exhalation or in the middle of it you will comfortably stop breathing, this should be so.)

- 4) Now take the thought on which you concentrate, try to squeeze [MS.: "squise"] it in the point between the eyebrows where you feel the pressure. Hold it with the pressure, repeated in front of it and inside

<sup>1</sup> Presumably what is known as the "Third Eye."



## Supplementary Arcana IV-VII

of it, on all the modes and manners, halve [MS.: "half] it, split it; the thought and the words contained in it. You will know then.<sup>2</sup>

This is called careful observation.

At certain times, you will see a light before your eyes; it may be a dot, a star, a[n] eye, a vision of Heavenly Father, a Guardian Angel, etc. To see those things pertains to seconds stage of concentration called when the subject is of spiritual importance appears—meditation. When it is pertaining to objects of worldly life it is than [sic] contemplation. Each of those highest stages, begins with concentration. The definition of those

[MS p. 68]

processes is—

- 1) Attention
- 2) Riveting of attention to the object is concentration. It is also called "setting the heart on the object".
- 3) Becoming at one with the object is meditation or according to the object it may be contemplation. (Called performing Sangh Yama)

During the meditation and contemplation always look for the light and it will come to you, so bright, that the light of the Sun will seem only a shadow in comparison with it, it is real, it is to be seen on every plane—physical, mental, spiritual and psychic. This is illumination, "The Light". Ì

Also, being in passive state you will see the things, objects, persons, and happening and events—then it is clairvoyant state.

[Editorial note: I don't believe the exercises following—of gazing into the Sun or the 100 watt bulb—are safe for the eyes.]

To help develop this faculty, gradually get accustomed to gaze in the Sun (before it crosses the meridian<sup>3</sup>), also mornings and evenings, at sunrise and sunset, begin with short time, lengthening it with establishing of the habit. The same time that you spend looking at the Sun, use immediately on looking on some dark space or wall, or clos[e] your eyes and watch the spot that is photographed on your retina, trying to keep it steady, and working to bring

[MS p. 69]

it near to you. Between six and one feet<sup>4</sup>, you will find that the image becomes like a mirror from burnished glass and metal, in which you will see [the] reflection of your face, and different objects and things.

<sup>2</sup> Yes, but what will I know?

<sup>3</sup> In other words, before noon (A.M. = ante meridian)

<sup>4</sup> Could this mean "between six inches and one foot"?

## Supplementary Arcana IV-VII

Use also Moon, and Planets, and Stars (before they cross the meridian). In the development [it] will help to use also a hundred watt blue electric bulb at three feet distance.

Use exercises to control the muscles of your eyes, by rolling them open and tightly closed, by striving to see as far back of you as you can, and also up and down without moving your head. Roll your eyes in different geometrical figures. Learn to converge them and cross them, looking at "Uma" point between the eyebrows, and bringing them crossed to the tip of the nose. Work to be able to describe geometrical figures with your eyes crossed. Develop faculty of looking with one eye up and another down.

### Exercise (2)

Now comes the exercise<sup>5</sup> used for splitting the ether, for clairvoyance.

1) Sit straight, relaxed, close your left hand, leaving the index finger outstretched, cover the left hand with the [?]<sup>6</sup> so that the three fingers of the right hand will be clasping the three folded fingers of the left.

[MS p. 70]

The forefinger of the right hand is outstretched[, the] tip of it tuching [sic] the forefinger of the left hand, the thumbs of both hands are tuching each other.

2) Now separate the forefingers of both hands and make the distance between them [the] same as the distance between the pupils of both eyes. Hold the hands about two feet from your eyes, and look at the forefingers until you will see in the center between them, the third finger, composite of two rorefingers [sic]. (Having on its sides two fingernails.)

3) Study this composite finger until you see it perfectly, and when [it] becomes to you a[n] absolute reality. Move your hands farther and nearer trying to keep the third finger image steady.

*[Two sketches of hands with forefingers in the indicated positions, and the following captions:]*

(1) Posture of the hands    (2) Appearance of the "third finger."

4) Light two candles and put them between three and six feet away. [The] distance between them between three and four inches, look on

[MS p. 71]

them until you see the "third candle" between them. Vary this exercise by varying the distance from them and betwe[e]n them.

<sup>5</sup> Really it is a group or family of related exercises.

<sup>6</sup> It appears that a word or words are missing between "the" and "so".

## Supplementary Arcana IV-VII

5) Take a human being, and look in the eyes, until you see the "third eye" in between. Learn to keep it steady without varying.

This gives the very great power over human beings and animals.

The next step in developing of the eyes is to learn the distance adjustment and gain conscious control over it.

6) Take any object and hold it not far from the eyes. After the sight adjusted itself to it, remove quickly the object, but try to keep the eyes adjusted to the distance where object formerly was.

The thing beyond will seem hazy, practice until you can adjust your gaze at will.

7) Watch the dust particles in the air, and feel beyond them without changing adjustment.

This develops the inner gaze.

8) Now look at very far object, and then put in the way something much nearer without changing the far se[e]ing adjustment. You will practically look through the near object. Practice until you can look through things. This is "far away gaze."

[MS p. 72]

Now you can do crystal gazing for clairvoyance and also to transmute<sup>7</sup> the thoughts at a distance.

9) Sit on the chair, relax, do the First Master Arcane exercise, than [sic] have in front of you a table on which you can rest your elbows.

10) Rest upper part of your face on the palms and fingers, but thumbs place behind the ears.

11) Have the ball of crystal on a stand little higher than the level of your eyes. (You can use glass ball, tourmaline, beryl, magical mirror, glass ball filled with water, also fire.)

Have a single candle burning up behind you, while in front of you, behind the crystal have a dark screen, preferably black velvet.

12) Proceede [sic] to gaze and concentrate in the crystal, splitting lightly the ether until you will see two reflections of the candle. Watch patiently, the things will begin to appear, and get clear.

Practice always every day at the same time within the hour. Time—from five to thirty minutes without blinking. (Follow the Sun<sup>8</sup>)

<sup>7</sup> Perhaps "transmit" is meant for "transmute"...in at least this context and perhaps others.

<sup>8</sup> ?

## Supplementary Arcana IV-VII

You can do also watching forms holding your hand (right) over [sic] your face and pressing slightly on the top of the bridge of the nose, with the eyes closed. Then you see

[MS p. 73]

thing outlined on the dark screen very often symbolic. This branch [?] is very good in reading thought forms.

In nice warm weather lay [sic] down on your spine on the grass, or sand, or earth and put your arms folding them behind your neck and head as a pillow, and watch the blue sky trying to penetrate as far as possible, do it also at night trying to reach the stars. This makes eyes sensitive to ultraviolet and infrared rays and develops [sic] faculty of seeing aura of humans and other beings. (Also psyching objects [sic]).

This gives the ways of concentration, meditation, contemplation, splitting of the ether, inward sight, faraway gaze, clairvoyance,\* thought form reading, aura and psychometry. Ì

\*) For telepathic transference, use same means like crystal gazing, only instead of being receptive (passive, blank) repeat the formula you want to convey to other person and tune on active state (will power and desire).

Ì

## Supplementary Arcana VIII-XI

[MS p. 73]

### VIII Greater Arcane: Dream Consciousness

#### [Description]

The first state of consciousness is the (ignorant state), second is the (physical state), third is the dream state, when one is fully awake outside of the body, during

[MS p. 74]

the sleep. Being conscious, one can move around in the astral body, learn things, be able to perform things, through [MS.: "tru"] reaching a state called (occult state of consciousness) and other states, i.e., mental, spiritual, astral, super, self and cosmic states of consciousness.

#### [Exercise]

To reach awakening in your dream, you must set aside a day completely to yourself, in a place fre[e] from the outside disturbances.

1) Then procede [sic] with the work, by sitting on a chair having in front of you a table with a pillow in it. Bend toward the table so you can put your elbows on it, keeping the spine strait [sic], rest upper part of your face and forehead on palms of your hands with finger little spread.

2) Wet your thumbs and insert them into your ears. Close your eyes and turn them slightly upward. (Posture exactly like the Sixth Lesser Arcane: Soundless Sound "AUM")

3) Now being to sing a mantra in a low voice:

"HUONG, YANG, YANG, YANG — HOUNG, YANG, YANG"

"HUONG, YANG, YANG, YANG — HOUNG, YANG, YANG"

repeating it incessantly on a mantram tune.

.....  
*[The music for the mantras on pp. 74-5  
was not furnished with the MS.]*

Proceed singing the mantram without variations for two hours (with ears

[MS p. 75]

## Supplementary Arcana VIII-XI

stopped).

4) The stop the practice and rest for two hours. If you are hungry, take some solid food, absolutely restraining<sup>1</sup> all day from water, liquids and liquid food.

5) After rest of two hours, begin again the same practice as before, singing the same mantram for two hours. Again two hours rest and two hours practice.

6) This exercise should be done three times of two hours each [twelve hours total?] After the last exercise, rest and go to sleep. In the beginning it will be hard to fall to sleep, but it will come, and during the sleep you will hear the mantram which you sang during the exercises.

7) Now you have to wait a week with the second part of the work, and again set a day aside. Then procede [sic] with the exercise exactly like the preceding only now use another mantram and another tune (the ears stopped) in a low voice.—

.....

*[Neither the mantra nor its tune were supplied in this example.]*

Sing it for two hours straight, and rest for two hours. (This day you can drink water, but can not all day absolutely

*[MS p. 76]*

restraining from food.)

8) Then again repeat the same exercises and rest until you [have] done three exercises of two hours each.

9) Rest and go to sleep. During the sleep you will hear the mantram you have been singing this day. Then the mantram that you have been singing [a] week ago will occur to you, you will recognize it, and suddenly understand and remember that it is a mantram you have been singing a week ago, while the other one is the mantram you were singing the previous day.

This occurrence will give orientation in your actions, bringing you the fulfillment of the task that you undertook, consciousness in the dreaming state.

The posture, lack of food, or drink, together with vibrations of singing the mantras, impresses the subconscious and the soul, bringing in realization of dream consciousness.

Note: During the exercises, face the direction of the Sun. Be relaxed and comfortable.

Also remember, sleep always with the head toward north (in the night time). It permits the

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<sup>1</sup> Probably "refraining".

## Supplementary Arcana VIII-XI

magnetic and electric currents of the body [to] get straightened with the magnetic fields of the earth, and electric currents of the Sun. Also watch your pos-

[MS p. 77]

tures when falling to sleep. If you need energy on physical and spipitual [sic] planes lay [sic] on your left side, establishing Sun breath, and positiveness,—when you need energy for study or peaceful endeavours, fall to sleep on your right side, establishing Moon breath, and passiveness—intellectual and psychic planes. Try always to balance the number of positive and negative attitudes.

When not well try to give shock to your energies changing your direction from north to south, when you go to sleep.

When conscious in your sleep, use principles of: careful observation, correct interpretation and practical application. In the end of your sleep the silver cord will guide you back to your abode of flesh.

[When] conscious in your dream act according to "YAT HA AH HU VAI RIO" "The will of the Lord is the Law of Righteousness."

*[This prayer again follows in Farsi.]*

*[At the bottom of the page, a large circle and crescent are drawn, above a winged disc as wide as the page.]*

[MS p. 78]

### IX Lesser Arcane: Recharging Nervous Energy

[Description]

Away [always?] used in ancient Egypt for strengthening of currents of energy within the body. It was shown in the figures using the Second Master Arcane exercise. Two rods clasped in the hands of standing figures, were the grips of tremendous power, akin to electricity (secondary electricity), which when the grips were held in the hands released this energy into the body, to be stored in unipolar ganglia, and spinal fluid, raising the potential of energy 100% and lasting for a day and a night, twenty-four hours.

The rods were two in number and of different compositions. One generally to be used in the right, another in the left hand. One having the power of the Sun, another of the Moon.

The Sun rod of power is composed of hard coal<sup>2</sup> specially hardened, in which structure of the molecules is changes the way the molecules of iron are changed when converting iron into magness<sup>3</sup>. (To

<sup>2</sup> Anthracite.

<sup>3</sup> The term "magness", which appears in several places in the ensuing paragraphs, has been replaced with "magnet" or

## Supplementary Arcana VIII-XI

convert iron into magnets, the structure of iron molecules is changed by [a] recrystallisation process—hardening, then it will retain the magnetism.) [The] process of hardening is heating to high temperature and then instantly cooling by submerging in water. (The rods of hard coal prepared for the electric arc lamps, are ex[c]el[l]ent as Sun rods of power.)

[MS p. 79]

The hardened rod of coal can be inserted in a copper tube, with both ends open or closed. (Length [MS.: "lenght"] of rod six inches, diameter one inch or according to the grip of the hand.)

*[A large drawing of a cylinder, with the caption:  
"Grip from hardened coal (Sun)"]*

The Moon Rod of Power is composed of hard lodestone, or pressed lodestone. (It may be also a rod of magnetised hard iron or steel (magnet)). [The] Moon rod of power can be inserted in[to] a zinc or tin tube, with both ends open or closed. (Length [MS.: "lenght"] and diameter identical with Sun rod.)

*[A large drawing of a cylinder, with the caption:  
"Grip from hardened lodestone (Moon)"]*

The Moon Grip (Rod) works as a kind of catalyst, to bring the Sun grip (Rod) into more powerful action.

Grips and Rods of Power were known and used in the most remote even [sic] times, and secrets of preparation of the was known to few initiates.

The mysterious metal (bronze) auricalcum has tremend[o]us power, and is composed of five metals, each having a definite color—white, black, red, blue and yellow. It is radioactive, and in it hides mystery of im[m]aculate

[MS p. 80]

conception. (Proportion of metals is even.) Then comes electron [usually called "electrum"], composed of gold and silver (40% gold and 60% silver), then combination of silver 75% and zinc 25%; combination of copper and zinc, and also copper and tin. (Many combinations of bronze you can make figuring out planets their relations and properties:

Sun	S	Gold
Moon	p	Silver
Saturn	s	Lead
Jupiter	J	Tin
Mars	M	Iron
Venus	V	Copper
Mercury	m	Mercury

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"magnets".



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Also minerals—coal, lodestone, beryl, amber, tourmaline, rock crystal, hematite, etc.

*[Sketches of Egyptian magician standing (with arms straight down at sides) and seated (arms on thighs) with the caption:  
"The Egyptian Master System postures for recharging the nervous energy. (One should be relaxed, and following the direction of the Sun.)"]*

[MS p. 81]

Objects shaped in diff[er]ent symbolic forms are also used throughout the world, like Babylonian mares [sp?] (iron with silver inlay) with horned human head and head of the bull. In Thibet [sic] is used dorgee (bronze), etc.

(Rods of power can be used with Seconds Master Arcane.)

### X Lesser Arcane: Kechara Mudra (Posture)

#### [Description]

It is used for hibernating (going into let[h]argic trance), and also enables one to center the life energies in the head, separating the poles in the body by closing both currents individually, by which means they may remain for indefinite time, but in reality three to six months is used.

#### [Exercise]

Kechara mudra is process of swallowing the tongue or of inserting the tongue past soft palate into nasal cavities. It should be prepared slowly and practiced gradually.

1) Every day, you must for certain stick out your tongue, get hold of it with your hand t[h]rough a piece of cloth (to prevent the tongue from slipping from the fingers).

2) Then pull the tongue out, gradually

[MS p. 82]

making it longer. You must pull it and also massage it with a milking motion.

3) During pulling of the tongue, the membrane under the tongue called "frœnulum linguæ" will becom[e] loosened or cut on the teeth, permitting the tongue to gradually become longer.

(Cutting of the frœnulum linguæ may be done with operation, knife, or using a sharp blade of grass.)

4) Always after injuring the tongue t[h]rough pulling, apply the salt to the wound [ouch!!!].

## Supplementary Arcana VIII-XI

Real perfection is reached when one ca[n ] touch with the tongue, [the] point between the eyebrows.

[MS p. 83]

### XI Lesser Arcane: Mullah Mudra

#### [Description]

Used for the development [sic] of hibernation, also for rejuvenation and cleaning of the intestinal tract and lower bowel, it is very healing in case of gastritis, and appendix [? appendicitis?].

#### [Exercise]

- 1) Face the Sun (or the direction of), go down on your knees, straighten the spine with arms and hands up, looking slightly upwards.
- 2) Relax, draw the breath in strongly and fully, bending slightly (swaying) backwards, then holding the breath, bend forward until you can bend at the arms at the elbows and rest your elbows and forearms on the earth, then swing on elbows and knees (upper arms and t[h]ighs) so that you can comfortably touch the ground with your forehead. (This is called prostrating oneself.) Elbows should be 12" to 24" from the knees.
- 3) Release the breath the moment you strike the earth with the elbows.
- 4) Take a previously prepared little tube—from bamboo, hard rubber, wood, ivory, or other appropriate substance (about 5" to 6" long,  $\frac{1}{8}$ " wide (diameter), opening inside the tube  $\frac{1}{8}$ " to  $\frac{1}{100}$ ", ends very well rounded and polished.

The tube you must insert into anus, past external and internal sphincters, which

*[Sketch of student prostrated with forehead, forearms and elbows on ground, knees and toes on ground, buttocks highest part of body]*

[MS p. 84]

will be about three inches.

- 4) At the correct insertion of the tube, the passage for air will be established, and you will hear a specific hissing sound, of air passing to and from the large intestine.
- 5) To regulate it, adjust your posture swaying forward and backward on your elbows and knees.

## Supplementary Arcana VIII-XI

Keep your stomach relaxed, and breath[e] evenly and rhythmically [sic], using mostly chest muscles, in deep inhalations and exhalations, you will notice that during the inhalation, the air is expelled from the intestines, and during the exhalation, the air is beind [sic] drawn in through the rectum.

6) Occasionally you can close your larynx and perform muscular act of breathing, without circulating the air in the lungs. This strengthens the intestines and makes away with the indigestions and constipation.

*[Sketch of tube with the caption:  
"Form of tube used for this exercise. Note: Tube  
may be also slightly bent.]*

7) Do this exercise between 10 and 30 minutes, or according to need.

8) Oc[c]asionally during the exercise for more comfort you can move the hands near each other and rest your forehead or face in knuckles of your hands.

Also according to felt need you may raise upright on your knees, and put

your arms and hands up, bending backward, like in the beginning of each exercise, inhaling deeply. *[MS p. 85]*

9) Remember always at the end of the exercise take care. that the air is expelled. What means you take the deep inhalation, and remove the tube from the rectum while holding breath pushing it downward (tensing).

Note: (The tube should be kept clean.)

## Supplementary Arcana

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### XII G.S. [?] Arcane: Face and Head Rejuvenating Exercise

[Description]

Also general.

This is the exercise which is actually a complimentary [sic] to the XIth Arcane (Mullah, or Mullha Mudra) and is used to rejuvenate and clean the face, neck, head, and also to refresh, rejuvenate and strengthen the organs in the head. —Brain, organs of hearing, taste, smell, sinuses, e.t.c. [sic] Getting away with all the congestions [sic], stasis, and unhealthy conditions, within boundaries of the head, hair and teeth included.

The outside of the head and face, can be affected by washing with water, creams, lotions, hot and cold applications, massage, etc., but those things in time do more damage than help by stretching and deforming the cells, which loose [sic] their elasticity and thus becomes lifeless and flabby.

[MS p. 86]

Every body is consisting of cells. The unit of protoplasmic mass is a cell, having a cell body—wall, cell-nucleus, and nucleolus, as its typical and fundamental character.

*[Diagram of a typical cell. See a biology text for equivalent.]*

Protoplasm consists of compound of carbon (over 50%), hydrogen, nitrogen, oxygen, small amount of sulphur, phosphorus, and about a dozen other elements.

Cells are of many kinds, but fundamentally they are all similar in constitution and powers. All living bodies consists of one or more protoplasmic cells, and certain extra-protoplasmic elements, products of cellular activity.

One of the most remarkable of the characters of living things is their power to take up non-living matter, convert it into living substance, and back again into lifeless matter, a process called nutrition. The first part of this process, that by which the nonliving matter becomes living, is called anabolism. The reverse process, which returns living matter to the lifeless state, is called catabolism.

[MS p. 87]

Anabolism is the process by which inert food substances, simple compounds, are built up into complex special compounds manifesting the properties of life.

Catabolism is the process by which the complex living compounds are returned to a more simple

## Supplementary Arcana

form by a process of combustion, chemically similar to burning, always producing carbon dioxide (CO<sub>2</sub>) and water, and in many cases various forms of ash.

Anabolic process supplies the material for catabolism and in excess of this need gives growth, or increase of tissue. The catabolic process yields energy in the body.

The metabolic process is characterised by the consumption of oxygen (O) and the evolution of carbon dioxide (CO<sub>2</sub>). This process is called respiration.

Oxygen supplies the element necessary for the combustion of food and tissue substances and is necessary in the catabolic phase of metabolism. It supports the destructive process and does not enter the productive, anabolic process except as some degree of energy is consumed in building the lifeless materials into living substance. However, some oxygen is stored in the tissues where it remains inert until needed for combustion for the production of energy. [A] Considerable percentage of oxygen is always a part of protoplasm itself.

Next to oxygen, living things need water (H<sub>2</sub>O). This simplest forms of life, and many others, live entirely in water. Water makes up the larger part of all living things.

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In addition to the water incorporated into the cells as a part of their tissues, living cells of the many-celled beings live in what has to be considered [a] fluid medium, [the] main constituent of which is water.

In [the] case of plants, this fluid is called sap, in the animals and man it is blood or lymph or just water which is circulated to the tissues. Those body fluids convey to the cells their food, carry away their wastes, and supply the water necessary for keeping the living substance in the half-fluid, mobile conditions necessary to life.

When there is [an] insufficient supply of [the] fluid medium, blood or lymph to the cells, it affects them by not feeding them, and they become undern[o]urished and starved [sic], and also the elimination and combustion process becomes slow, leaving lots of wastes within the cells adding unnecessary bulk, stretching their protective membrane and taking away its elasticity.

*[Diagrams of normal cell and cell expanded tru [sic] bad metabolism.]*

In the case of bad metabolism, the walls of the cell will be expanded, but liquid content will be smaller, expansion due to refuse collected.

Cells not possessing elasticity and liquidity, fit badly together, and tend to stay in the form forced on them with movements of the parts of the body, or

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## Supplementary Arcana

organs, without having enough springiness to return to normal suspension - tention [sic]. This creates wrinkles and folds, obstructing even more processes of metabolism, and creates gradually deposits of salts, in capillaries, and tissues and arteries and veins, bringing a state called "hardening of the arteries"—arteriosclerosis.

The arteries responding to adrenalin and epinephrine often released in them from the adrenals, called forth by high tension of living, contract, and get salts deposited in them, hardening more and bringing the high blood pressure, and general debility<sup>1</sup>.

The only medicine for this state is to restore the dis[s]olving and curing tone of the blood, and then to direct it toward undern[o]urished and congested with refuse areas, thus conscious application of this arcane.

### [Exercises and Regimen]

#### 1st Part [Dietary]. Purifying and strenghtening [sic] of the blood

Drink plenty water, fruit and vegetable juices. (Lemons, oranges, pineapples, prunes, apples, etc.—celery, onions, carrots, beets, cabbages, etc.)

Drink milk one hour or more after taking juices, after milk you can take juices two hours or after.

Use XI Arcane Mulla (Mullha) Mudra. If you have to make the rejuvenation stronger, use juices of beets, celery, carrots, oranges and turnips, and after

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heating them [a] little below body temperature, diluted in 50% water (together 1 quart) use as enema every three days. As to regular food, eat everything you like, but in smaller quantities (on account of juices and milk that you are taking.)

[2nd Part: Exercise] Now comes the exercise to be twice every day, for a period from five to ten minutes. This exercise is makde to awaken and intesify [the] work of [the] thyroid and parathyroid [MS. has "papathyroid"] gland[s], which release secretions to strenghten[sic] and purify the blood, and heighten the metabolism, helping to dissolve and eliminate salts and vaste[sic] products from the body.

1) Put your thumb firmly under the chin, other fingers folded. Press slightly with the t[h]umb on the muscles under the chin. Now roll your tongue backwards and forward, repeating this motions[sic] for 2Æ to 5 minutes. (You will feel the muscles ripple under your chin, where following it with the thumb. Slightly pressing to excite the contraction of the muscles. This is the first part of the exercise.

2) Bend your head down until chin will touch the chest, then tense the muscles of the chin and neck, by stretching the mouth on both sides and down. All the muscles and tendons should stand out on the neck, procede[sic] then to lift the head and the chin way up, without releasing the tention[sic] of

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<sup>1</sup> How the ancient authors of this system became so expert in cell biology is not explained.

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the muscles, but instead pulling them and stretching vigorously.

After pulling the chin and the head way up, relax the neck and face, bend the head and chin down again, tense and repeat the before-described exercise. Do it repeating for 2CE to 5 minutes

Those two above described exercises awaken, purify and excite the thyroid gland, which produces and send into the blood stream secretions which are rejuvenating to the tissues and the body.

Note: In the beginning of those exercises you will have pains in the throat, neck and thyroid area, which is perfectly to be expected, on account of exercising the muscles which are not used to gymnastic[s]. After [a] few days the pains will stop as you attain the control over the muscles. Best begin with 2CE minutes each exercise and gradually build up to 5 minutes.

We come now to the proper XII Arcane: rejuvenating the face and head. It is as far as the posture goes ideantical with Mullah (Mullha) Mudra, without using breathing through the rectum, and raising more ofte[n] to the upright position on your knees.

Do very strong and deep breathing, for about five minutes, until your face and body will start tingling, showing strong oxydisation of the blood. Relax then facing the direction

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of the Sun[,] go down on your hands and knees, straighten the spine with arms and hands extended upwards, pointing the eyes slightly up,m and bend y[o]ur spine [a] little backwards with [a] graceful swaying motion, while doing the above inhale.

Hold the breath, and bend forward, until you can rest your elbows (the arms bent) on the earth, then swing your body on elbows and knees until you can touch the earth with your forehead. (Note: The moment you strike the earth with your elbows and hand release the breath.)

Now adjust the forearms, hands and elbows comfortably, and strive to touch your knees with the chin. Breath[e] according to demands natural with your posture, but try to hold your breath longer during breathing, as it is apt to send more blood into your head and face, which is th aim of this exercise.

When you feel allready[sic] a powerful pressure within your head and face, rise the upper part of the body up, and rising your arms and hands as in the beginning of exercise sway slightly backwards breathing deeply, until you feel that blood receded from the head and face.

Then inhale deeply, and bend again, repeating the exercise, as described above.

Do it for five minutes, bending and straightening. Do it every day, gradfuallly lengthening the time up to thirty minutes.

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(Note: Time may be varied accordig to necessity, and doing exercise par exemple[sic!] for

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fifteen minuts you should bend and straighten fiftenn times or more.

*[Illustration of student kneeling with hands  
extended over head, with the caption:*

[First part of the XIII Arcane. Raising on the knees and swaying slightly backwards. Sending blood away from the head and face.]

*Below this is a sketch of the student kneeling with  
forehead, hands, forearms, and elbows touching the  
floor, knees and elbows about four inches apart,  
with the caption:*

[Second part of the XII Arcane. Bending, prostrating.  
Sending blood to the head and face.]

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The above is the rejuvenating arcane. Also to renew and clean the tissues in different parts of the body you have to learn the way of sending the blood to them, and also to withdraw it. It is done by having the center of the part to be flushed with blood put below the other parts. Then it will be filled with blood. To withdraw the blood, put the center of the part of the body to be drained of the blood higher than the other parts.

Notes. You should know also, that when inhaling the blood is receeding [sic] from different parts of the body, when holding the air in the lungs and also when exhaling blood circulates stronger.

The circulation, onrush and withdrawal of the blood to and from the head is absolutely synchronic with the breath.

The blood pressure is in the arteries where is the pure oxydised blood, which under the pressure reaches the capillaries, the cells and feeds them also giving them the oxygen to uphold burning of vaste[sic!] products and transmute them into form easy to eliminate from the organism.

Those vaste products get into venous blood and are buurnt out in the lungs, sweated through the pores of the skin, eliminated through the kidneys, and also bowels and lwer [?--presumably "liver"]

In the veins blood pressure is lower then[?] in the arteries. The reach of blood to the tissues can be controlled also by

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## Supplementary Arcana

pressing the arteries and veins.

By pressing the arteries we stop the flow of the blood to the part of the body where it is destined, and the blood left drains through the veins, leaving the part bloodless [sic].

By pressing on the veins, the outflow of the blood is checked, but the inflow is open thru the arteries, filling the part with blood.

By study of places where arteries and veins are close to the skin, one can easily control the flow and edd of the blood by pressing manipulations.

Another way of controlling the circulation is by tensing different sets of muscles through which the veins and the arteries pass. Tensing of the muscles contracts the arteries and veins by pinching them.

Great influence on the human body is exerted by the feet and the toes and exercising the second master arcane (Grand) has very serious importance. (Standing and rising on the balls of the feet.) Massage the feet very thoroughly, exercising and kneeding [sic] the ankles, and all the muscles of the feet, massage and pull the toes, than [sic] press the tips of them, especially the great toe, it will awaken nerves, bring about increased circulation of blood, and beneficially react on the nervous centers and ganglia, stimulating through them the different glands in the body. Move the ankles around up and down, with vigour, sideways, do it too with the toes.

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Besides the feet pay very strict attention to the hands.

Bend your arms in the elbows, and have the hands become absolutely limp and relaxed. Perfectly flexible at the wrist. Shake the hands with the motion of forearms and arms, up and down and then in circles, with so quick motion as to blurr [sic] the motion of the hands. Do it until when you stop you will feel the strong vibration in your hands comparable to the electric current. Run the hands strongly together in every way, than[sic] bend inwards and outwards the fingers and palms, pressing them together, also move thumbs away from the fingers pressed together and try to stretch the difference between them and the other fingers by pressing

*[Two illustrations: left is side view of hands in "prayer" position except with thumbs pointing away from the rest of the fingers (downward). Caption is*

*Stretching and strengthening the thumbs*

*On the right is a diagram of a right hand seen from above (fingernail side) with the fingers labeled as follows:*

*Knuckle of thumb = logic*

*Thumb tip = will*

*Index finger = destiny*

*Middle finger = teacher*

*Ring finger = humanity*

## Supplementary Arcana

*Little finger = sex*

*(Text continues...)*

This exercise develops the thumbs,

*[MS p. 97]*

and developing them grows and strengthens the willpower.

(Above is given the connection between the fingers and attributes of [the] human being. Thumb is logic and will power, index finger is destiny (command), middle finger is teachers (used in drawing in the sand, and for explaining), third finger is humanitarian love, compassion and altruism. Little finger is sex, lust, physical love.

You must learn to control and master the motions and relations between themselves of all the fingers.

Do not stick out the little finger. It means over sexuality.

Never fold the thumb under the other fingers when making a fist, it denotes weak will, poor health and propensity for lying.

Study hands of others, watching them in postures of the hands and fingers. The fingers which are united by pressing together emphasis [sic] the attributes ascribed to them, unless they are folded against the palm, when the attributes to be paid attention to will be those of the extended fingers.

Now comes the exercise for electrifying and magnetising of the hands making them pour out the healing current, used in putting on hands to alleviate pain and stirring up the restorative processes in

*[MS p. 98]*

the human body.

[Exercise]

[1] Face dir. of sun. Stand up or sit down, back straight, body erect, head up, chin in.

[2] Exhale thoroughly and start inhaling. Inhale for seven seconds.

[3] While inhaling, put your right hand palm down on your left hand palm up and rub the palm of the right (including fingers) in [a] circular motion from right to left, making during the inhalation seven circles with the right hand.

[4] At the end of [the] seventh circle glide your right hand away from yourself and your left palm with motion as if brushing off. Hold breath one second, at the same time turning the palm of our left hand up and bringing the back of the hand up.

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[5] Now begin to exhale for seven second[s], at the same time putting your palm of the right hand and the back of the left, and running with circular motion from right to left, making during the sevend [sic] second exhalation seven circular rubbings of the left hand.

[6] At the end of the sevent[h] motion glide the right hand away from the the left with the brushing[-]of[f] motion.

[7] Hold the breath for one second, at the same time turning the palm of your right hand up. Now begin to inhale for seven seconds, rubbing the palm of your left hand, the palm

*[MS p. 99]*

of your right in circular motion of the left hand from left to right.

[8] Make complete breat[h] as before described, but using the riht hand to be rubbed, then again switch to left hand.

[9] Do it twelve times making complete master exercise 3 minutes and 12 seconds, rubbing each hand six ties in varying succession.

This completes the magnetic-electric exercise of the hands.

Finishing about laying on of the hands. You must know that giving and conveying hand is the right hand, and it should be put on the suffering part of the body, while the left hand should be put on the opposite side fromn pain, as a receiving pole for the healing power.

When more energy is necessary, before putting on of the hand, dry them well and heat by brisk friction of one against the other.

The body can be kneeded [sic] and massage[d] vigourously, as also part affected pressed strongly, when there is no fever and no wounds or strained tissues.

In case of above mentioned conditions being present, put hand lightly and concentrate more on sending power delicately, to mend the broken tissues and awaken them to the healing process.

When exercising hands, to bring harmony to body processes, press the finger tips of every finger of one hand between thumb and index finger of the other hand. Palm and especially the

*[MS p. 100]*

muscle between the index finger and the thumb (under the thumb) should also be pressed.

To change the blood pressure, making it normal, put fingers of both hands on the sides of the neck below the back of the ears and massage thoroughly, pressing them and massaging with circular motions.

## Supplementary Arcana

### [Technique]

For stomach and sex disorders, take a wooden stick 3/4" of an inch wide and 1/4 to 1/2" inch thick [sic], rounded on the end and the edges, about 6" to 8" inches [sic] long.

*[Illustration of such stick, caption "The form of the stick"]*

Have the stick well polishes. To cure stomach [sic] conditions and also to make the bowels move, and improve the general tone of the sex organs, take the stick and insert it into the open mouth, laying it on the tongue.

The[n] holding it with both hands, press hard, to make the rounded part of the stick press on the tongue.

It will hurt, but one has to stand it from five to fifteen minutes.

For upper abdomen press against the middle of the tingle, for bowels and sex press deep toward the root of the tongue.

Caution: This exercise should not be done to a pregnant woman, as it would bring about miscarriage.

The things in all described above

*[MS p. 101]*

constitute the arcane and exercises for rejuvenation of the human body, as well as curative measures, and developement [sic] for healing of one and the others, taking-in blood, glands, conscious directing of the blood stream, feet and hands and tongue and their relations to health.

*[Diagram of chalice surrounded by coiled serpent, with the black and white chalice lids on the left and right of it.]*

## Supplementary Arcana: XIII

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### XIII L. Arcane: Rejuvenation of energy for increasing span of life.

[Description]

This arcane is to be practiced in [blacked out short word] important cases. [An entire line and several adjacent words have been thoroughly blacked out at this point.] Body battery of life energy is concentrated in the spinal fluid, and the fluid t[o]uching the centers supplies them with the power of life.

Human organism has a way, to stir up the spinal fluid by natural means, in cases of exhaustion and low ebb of energies. The way is yawning [note Gurdjieff description of yawning as "pumping energy between energy accumulators in body"]. Process of yawning presses on medulla oblongata, at the same time making it augment pressure on the cavities of the head, and the central canal (fourth ventricle) in the spine.

During process of satisfactory yawning, you feel refreshing pressure within

[MS p. 102]

the head, spreading towards the ears which you will hear rumbling sound, and also sound of ringing like with delicate silver chains. Also one performs a deep satisfactory inhalation felt as pleasantly filling and pervading the solar plexus.

*[Diagram of cavities and organs in the brain.*

*Left: a schematic diagram of the entire cavity of the cerebro-spinal axis*

*Right: median section through the third and fourth ventricles (left half)]*

There are two exercises besides yawning which can be used for redistributing the spinal fluid and thereby establishing fresh connection of supply of life energy to the nervous centers within the human body. Those two exercises as well as yawning should and can be

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used when the circumstances call for it.

#### I. (First exercise)

[1] Tense your jaw muscles without clenching the teeth. (Tensing the muscles on the sides of the jaw as if chewing but without clamping the teeth. [])

[2] Tense and relax the muscles, slightly moving the lower jaw forward and backward, while doing it you will hear the ring of delicate silver chains in your ears. The sound proves that the exercise is done correctly.

[3] Then open your mouth as wide as possible, using the jaw muscles to the utmost. Close the eyes, pressing the eyelids strongly together. You will hear then the rumbling sound in your eyes, and tears will show in your

## Supplementary Arcana: XIII

eyes. Those are the signs that the exercise is done correctly. Do it twelve times or more.

[4] Now combine the first part of the exercise with the second--tensing the jaw muscles as if chewing, at the same time opening the mouth wide and closing the eyes strongly shut. While doing this when opening the mouth, inhale through it heartily until you get feeling of satisfaction and fulfilment on the solar plexus. Do it twelve times or more.

It is relaxing the entire nervous system, and at the same time giving it the

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possibility, to be able if necessary to tense again according to the new pattern of thought.

Work at this exercise, study it every way, and you will discover the one most important key to energy and power.

Note: Yawning sends out tremendously powerful waves [sic] on the ether [sic], influencing the identical organs of people in proximity telepathically, and making them yawn in turn. That [is] why yawning is so catching.

By studying this process you will know that the best way of sending out of telepathic [sic] messages is to begin with yawning exercise, and after completely relaxing, sending out message vibrations on the yawning breath.

### II. (Second exercise)

[1] Put your hands together palms up, fingers bent so that backs of them touch, the tips of the thumbs pressed against each other.

*[Diagrams: Postures of the second exercise.*

*Left: Fingers in above-described position ("mudra")*

*Right: Hands kept in this position and placed behind head as to be described]*

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[2] Now without separating your fingers move your hand over your head and backwards so that the ends of your bent fingers will rest on the spot where the head joins the neck.

[3] Move your head downwards resting your chin on your chest, then lefted and move it upwards and backwards, without removing the pressure of fingers and hands.

[4] Again repeat the movement of the head to rest the chin on the chest, and continue doing it twelve times or more.

This exercise has a great influence on [the] medulla oblongata or pineal gland, developing its size and capacity.

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This exercise can and should be done for the development according to the need for the expansion of energies.

Note: During the exercise, you can stand or sit, with the spine erect, as to the position of the fingers on the point between the head and neck, the middle finger should be right on the spot, others accordingly on the sides.

During this exercise or immediately after you can feel and hear the hissing sound of vibration at the base of the skull. This is the result of percolating of the spinal fluid, to and from the fourth ventricle.

Now comes the exercise which has a tremendous import in the development [sic], and which is hard to explain without practising and understanding the

[MS p. 106]

above described exercises. It is the principle which entitles one to be one of the Order of the Serpent.

[Exercise]

[1] Sit down or stand up, spine stright, body erect, head up, chin in

[2] Take inhalation and lock the pasage of the air in the throat (using larynx) then tense inside of you (diaphragm) as if you would want to have a stool.

[3] Now r[a]ise the tension from the lower bowel up--relaxing lower bowel, tensing stomach, relaxing stomach, tensing around inside of throat.

[4] Concentrate of the feeling of pressure in the back of the head. In fact concentrate on this feeling from the beginning of the exercise.

[5] The moment you need the air, exhale and inhal[e] freely and easily. You will notice that the tension in your skull can be kept even when you are breathing.

Study this process, so that you can tense your medulla at will, and also relax it by will. Notice that during the tensing, muscle beetween [sic] the base of the skull and the neck tenses also, put your finger tips on it and study the different degrees of tension in this muscle on the back of you neck.

[6] You will find out that you can relax this muscle and still feel the pressure in the head.

When you are relaxing the tenseness in your head, move your head backwards and forwards, sideways[,] to the right

[MS. p. 107]

limply roll your head on your shoulders.

and to the left, shake the face to right and to left, and

## Supplementary Arcana: XIII

Those are motions that will help to relax the tention [sic] in the medulla oblongata and the head.

Use this exercise often and study the feel;ing connected with tension and relaxation in the head.

Find out that you can tense at the base of the skull. (The back of the head) then in the front of the head. Also you will find out that you can in your consciousness separate those areas and keep them tense-one at a time.

Practice the tensing of the right side and the lieft within your head.

Do this practice diligently, slowly and persistently. Keep your consciousness at all the timnes alert for the phenomena going on inside your head and the brain.

Note. The tenseness is recognized by feeling of pressure within. Always alfter exercising relax completely, by moving your head on the neck.

*[Illustration; left profile of a head with circular areas marked over eye, near occiput and behind ear. Caption:*

Areas of tension pressure felt inside of the head. Learn to know those points within yourself. The[y] are the keys and the locks to knowledge of yourself.

This exercise developes [sic] the pineal gland

[MS. p. 108]

(medulla oblongata) and gives your straight path  
in self realisation and mastery.

It has to be explained here that the thought is formed (electrically) in magnetically tensed formation in the brain, which magnetical tension can be relaxed of [sic] tensed thru the work of medulla oblongata.

The soul as a eternal I, I am, with the attributes -- I think, I feel, I will, is revolving between the three points in the head, being always in the present, but transmuting the future into the past. Time for the soul is nonexistent.

Caution: If during the exercise you find that your head begins to vibrate sideways (shaking motion) it means that the energy is pent up to the point of overflowing, and is getting of on the ether, then you must stop the exercise and relax.

The above comprises the exercises which can and should be done, to developo [sic] centers in the head, especially the medulla oblongata or so called otherwise pineal gland. It is constituting the L. Arcane XIII.

In very important and rare cases, when life is at stake and the energy within the spinal fluid is low, on account of deficiency of youthfulness in the same and also not sufficient amount of it, a[n] operation can be performed for replenishing



## Supplementary Arcana: XIII

[MS. p. 109]

the lack and quality of spinal fluid.

You must have for this the assistance of a trustworthy initiated pupil or dashtur [???--spelling unsure. The "das" is clear] a young healthy person of the same blood like you should be chosen, and be lovingly willing to help you with its own living spinal fluid. The puncture with a syringe equipped with a hollow needle should be done, drawing the spinal fluid from between the vertebrae of the spinal column. Amount taken from you should be little, only to establish the contact between your spinal canal. Amount taken from the other person should be bigger according to the needs and the necessity, paying strictest attention not to injure in any way the donor.--Both spinal fluids--yours and donor's--are mixed together and injected in you near the puncture in your spine.

[Publisher's Note:

(Needless to say, this and similar exercises discussed in Count Walewski's manuscript cannot now be performed without the offices of a physician in attendance, and of course should not be.)]

[MS p. 110]

### XIV L. Arcane. Demand. Command.

[Description]

Striving to attain the things in life, realize your correlation to it.

[Exercise]

[1] Sit down at the desk or table facing in the direction of the Sun. Relax, and concentrate on the self-realisation.--I,--I am.--Ponder on the truth of your being, consider the attributes of your ego -- I think, I feel, I will. Feel yourself being conscious of yourself, within the center.

## Supplementary Arcana XIV-XVI

[MS p. 101]

of your brain receiving the impressions and transmitting[sic] then into the expressions. Have a clear conception and understanding on the words "I can" "I want" "I must" "I will". Concentrate on the object of your desire. Imagine it clearly and plainly. Feel your desire in your solar plexus.

[2] When the realisation of the inevitableness of your desire will dawn upon you—invoke[sic] the password which is determination. Inhale deeply and hold your breath locking it with pharynx.

[3] Lift your right hand closing the fist. (The thumb covering the other fingers.) Tense the fist and the arm.

Now suddenly and with power bring the arm and the closed tense fist down on the desk or table, at the moment of striking relaxing the fist and releasing the air from the lungs. Use with exhalation the words "I demand" or "I command" stating the wish.

When the fist is brought down, let it bounce from the desk or the table in [a] semicircular motion toward  
[MS. p. 109]

yourself, and finish with short sharp semicircle also toward  
yourself.

You strike with [the] side of the fist of the little finger.

Repeat this exercise for some time according to the importance of your wish.

Pounding on the flat surface (desk, table, etc.) with the fist, with with[h]olding of the breath until the stroke is pound[ed], shakes the solar plexus, transmuting the image of the desire into the head, where it is willified [sic] and in the form of [a] powerful invocation (command) sendt [sic] out as ripples on the ether.

Note: When pounding bend slightly forward[sic] jumping slightly in response to striking, in your solar plexus, haunches and head.

This end.[sic] the XIV Arcane, for demand and command.

It is not necessary of ever using this Arcane in front of others, you should do it alone. But when necessity arises to use it on [a] human being directly, do it in a different form. Remembering the inside work of this arcane, do it only mentally. As a substitute for pounding, using unnoticeable pressure for emphasis. There are three ways of doing it.

[1] First, hold with your right hand, the wrist of the left. Upper part of the right hand exposed, the palm covering the upper part of the left hand, and fingers of the right hand grasping the left wrist.

[MS. p. 112]

[2] Second: instead of clasping the left wrist, clasp the outer side of left hand, so that the thumb of the right

## Supplementary Arcana XIV-XVI

hand will press on the left wrist (outside) and the rest of the fingers of the right hand will press in the hollow of the left palm.

[3] Third: bend the fingers of the right and left hands together and hook the both hands so that the bent fingers of the right and left hand will press and touch on their inside, while the thumbs will be on the outside touching the knuckles of the fingers from the outside.

*[Three diagrams of hands in the above described positions, labeled First Position, Second Position and Third Position]*

The command or demand should be spoken in a quiet voice, charging it with power, and putting stress on words exactly conveying the wish. During commanding tight hand should be imperceptibly tightened upon the left. In the third position, remember [the] meaning[s] of the fingers.

*[MS. p. 113]*

i.e., t[h]umb—the will;  
index—destiny, command; middle finger—teacher—conveyor[sic]; fourth finger— humane feelings—sympathy—altruism; little finger—sex—carnal desire. According to feelings you want to awake and command, press with the thumbs on the knuckles of the finger having [the] desired attributes.

### XV L. Arcane: [Telepathy]

[Description]

Establishing a mental connection with the person present or absent.

At any given time the breath, in its dept[h] and rhythm shows the vibration in which the person is at a given time.

[Practice]

[1] When you want to tune in on the vibration of the person for making a[n] inner contact, watch falling and rising of the chest of the person you are contacting, and accordingly start breathing in unison. This will put you in contact with the person, and you can then understand and influence according to your will.

[2] You will find that once tuned in you can by conscious modification of your breath change the breath of the other person[,] in this way creating the states desired. Do it without having others notice the exercise. Remember that the highest rhyt[h]m is Master Rhyt[h]m—inhale seven seconds, pause one second, exhalation seven seconds, pause one second. By this breath you tune yourself and others on the Master

*[MS. p. 114]*

Thought, and rhyt[h]m of the Geoc Entity.

Having many people around if you want make the[m] vibrate together[.] Tune them by in-unison singing of "AUM" —for a period of five to fifteen minutes, you can tune them on Master Rhyt[h]m by having them sing — "YAT—HA—AH—HU— VAI—RI—O", when exhaling, and inhale for seven seconds.

## Supplementary Arcana XIV-XVI

Use your singing mantras according to the results you want to create. Slowing the vibrations calms, relaxes, brings on serenity—it is done by using long sonorous mantrams. Quickening the vibrations tenses, hardens the brain, brings in hysterical states, often ending in fanatical upheavals, it influences psychic and sex.

Most of the people<sup>1</sup> are more prone to quicker vibrations, and it is much easier to achieve. Exhaustion following those states only then brings relaxation as a reaction.

In slow vibration, swaying may be used, in fast vibration clapping of hand[s] and stamping of feet. Use simple tunes and rhyt[h]ms.

Note: People<sup>2</sup> that love each other tune in on each other[s] vibration by kissing. Correct kiss is done holding the breath so that, after performing it they start breathing in unison. Help in tuning in is holding hands.

Establishing a mental connection at a distance. You must pick out the time when the person with which you want to connect is in the relaxed

[MS. p. 115]

state. It is best in the night

time when the person is asleep.

You tune in by consciously putting yourself in [a] relaxed condition, and breathing quietly as if asleep, mentally concentrating on the person. (For establishing better contact you can use something belonging to the person and having the imprint of [the] person['s] vibrations. ([The] record left by the emanations of the entity on the object.)) Also, a figure representing the person can be made—being done with constant thought and feeling of it being [the] true representation of the person, and after being finished adorned with things belonging to the person.

Holding things of this type you establish connection quickly by following the thread (invisible tie) that binds the person to the object. Treat the object as the person, which gets to be so.

When you will tune in you will know for the representation of the person will sparkle with the life of its own—will become this person.

Tune in delicately modulating the rhyt[h]m of your breath, and after tuning in take [the] lead in establishing your trend of rhyt[h]m desired. (Face direction of the sun.)

Do it only according to the highest spirit, conscious, and understanding that you are acting in accordance with the highest will. This exercise is not to be played with, and not for curiosity sake. Do it to help.

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<sup>1</sup> MS. "Most of the people..."

<sup>2</sup> MS. "The people..."

## Supplementary Arcana XIV-XVI

[MS p. 116]

### XVI L. Arcane: Birth control and control of the sex of the child to be born Conception and predestination.

#### [Description]

Intercourse between the two sexes is the creative act of utmost importance. It is the creation, and according to the laws of nature it is [the] key to immortality and an element[?] link in the equation started by the Ancient Ones. Sound conveys the spark with which the soul to be incarnated blends and is able to establish itself in the flesh.

When the man is spending<sup>3</sup> he will emit a sound most of the times double, first [a] deep intake of the breath with a gasp or hissing, holding the breath at the moment of spending, and at the end of it, exhaling with a sign or a moan.

[The] final sound of exhalation is [undecipherable (Zend?) characters] Ì "OM"—conveys[sic] the spark of life from man into the woman, preparing the act of conceiving, fertilization of the ovum by spermatozoa.—Without this sound conceiving won't take place.

The predestination of the sex of [the] child to be conceived depends on the state in which parents are in at time of copulation. If before the intercourse the man and woman will pet and caress each other laying alongside, the sex of [the] child from this union will depend on the breath in which they are at the time of copulation.—Sun or Moon.

When the man is laying[sic] on his left side facing the woman who is laying[sic and as below] on her right side he will be in the Sun Breath, breath flowing stronger in his right nostril, and she will be in the Moon Breath, breath flowing in her left nostril.—Child of this union will be male.

When the man is laying on his right side facing the woman laying on her

[MS p. 117]

left side, he will be in his Moon Breath, breath flowing in his left nostril, and the woman will be in the Sun Breath, flowing through her right nostril.—Child of this union will be female.

According to other combinations that may be created—if man is in Sun Breath and so is the woman, or reverse, the male child will be effeminate, or female child will be masculine.

This above ends the XVI Arcane of control and predestination of the sex of the offspring from the sexual union of man and woman.

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<sup>3</sup> MS. "spenning"

## Illumination (Conclusion)

[MS p. 117]

You are the mathematical and geometrical center<sup>1</sup> of all the universe, where the center is you, and radius goes into the infinity. Instead of going after things command them to come to you. You are the Lord in your universe which is the universe. Desire, wish and will, order, demand, command.

This is the riddle of God—being, existing everyplace, everywhere at the same time.

The moment you realise and become fully conscious that you are the center of the universe, you are that centre.

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Centre of centres manifests in you, or you manifest in it. You are endowed with the greatest powers and your potentialities are infinite.

You are connected with everything t[h]rough the finest net of attractions and repulsions, and are like the spider in the center of the webb[sic], fe[e]ling and receiving the impressions from everything everywhere and adjusting the equilibrium of forces.

Work, be conscious, develop and strengthen the realisation "I am the centre of the universe"—This is oneness[;] this is realisation.

Authority, power, confidence, spring out of this knowledge,—the realisation of which is the Truth.

Wisdom is knowing the truth consci[o]usly.

Always be conscious of the fact that you are the center of the universe.. "I, I am" is the majest[?] of dignity. The answer to the riddle of the simplicity in complexities.

Self-realisation. Answer to the great dogma—"Know Thyself". Answer to enigma "God is immortal man; man is mortal God."

You do not move, when you walk or ride, the surroundings<sup>2</sup> move according to the laws of equilibrium, adjusting themselves in proportions of eternal positives and

[MS p. 119]

negatives, the name for which is motion. You become manifest in places, facing tasks of adjustment, thru transmutation of impression into the expression.

This is magick, this is the miracle. I am that I am.

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<sup>1</sup> The word is spelled "center" and "centre" indifferently in the following.

<sup>2</sup> MS. "soroundings"

## Illumination (Conclusion)

Awaken, open your eyes, arise, become conscious—realise—"I, I am" "I am I" Interposing, measuring the cosmic consciousness with selfconsciousness.

The microcosmos putting on the robe of the macrocosmos. The mystery of the great in the small and the small in the Great.

"My name is I, my name is many, I am all and I am part of all"

When feeling of "I" grows in one it is selfcentering,—growth and development of ego. At [a] certain point occurs saturation for [a] given personality but according to the law—the like attracts alike, the growth of "I" once started will augment to ununderstandable[sic] size<sup>3</sup>. After reaching the saturation point within the body overflow of ego begins to externalise, occupying in a vibratory way the place much larger than[sic] the body—it reaches out distending the aura, and creates what initiates behold and uninitiates feel as personality. Ego of this dynamic type merges other smaller egos within its

[MS p. 120]

scope of attraction and this way expands still farther.

This is the ego of leaders and executives, and volitional vibration of its power is felt by the multitudes tuned to it, by force or by sympathy.

Originally the "I" the ego is small within the body, a[n] iota, a spark, which is dwelling within, getting stronger t[h]rough the exercises of receiving the impressions and wrestling with them to transmute them into the expressions, purifying the channels that convey[sic] the flood of messages, and opening the ways that answers[sic] them with a message "I am here, I am part of all, I take my share in the creation."

Until the channels are absolutely open and pure, this spark of I remains within, and the body, [the] external part of it, is the outside, while the outside from the body is far away.<sup>4</sup> —This is the first stage in the development of the Ego.

Second stage is saturation, t[h]rough exercising and development Ego the I, grows and reaches the bound prescribed by the limits of the flesh, the ego is at one with the body, a perfect fit, it is unity, the seed grown to the size of its container,

[MS p. 121]

the Ego filling the vessel—"Eat of the bread[,] it is flesh of mine, drink of the vine[sic][,] it is blood of mine."

A stage of the saint. Expansion of the I, the ego, overlaps the bounds of the flesh, Ego becomes the outside, while the body becomes the seed on the inside. This is immortality, the way of the Gods. Ego grasps things unheard of and unimagined by the uninitiated,—it is the stage of masters and saviours,—bent on solving the karma of nations and races on this earth.

<sup>3</sup> Not sure what this means.

<sup>4</sup> This is as obscure to me as it probably is to you.

## Illumination (Conclusion) Magical Projection

Such an EGO thinks, feels, and acts t[h]rough the other egos, that are incorporated within its scope of influence.—It is the Master over them, conscious, ever-watchful, receiving, transmuting and expressing t[h]rough it wisdom of careful obserwation[sic] correct interpretation and practical application.

It thinks on the outside and so it feels and acts. Being connected with others t[h]rough the invisible threads of "the tie that binds", it thinks then in (abstract) space, feeling the thinking not within the head but above at 30, or 45, degrees. Process of thinking, feeling, willing, is done in

*[MS p. 122]*

space, with physical body serving only as a  
root, a[n] embryo—"I am the vine, ye are the branches"

Processes of thought, feeling and will go on far ahead of the body, with full consciousness and authority for the one "I" scattered around but united by the invisible ties of the ideal recognised by the Oversoul.—This is the way of Arhats.

"I and my father are One."

Development of consciousness and ego, meeting human beings recognises the stages of their development and calls them: neighbors, friends and faithful friends, according to their inner true Self, which can not be hidd[sic] from the all seeing eye.

Fait[h]ful friends burn the vigil light to show the way

*[MS p. 123]*

### Magical Projection

Invocation of the host of angels or powers.

[Practice]

[1] Confirm the "I" and "I am", stand in a circle with a square inside or outside. Square and the circle are opening the way to infinity.

[2] Face the north at midnight (charge your body with powers according to the First Master Arcane before starting a projection.)

[3] Have a[n] altar in front of you with same design as the magical circle. Altar should be built from marble, wood or metals. Designs on it should be engraved, etched, painted or drawn.

The magical circle should be drawn with chalk or carbon, holding it in the right hand while the fist of the left is tightly closed with the thumb covering and pressing the index and middle fingers.

(Drawing should be made from left to right, following the movement of the sun.)



## Magical Projection

Around the circle should be in[s]cribed name or names and words of protection, according to the nature of the ritual, but the inscribing should be done with thought, feeling, and willing, putting the intention into the writing of [the] words.

"Yat-ha-ah-hu-vai-rio" Ì [Zend sentence] Ì is master protection, "The Will of the Lord is the Law of Righteousness- or "Yat-ha-ah-hi-vo" Ì [Zend characters] Ì "The will of the Lord is Might."

[MS p. 124]

Remember that the magical circle is protection from your own volitional and intentional emanations, which grow to the extent of being very dangerous when they try to take posses[s]ion of your body and mind,

*[Diagram; captioned Projection view from above, showing the relation between the Sun, the North Pole, the Altar, the Magical Circle and they operator. I presume the operation is to take place at local midnight.]*

[MS p. 125]

*[Diagram; captioned Magical Circle. and the altar.*

*There is a square inscribed in two concentric circles. In the ring between the circles is inscribed the Zend sentence of protection. The square is hard to make out in this photocopy, it looks to be a uniform gray.]*

The magical wand is to be made from wood hollowed inside with magnetised steel wire inserted so that the hand holds [the] part with the North [magnetic] pole while the South pole is at the end with a crystal of tourmaline attached to it. (Lenght[sic] of magical wandt[sic], arm or forearm.)

*[Diagram of magical wand]*

Copper wire then is wound around the wand in a right handed spiral terminating in a copper plate helping to hold the tourmaline.

[The] altar represents the field on which the actual work will be done in scale.

Sending the loaded with feelings and willified[sic] thought is the work of magick. If it is done correctly, it is harmonious with the other powers, and when it is sent according to the magnetic pole and electric sun, it will attract the powers of same vibrations

[MS. p. 126]

growing in strength untold number of times, and obedient to the conscious thought which called the powers in harmonious unit[unity?]. This process is the invoking of [the] heavenly host.

Remember two conscious willified and filled with feelings thought is the leader. Your thought, and therefore you, must be protected, and also strong enough to wit[h]stand and with[h]old a possible rebound.

Invoation[sic] is centering the thought on one point, endowing it with feelings and arming it with will, then t[h]rough magnetic, electric power adherent to it, the thought becomes [a] crystallographic axis, around which

## Magical Projection

the powers center, upbuild[sic] it and materialise becoming manifest.

Working according to the North Pole and the Sun, the thought becomes the lever working out things in scale in harmony with the sacred formula, "As above, so below. As below, so above."

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### [Practice of Magical Evocation]

For invoking the elemental, awaken the spirit essence of it in you, and project it in the space outlined for it outside the magical circle.

The wish, desire and will of [the] hierophant is the axis around which thru the attraction of the harmonious powers the image of entity of invoked elemental or spirit

[MS. p. 127]

is manifested. "Like attracts alike."

*[Diagram, captioned Form of space for elemental to appear. Made outside of the magical circle. Shows a circle inscribed in an equilateral triangle, with dotted lines extending from each vertex of the triangle inward to the center of the figure.]*

Ritual, ceremonial, candles, in

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[Publisher's note inserted at this point.]

(The manuscript breaks off here. It was never finished. Count Walewski indeed insisted, for reasons of his own, that it should not be finished. The Editor.)