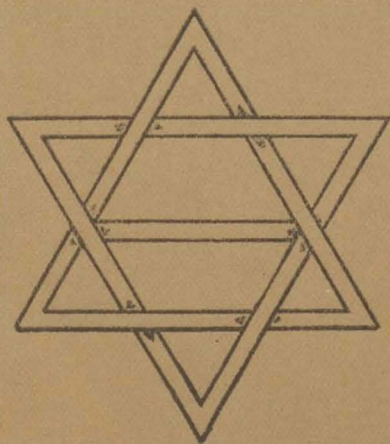
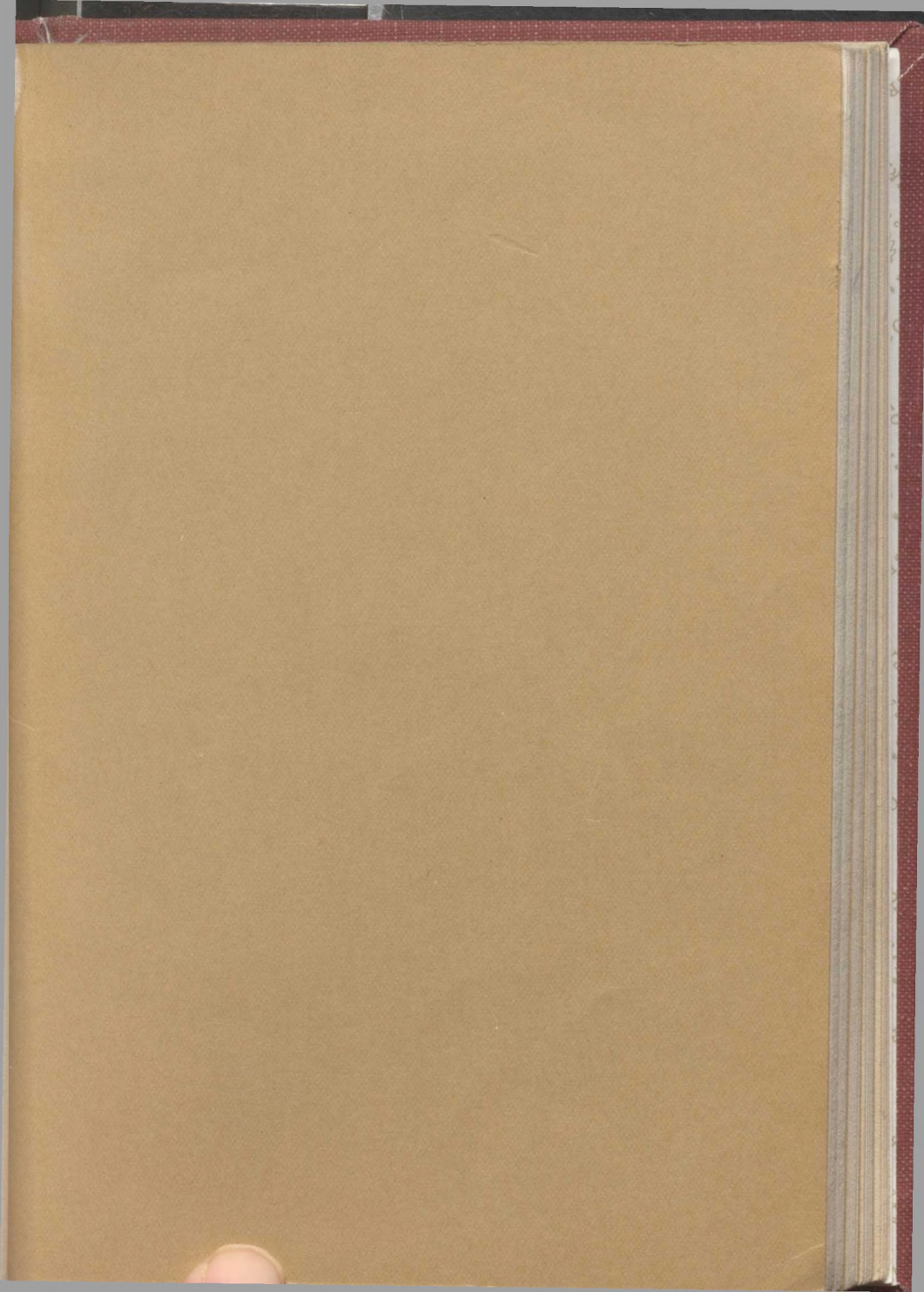


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Super Mind Science and Health



By *Wm*
PROF. WM. ESTEP
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PROFESSOR WILLIAM ESTEP

Master Psychologist

Lecturer, Teacher, Author

and Founder of SUPER MIND SCIENCE

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*Gift
Mrs. Lillian Cox Atkey
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INTRODUCTION.

The author has been a student and teacher of all of the advance "WISDOM" TEACHINGS for years, having had certain Psychic faculties, that have been of great value to him in his research work. Some of the teachings were received by him from the Master Teacher of the ESOTERIC BROTHERHOOD, known in India as BALIS, who was on this earth some 5000 years ago. This teacher used to come to the author in the dream state and tell him of the great knowledge possessed by some of the Ancients at the time he lived on this earth. For years, he has been manifesting to the author in numerous ways. This book contains but a part of the great teachings that have come to the author thru the same channel.

This great teacher said that only a MASTER like himself was able to come to the earthplane and bring these teachings to the people, which are always given to some one selected for the responsibility before birth.

The main point in these teachings is to learn the laws of NEGATIVE AND POSITIVE MIND CONTROL, which will bring success to all who apply them. The name SUPER MIND SCIENCE was given to these teachings because this science deals entirely with a higher law than any other science now known to man, and is the extension of all physical science, which must be taught if

man is ever to progress beyond where he is now.

The author is establishing many SUPER MIND SCIENCE SCHOOLS throughout the United States, those already established being a living monument to the ANCIENT WISDOM teachings introduced to the United States for the first time by the author. He stands ready to prove any assertion made in this book, which can be demonstrated by a practical law, and has hundreds of testimonies from students and patients in all walks of life who have voluntarily testified, not only to the great Truths he has given them, but also to the general practicality of his methods. They testify that they have had absolute success in applying these methods to their every day life. Some of them have developed great healing power and some of them have become great speakers. Others have awakened their Psychic faculties, while others have used this knowledge to successfully overcome some disease or illness which had enslaved them.

Thru the application of the methods of SUPER MIND SCIENCE, there have been instantaneous healings of practically every kind of disease. You are not taught to deny the existence of the disease, but you are taught how to overcome it by giving the body the necessary energy, so that it will automatically throw off mental or physical weakness. We contend that igno-

rance of the laws of mind and body is a sin, and that all trouble or sickness comes from sinning against Nature's laws, but that the mind can be made all powerful when trained as taught in SUPER MIND SCIENCE.

This method of development has never been taught before in the United States and there are few places on this earth where these teachings are really being presented in their purity. When man once finds out that he does not have to be a slave, he will become free. Any religion or philosophy that says you have to take the word of a certain preacher or priest is a false doctrine, and not according to the teachings of CHRIST, for the Master said: "Be ye perfect, even as your Father in heaven is perfect." This means perfect your mind and use it, for no mortal can say what is right or wrong for another person to do. There is a consciousness of GOD that speaks from within when we violate Nature's laws; be it in a physical or mental way, the effect is the same, for Mind is over all.

It is impossible for the mind to hold a thot without this thot being registered in the body and having a definite effect upon it, and you cannot master these conditions unless you put forth both a physical and mental effort. MIND, BODY, and SOUL must be in harmony, concentrated on the one thing you desire to accomplish, then you will succeed. THE TRIUNE PRINCIPLE of man must go hand in hand to overcome. Some may

claim you have no soul, but when the body dies it will be found that the soul has been the watchman in the tower, and that it is conscious of every deed committed by the body.

If you harmonize with your soul while you are in this existence, you will be better prepared to cope with the higher laws governing the soul when the body has finished its work on this plane of life. He who lives separate from GOD and the soul will never gain recognition from the BROTHERHOOD, that has played such a great part in the development of the human race. Learn these things well and you will inherit everlasting life. "KNOWLEDGE IS POWER", but IGNORANCE IS SIN, as GOD gave man every faculty for acquiring these great laws.

PROFESSOR WM. ESTEP,
Founder of SUPER MIND SCIENCE.

THE LAWS OF POSITIVE AND NEGATIVE MIND FORCE

There are two states of mind, POSITIVE and NEGATIVE. Anyone wishing to learn the laws of life, must give these his first consideration. The POSITIVE is the Fatherhood Principle, and the NEGATIVE, the Motherhood Principle. No creation can take place without passing thru POSITIVE and NEGATIVE MIND FORCE, for even the vegetable kingdom is governed by this law.

All things are either governed by the mind of GOD or man, and since man is the image of GOD, the laws of NEGATIVE and POSITIVE must be the same in both instances. WHEN the SUPREME MIND creates all things, we must realize that both NEGATIVE and POSITIVE law is employed. Man is also mentally negative and positive, tho physically he represents only one of these two principles.

POSITIVE MIND FORCE

The first law to contemplate is that of POSITIVE MIND FORCE, as it is the first force to be applied by the mind, to bring about a creation. The seat of the POSITIVE POWER is in the center of the head slightly to the left. From this center the mind draws all of its positive power, which is supplied by the current of PRANA FLUID, known in the Occult Science as PENGALA and located on the right side of the spine.

When this center is fully developed, the student will receive great inspiration and will be so positive that his concentration power will be greatly increased.

When the above has been accomplished, the first law of mental development has been complied with, giving one certain creative powers of the mind. When you meet a person who is efficient in business, a good executive, and one who can gain the confidence of those he comes in contact, you will find that he has been favored by nature, by having a better development of the Male Center of Spirituality. These people are usually good managers, aggressive and inspire confidence. Others believe what they say and rarely doubt their word because they are so POSITIVE that they create confidence in their ability to carry out their plans.

One who develops this center will never say, "I can't", but will ever be alert and ready for the task that confronts him. The only time that such a person will change his mind, is when it is proven to him that what he is about to do is against all reason. The positive-minded person is one who, when confronted by some hard task, will go on to the very end of endurance for he does not believe in defeat. This is the "Empire Builder" type of person.

If you want to be a success, you must learn how to master the Male Center and be

full of energy. Do not let this great power lie dormant within you but awaken it and see that it is put to work. This means that you will free yourself from being imposed upon by others. This force can also be used to rebuild the tissues of the body, when it is used under the power of the WILL, and will cause an inflow of vitality. It will draw SOLAR ENERGY into your body, and is always used where mental force is necessary. When you are sick, the POSITIVE FORCE is able to heal you when used in connection with the LIFE CURRENT (Prana), as explained in the following methods.

All thots are received by the Positive current first, through the Solar Plexus, and are taken into the body as we breathe. When you take in breath, you draw one-half of the thot from the UNIVERSAL MIND, thru Positive mind force, which goes up the spine to the PINEAL GLAND center. There it awaits the slower vibration and force of the NEGATIVE PRINCIPLE which, contacting with the POSITIVE THOT SEED, becomes a creation and forms a perfect thot.

If you receive the wrong trend of thot you must overcome this by teaching the SUBCONSCIOUS MIND not to let that kind of a thot come into your Conscious Mind thru the SOLAR PLEXUS. This can be done by using the law of suggestion or the positive exercise of increasing POSITIVE PRANA, always using the perfect concentration method as

outlined in the exercises. The only way to concentrate perfectly, is by retaining your breath, because the mind receives thots, when you are breathing, other than the one you are concentrating on. This is a method that has found its way to this country for the first time in the teachings of the author.

NEGATIVE MIND FORCE

The next important step in SUPER MIND SCIENCE is the knowledge of the NEGATIVE FORCE and principle. Thru the slow vibration of this force, we receive most all of our influence from the SEVEN CREATIVE Principles of God and man. In order that these Principles will be made manifest in us, they must vibrate slower than the conscious mental vibration. Therefore they must be stored by nature in the subway of the mind, the SUBCONSCIOUS MIND. There is a continual circulation of Mind Force coming from the SUPER CONSCIOUS MIND into the vibration of the CONSCIOUS MIND, then going into the slower vibration of the SUBCONSCIOUS MIND, where the thots react upon our physical intelligence, when the Subconscious Mind sees the need of reminding us of them thru the medium of the Conscious Mind.

Nature has given the SUBCONSCIOUS MIND control over the body, but as it knows not good from evil, and will absorb as much evil as good, unless we safeguard it and put into it only constructive material upon

which to build, it behooves us to train it, using the CONSCIOUS MIND to instruct it as if it were a child so that we can construct an ideal material and Spiritual future.

BOTH POSITIVE AND NEGATIVE LAW REQUIRED, TO CREATE

Up to this time, most of the philosophies that have been taught about the education of the Subconscious Mind, have fallen short in their methods of training it. SUPER MIND SCIENCE aims to teach it by the application of a PERFECT CONCENTRATION METHOD as taught by the author. If we are perfectly concentrated there can be no failure, for the Subconscious Mind is like a wall of soft plaster, every touch leaving its mark upon it. However, if you touch it with a rod of iron of a certain shape the impression is there in its fullness. If the iron is sharp at the point, it leaves a more decided impression. Thus when we use a perfected method with the mind concentrated to a sharp point, we not only make a perfect impression on the Subconscious Mind but we set up in us a POSITIVE CENTER. A Positive Center in a Negative vibration can attract great power and success because the law of Positive and Negative Mental Force has been complied with.

Many of the people are working for success, yet are only applying one of the great CREATIVE PRINCIPLES. This cannot

create what they desire because they are only applying one law instead of the two, which are required to make a perfect creation. Here we also see the failure of many religions and philosophies in their explanation of GOD. Why has not someone tried to define what is termed "NATURE", for if GOD is in nature then there must be the intelligence of an impersonal nature back of POSITIVE and NEGATIVE Creation.

When one sees a "Male Tree" and notices that it does not bear fruit, then the thought comes into our mind, "Why does nature create a male tree?" My answer is this: God manifests in two principles; thru contact we get the results of GOD'S presence, which is a physical creation, and since both principles are in the trees, one must be the extreme vibration and the other must be the opposite extreme.

The male, the highest, representing "tension and strength," is POSITIVE; the female, the lowest, representing "receptivity" is NEGATIVE.

This is explained by the reply of JESUS of NAZARETH to his questioners when they asked the Master, "Are you male or female, or are you both?" In the "HERMETIC SCRIPTURES", recorded in the Holy Temple of Benares, of India, this account reads as follows: "He looked on them with pity and said, 'Do ye know that to attain Spirituality I must be both male and female? Within I have love and tolerance, and

patience of the woman in man, but without I have the form of the man, because I could not lead men if I was not a man in form. When this world unites woman and man in Mind Principle, then will all strife cease and the Kingdom of my Father be established on earth.'" This is a portion of that part of the Scriptures discarded at the "Conference for the Interpretation of the Bible."

"HOW TO DEVELOP WILL POWER"

The author has discovered that the seat of WILL POWER is in the "HEART OF THE LOTUSES," the sense centers directly back of the temples, and by charging it with the Life Current and by Positive Suggestion, you awaken new cells in that center. These awakened cells are capable of receiving more life current than before and the mind receives more Positive Will Force Vibration than it did when the cells were lying dormant.

When you have taken the PRANA EXERCISE as taught by the author, wait until a perfect current is generated before you attempt to send it to the WILL POWER CENTER, in order to obtain the best results. Many who have taken the exercise claim that their Will Power was increased 100 per cent within the short period of a week, as well as their power of resistance to disease and other discordant conditions, for when the WILL is weak there is less opposition to these conditions and this

allows "germs" to take effect on the body, which otherwise would be immune to their assault on the tissues.

An individual's will power must be strong if he is ever to attain mastership over his body and leadership over others in his particular vocation. When one's will power has been developed to its highest point by this method, as explained in the SUPER MIND SCIENCE COURSE of lessons, it can be felt manifesting in all of the senses, by an increased vitality flowing thru them, making them obey the EGO or higher self more and more, until the EGO obtains a full grip on the sense centers. This will bring you into great power and make you capable of resisting all evil thots and desires so that you will be dealing with Constructive material instead of "Destructive".

When you have practised this method for about ten days, you can take up the method of mastering the Male Center of Spirituality, and the Female Center, for by this time your will power will be sufficiently developed so that the current sent out will be so strong that it will have a definite effect on the various parts of the body, awakening the dormant cells and strengthening the tissues. Meat or fish should not be eaten at this time, or at any time by the student who desires to obtain perfect results with these methods, for these foods have a tendency to destroy and stunt the

cells, of which there are millions, and to break down the tissues of the body.

THE MALE CENTER OF SPIRITUALITY

After awakening the Will Power Center, the next one to awaken is the Male Center of Spirituality, just above the ear. To do this develop Prana and send the current into this center just as you sent it to the seat of Will Power. When the dormant cells of that center are awakened, you will find your executive ability greatly increased and the more you practice this exercise, the more your executive ability will develop, for you have practically the same number of cells in the male center as any strong executive has, the only difference being that the cells in his brain are more highly developed. You can awaken just as many dormant cells as it is possible to awaken, for you have been given the only logical method known to man at this time.

When the cells begin to awaken you will discover that you have acquired an ability to manage and plan, which you did not possess up to that time, and positive, decisive mind power as well as great resourcefulness will help you to carry out the things you have long desired to do, but which until now, you lacked the power to accomplish. You will soon discover that the centers, like certain parts of the body that lacked exercise, were undeveloped, until watered by the current of life they

have awakened and with them, "THE POWER WITHIN."

This "POWER WITHIN" begins to grow like the flowers begin to bloom after a draught, for each awakened cell draws more energy from the sun and the UNIVERSAL MIND into the body, which means that there can be no such thing as failure when POWER is developed by the method as taught in SUPER MIND SCIENCE.

Thru the development of the Male Center of Spirituality great inspiration also comes to the mind, as the character of that Principle is to be: Inspirational, Protective, and Powerful. A person who has awakened the dormant cells of the Male Center, will easily overcome his body, for, that being the POSITIVE side of nature, it can become so strong that the entire body becomes subjected to its overpowering influence. Not only are the flesh cells awakened, but there is a new Etheric Current of Power manifested in the student for the ASTRAL BODY is interwoven with the physical. It is claimed by the great Masters of this science that the unseen parts or attributes of man far out-number the visible parts of the human body.

THE FEMALE CENTER OF SPIRITUALITY

After developing the Male Center to its highest state, we next consider the Female Center of Spirituality so as to equalize our power of Mental Creation as well as

Perception, for Perception must be first Positive then Negative before it comes into actual existence, just as any thot must go thru these stages of vibration before it can become a perfect thot. If these Creation Centers are highly developed, we create thots of a high quality, or constructive thots. If undeveloped, the thots we create are of a poor quality or destructive.

Now the Female Center is known to Physical Science as the PITUITARY BODY GLAND and, as such it is known to be located somewhat lower than the Male Center, and is directly connected with the Negative Current on the left side of the spine. It resembles greatly an electrical coil, and is a wirelike nervecoil that receives only the Negative Current. When all cells in this center are awakened and function properly, there is produced in the body a quiet and restful feeling, with an attitude of tolerance and patience towards all things, and there is seldom if ever an unusual tension of the nerves. It produces in the body that influence of "motherhood" which is tolerant of all things and does not condemn; it is the seat of that child-like simplicity so characteristic of all Master Adepts of Occult and SUPER MIND SCIENCE.

To develop the Female Center, take the same exercise you took to develop Will Power, except that when you take in the

current, breathe in the Negative Current as you were taught to do by the author. When you exercise the current on the left side, by using the left side secret exercise, you force an awakening of the cells in the Female Center of the brain as it is directly connected with the left side current. As a result there is manifested in the body, a drowsy, sleepy feeling, as the exercise stimulates the cells in the body that cause us to lose Consciousness and go to sleep. If you pursue this exercise, it will make you receptive to the SPIRITUAL VIBRATION, and by developing this center your mind will become very creative, for you will be able to go into a perfect Negative state of mind. Having first developed the Positive Center and now the Negative Center, your thot becomes very creative, and you will soon begin to notice that you can now accomplish many things, both physically and mentally, that heretofore had been impossible to accomplish.

A correct understanding of the laws of Negative and Positive thots cannot fail to create the proper thots for success in anything you desire to do, be it material or Spiritual; remember however that none of the Laws of Creation, or the power you have developed, can be used to harm another, as every thot sent out comes back to the sender thru the law of Solar Vibration, and destructive thots sent out work more harm on the sender than on the one for

whom they were originally intended.

Those who have developed the Female Center to its highest unfoldment, will retain consciousness after death, as the ASTRAL BODY gains strength as fast as you develop the physical side of the body, and becomes more closely related to the physical. Your mind will soon create an understanding of the Astral Plane of Life where all things pass thru mental creation before they manifest in the physical. This law alone proves that we must develop the Male and Female Centers in our brain in order to be able to create mentally. Many people are working against the very thing they want to accomplish by their lack of knowledge of these two centers.

POSITIVE AND NEGATIVE CENTERS MUST BE EQUALLY DEVELOPED

Most people have developed these centers in a haphazard way, developing the Negative Center more than the Positive so that they are subject to everyone's suggestions and have no thinking power of their own, as they merely absorb everything in the way of vibration they may come in contact with. Others have over-developed the Male Center and are so very Positive that they often lose many opportunities of receiving the good things of life, as they are not receptive enough. When both the Male and Female Centers are equally developed by the student he becomes

alert or calm as the circumstances arise and have to be met.

Many so-called geniuses have developed their Positive and Negative Centers to create success in one thing by concentrating their mind force upon it. They have awakened cells that function for that one thing at their highest point of efficiency, but why not make the same law develop centers to create whatever one may desire, and to acquire power to create successful thots under the direction of the Will Force.

POWER OF THE SUBCONSCIOUS MIND

The SUBCONSCIOUS MIND will cause the centers to create successful thots about anything you desire, if it is taut by using the Perfect Concentration Method of SUPER MIND SCIENCE, for the power of the Subconscious Mind is in the form of reaction, as if you had thrown a rubber ball at it, which comes back to you with the same force it had when you threw it. This causes one who permits himself to think evil, to eventually do evil, therefore when developing the Male and Female Centers of your brain, send the life current into the centers with the concentrated thot that those centers will only create thots for perfect knowledge, perfect health and Spiritual Power. If this is done by a positive suggestion to the SUBCONSCIOUS MIND, with breath controlled, the power of the SUBCONSCIOUS MIND will react upon the

centers and will prevent them from creating thots that are detrimental to you. Thus you will have built up cells for the accomplishment of good.

PHENOMENA BASED ON NEGATIVE AND POSITIVE LAW

This Negative and Positive power can also be used in various phenomenal ways when developed to its highest degree. It is this power of Mental Creation which gives to the "Fakir" of India the power to create in the imagination of the people the vision of the boy climbing the rope, forcing them thru the power of his will to see this with their physical eyes. He has a superior development of these centers in the brain and has made use of the laws of Negative and Positive Mind Force. This is only one of the many demonstrations that can be made thru the application of this universal law.

DEVELOPMENT OF MAGNETISM

Another proof of the power of this law in nature, we see demonstrated by the cat. The cat will awaken from a Negative state of sleep and immediately stretch its body, thereby going into a Positive state, thus complying with the two great laws, Negative and Positive. During the exercise, the cat does not breathe which causes it to be in a naturally concentrated state of mind, which draws magnetism into its body.

This is why the cat is so quick in action and so full of life energy.

After you have taken the exercise of sending the life current into the Positive and Negative Centers, for some time, you will discover an alertness of mind, and will feel the magnetic current flow through your body, which gives to you a consciousness of power within you, never realized, until you began taking this exercise.

SPIRITUAL KNOWLEDGE

From these centers you send the current into the ATMA (The Divine Mind) and awaken the dormant cells, which when awakened contain knowledge of the universe and all of the many laws of nature. The ATMA has been termed "The Thousand Petalled Lotus" because it has millions of cells which no human beings have been known to awaken and cause it to manifest its full power in influencing the mind and body. It is the great enigma of the human body but SUPER MIND SCIENCE has proved successful in awakening these cells which have brought tremendous knowledge, almost unbelievable, of nature and Cosmic Consciousness to the student.

Through the author's experience as a teacher, he has observed a remarkable change in his students, caused by the awakening of the cells in the ATMA, some becoming healers, some inspirational speakers, and

others developing freak Psychic powers. This they accomplished by sending the Positive and Negative life current into the ATMA, using the same method as in sending it into the Seat of the Will Power. The center of the ATMA is directly on top of the head.

THE LAWS OF POSITIVE AND NEGATIVE MIND FORCE.

Key to Lesson No. 1.

There are two currents running up each side of the spine. One is positive; the other is negative. The positive current enters the SOLAR PLEXUS goes up the right side of the spine to the Pineal Body Gland near center of head. This is the Male Center of Spirituality. The left side is the negative side. The negative current comes in through the SOLAR PLEXUS, goes up the left side of the spine to the Pituitary Body Gland. This is the female center of Spirituality. Every thot that enters the Solar Plexus is carried to the brain by these two currents, half of the thot going to the positive center and half to the negative center. The Subconscious mind controls a break-in current which operates between positive and negative. By this current, contact is made and a perfect thot is formed.

By controlling the breath, as is taught in SUPER MIND SCIENCE and inhibiting any thot entering the Solar Plexus, other than what we desire to concentrate upon, we CAN

DEVELOP PERFECT CONCENTRATION. The method of generating the positive and negative current, as is taught by the finger-tip exercise, with breath under control, develops a clearness of mind and cleanses the physical system. This negative and positive current is used also to heal the body thru the Subconscious mind, so that, when you generate the current by this method, you not only cleanse the body and the mind but automatically cause the Subconscious mind to heal any portion of the body that may be defective. Thus we have the key to a clear mind, a healthy body and perfect concentration, by using the finger-tip exercise.

TECHNIQUE LESSON NO. 1

First. Place finger tips together so they contact just enough to feel vibration between them.

Second. Breathe deeply mentally drawing the Positive Current and the Negative, into the Solar Plexus then up the spine thru the brain downward to the finger tips—you should after breathing a short while feel a little vibration between the fingers—this is the Positive and Negative life currents.

Third. Retain and control breath thinking only of the current getting stronger and stronger. This is the most perfect of all concentration methods, then using the same method, direct the currents to heal any portion of the body, or send it out to produce what you desire.

THE DEVELOPMENT OF THE WILL

Key to Lesson No. 1

Next comes the DEVELOPMENT OF THE WILL-POWER. This is accomplished by using the same method as used in the finger-tip exercise, then by placing the thumbs in the seat of the Will Power, with breath controlled and a perfectly concentrated positive thought of awakening all dormant cells in the seat of the Will Power. You must feel determined as you take this exercise, as the feeling impresses the Subconscious Mind more than just saying the words mentally. Always use your positive suggestion to the Subconscious Mind with the breath under control and all thoughts other than what you are developing, inhibited from entering the mind. Touch the temples lightly in this exercise so as to feel the current as it enters the temples. This will give you the physical effect of the results of the exercise.

EXECUTIVE ABILITY METHOD OF DEVELOPMENT

In this exercise, we use the perfect concentration method, but send the Prana current and blood to the seat of the executive power in the head. Remember not to hold this position too long—just long enough to feel the current and the blood surging in that center. Each time you feel the surging motion, use your positive suggestion and perfect concentration on gaining greater executive ability.

OVERCOMING PHYSICAL DEFECTS

Book 1, Lesson 2.

All physical defects in the body are caused by either a lack of the Life current or Solar Energy, or by eating the wrong kind of foods. The first thing to regulate is your appetite, by using your Will Power to develop a fondness for vegetables and raw foods, and overcoming your desire for meat and fish. When you have accomplished this, you have ceased to destroy the live cells and tissues of the body as far as the destructive power of the wrong kinds of foods, is concerned. The next consideration is to see that the body is well supplied with PRANA LIFE CURRENT. If you teach your subconscious mind that your body can be healed by the use of this current, the current becomes a valuable "medicine" for the overcoming of all kinds of disease, and the building up of the tissues and the awakening of the health cells, which not only stops pain, but gives you greater vitality and mental force. This should be accomplished by generating the current as you were taught, then sending this current, with the breath controlled and the mind perfectly concentrated, into any part of the body having an injury or defect, at the same time holding the thought that this current will accomplish what you desire.

The thot entering thru the Positive and Negative thot center of the brain, has a healing effect as well as the current it-

self. This method not only overcomes the defect or condition, but sets up a center in the mind and body to attract health to that part in the future. This again calls to your mind what I have said previously about the reaction of the Subconscious Mind and should bring to your attention that every wrong thot likewise sets up a center which attracts an unhealthy state.

About 60 per cent of all illness is caused thru ignorance of the effect of thot upon the body, a fact which has been overlooked by many of the health sciences. SUPER MIND SCIENCE teaches the student how to exclude all destructive thots, which are injurious to the body, by closing the universal center in the SOLAR PLEXUS to all such thots, by controlling the breath and training the Subconscious Mind with positive suggestion. This method has proven its efficiency by gaining health and vitality for thousands of people who have applied it.

DESTRUCTIVE THOTS REACT UPON MIND AND BODY.

I wish to call to the attention of the student that the quality of thots finding expression in the mind is determined by the manner in which the subconscious mind is trained. If you have your subconscious mind trained to exclude any idea or thot which would bring you bad health or misfortune, you will soon discover that it is impossible for you to receive any thot other than what you have trained it to allow to

become manifest. All harmful KARMA action is caused by the manifestation of selfish thots, for that is the nature of the flesh self.

If you desire to overcome this bad KARMA action, which usually is the cause of many different forms of ailment, train your mind to think pleasant and unselfish thots and try to see in others the perfection you desire in your own self. This, thru the law of attraction, will soon draw to you, your ideal, be it in health or good fortune, for this is a law that operates thru the process of automatically setting up within yourself, centers, to attract to you that which you admire in others.

THE SUBCONSCIOUS MIND CAN BE TRAINED TO HEAL THE BODY

When you have practised sending the PRANA to all defective parts of your body, you will discover that your subconscious mind will automatically send Prana Current to any part of the body where it is needed, and therefore bring about a condition of perfect health to those who use this exercise and really apply themselves to the practical demonstrations of SUPER MIND SCIENCE. You may test yourself to see if you have accomplished the training of your subconscious mind, by using the Egyptian Posture you were taught in lesson No. 2. Be sure to place the feet so that they will not interfere when you drop your hands on

the floor. Stretch the chest and upper parts of the body to see if there are any sore spots or affected parts of the body that the subconscious mind has not healed. Many people have weak or sore spots in their bodies but do not realize this until they take this exercise. If during this exercise you also control the breath while holding this position, any mental weakness you may have will come to your mind with a positive thot as to what that weakness is. All weaknesses in the body can be overcome by repeating the exercise of sending PRANA into the affected part, if you continue for a reasonable length of time. All mental weakness can be overcome by controlling the breath and sending positive suggestion to the Subconscious Mind to counteract the weakness.

MENTAL GYMNASTICS

After you have practised this exercise sufficiently and have attained success in driving out discordant conditions, you will be able to develop any portion of your body without the aid of muscular exercise, simply by willing how you want it developed, and giving a positive suggestion to the Subconscious Mind to send Prana current to the part you desire to develop. This will strengthen the tissues and build up the muscles as quick as any physical exercise could possibly do it and with less strenuous effort. This process continues while you sleep as the Subconscious Mind has full con-

trol of the body during that time, and the suggestions which you gave it manifest much stronger, as at that time there is no opposition to the suggestion from the Conscious Mind.

Some of the Adepts of India have used this method to develop the body to a high point of efficiency and have been known to jump twenty feet into the air.

Key to Lesson No. 2

METHOD FOR OVERCOMING PHYSICAL DEFECTS

Test the body out by using the exercise known as the Egyptian Posture as taught in this lesson. Drop feet under the body in a kneeling position; then throw head backward. Control the breath, and all the muscles will be tense. Soon you will discover a number of sore spots in the body. Each of these sore spots if allowed to continue will eventually cause you trouble, but this method locates them and gives you plenty of time to heal them before they have developed into any serious ailment. When you have located them, control the breath and send the current of negative and positive Prana into the part of the body where the soreness manifests itself. Continue this method until you have overcome all of the physical defects in the body and you will discover that the SUBCONSCIOUS MIND will soon be educated to the point that as soon as a sore spot or ailment manifests itself in the body, it will automatically

send the current to the part of the body affected and heal it.

By using the above exercise, and blanking the mind at the same time, any mental weakness will show up in the form of an impression. In that case send the current into the part of the brain where the center of the weakness is located. For instance, if it is the will-power that is weak, send the current to the seat of the will-power, etc. All of these methods work physically, mentally and spiritually; therefore, use them according to your best judgment and you cannot help but succeed.

METHOD OF MENTAL AND POSITIVE CREATION POWER

The right side has the positive power and the left side the negative. The negative center in the body is in the LUNAR CIRCLE and the positive center in the SOLAR PLEXUS. By taking the shoulder blade exercise, holding your throat while at the highest state of positive tension on the subject and object you desire to create, you exercise the positive center; then when you go into the lowest state of this same exercise, you exercise the LUNAR CIRCLE which is the receptive chamber of the body and thru that center you receive that which you create mentally, be it perfect health, prosperity, harmony or whatever you desire to receive into the body and the mind.

This exercise should be used only where

you desire to make a creation within yourself,—as other exercises for creating without, and much more effective for that purpose, will be given in the other lessons of this course.

CONCENTRATION METHOD FOR RESULTS IN ALL THINGS

Exercise current until you feel it contacting on the negative and positive side; then control the breath as you are taught in SUPER MIND SCIENCE; fasten the mind upon the object desire, inhibiting all other thoughts but the thought of that one thing desired until you feel the satisfaction that you have accomplished it, surging thru you. Now relax and think of it as being accomplished in its perfection. Thus you have complied with the laws of negative and positive concentration.

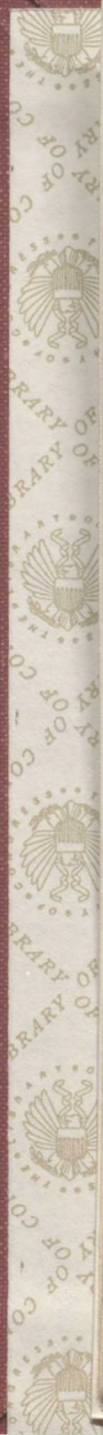
This method is held by the greatest critics of mental science to be the most perfect concentration method ever introduced into the United States.

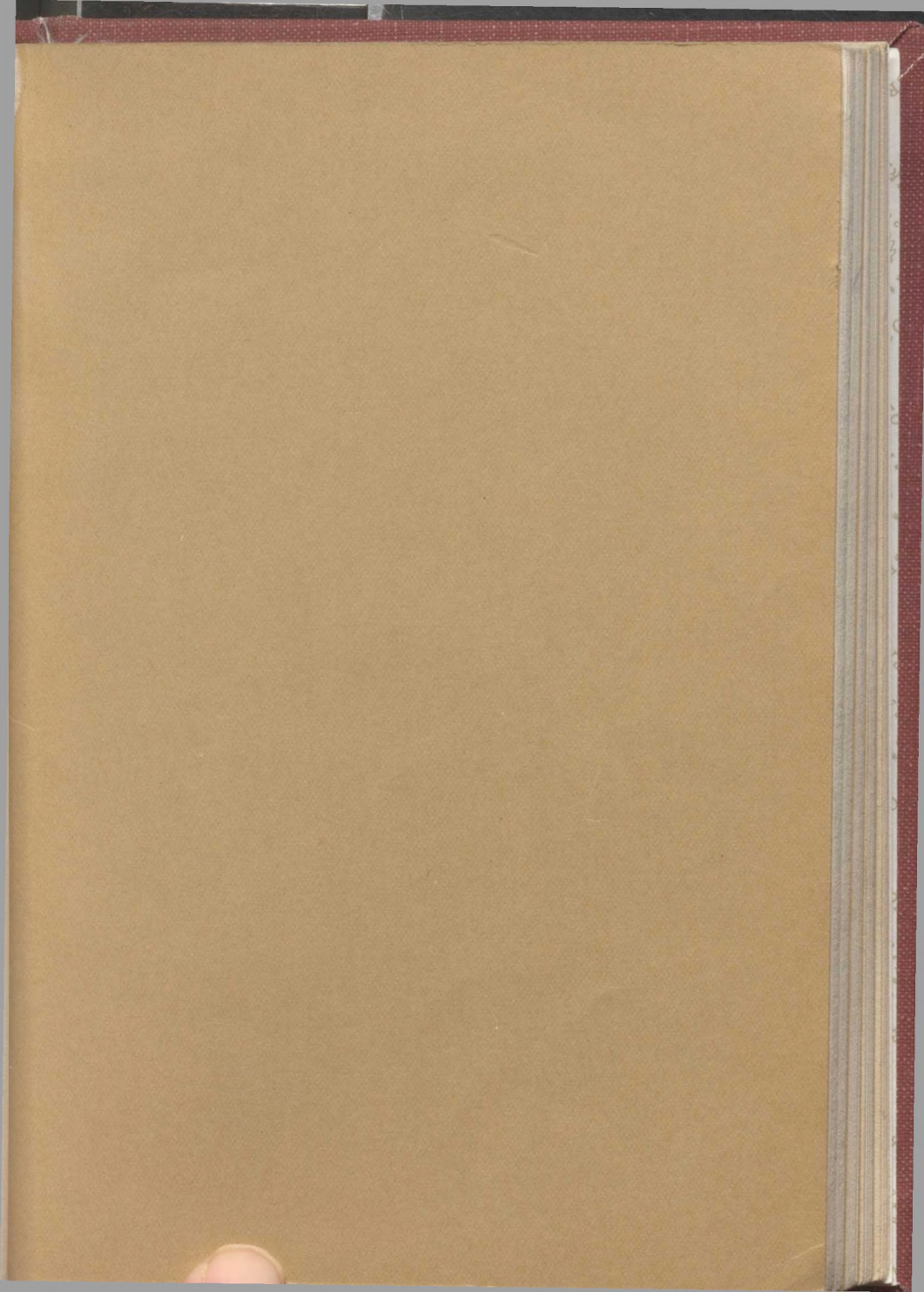
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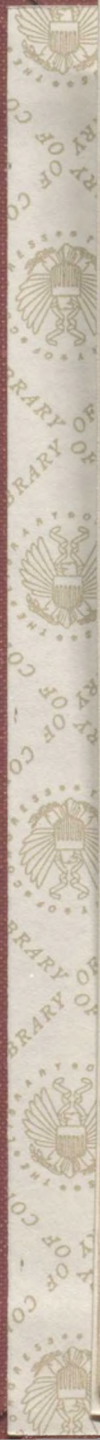
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This obligation is taken owing to the Secret Teaching this course contains.

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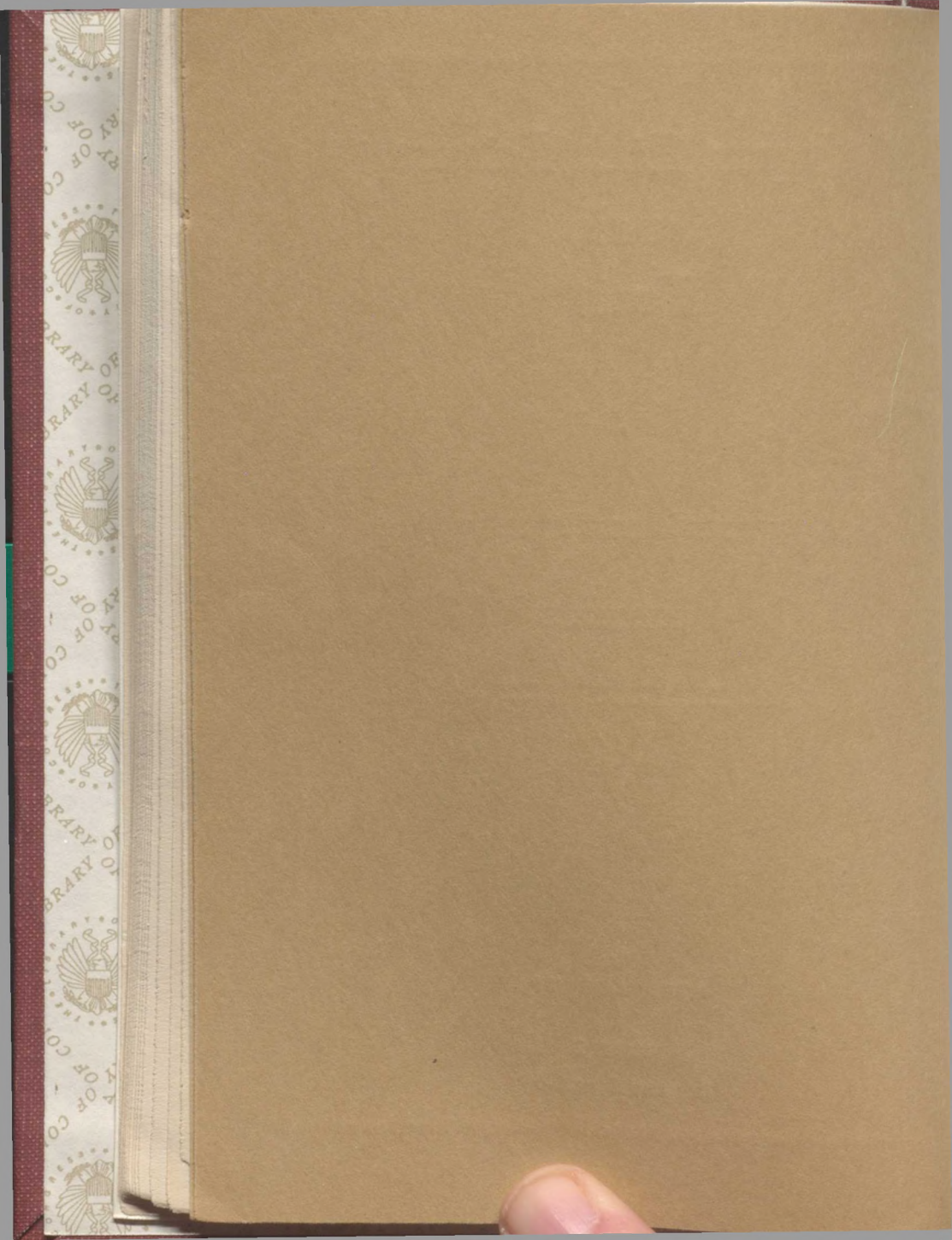
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Super Mind Science and Health



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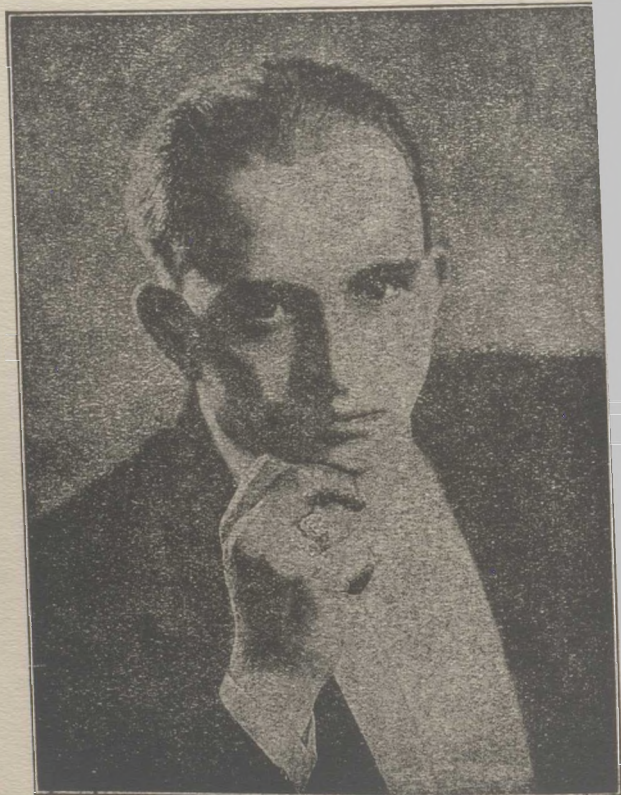
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Lessons 3 and 4



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PROFESSOR WILLIAM ESTEP

Master Psychologist

Lecturer, Teacher, Author

and Founder of SUPER MIND SCIENCE

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*E. H.
Mrs. Helen Cox Wiley
May 31, 1952*

HEALING THE MASTER'S WAY

Book 2, Lesson No. 3.

It is a known and accepted fact that Nature has given to man a method of healing the body and of overcoming any violation of the laws of Nature without the use of opiates or drugs. For many centuries, man has searched for a Divine method that would heal his body and one that could also be used successfully in healing the body of another, some method which would eventually bring back the great healing demonstrations that were made by Jesus of Nazareth and his disciples.

Many of the discoveries of the last century, along this line, has proved very beneficial to mankind and many thousands have been benefited by their application, but all seem to lack power to go beyond a certain limit, the limit usually being the one recognized by the founder of the method or science in question. The great success of SUPER MIND SCIENCE in attracting these thousands of its followers, is no doubt due to the fact that the healing method used by this science reaches all cases when applied properly, with practical and definite help for the patient, both mentally and physically.

The founder of SUPER MIND SCIENCE, by the application of its healing method, has stopped pain instantly, healed hopeless invalids, restored hearing and sight and

has proven to the satisfaction of the sick and the world at large that we have discovered the laws and the operation of them, that have been used by the great healers of all ages. In this method we first overcome all opposition to the healing, by diverting the attention of the CONSCIOUS MIND of the patient from the ailment; next we overcome the consciousness of the patient to a certain extent with our Will Power; finally we exert Spiritual power thru our knowledge of CHRIST CONSCIOUSNESS within.

The more positive the healer using this method and the more negative the patient, the greater will be the results obtained. The healer should keep his own body in good condition, by daily taking up the exercise of storing up SOLAR ENERGY in the body, so as to have this surplus energy at his command, which then can be used by the WILL POWER to give healing and strength to others. This exercise should be taken in the morning for about fifteen minutes with a suggestion to the SUBCONSCIOUS MIND of storing up SOLAR ENERGY to be used in healing demonstrations; a healer should also understand the operation of AUTO-SUGGESTION, which can be applied with good effect when the Determination and Will Power of the healer are strong, for, by the use of this law, you can treat the patient both physically and mentally. A healer should practice trying to feel that there is an impulse directed by the Will-Power to compel the healing.

PRANA LIFE CURRENT

There are two kinds of healing energy which can be used very effectively by a SUPER MIND SCIENCE HEALER. One of these is the life current, which we feel when taking the PRANA EXERCISE, as taught in the first lesson. It can be stored up in the body by training the SUBCONSCIOUS MIND to take more of it into your body than you need to supply energy for your own use. One of the most effective methods for the storing up of this energy is the glass of water exercise, as you were taught for the development of power. The effect that this has is to train the SUBCONSCIOUS MIND to take in PRANA and healing power every time you drink water. After you have used this exercise for about sixty days, there is born in your mind a consciousness of healing power, which will eventually develop you to be a master-healer if you will continue the method and the healing.

SOLAR ENERGY

The other energy which can be employed is SOLAR ENERGY, which is stored up in the KHUNDLINI CENTER at the base of the spine. This, you store up by taking the KHUNDLINI EXERCISE as taught in SUPER MIND SCIENCE, the only difference being that when you use this exercise for the development of healing power, you hold your throat on receiving power to heal the sick during the tense position in the exercise. This develops a greater flow of energy in the CANAL OF SUSHMUNA in the spine, and is a higher degree of healing

power and greater than the PRANA CURRENT, as it is of a more Spiritual Nature, being used by the great master healers of INDIA and the world at large.

The Hindus teach that this KHUNDLINI ENERGY will awaken a Chakra in the Sacral plexus which gives a tremendous healing influence to the healer and heals almost instantly. The healer must learn to feel the energy as it goes thru the body of the patient and overcomes the physical ailment, leaving the patient in a state of health. This is the greatest of all methods known at this time for the development of healing power.

In giving advice to your patients, impress them with the fact that all sickness is caused by wrong thinking, and wrong food combinations and that they should not eat anything extremely sweet or sour, nor any meat or fish, if they desire perfect health, as that counteracts thru a violation of the laws of Nature, the basic laws of Mental and Spiritual healing. If they desire health more than the satisfaction of their appetite, they must abstain from these things at all times.

IMAGINATION CREATES ILLNESS

The next important rule for them to observe is to curb their IMAGINATION, as the imagination, having its seat in the ATMA, the Divine Mind, has great power over the body and according to first Law of Creation,

when they imagine they are sick, they have taken the first step in creating that sickness; therefore, they should be very careful of the images they cast in the imaginative chambers.

As you probably know, there are certain methods of healing being taught which consist principally in the patient imagining he or she is well, and in many cases, this accomplishes the cure. This is an example to show you the powers of imagination. People have also been known to become healers and have had remarkable demonstrations by simply imagining they would become great healers, without knowing any of the basic laws of healing, which again calls to your attention the fact that the imagination is creative in its power.

HEALING THRU "FAITH"

Another very important method which has been used successfully by the founder of this science is to have the patient silently will that he will be cured by the healer. This produces a harmony of thot which has the tendency to open the door of consciousness to the power of the healer and creates a faith in his power as a healer. This method has also been used by many healers of India and has been brought down to a more simplified method by some of the great Hindu priests. These have constructed sacred pool and the people are taught to have faith in the power of their waters so that when

they bathe in them they will be instantly healed.

In these pools, you can see thousands healed in one day, by the power of their will and their faith in the sacred pool, which proves this to be a practical method of healing. One of the great aids in this healing is the fact that the water gives the patient a shock, thus taking his mind off of his particular ailment or sickness long enough to permit his faith to heal him.

HEALING THRU DIVINE POWER

During a healing demonstration, when you have diverted the attention of your patient and placed the fingers on his temples to send the current thru his body to heal him, control your breath by the use of the Perfect Concentration Method; then, while the patients breathe deeply and are in a receptive state of mind, project your power; after the treatment have them silently realize the healing that has been accomplished in the body by visualizing perfect health. Finally, give a positive suggestion to his CONSCIOUS MIND that he is well, thru Divine Power. Thus you have used the four-in-one method of healing, as used in SUPER MIND SCIENCE.

First - Diversion of attention;

Second - Auto-suggestion when you say: "POWER".

Third - The projection of the life-current thru the body.

Fourth - The projection of Christ Conscious thru the patient.

Many patients nearly lose consciousness during the operation of this method, being in a Subconscious State, for then the CONSCIOUS MIND does not interfere with the perfect healing.

Key to Lesson No. 3

METHOD OF HEALING THE MASTER'S WAY

- First - Divert the Attention of the Patient.
- Second - Use Positive Suggestion of Power.
- Third - Have Patient Relax.
- Fourth - Place Finger-tips in Temples of Patient. Send Healing Current thru the body.
- Fifth - Suggest perfect health, peace and bliss, thru Divine Power.

KHUNDLINI EXERCISE: DEVELOPMENT OF SOLAR ENERGY

- First - Place hands over head, as taut in SUPER MIND SCIENCE.
- Second - Send energy up the spine. Feel you are awakening heat cells in the Khundlini Center.

CREATING THRU THE POWER OF THE SUBCONSCIOUS MIND

Book II. Lesson 4

Since the beginning, THE LAWS OF CREATION determine that all things created must first be conceived either in the Universal Mind or the mind of man. Now, a mental conception has to go thru the

process of negative and positive as well as anything else that is created. The idea comes first in the fast vibration, which is the positive, this being the vibration of the fatherhood principle; then it slows down in vibration, when going into the negative state of mind, where it undergoes the process of being compared with other similar ideas until it finally becomes a perfect idea; Next, it manifests on the physical plane under the direction of the Subconscious or Negative state of mind; finally the physical appearance comes into existence as soon as the Subconscious Mind strongly impresses the Conscious Mind. Thus all things are born in SUPER-CONSCIOUS VIBRATION, then lowered into SUBCONSCIOUS VIBRATION, where they grow more perfect, until they manifest in the physical.

The student, desiring to learn the art of creation by the power of mind, must learn to conceive the object of the creation by using the mind properly. When the body is tense, we stimulate the positive current. During this tenseness, we can give the fatherhood principle to a mental creation; then by relaxation and the stimulation of the negative current, we give the object of our creation, the motherhood principle; finally, by visualization, we cast the image of our creation into the SUBCONSCIOUS MIND, where it has a reactive power thru the subconscious channel, and is brought into existence by the powers of the SUBCONSCIOUS MIND.

SUBCONSCIOUS MIND WORKS WHILE YOU SLEEP

When this exercise is performed before retiring at night, the SUBCONSCIOUS MIND continues to create while you sleep. You may find yourself in a dream state actually doing what you desire to create, which will give you the consciousness to see your own creation before it comes into the physical. Some of the Hindu Adepts have been master of this art for many centuries. It is said that they can go into the positive state and then into the negative and actually create the food they eat.

The Masters never carry food when going into the mountains, which gives one a good reason to believe that they do know the LAWS OF CREATION. Of course the Oriental Adepts do nothing but study, during most of their lives, for to them the kind of life we live in this country is void of all great things and is simply illusion.

Now, the founder of SUPER MIND SCIENCE has studied their methods of teaching the Subconscious Mind to create, very thoroughly, and has found that this power can soon be acquired, at least to a certain degree, such as creating power for spiritual demonstrations, and for creating power, health harmony, success in business, etc., if the method of development as outlined in this course is followed. To be successful, the student must use his WILL POWER TO STOP ALL non-creative thots, and

only permit creative thots to come into his mind. This can be accomplished by the use of the method of inhibition of all thots not in harmony with the Seven Creative Spirits of God, which are:

- First - Strength
- Second - Honor
- Third - Glory or Divine Bliss
- Fourth - Blessings
- Fifth - Power
- Sixth - Riches
- Seventh - Wisdom.

HOW TO CREATE IN HARMONY WITH THE SEVEN CREATIVE PRINCIPLES

First go into the Perfect Concentration State, controlling the breath and using a positive affirmation that you will only let thots come into the SOLAR PLEXUS which are creative and in harmony with the above seven principles. For instance: If a thot of weakness enters the mind, it is contrary to the principle of strength; if a thot which is dishonorable enters the mind, it is contrary to honor; if a thot of some trouble enters the mind, it is contrary to bliss; if a thot of selfishness enters the mind, it is contrary to blessings; if a thot of spiritual weakness enters the mind, it is contrary to power; if a thot of gaining solely for the sake of self enters the mind, it is contrary to the spirit of riches; if a thot lacking intelligence enters the mind, it is contrary to wisdom; therefore purge your mind of all non-

creative thots not harmonizing with these principles, and your thots will become creative and will produce results in anything you attempt.

Every failure you have is due to the fact that you are out of harmony with these Seven Creative Principles. Learn to go into the deep silence and say mentally with the breath controlled:

"God within me can create what I desire". Say this positively. This teaches the SUBCONSCIOUS MIND that you can actually create, and it will continue its work until you have succeeded. It is like planting a seed in the Subconscious Mind which grows and bears fruit like a seed planted in the ground. For instance, when you plant a grain of corn, the seed is dry and hard. The hard substance is positive. You plant this seed in the ground; the ground is soft and receptive; thus you bring the law of Negative and Positive together; all then that is needed to create this plant is energy. The sun supplies the positive, the moon the negative energy, and the plant grows and bears fruit.

Thus you see an example of the POSITIVE and NEGATIVE CREATION LAWS, which proves the method in this science to be natural and constructive. The main object of SUPER MIND SCIENCE is to train the SUBCONSCIOUS MIND to use Nature's creative laws to build your success. If you desire to understand it and be master of it, then study Nature

and the operation of the Law of Negative and Positive, and remember that your mind, when it works in harmony with these laws, cannot fail to succeed.

ONE WHO IS TOO POSITIVE OR TOO NEGATIVE CANNOT SUCCEED

We often hear people say they cannot succeed. That is because their mind has become receptive and negative to failure and their mind has functioned in only one of the two principles. Had they thot in a positive state of mind their thots would have created what was desired and they would have received a greater success; for we are too often in a negative state and do not practice the positive state enough. You should learn to understand the operation of your mind and know when to be positive and when to be negative. Always meditate upon any plan you have in mind in order to determine whether Positive or Negative Mind Force is required. Then as you concentrate on the positive, be very positive in your concentration; and on the part that is negative, be very negative in your concentration; thus you will avoid the clashing of these two forces, and by harmonizing them you will succeed in whatever you attempt.

The water you drink brings negative power to your body while the food brings positive; thus, your very life depends upon these laws harmonizing. When you want to draw power from the sun, you must get

your body in rhythm with the sun and vibrate your thots first in the positive state and then the negative state. SOLAR ENERGY then will give force to all your creations and they will find physical expression in your life. If you comply and harmonize with these forces, your dealing with others will be much more pleasant and successful.

YOUR POWER SHOULD ONLY BE
USED TO CREATE "GOOD"

When you meet a person who is very negative, if you desire to impress him, you must be positive, and if you find one who is very positive, and you desire harmony, then be negative. In this way you will never clash with their natures, and almost anything you plan with them will be a success.

When you use your mental creation power, consult your conscience to determine whether it is in harmony with the law of right, for if it is not, after it has had ill effect upon someone, it will redound against you and cause you twice the trouble you caused the other party. You should use your power only to create and obtain that which is rightfully yours, and NEVER for wrong or selfish purposes, for the Law of Compensation metes out its own reward.

You should be positive in regard to your own mind and should not allow your mind to be influenced in any way by sugges-

tions other than those complying with the law of right. You should be positive against bad and negative to all good. If you follow this rule, it will be impossible for you to fail in finding happiness and success in this life, and peace and understanding of the next life, for we know, as we comply with the laws of Negative and Positive in this life, even so, we must comply with them in the next, the only difference being that the laws in this life have a physical aspect, while in the next they have a psychic, spiritual and mental aspect.

Key to Lesson No. 4

CREATING MENTALLY THRU THE POWER OF THE SUBCONSCIOUS MIND

First - The mouth is the positive, the nose is negative, in this exercise.

Second - Stimulate the Positive current, as taught in SUPER MIND SCIENCE, using Concentration method and taking in Current by control of breath, using positive first.

Third - Take breathe-in current to High tension. Hold position. Will to create what you desire. Gradually lower your position until you reach Negative State. Will again in the Negative State. Then visualize the Creation in its Perfection.

This method is used in creating Success, health, spiritual power, harmony,

and all those things which we desire in life. The more efficient you become in these exercises, the greater will be the results.

THE LAW OF PROGRESSION

All mental processes that lead to the understanding of any subject, involve the act of Concentration. The great progress of invention during the past fifty years, particularly in our own country, has been made because intelligent men, living in an age and country that gave encouragement and promise of great rewards to fearless investigators, concentrated their ability and energy upon some specific problem.

Difficulty, hardship, disappointment, ridicule, all were met and turned aside by the force of wills so determined that nothing short of success would be accepted as final and conclusive.

There is an ancient maxim passed down by the generations, "As above, so below". Like the inventors, those who hope to make progress along the path of Spiritual attainment, must first of all determine upon a course of study that will extend over many years.

This work will require close observation, careful analysis and painstaking, concentrated investigation. Progress will depend upon the student, who, if he per-

severs, will fill for himself the truth of another ancient maxim:

"When the Disciple is ready, he will find the Master waiting".

My part in this great work is to aid, so much as I can, all those who have undertaken, or have determined to undertake to tread the PATH OF ANCIENT WISDOM. I would not discourage anyone, but I do wish to give solemn warning that this is not a subject fit for triflers.

We offer no plea of vicarious atonement; we have no plan of salvation, save that of earnest, persistent, determined individual effort. We know that no one ever saved another, excepting by advice, counsel and high example; and these we give, gladly and without limit; for it is written, "As ye give, even so shall ye receive".

During the period covered by written history known to Europeans and Americans, six SUPREME TEACHERS OF MANKIND have appeared and contributed to the elevation and enlightenment of humanity. These great leaders are Zoroaster, Buddha, Confucius, Jesus of Nazareth, the author of the plays attributed to Shakespeare, and Abraham Lincoln.

Each of these great Universal Spirits brought to Earth a message such as none but he could give to his country, and each left an impress still potent for good, providing it be interpreted intelligently.

The message of each was substantially the same, but modified, especially to the needs of the people to whom it was first delivered. In a larger sense, each repeated the message of his predecessors for the benefit of those he taught directly, and thru them passed it on to succeeding generations.

In every case it was a new declaration of the Ancient Wisdom, brought from the EIGHTH SPHERE by a MESSENGER OF THE LIGHT.

ALL OF THESE and many others whose work made brilliant the pages of histories, long since lost in the wrecks of war and the night of time, were but links in the great chain of COSMIC INTELLIGENCE; their messages were given out in order that all who so willed, might come into harmony with THOSE WHO KNOW THE LAW. All were engaged in the noblest work of man, aiding to bring humanity from the darkness into the light.

As the human physical body is the tool of the brain, so both body and brain are the tools of the human Soul, on the Earth Plane.

To the primary senses - sight, hearing touch, taste and smell - common to the higher animals, man has added speech and reason - these two marking his advance beyond the level of the brute.

Man is now developing the Sixth Principle, INTUITION. Complete possession, use and understanding of this principle in Na-

ture, marks the line between the man without it and the Master of the Wisdom, as speech and reason, mark the line between man and the brute. Intuition is the Key to the Path of the Ancient Wisdom.

INTUITION, when fully developed, enables man to complete his Earth Experience, and thenceforth he is not under obligation to return here, but may do so by the action of his own will. Those who so return are the Great Teachers and Guides of humanity. Jesus of Nazareth was one of these GREAT SPIRITS OF THE UNIVERSE, perfected in the SEVENTH PRINCIPLE in Nature; for the SEVENTH lies beyond the SIXTH and still beyond that is the EIGHTH PRINCIPLE, the SUPREME GOAL OF HUMAN EVOLUTION.

Thus SUPER MIND SCIENCE comes to emancipate the soul and set it free from dogmas and creeds.

THE THREE STATES OF CONSCIOUSNESS

It is very essential that we have a thorough knowledge and understanding of the THREE STATES OF CONSCIOUSNESS, if we would be Master and not mere FOLLOWER; CREATOR instead of CREATION. First we will consider the CONSCIOUS MIND. Each particle of matter is ruled by MIND, and is therefore connected to MIND and must have in its composition, MIND SUBSTANCE. This is called "Chitta" by the Hindus. These numerous particles of matter compose the

Human Mind, each having some CONSCIOUSNESS, and when they operate in harmony, as a group, we think of something which they are conscious of.

The weaker, as is always the case, is ruled by the stronger; for instance, if we think of GOD, the particles of matter become more concentrated with the other particles that are more conscious of GOD. The outward manifestation of this is seen in the wrinkles of the forehead, when we are thinking deeply. Now the ones that are strong, thru the LAW OF ATTRACTION, draw the weaker ones to them thru the power of PHYSICAL MAGNETISM, bringing them all to focus upon that which we are concentrating on; thus both PHYSICAL and MENTAL ENERGY are concentrated upon accomplishing the thing which the mind is most interested in.

Now SUPER MIND SCIENCE recognizes that, by perfectly contracting the mind, and drawing together all the particles of matter in the brain to a certain point, there is a PHYSICAL and MENTAL STRENGTH produced which cannot fail to bring success to the one using this method. Unless both PHYSICAL and MENTAL FORCE is combined in our effort of CONCENTRATION, it will be very difficult to realize results on both the PHYSICAL and MENTAL PLANE, therefore the application of the two forces, working in harmony is the basis of our great success.

Many teachers have been trying to reach

the PHYSICAL PLANE OF LIFE by concentrating the CONSCIOUS MIND, but few of them produce results, because they operate thru one source only, that being the MENTAL. Not realizing the importance of the corresponding PHYSICAL LAWS, many of them, forgetting that we live on a PHYSICAL PLANE, were trying to create success thru the elevation of the CONSCIOUS MIND above the PHYSICAL PLANE.

We find that in order to master the PHYSICAL LAW and bring success to students, it will be necessary for us to work on the PHYSICAL PLANE, fully recognizing the importance of mastering it THRU THE HIGHER MENTAL LAWS, and causing harmonious contact between the MENTAL MAN and the PHYSICAL MAN in all walks of life.

The harmonizing of the SPIRITUAL LAWS in CONCENTRATION is also very important. If the CONCENTRATION has a SPIRITUAL PURPOSE, it brings to bear SPIRITUAL FORCE to aid in the success of the one applying the law. Concentration of the CONSCIOUS MIND means the focusing of the mind to a certain point and the concentration of all the particles of matter to that point also, having a spiritual purpose back of it, accomplishing whatever we desire to accomplish whatever we desire to accomplish. Thus the powerful machinery of the CONSCIOUS MIND is set into motion with the combination and harmonization of the law of

the inseparable trinity, MIND, BODY, and SOUL, or PHYSICAL, MENTAL and SPIRITUAL.

The SUBCONSCIOUS MIND, is the SUBWAY OF MEMORY, where all deeds are recorded and stored up for use, by comparison, and which has great power when properly trained. Its power is of the reactionary type. When you plant a suggestion in the SUBCONSCIOUS MIND, this suggestion, after a time, reacts upon the CONSCIOUS MIND. That is why SUGGESTION is so powerful and effective. This part of the MIND can only be developed by the use of POSITIVE and NEGATIVE MIND FORCE; then its power becomes very creative, and will bring success into one's life, thru its power of reaction. The SUBCONSCIOUS MIND can also be trained to overcome all fatigue in the body and to heal the body; in fact, it can do most anything it is trained to do, thru reacting upon the CONSCIOUS MIND and controlling it. It is used by some of the Adepts of India as a means of reading the minds of others, being also used in this manner by the founder of SUPER MIND SCIENCE and his thousands of students.

This is a definite and practical explanation of the SUBCONSCIOUS MIND, and can be attained thru the application of practical laws. We should only put into our SUBCONSCIOUS MINDS that which we desire to react upon us. For instance if we put malice and hatred there, they will react upon us and

give us in return malice and hatred, but if we store up in this great subway, LOVE AND HELP FOR OTHERS, this will result in our receiving LOVE AND HELP FROM OTHERS.

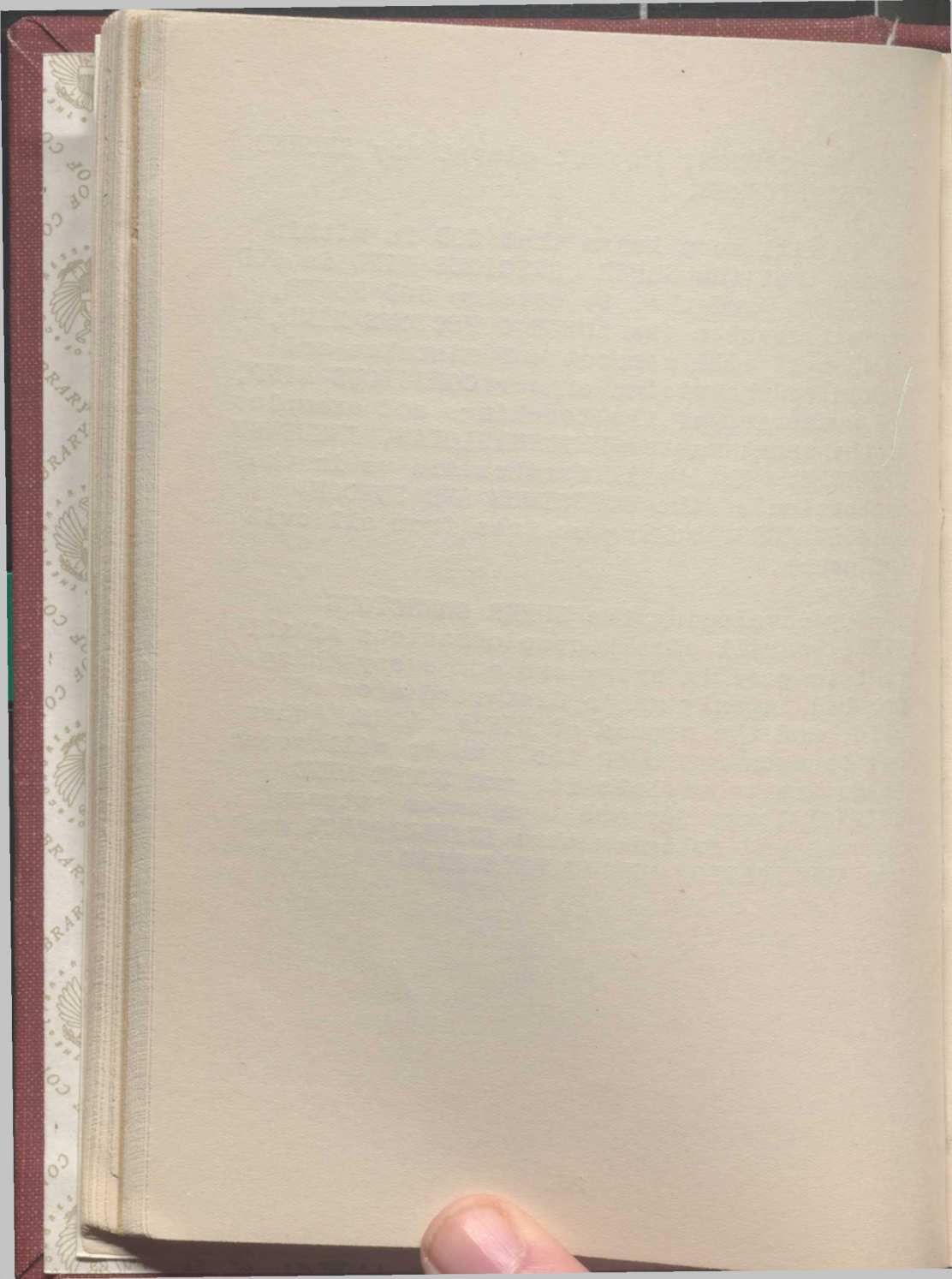
Thus thru the LAW OF THE SUBCONSCIOUS REACTION, we get out of this life just what we put into it. The SUBCONSCIOUS MIND can be called the great hibernating, refrigerating pit - continually storing up something, that will change our future and influence our affairs by creating new conditions. It is also our AQUASIAC RECORD, for it contains both a record of our SOUL and our BODY, and therefore has to be a part of the "LAMB'S BOOK OF LIFE", mentioned so many times in the BIBLE; therefore be careful what you store up in the SUBCONSCIOUS MIND, as every thot produces its own result.

THE SUPER CONSCIOUS MIND is that faster vibration which many times saves our lives, by causing us to jump, when an accident seems inevitable. It foresees and also knows every danger along life's pathway. If we would develop a strong SUPER CONSCIOUSNESS, we would not make so many mistakes in life. We also would be aware of every violation of the LAWS OF NATURE thru the misuse of our PHYSICAL ORGANISM, viz., having abnormal desires and appetites. We can also develop this part of our MIND to the point where we are able to draw into the CONSCIOUS MIND many things

from the COSMOS, in fact almost any SECRET OF THE UNIVERSE.

We will soon learn that GOD is within us and that the SUPER CONSCIOUS MIND is GOD INTELLECT, and that to develop GOD POWER, we must develop the SUPER CONSCIOUS MIND, so that it will correct our mistakes and unfold to the vision of our CONSCIOUS MIND, the mysteries of the teachings and examples of the great master METAPHYSICIAN, JESUS OF NAZARETH. This will further aid us in the protection of the CONSCIOUS AND SUBCONSCIOUS MINDS, making us free from all evil influence.

By developing the SUPER CONSCIOUS MIND, we will also become conscious of all that is good in every one and every thing, for bad is only man's distorted view of good, and the misuse of DIVINE LAWS. When one becomes aware of the law, he will cease to desire to violate it, and SUPER MIND SCIENCE looks forward to a union between science and religion thru INTELLIGENCE and the APPLICATION OF NATURE'S LAWS.

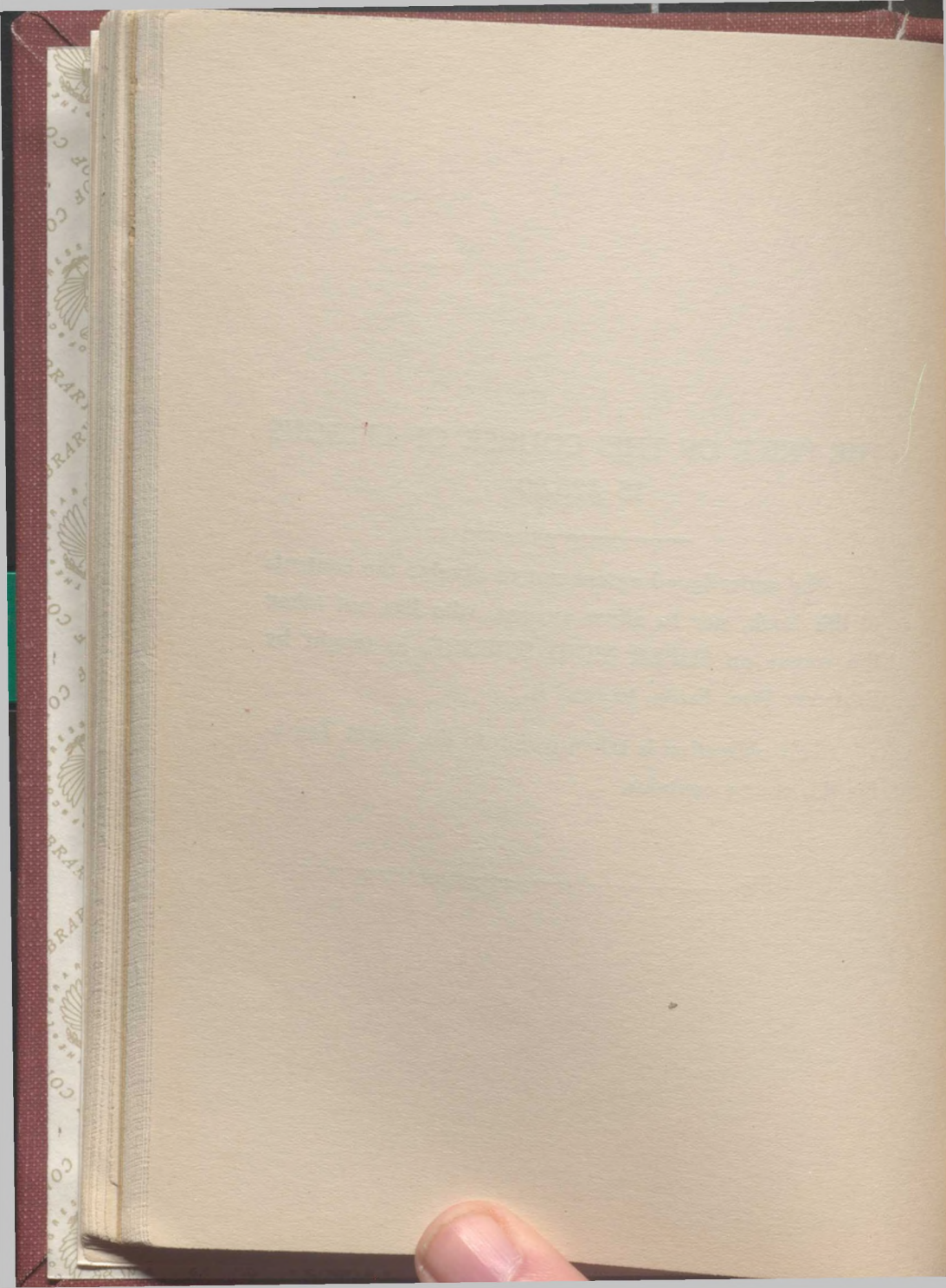


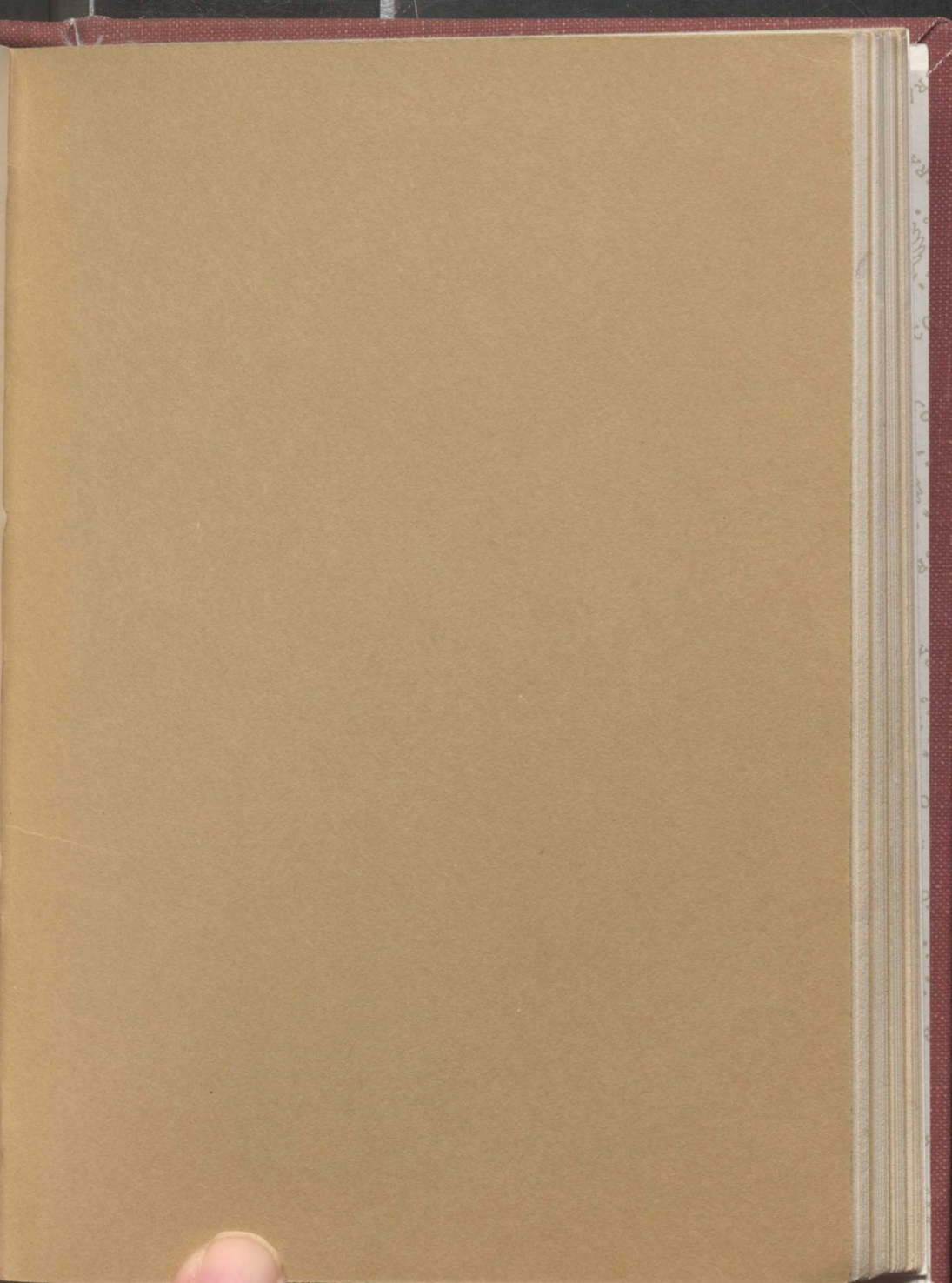
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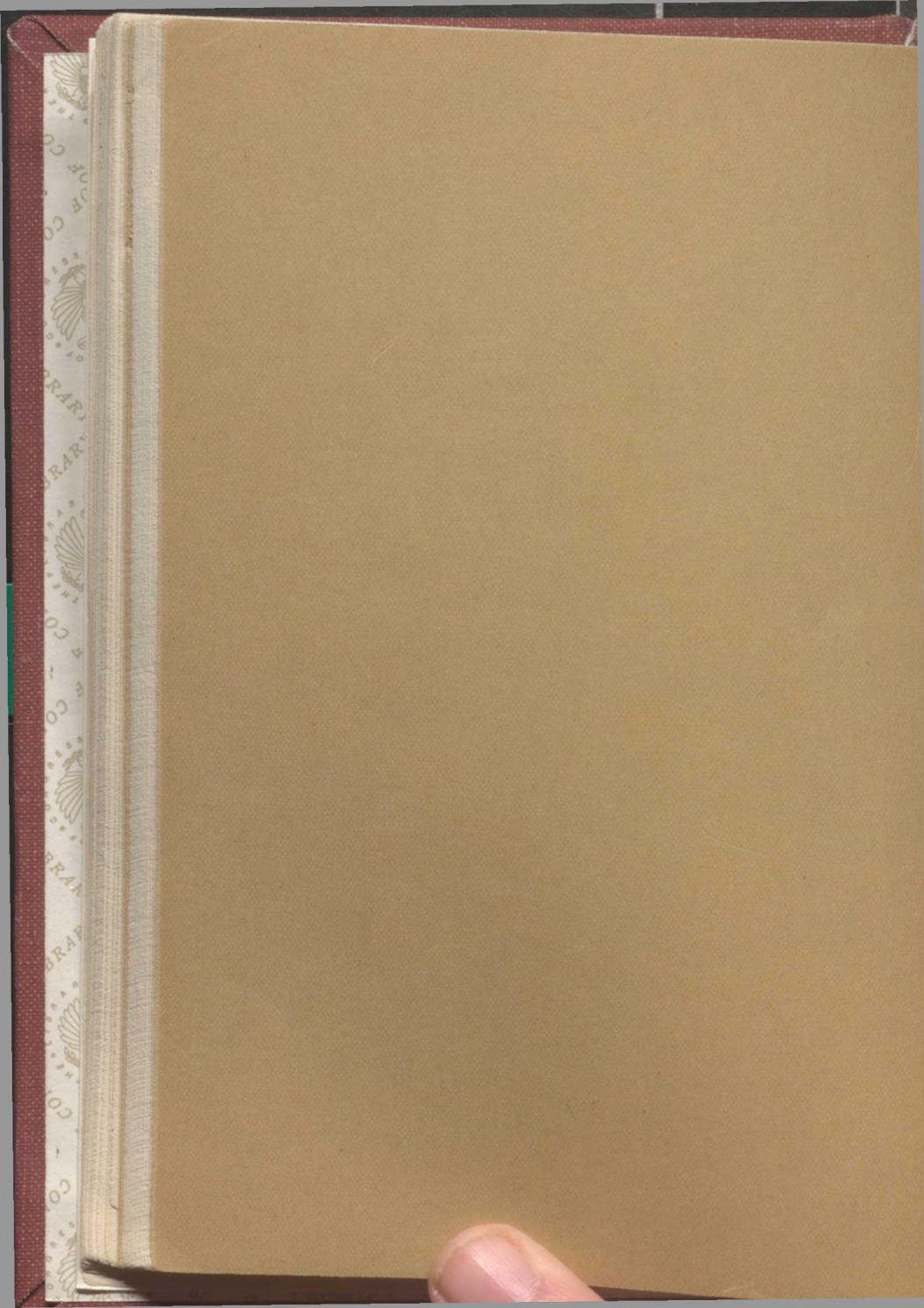
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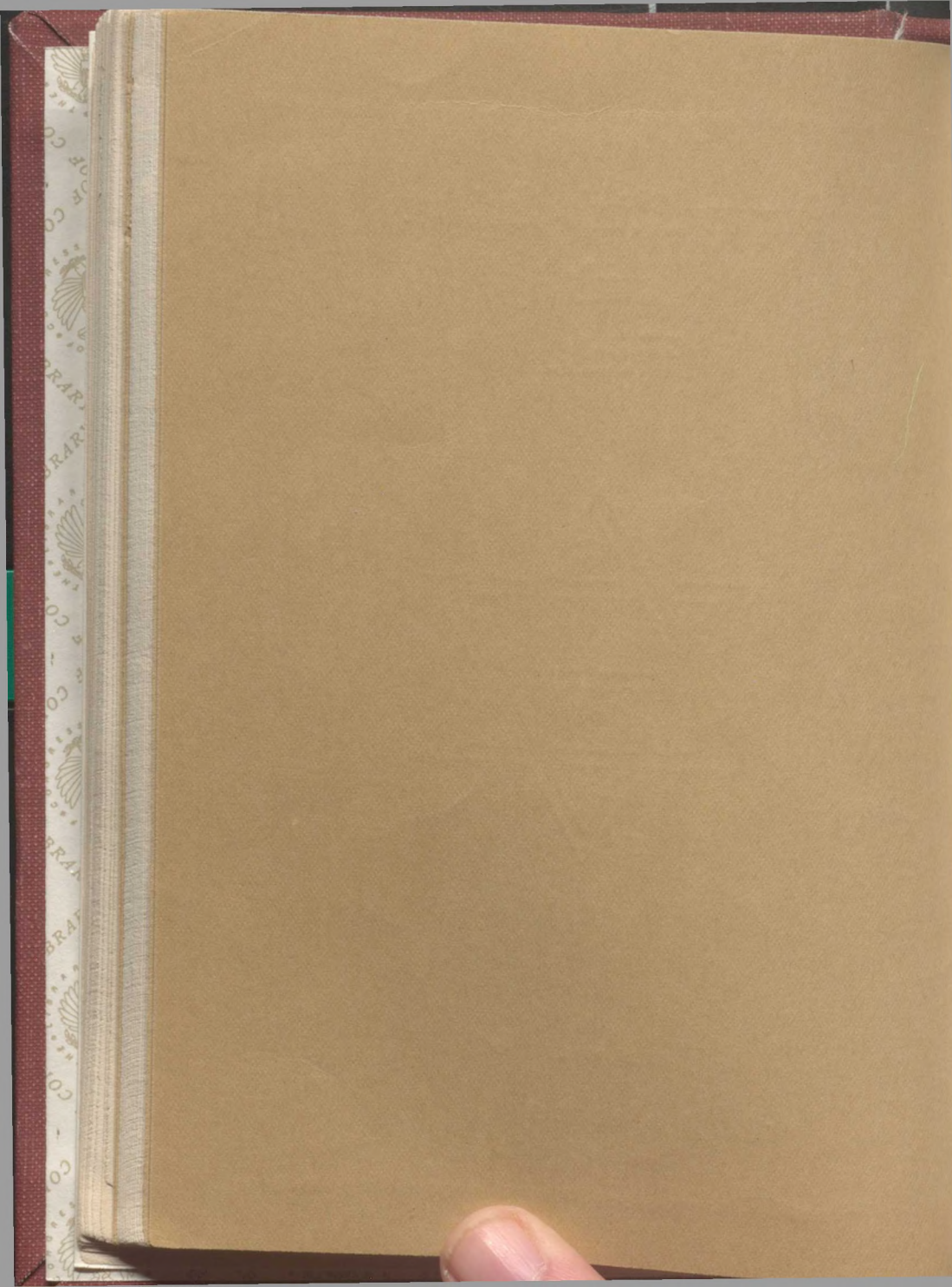
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Super Mind Science and Health



By *William*
PROF. WM. ESTEP

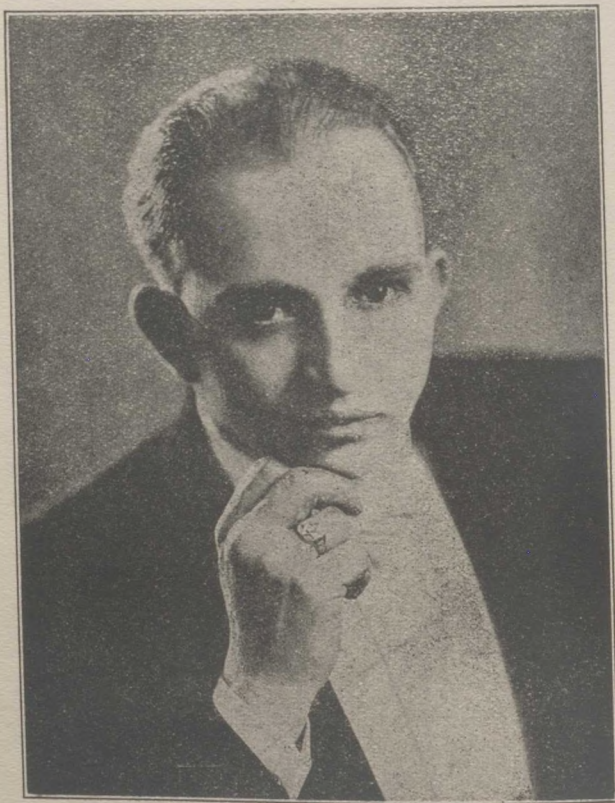
BOOK 3
Lessons 5 and 6



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PROFESSOR WILLIAM ESTEP
Master Psychologist
Lecturer, Teacher, Author
and Founder of SUPER MIND SCIENCE

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*Gift
Mrs. Lillian Coy Achey
Nov. 31, 1982*

HOW TO DEVELOP MAGNETISM AND GOOD INFLUENCE

It is the ambition of every progressive person to be magnetic and draw unto him the things he most desires. Magnetism is that power of attraction which is the more subtle part of SOLAR ENERGY under control of the sun. By developing MAGNETISM, we surround the body with a healthy and attractive influence, and as magnetism is in the aura of the body, the mind subconsciously uses Magnetism to draw us to whatever we desire most. SUPER MIND SCIENCE has discovered a method of causing the mind and body to vibrate in harmony with the sun, and getting the thots to so harmoniously contact the magnetism of the AURA that with a few minutes' exercise, a neophyte can obtain results.

This magnetism that is felt vibrating thru your body while in the SUPER MIND SCIENCE CLASS room has a great deal to do with deciding your future; for, if it is strong, it will reach out and bring you opportunities to succeed and will be one of the greatest aids in your dealings with others. It also has equal power to reach out into the COSMIC and draw to you the purifying power from the COSMIC that causes a healthy mind. Upon the development of this magnetic influence, you will discover that opportunities will come to you almost as fast as you think, but you must learn to feel, when you take the exercise, that you are drawing to you that which you desire.

The more of a drawing sensation you can conceive in your mind, the greater will be the power of the mind to use this magnetic influence to bring to you the object of your desire.

MAGNETISM USED TO SENSITIZE THE BODY

This magnetic influence can also be used to sensitize the body. You can direct it to the sense centers and under the direction of your will power, use it as a means of drawing to the senses, a knowledge of Cosmic activities. This will bring you en rapport with wonderful Cosmic Consciousness if you persist in the exercise. Some of the students have testified that they have had serious financial difficulties and by using this exercise only once, have obtained immediate financial success, which shows the great drawing power of Magnetism when ruled by POSITIVE AND NEGATIVE MIND FORCE. We can so sensitize the body that we can feel our magnetic influence reach out and attract something or someone and can feel the course of events shaping our success in dealing with them. Many individuals who have been great artists and geniuses have died without this world knowing of their talents because they did not have the magnetism to attract a financial success. Many wonderful and gifted people would like to go out and spend their life aiding humanity, but are not able to attract to themselves an opportunity of doing so.

By developing MAGNETISM as taught in SUPER MIND SCIENCE, the author is positive that the student can overcome this difficulty, for out of several thousand testimonies he has received, many deal with the development of magnetism, some expressing themselves as follows: "I consider the knowledge of MAGNETISM gained in SUPER MIND SCIENCE, the greatest knowledge that has ever come into my life, and something entirely new on the subject." Certain people, because they have not understood this force, have said, "It is animalistic", and have referred to it as animo-magnetism, yet it is no more animalistic than the life-current itself which runs thru the body and keeps us in a state of animation. If anything, it is more subtle and of a more spiritual nature than the life-current. It being a vital part of our existence, it could not be any more animalistic than any other part of our mind or body.

POWER OF MAGNETISM PRODUCES SOUND

This Science does not condemn anything it has not discovered, but seeks to solve its purpose, and use it in a constructive way. It is not the desire of the founder of SUPER MIND SCIENCE to take away any knowledge that is good from the people, but it is his desire to add to this knowledge so that they may receive all things that are good. MAGNETISM has been very poorly understood and has been the subject of much

discussion by people who do not seem to be able to determine its good qualities. For instance: When MAGNETISM is projected from the body, thru will power, it can produce sound, sometimes of a rapping nature, sometimes a voice, these often being reproduction of thots that are in the mind of the person who is near. These sounds sometimes produced by MAGNETISM are caused by the Negative and Positive operation of the mind without one being conscious of the fact that the mind, by using MAGNETISM, can produce a sound outside of the body.

Sometimes these mysterious noises are attributed to spirits of the dead, when in fact, they were the operation of the WILL POWER and the SUBCONSCIOUS MIND, using MAGNETISM as a means of expression. The same condition is to be found in the elements when a whirlpool of energy of a positive type meets a whirlpool of energy of a negative type, producing a flash of lightning, using as a means of contact the universal or elemental magnetic current. Thus you see that PERSONAL MAGNETISM has been poorly understood up to this time. The founder of SUPER MIND SCIENCE, after many years of investigation, has discovered that magnetic action is independent of spiritual manifestation and is simply a means of attraction and a drawing force under the control of the SUBCONSCIOUS MIND.

MAGNETIC FORCE MUST BE
UNDERSTOOD

Magnetic force is only one of the

several energies and forces of the human body that can be used by the SUBCONSCIOUS MIND in a constructive way. One must realize that in dealing with a subtle force your success is governed by the conception of the force in your mind. If you can conceive a strong unseen magnetic force vibrating around your body in a circle, continually widening the circle and vibrating in and thru everything in which you have your interests, then you will get greater results than if you had a poor conception of this force.

You will learn after operating the force of magnetism under the power of the will that it will do whatever you will it to do, but you must exalt your WILL POWER in your estimation of yourself above every weakness and every failure that you have had in life. You must recognize the fact that had you understood WILL POWER and MAGNETISM, you would not have failed so many times. You must also learn that several Chakras are outside the anatomy, yet a part of the personality. The Chakras are held intact by the power of MAGNETISM, and the Law of Attraction. They are also governed by the WILL POWER. Some of them, when awakened, will perform miracles, using MAGNETISM as a means of connection and as a means of operation.

MAGNETISM AND PERSONALITY

MAGNETISM is that subtle influence of attractiveness which shows to our fellow-man the qualities of our personality. If

you have a pleasing personality, your magnetic influence casts out a great pleasing vibration and if you are of the opposite, then your magnetic influence will cast out the opposite; so we must not only learn to develop a pleasing influence, but you must learn to CAST OUT a pleasing influence thru your MAGNETISM, for many people upon meeting you analyze your qualities according to your magnetic influence, thru their intuitive faculty. Therefore try to vibrate the best qualities in your personality thru meditation and the SUPER MIND SCIENCE METHOD of controlling MAGNETISM, and you will surely find that success will attend your efforts in any line of work you may pursue.

MAGNETISM WORKS DURING SLEEP

When you retire at night, tell your SUBCONSCIOUS MIND, with your breath controlled, that you will use that magnetic power, which you develop in the circular exercise, to bring you prosperity, health and happiness and to draw to you the mysteries of the Cosmos and a knowledge of the Deity of the Universe, which has its center in your being. Learn to feel Spiritual Bliss and to perceive that MAGNETISM is not alone confined to the physical realm, but has its higher expressions on the mental and spiritual plane as well, for every energy and force given to man originally came from the Cosmos and then manifested itself in the physical.

ALL LAWS ARE UNDER CONTROL OF THE MIND

It is these forces that are unseen to mortal eye which change darkness into light and bring to man the knowledge of how greatly he is blest by the creative force, viz., that all of these laws are under the control of his mind - May you develop your magnetic influence and receive the best that is in life, is the sincere wish of the founder of SUPER MIND SCIENCE, for on your success, also rests the success of this Science. You are only one among the millions that can be benefited by these great teachings, for SUPER MIND SCIENCE is coming to this continent like the sun rises after a night of darkness and will illuminate and guide man to his final mental destiny, viz., a knowledge of the bounties and the plenty that is in the Kingdom of the Father.

Man was destined to obtain the things in Life that he should have, to enjoy his earthly existence, but, thru ignorance of the laws governing mind and body, he has strayed away from this knowledge and by many different creedalistic ideas, he has been led away from the Truth and has violated the laws of the Universe; he has lost his real individuality and willingly gave it up because of some belief, not knowing that he was cheating himself of the very thing which the Father intended to have. Remember the sayings of Jesus: "I have all that is in the Kingdom of My Father." This

means that we have it, but lack a realization of the fact and in the lack of realization, we fail to conceive our ideals and that which is not conceived has a poor chance to grow, for all things must have their conception in mind first. When drawing to you the power to solve some difficult problem or to come in rapport with some one who can help you, remember that the law of conception must be complied with if you succeed.

After learning these laws, life and the world in general will take on a new meaning to you and you will find that all trouble and discord and sickness come from the fact that you are not using your God-given qualities to overcome them, so do not resign yourself to your lower nature by saying: "I can't", but elevate your consciousness to your higher self by saying, "I will". Thus, you will learn the meaning of "Thy will be done on earth as it is in Heaven".

Key to Lesson 5. Book 3

SUPER MIND SCIENCE deals with the development of PRANA, SOLAR ENERGY, and MAGNETISM.

DEVELOPMENT OF MAGNETISM

First: Place fingers in position of Perfect Concentration exercise.

Second: Breathe and rhythmically vibrate the body with the sun, feeling you are becoming a magnet, and drawing to you what you desire.

Third: Retain breath; use Concentration Method and feel the MAGNETISM vibrating thru the body; then, let a peaceful feeling come over you and feel you have attracted the object of your desire. This cannot fail, as the Circle of Vibration increases until it takes in whatever you have willed to attract.

If you take this exercise and practice it correctly, it cannot help but bring you success in anything you desire, be it spiritual or physical. It is the greatest method discovered among thousands and is the original method successfully used with hundreds of students by the founder of SUPER MIND SCIENCE.

Book 3. Lesson 6.

CONTROLLING THE CENTER OF IMAGINATION

The IMAGINATION CENTER, which is many times the cause of failure, can be developed and controlled by the WILL POWER, and can be made a wonderful faculty of the mind. This is done by the awakening of cells in the IMAGINATION CENTER as taught in the methods of SUPER MIND SCIENCE. These cells being located so far inward, it is necessary to use both blood and Prana to awaken them. The Hindus, for many centuries, have held the key to this secret, which accounts for their great psychic ability, as the IMAGINATION is trained by the SUBCONSCIOUS MIND to foresee. For

example, when planning to build a house, as you turn the problem over and over in the SUB-CONSCIOUS MIND, you imagine how the house will look, many times receiving a correct imaginary vision of the building in its completeness. This proof that the natural tendency of the IMAGINATION is to visualize the future, and SUPER MIND SCIENCE only seeks to develop to a greater degree of efficiency a natural tendency of the IMAGINATION.

By awakening strong cells in the IMAGINATION CENTER, and developing them thru the Power of the Will, which will only allow us to imagine what is correct, we are able to bring great knowledge to our mind, of events of the future; but if the IMAGINATION is not controlled by the WILL POWER and undeveloped, it will visualize only that which we want and not what is a fact; in that case it is ruled by desire instead of being under the control of the will. The IMAGINATION should be purged and cleansed from imagining things that are harmful to the mind and body, and the IMAGINATION CENTER should be safeguarded by the awakening of strong cells that are directly influenced

THE IMAGINATION MUST BE TRAINED

These cells cannot be influenced by the SUBCONSCIOUS MIND unless the SUBCONSCIOUS MIND is trained by positive suggestion and the Perfect Concentration Method used in SUPER MIND SCIENCE. The IMAGINA-

TIVE FACULTY, being a part of the mind, is universal in character and can be trained as a method of Occult Vision to gain knowledge of the Cosmic part of the Universe. Thus you can use the IMAGINATION as a constructive aid in your quest for knowledge, for man is made in an image or an imagination of God. If God or the Universal Mind has created all things by the casting of an image in the Universal Mind, then surely this Universal Mind must have also an imagination chamber and our imagination surely is a part and portion of this Universal Imagination, for we have our being in God and God has His being in us. This calls to mind the sayings of Jesus: "I am in the Father and He is in Me. It is not I that doeth these works but Him that sent me."

Train your IMAGINATION by sending the positive current from the right temple to the IMAGINATION CENTER; then from the left temple send the negative current to the IMAGINATION CENTER, saying in a positive attitude to the SUBCONSCIOUS MIND: "I will only imagine that which is true, that which is honorable and that which is pleasing in the sight of GOD CONSCIOUSNESS." By doing this you will soon, by the use of the WILL POWER, be able to eliminate all of the worthless and destructive imaginative visions, and you will comply with the first Law of Creation by linking yourself to all that is good in this Universe.

EVERY MANIFESTATION WAS FIRST CONCEIVED
IN THE IMAGINATION CENTER

There never has been a wrong wilfully committed unless it was first imagined; therefore, if the IMAGINATION was properly controlled by all people, there would be no crime and less need of stringent laws. However, instead of purification of the mind and the practical training of the physical and mental faculties of the mind, we have been taught numerous doctrines of condemnation. Few of these doctrines embrace even the slightest idea of commendation. It seems that without offering any solution to the problems of the masses, they simply seek to condemn those who are unfortunate enough to make mistakes, and it is also rather peculiar to note that nine-tenths of these doctrines are the works of imagination and the poorest quality of imagination at that.

If individuals had their IMAGINATION trained to see only good and think only good, there would be less trouble and sickness in this world; therefore it is the object of SUPER MIND SCIENCE to control every faculty of the body and mind for the upbuilding of the human being and to afford a method of improvement for those who have erred in the ways of life. We do not seek to condemn those who do not understand our philosophy, but do seek to help and to build up those who are willing to listen to the reason and the practical methods of application of this teaching.

IMAGINATION UNCONTROLLED, CAUSES SICKNESS AND FAILURE

If the IMAGINATION is allowed to go uncontrolled, it will cause much sickness, for by just thinking of sickness and then imagining it, we create sickness, which in some future time will react upon us when our body is receptive to that kind of a physical condition. So the IMAGINATION should be guarded very closely and not allowed to cast images of things and conditions which react thru the SUBCONSCIOUS CHANNELS upon our welfare, and to our detriment.

It is a very easy matter for one to work against his best interests and the IMAGINATION has a quicker reaction power, when mis-used, than any other faculty of the mind. By controlling it, you can vibrate in harmony with your surroundings, raise or lower your vibration, and thru this method of harmonization have success in all your enterprises. But remember that it must be trained according to the laws of Negative and Positive mind-force and sub-conscious mental reaction, and not by promiscuous beliefs. The IMAGINATION is like a flower, and, if attended to properly, will bloom forth with great mental and spiritual success, but if not watered by knowledge of life and the laws of Negative and Positive, it will cease to be a faculty to aid us and will be a great hindrance to our mental growth.

IMAGINATION CAPABLE OF "FORESEEING"

When the IMAGINATION is developed to its highest state, it is capable of reading the minds of others thru the application of Negative and Positive Will force and the control of the imaginative vision. For example: You can go into a positive state, controlling the breath, and will to imagine "what is going to happen tomorrow", and very often succeed in getting a true imaginative vision of what will actually take place. Thus we use the IMAGINATION in this manner in a mystical way to foresee, and develop the power of seership, one of the greatest powers given to mortal man by the Creative Force. May you so train your IMAGINATION that it will only let you create harmony, peace, bliss, health and prosperity.

Key to Lesson 6. Book III.

IMAGINATION CONTROL

First: Generate Prana; then send Prana from the right temple to the IMAGINATION CENTER with positive suggestion to the SUBCONSCIOUS MIND that you will control your Imagination and will only imagine what is true.

Second: Send Negative Prana from left temple to IMAGINATION CENTER with the same SUBCONSCIOUS suggestion.

Take these exercises ten minutes per day until you can imagine what will happen

in the future and get the vision correctly. In this way you will overcome all of the bad effects and misguidance that come from wrong imagination.

TO DEVELOP SPIRITUAL HEARING

First: Generate Prana; send it into the hearing center, with the thot of spiritualizing your hearing. Take this exercise first for the right ear, then for the left. Then, control physical hearing as taught in SUPER MIND SCIENCE and you will hear a sound like faint music in the distance. Continue this until you can think a word and hear it in a whisper. Soon you will be able to hear anything upon which you center your mind.

You will also be able to hear the music that is in the Cosmos, for the radio is simply a duplication of your own ear and it is possible for you to hear vibrations in the ether without the aid of a machine. This will later develop into sounds or instructions coming from the Cosmic Mind on any subject you concentrate upon. This should be practised daily for quick results. The human machine is the most dependable and the most successful that has ever been invented. All students who have followed this method, have obtained results after a few days' practice.

TO INFLUENCE ANOTHER TO DO GOOD

Center mind on person in question. Stimulate right or Positive current, then control breath, willing what you desire to

influence them to do—positive state. Then relax, exhaling on negative side, and send the influence. Feel that you have accomplished what you desired.

Never use this exercise to harm anyone. If you do, as soon as it has taken effect it rebounds on you and harms you twice as much as it did the person you wrongfully influenced. This is one of the methods well known to the Master Adepts of the great ESOTERIC SCHOOLS of the Himalaya Mountains.

REJUVENATION

There is an energy in our bodies known as SOLAR ENERGY, which we take in thru the SOLAR PLEXUS, and which comes thru the SOLAR SYSTEM. This energy is a vital part of our existence, and when we learn how to use it, it will prolong our life at least one-third. Part of this energy goes upward thru the spinal column of the brain, thence thru the circulation of the blood to all parts of the body. This energy gives warmth to the body, promotes health, and heals the body when it is injured, this being the first healing law of nature. The energy which is not used in this manner, is taken into the body as we breathe, and goes to a center at the base of the spine known to the Masters of India as the KHUNDLINI, or the storehouse of SOLAR ENERGY. From this storehouse the SUBCONSCIOUS MIND draws energy at different times, and sends it to various parts of the body, where it is needed.

In the teachings of SUPER MIND SCIENCE which the author has founded, after many years of research and study, he has demonstrated a way to bring about a greater intake of this energy into the center, and by training the Subconscious Mind, one can continually renew the body, and thereby overcome all physical defects. It is a known fact, that thru a provision of the Universal Mind of Creation, which is the center of all knowledge from which we draw all Divine Inspiration and higher thots for our progression, while in the body here on earth—we are enabled to awaken in the human system, all of the hidden forces of nature from time to time, according to our intelligence and capability. This energy is being used very successfully by those who learn to control their thots, for it is the Will Power and the Thot Force that send it to the different parts of the body.

The first training necessary to accomplish this, is to bring the Physical Senses under the control of the Will, so that they will not interfere with our direction of the energy. When one is not receiving enough of this energy in one's body, the individual becomes very nervous and of an unsettled state of mind, frequently attracting to himself numerous diseases, which continually shorten his life. The medical profession seeks to heal your diseases and your infirmities by giving you a drug or an opiate, which you should know is not Nature's way of healing the body.

SUPER MIND SCIENCE comes before the world today, and, contrary to the laws of training which your forefathers have had, stands as an exponent of health, by developing Mind and Body thru the increase of Solar Energy and the use of the Life Current known as Prana. It seeks to teach you how to live and be healthy, for if you live right, giving your body the proper food, the proper energy, and thots, excluding all poison or misleading Mental Force of your own being, and not a slave to conditions, you will soon cease to need a healer.

The very fact that so many sciences and religions seek a way to heal the body by faith or drug, is an admission on their part, that they have not succeeded in giving to humanity a METHOD of keeping the body well and healthy with the glow of youth, as they should have done. The people in India who have used this force for rejuvenating the body have been known to live from one hundred to five hundred years of age, according to the records, yet the American calls the Hindu ignorant, because he does not dress and live the way the American thinks he should, overlooking the fact that the Hindu has overcome all desire for personal aggrandizement and is able to live on this earth for five centuries enjoying to the fullest extent all the pleasure this life holds for one, who has a well developed Mentality. The Adepts have developed this SOLAR ENERGY to the extent that they can see in the darkness, and can illuminate a

room with this light by the power of their WILL, the light casting no shadow, which proves to be the real SOLAR ENERGY that animates and revives the human body.

Next in importance to SOLAR ENERGY is the Prana Fluid, which flows on the right and left sides of the CANAL OF SOLAR ENERGY in the spine. This canal is called SUSHMUNA by the Hindus, and lies between NEGATIVE and POSITIVE PRANA. This is an electrical energy and does not radiate heat, but radiates vitality. When this energy is brought into the body by the Will Power, there begins in the body a development known as the awakening of dormant cells, which brings back the color of youth and a greater Concentration Power to the Mind. Students, who have applied this energy, testify that in one week's time their entire view of life has changed, their bodies and minds becoming alert and sensitive to a greater POWER and UNDERSTANDING of NATURE than they have ever had before. This can be stimulated by the control of the thots entering the body.

We take in thots each time we breathe—first the Positive half of the thot, then the Negative half comes thru the SOLAR PLEXUS, and passes up the canal in the spine, the POSITIVE HALF going to the MALE CENTER of SPIRITUALITY in the side of the head, the NEGATIVE going to the FEMALE CENTER, just below the Male Center.

The Male Center is known to medical science as the Pineal Gland, and the Female Center is known as the Pituitary Body

Gland, and a contact is formed between these two centers thru a current known to the Hindus as OJAS. By stimulating this current and bringing it under the Power of the Will, all thots that are contrary to the circulation of Prana will be destroyed by the Will Power, thus sending Prana free into the body, wherever it is directed.

SUPER MIND SCIENCE teaches the student the control of SOLAR ENERGY and the PRANA FLUID, bringing to their understanding a practical, demonstrable knowledge of the two greatest REJUVENATION ENERGIES known to mankind. The methods we use are very simple and can be learned by any alert student in one day. Students have had such wonderful success in the application of this knowledge, that they have gone on to the higher development, using it to awaken the PSYCHIC FACULTIES, thereby receiving wonderful demonstrations of COSMIC CONSCIOUSNESS.

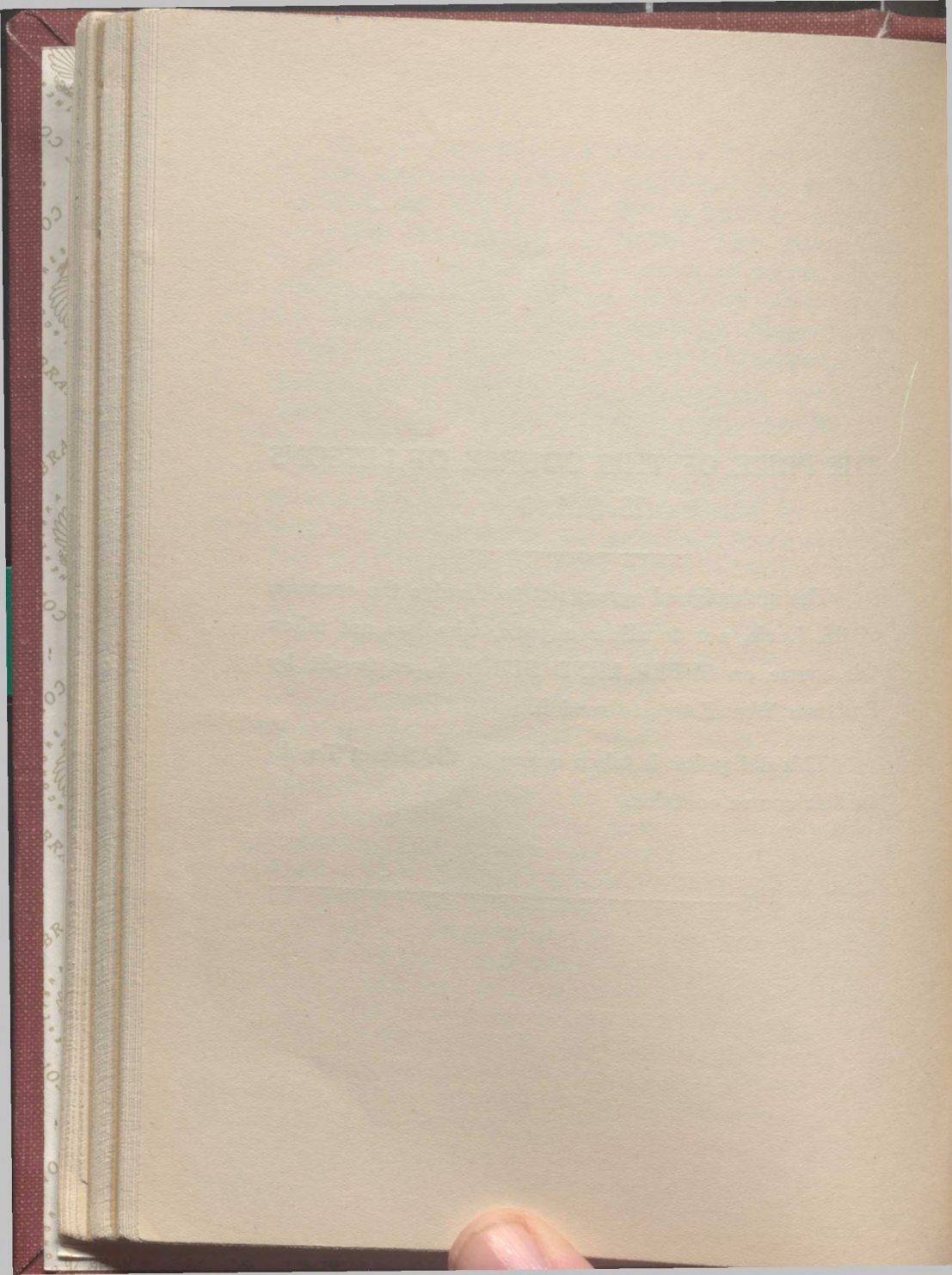
The world today is in need of this UNDERSTANDING and can not afford to be without it, because there is not a day in one's life, that some vital LAW OF NATURE is not violated, and without COSMIC CONSCIOUSNESS one is unable to tell when such a law has been broken. Thus this Science brings youth, vitality, and understanding of humanity, and no one can afford to be without it. The above laws are only a small part of SUPER MIND SCIENCE, which teaches the development of perfect control of the body thru the MIND, by using POSITIVE and NEGATIVE MIND FORCE.

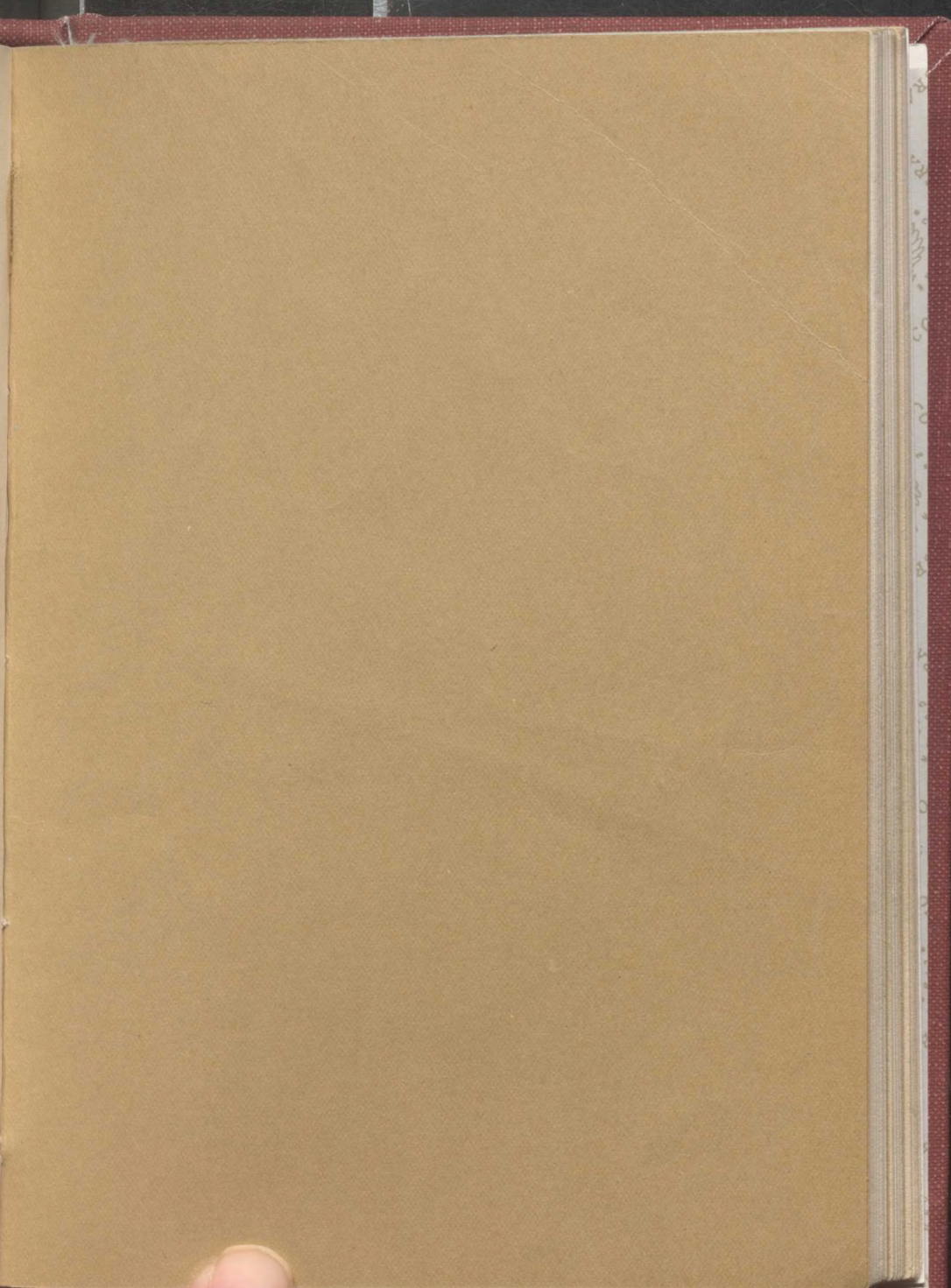
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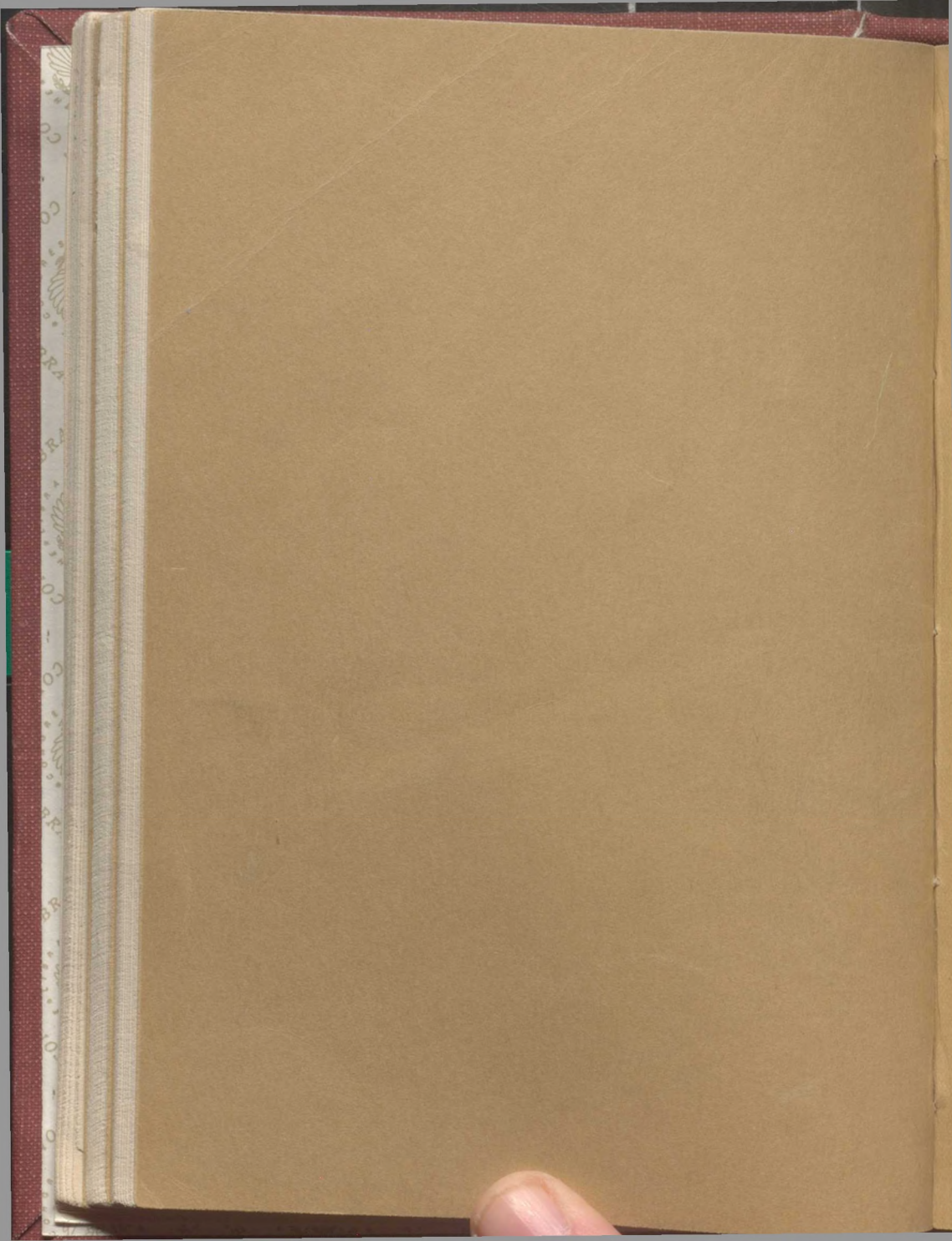
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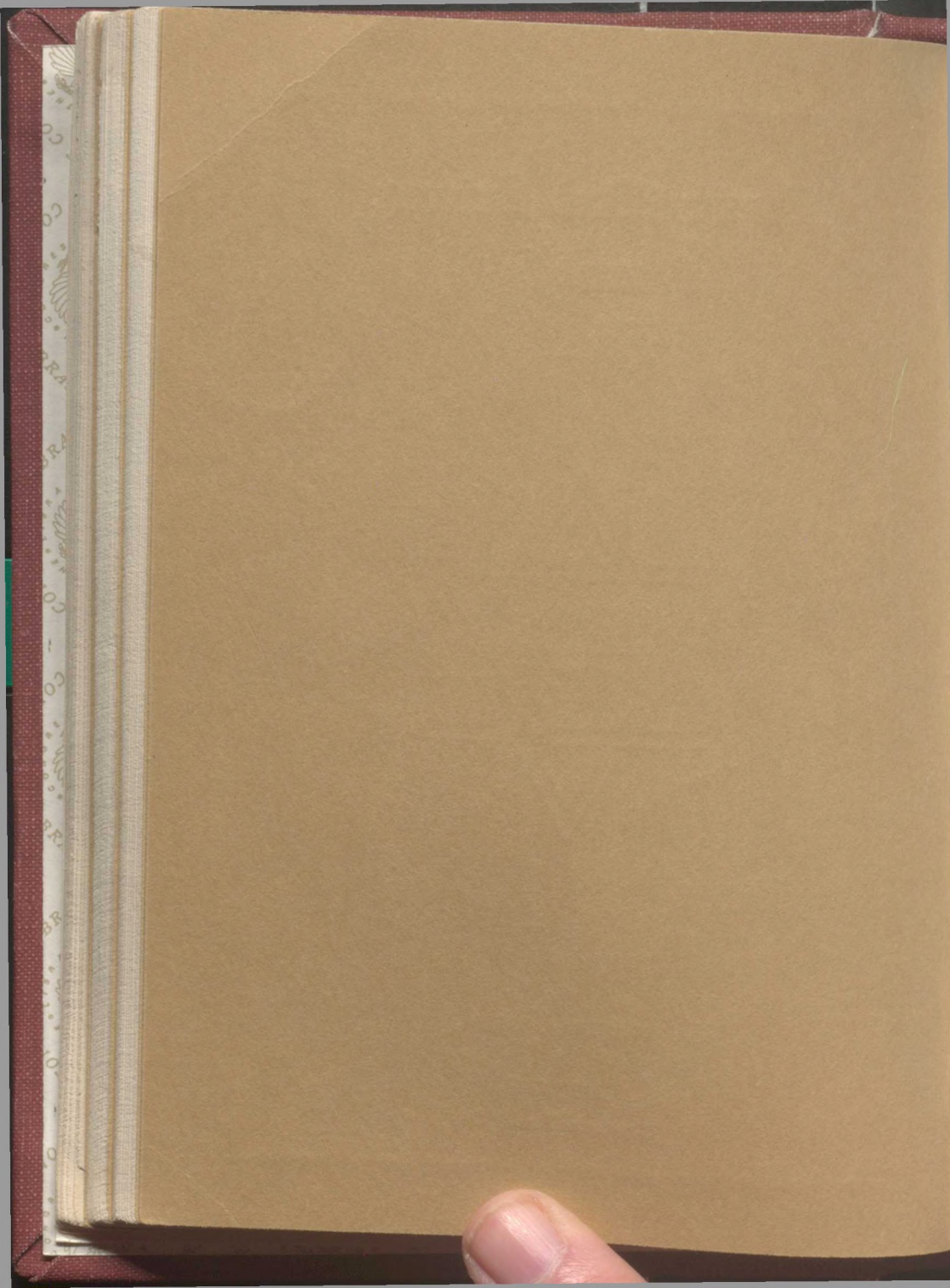
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Super Mind Science and Health



By *William*
PROF. WM. ESTEP

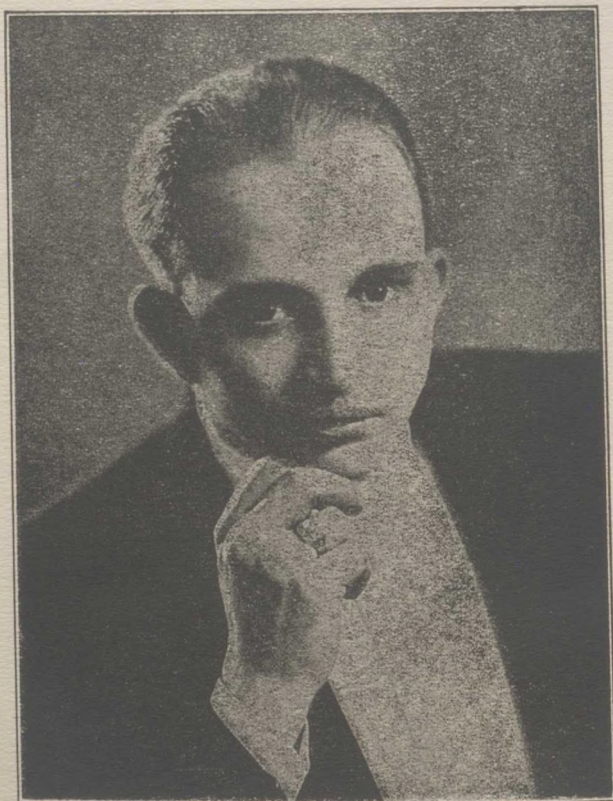
BOOK 4
Lessons 7 and 8



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PROFESSOR WILLIAM ESTEP
Master Psychologist
Lecturer, Teacher, Author
and Founder of SUPER MIND SCIENCE

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*Gift
Mrs. William C. Athey
May 31, 1932*

THE MEMORY FACULTY AND THE DOOR OF BRAHM

Lesson Seven.

The seat of MEMORY is in the top of the head, and, by awakening new cells in that center, we gain greater POWER OF MEMORY. In this method of development, we use both BLOOD and PRANA, sending them to the MEMORY CENTER, with breath and thots controlled, as taught in SUPER MIND SCIENCE. By applying strong WILL POWER to awaken the cells, the surges of blood and PRANA go thru the head similar to the swells in the ocean. The more positive we are, the more cells we will awaken.

When these cells are fully awakened, you will begin to understand where your CONSCIOUSNESS goes when you are asleep, and you will soon be able to project your consciousness where you desire, and retain MEMORY of what you learn in your SPIRITUAL CONSCIOUSNESS. No one should live continually in his body, as the body is only a dwelling place for the SOUL, during its earthly existence. When the cells in the ATMA begin to retain memory of the many things you do, while in SPIRITUAL CONSCIOUSNESS, you will soon discover that your mind is more active when your body is asleep than it is when your body is awake, and that you can utilize all of this knowledge gained in that high state of CONSCIOUSNESS, and eventually, do

away with promiscuous dreaming, thru THE
ELEVATION OF CONSCIOUSNESS.

The object of SUPER MIND SCIENCE in the training of the MEMORY FACULTY and the CONSCIOUSNESS in this way, is to give man a higher means of education than that which he can get while in the FLESH CONSCIOUSNESS.

The founder of this SCIENCE, having gained much of his knowledge, while in the SPIRITUAL CONSCIOUSNESS, realizes that humanity, as a whole, should understand this important part of its being. Aware of the fact that many people are absent from their bodies in CONSCIOUSNESS during sleep, and learn many things at that time which are a detriment to them, the author more fully realizes that the masses need a knowledge of SUPER MIND SCIENCE, which gives a solution of these mysteries.

A STRONG MEMORY SOLVES MANY PROBLEMS

All activities so recorded are stored up for future use of the CONSCIOUS MIND in the way of comparison, and the greater the MEMORY, and the stronger the cells in that center, the more powerful your judgment by comparison will be. The student of this Science who is earnestly trying to develop all of his latent powers, should realize that MEMORY must be trained and that it must be in a strong and healthy condition in order that we may function as SUPER MEN and

SUPER WOMEN in the affairs of our daily existence.

You should not allow any cells to lie dormant in the CENTER OF MEMORY, that would be of benefit to you in gaining knowledge of either the PHYSICAL or SPIRITUAL PLANE OF LIFE, for your struggles with the obstacles in this life, surely have taught you that you need to understand every faculty of your mind and body, in order to cope with the many conditions and situations that confront one. The better your MEMORY, the greater the SUBCONSCIOUS MIND for the SUBCONSCIOUS MIND is that reservoir of MEMORY wherein is recorded all of the deeds of the body and the thots that pass thru the mind.

The founder of SUPER MIND SCIENCE knows very well that if you follow this method of the development of the MEMORY faculty, it will retain a clear record of every thot and feeling that permeates both mind and body. By stimulating the MEMORY CENTER in the brain, the founder of this SCIENCE has revived or brought back instances, which happened years ago and made them as clear to his CONSCIOUSNESS today, as they were then.

MAN MUST THINK IN UNIVERSAL TERMS

Nothing is ever lost. Every thot or deed is stored up, either in the MEMORY of man or in the AQUASIAC RECORD of the UNIVERSE, and when your MIND becomes universal and thinks

in universal terms, and your MEMORY FACULTY is developed to its highest state, YOU WILL BECOME CONSCIOUS OF THIS UNIVERSAL RECORD, called by some of the Prophets "THE MEMORY OF GOD". Here we find recorded all of the activities, thots, and deeds in the evolution of man, since the body developed from a single cell, struggling and struggling and finally gaining CONSCIOUSNESS thru the development of senses in the body, until he reached his present state of development.

In this struggle for existence and the education of the SOUL of man, we find that there was always some remedy for his ills, and that there has always been a higher means of education than that which is under the limitation of PHYSICAL LAW. It is the aim of the founder of SUPER MIND SCIENCE to give to his students a method for the development of the MEMORY FACULTY and SPIRITUAL CONSCIOUSNESS, so that they may gain knowledge of the progress of man, of the past and the future, so that they may solve and become master of their own destiny. One's destiny is not decided by fate, but is measured by KNOWLEDGE, for, without KNOWLEDGE and SPIRITUAL EDUCATION, we cannot cope with the situations of this world, nor can we cope with the situations of the next.

If we would find AT-ONE-MENT with the absolute and feel our connection with the AQUASIAC RECORD, it must be thru the education gained in SPIRITUAL CONSCIOUSNESS,

but this knowledge thru SPIRITUAL CONSCIOUSNESS can be gained much more readily if we have the KNOWLEDGE or CONSCIOUSNESS of being able to leave the body in SPIRITUAL CONSCIOUSNESS at will. This can be done only thru the KNOWLEDGE OF THE DOOR OF BRAHM, which we will now consider.

WHERE THE EGO LEAVES THE BODY

The door of Brahm is that aperture of the skull which has been such a puzzle to MEDICAL SCIENCE of this modern age, for they could see no reason for an opening in the bones of the skull. However, for fifty thousand years, the ADEPTS of the great Esoteric Schools have known the secret of the DOOR OF BRAHM, which is called by the Adepts and Holy Men, "THE SACRED DOOR". SUPER MIND SCIENCE now comes to this Earth to give the entire human family a logical and practical explanation of the use of the DOOR OF BRAHM.

We must first realize that there is no portion of the body that is not under the control of the WILL, the DOOR OF BRAHM included, and that, if we would master our body, we must also master the entrance and exit of our CONSCIOUSNESS thru the DOOR OF BRAHM.

DURING SLEEP MAN'S CONSCIOUSNESS IS ABSENT FROM THE BODY

When we go to sleep at night our CON-

SCIOUSNESS goes out into the unseen realms of the UNIVERSE. This has been proven by all the MASTER ADEPTS and JESUS OF NAZARETH, for that is how he appeared to SAUL. This CONSCIOUSNESS of the unseen realm is at all times active, doing something or learning something; sometimes good, sometimes bad, depending entirely upon the thots of the individual.

When JESUS appeared to SAUL and said "Why persecutest thou ME?" he went thru the DOOR OF BRAHM, which is the aperture in the side of the skull. The knowledge of this DOOR has been taught in India for many thousands of years. Here the student is taught that he can go and come thru the door at will. Some of the methods used for the practical operation of the DOOR OF BRAHM were extremely long and hard to master, but in SUPER MIND SCIENCE, the method as taught by the founder is very simple and easy to master.

SUPER MIND SCIENCE REVEALS SIMPLE METHOD TO GAIN "SPIRITUAL EDUCATION"

The student should bear in mind that the founder of this Science has been thru most of the long drawn out methods that have been taught by the Yogis and Chelas and Masters of India, and that after comparing all of these, he has done some investigating of his own, thereby discovering the numerous mistakes made by those who understood the

operation of the DOOR OF BRAHAM, and has finally had revealed to him the simple method which he now teaches. This method is simple and practical and can be operated by anyone who will follow instructions carefully.

THE DOOR OF BRAHM is used to leave the body in CONSCIOUSNESS, and to go to any part of the Universe desired, and to learn, whatever we will to learn, while the body sleeps. This can be done very effectively when you have used the LIFE CURRENT, as taught in the previous lessons, to awaken the SPIRITUAL SENSE CENTERS. This is a wonderful way to get a SPIRITUAL EDUCATION, and is the method that is used, by the Master Adepts, to attain the AT-ONE-MENT with the GOD CONSCIOUSNESS, that has been talked of and written about so much in this country.

INFLUENCES OF THE COSMIC

There is another use of the DOOR OF BRAHM, namely, dealing with INFLUENCES of the COSMIC. When you have something difficult to accomplish, you can open the DOOR OF BRAHM thru your WILL POWER to an INFLUENCE, which will aid you in whatever you desire to accomplish. This INFLUENCE may be in the form of a Perfect Idea taken in from the UNIVERSAL MIND or it may be in the form of an Entity, created by the SUB-CONSCIOUS MIND by an Image being cast in the IMAGINATIVE CHAMBER of the MIND. Regardless of how the INFLUENCE is brought into the

body, its quality and intelligence will be under the direction of the WILL POWER, which will force it to do what you desire.

CALLING IN AN INFLUENCE

The founder of SUPER MIND SCIENCE has had some very remarkable experiences in his class rooms, when teaching the operation of the DOOR OF BRAHM, using one of his students for the demonstration; for instance, he has taken students, who were suffering from pain in some part of the body, and has called an INFLUENCE into their body, thru the DOOR OF BRAHM to stop the pain and to heal them, and has obtained immediate results. He has also instructed his students how to call in an INFLUENCE, that will bring "Prosperity," and some of them have reported wonderful success within a few days after they had tried the experiment. These examples are conclusive proof that the Operation of the DOOR OF BRAHM is one of the most powerful methods for GUIDANCE ever introduced to this world.

This knowledge is just as effective and the results, if anything, more wonderful, when used for SPIRITUAL purposes. For instance, some of the students would call in an INFLUENCE from the COSMIC, asking for a revelation thru that INFLUENCE OF GOD CONSCIOUSNESS. In a few days they would report having had a wonderful vision, which explained to them, in its completeness, the operation of GOD CONSCIOUSNESS in man, and

they were the happiest people on earth, having found out the secret of "God in Them," and the operation of that Power in a practical way. After such an experience their minds will no longer be clouded by doubt and the misunderstanding of the HUMAN SOUL.

"LOST WISDOM" REGAINED

The method of the DOOR OF BRAHM as taught in SUPER MIND SCIENCE, will bring back to man that confidence in the CREATIVE FORCE and KNOWLEDGE of the HEAVENS experienced by so many of the PROPHETS of old, for none of this WISDOM has ever been lost to man; it has only been hidden for a time, to be revealed again by some Master, selected by the great IMMORTAL FRATERNITIES. This is only the beginning of a UNIVERSAL RELIGION and SCIENCE, and the founder of SUPER MIND SCIENCE will give his life to the promotion of these SCIENTIFIC TRUTHS, for in them lie the solution to crime, evil and strife that is, now rampant in all the earth.

CHRISTIANITY must either produce a proof of the PRACTICALITY of the WORKS OF JESUS, or take a back seat among the religions of the world. When JESUS told His Disciples that anyone who came in His name would be able to heal the sick, open the eyes of the blind, and preach the TRUTH to the poor, He meant just what He said; yet we are sorry to note that this is the part of CHRISTIANITY that is now being ridiculed by almost all RELIGIOUS INSTITUTIONS, who

tho using the name of CHRIST as a means of attraction, are scorning His WORKS. Some say these WORKS were the operation of a LAW of HYPNOSIS and IMAGINATION and are not real.

SUPER MIND SCIENCE comes to the world today, expounded by a teacher who is a Master of this Science, and sends a challenge to Humanity to disprove the real existence today of the POWER DEMONSTRATED BY CHRIST. This POWER can be demonstrated by any TRUE disciple and has been witnessed by the general public at the free healing meetings which are held, wherever SUPER MIND SCIENCE is being taught. It is the only SCIENCE known to man that has ever guaranteed results to those taking up the study, and thus far has succeeded in proving its claims. It stands open to investigation by the most exacting critics and is confident that it will succeed wherever REASON prevails.

DOOR OF BRAHM, GREAT OCCULT SECRET

The teaching of the DOOR OF BRAHM has been one of our greatest SPIRITUAL TRIUMPHS, and as people grow in the KNOWLEDGE of this great OCCULT SECRET, their "Joy in Living" will increase, and they will discover that the gateway to life and the COSMIC is in the PHYSICAL BEING—MAN, and that one can enjoy the KNOWLEDGE of the HEAVENS without waiting to die. Thru COSMIC INTELLIGENCE they can then prove to themselves that the so-called "Dead" are merely people who have

passed thru the DOOR OF BRAHM into ASTRAL CONSCIOUSNESS and that they really are just as "ALIVE" as they ever were. If the student desires to prove this to his own satisfaction, he should concentrate his mind on someone who has passed from this life, using the SUPER MIND SCIENCE method of LIBERATING THE CONSCIOUSNESS from the body to converse with the one in mind. The author has received many testimonials from students, who have actually accomplished this, and are able to leave their body at will.

Thus SUPER MIND SCIENCE solves the mysteries of success in this life and of the life hereafter, as well, and the DOOR OF BRAHM as taught in this SCIENCE can be used just as effectively on the PHYSICAL PLANE as it can be used on the ASTRAL PLANE. By the same method but by using a stronger WILL FORCE, the student can project his CONSCIOUSNESS beyond the PHYSICAL and ASTRAL PLANE into the SPIRITUAL REALM OF THE SOUL.

All TRUTHS pertaining to man operate on the three planes, man being both PHYSICAL, MENTAL AND SPIRITUAL. Therefore, a law which applies to one plane, when extended by the WILL POWER applies to the other planes. In this SUPER MIND SCIENCE differs from all ESOTERIC SCIENCES heretofore discovered by man, and the DOOR OF BRAHM is only one of the many teachings in this SCIENCE, for the

development of the MIND, the BODY and the SOUL.

Key to Lesson 7.

THE DEVELOPMENT OF THE MENTAL
FACULTY

The Seat of Memory is in the Atma,
the Spiritual Mind

First—Send BLOOD AND PRANA to top of head, using SUPER MIND SCIENCE Concentration Method and WILL POWER to develop MEMORY of "where your CONSCIOUSNESS goes when you sleep."

Second—Send BLOOD AND PRANA IN A POSITIVE STATE OF MIND TO THE DOOR OF BRAHM, WILLING to open it to any INFLUENCE you desire to come in; then relax to NEGATIVE STATE while INFLUENCE comes in. (This method applies to others as well as yourself, the only difference being that you center your mind on the DOOR OF BRAHM in their head instead of your own).

Third—GO INTO POSITIVE STATE, USING WILL POWER, BLOOD, AND PRANA. Close the DOOR OF BRAHM to all INFLUENCES that cause sickness, failure and trouble. OPEN THE DOOR OF BRAHM—USING POSITIVE STATE, BLOOD AND PRANA—to all INFLUENCES that bring success, health, and happiness.

Fourth—To leave the body in CONSCIOUSNESS thru THE DOOR OF BRAHM: Stimulate the POSITIVE CURRENT in the right side by

POSITIVE BREATH, willing where you desire to project your CONSCIOUSNESS; then use NEGATIVE BREATH, left side, and go to sleep in this manner. You will awake with a clear CONSCIOUSNESS of having been where you willed to go in the ASTRAL MENTAL STATE.

Fifth—To use the DOOR OF BRAHM for gaining great knowledge: WILL to have an INFLUENCE come in from the COSMIC and teach you what you desire to know mentally. This may be accomplished very soon after willing in the INFLUENCE, as the INFLUENCE will stay there until you have received the knowledge you desire. When it has accomplished its purpose, it will be released by the WILL POWER and the SUBCONSCIOUS MIND.

Sixth—To use the DOOR OF BRAHM for healing: Use the same methods as outlined above, except that you call in a HEALING INFLUENCE, either into your own body or into the body of the one you desire to heal.

HOW TO OVERCOME ALL BAD HABITS AND DESIRES

Lesson 8.

There is a center in the human body that is known in the Orient as the CRUCIFIXION CENTER, and it is claimed by the great ADEPTS, that the reason JESUS was predestined to die on the "CROSS," because this CENTER in the body has always been used as a SYMBOL of ATTAINING CHRIST CONSCIOUSNESS,

many thousands of years before JESUS OF NAZARETH died on the cross. They claim that the great UNIVERSAL MIND predestined Him to die on the cross in order to symbolize "THE CRUCIFIXION OF THE FLESH."

This CENTER OF CRUCIFIXION is located in the back of the neck. This is where the NEGATIVE and POSITIVE currents of the body "cross," and when operated by the WILL POWER it takes immediate effect upon the DESIRE CENTER, located near the MEDULA OBLONGATA. SUPER MIND SCIENCE offers to the world the greatest method ever discovered for the CRUCIFIXION of all BAD HABITS AND DESIRES, by controlling this center thru the operation of the WILL POWER and the NEGATIVE and POSITIVE LIFE CURRENTS.

METHOD OF CRUCIFIXION CENTER

The following is the method used: The student generates the POSITIVE CURRENT, using the SUPER MIND SCIENCE METHOD of Concentration to draw it thru the SOLAR PLEXUS, then thru the right half of the body until a circle is formed, as demonstrated in the class room. This same operation is repeated on the left side, using the NEGATIVE CURRENT to form a circle. Finally, both circles of current are sent to the CRUCIFIXION CENTER, with a POSITIVE suggestion to the SUB-CONSCIOUS MIND that you are crucifying all "Bad Habits and Desires." You will find that if you struggle with the habit in this manner, using your WILL POWER to overcome it, the

struggle will be of short duration, because you will have overcome the DESIRE back of it.

RELIGION OF TODAY NOT PRACTICAL

One of the greatest faults to be found in the present system of RELIGION and so-called CHRISTIANITY, is the fact that millions of people who supposedly are Christians, are still slaves to numerous habits and desires which impair the health and destroy the mind of the individual. We also believe that these habits and desires often destroy the entire CONSCIOUSNESS of the Individual on the ASTRAL PLANE both here and hereafter, which fact prevents them from enjoying the IMMORTALITY OF THE SOUL as expounded by JESUS.

The young people of today have somehow lost faith in the RELIGION of their forefathers, because they regard it as not being practical; even some of the older adherents of CHRISTIANITY fail to regard RELIGION any more as a means of practical salvation. This leaves the field open to SUPER MIND SCIENCE, which promises to become the greatest organization of its kind in the world, for the simple reason that its CHRISTIANITY and its PHILOSOPHY, MENTAL and SPIRITUAL and PHYSICAL, makes it operative on all the planes of man's existence.

MENTAL SLAVERY

Man can never become a MASTER as long as his mind is still a slave to some petty habit; therefore, he must declare his

FREEDOM by learning a PRACTICAL METHOD OF OVER-COMING THE HABIT. A habit is the result of the training of the SUBCONSCIOUS MIND to desire a certain thing. After the DESIRE is established, there is set up in the brain, a center, which develops the HABIT or WEAKNESS, thru the awakening of dormant cells, which intensify the desire for whatever the HABIT may call for.

SUPER MIND SCIENCE not only has a method of CRUCIFYING THE HABIT by the SHORT CIRCUIT METHOD, but has a method of awakening cells which have heretofore been lying dormant, that will counteract the influence of the cells that operate in favor of the WEAKNESS or HABIT; thus the liberation from the habit is made permanent.

The tobacco habit is an evidence of mental slavery and it has been found that nearly all of the exponents of SUPER MIND SCIENCE readily overcome the desire for the weed. This habit is the cause of much of the skin trouble and the poor circulation of the blood that predominates among its addicts. In fact, it has done far more towards injuring the mental power and the general well being of the user than the liquor habit.

FLESH DESIRES MUST BE OVERCOME

These habits should be controlled by the WILL POWER of the individual backed up by the sensible use of NEGATIVE and POSITIVE MIND FORCE, which was given to man by the

CREATIVE POWER, instead of being controlled by LAW-MAKING BODIES, for, as long as the desire is in the mind of the individual, a violation of these laws will continue. Man must be ruled by reason and not by force. CHRIST ruled thru LOVE and not thru CON-DEMNATION. He who cannot love his fellow-man to the extent that he will not condemn him, can never expect to be known as a TRUE FOLLOWER OF THE GREAT MASTER.

The world today needs a RELIGION and PHILOSOPHY which goes from the lowest plane of life to the highest plane of INTELLIGENCE, for there are people with many different ideas and degrees of INTELLIGENCE to be dealt with. Just recently a man stood in the pulpit of a so-called "HOUSE OF GOD," and told his parishoners that they were not followers, in the true sense, of the meek and lowly JESUS OF NAZARETH, for their minds were saturated with desires of the flesh which had to be overcome before they could even aspire to the great knowledge expounded by JESUS. He further told them that the churches must open their doors to the poor, and place there a DIVINE HEALER who should have GOD-GIVEN POWERS to demonstrate the DOCTRINES OF CHRIST. This man was persecuted and was tried for being a heretic, and was expelled from the so-called "HOUSE OF GOD" by his employers, the "millionaires."

GOD CONSCIOUSNESS MUST BE THE
STUDENT'S GUIDE

Every student of SUPER MIND SCIENCE

must be a testimony against this selfish spirit, for all of them must be healers and expounders of the TRUTH. As a body, we will control our MINDS and BODIES. We will declare who and what shall visit our house--our bodies--and who shall not, and will raise up the BANNER OF TRUTH to all the world, free from HABIT and MENTAL SLAVERY, true followers of JESUS OF NAZARETH and CITIZENS OF THE UNIVERSE. No fetters shall bind our expression of common sense and BROTHERLY LOVE, no creed will halt the healing of the sick and the performing of the ACTS OF MERCY in our TEMPLES. No preachers, priests or other leaders will be accepted as authority in this great work of ours, but the GOD CONSCIOUSNESS WITHIN US, which we will develop thru the methods of SUPER MIND SCIENCE, shall be our guide.

When GOD CONSCIOUSNESS rules once more, THE WISE MEN OF THE EAST who were "MYSTICS OF INDIA", may again see the SIX-POINTED STAR, the Symbol of THE UNITY OF GOD AND MAN, rise over our continent. This will mean the birth of MENTAL FREEDOM and KNOWLEDGE OF THE LAWS GOVERNING MIND, BODY and SOUL.

YOU MUST "OVERCOME" TO BE
A MASTER

As long as you are a slave of the five senses and a slave to habits formed by the SUBCONSCIOUS MIND, you can never glimpse the great pleasures that are in store for those who attain MASTERSHIP. By the proper

use of this method of "OVERCOMING", as taught in SUPER MIND SCIENCE you can successfully stop all worry and become indifferent to failure, which will eventually mean your SUCCESS in practically everything you attempt. By mastering this HABIT CENTER, you will soon be conscious of the fact that you are developing habits that will keep you young and healthy instead of, as before, fighting habits that were harmful, for when the MIND is free to operate as it should over the body, and not kept in a condition of slavery by DESIRE AND HABIT, the MIND itself will REJUVENATE THE BODY and gradually check the FLOW OF MORTALITY in the body.

You will live longer and have a greater knowledge of the POWER WITHIN YOU by mastering your weaknesses, for no one ever can know the power of resistance in his body until he has put it to a test. This method of overcoming HABIT and DESIRE is one of the quickest ways ever discovered by man, but it will put you to a test to prove if you are worthy to become a MASTER. Remember, that in MASTERSHIP there is no weakness, no "can'ts", and no excuses; therefore, if you aspire to become a MASTER, you must learn to say "I WILL", "I CAN", "I AM STRONGER THAN ALL HABITS FORMED BY MY SUBCONSCIOUS MIND. MY SUBCONSCIOUS MIND WILL BE A SLAVE TO THE 'I AM' WITHIN ME". When you have gone thru these trials of OVERCOMING THE FLESH, you will be more fitted as A LEADER OF HUMANITY.

LEADERS OF HUMANITY SHOULD SET HIGH EXAMPLE

The day is dawning when all LEADERS OF HUMANITY will have to be an example of the most high teachings, in order to lead humanity to that goal of attainment which the great MASTER, JESUS OF NAZARETH, desired them to attain, and SUPER MIND SCIENCE is the stepping stone to this MASTERSHIP that has so long been misunderstood and misinterpreted by the mental students of the West. One of the great prophets of the EAST declared that when the WISDOM of the far East would meet the practical mind of the West, the dawn of the MILLENNIUM and CHRIST CONSCIOUSNESS would be established. In the class room where this "WISDOM" has been taught the expression on the faces of those who were trying to attain this great knowledge, proclaimed that the TRUTHS OF SUPER MIND SCIENCE are a remedy for the ills of man, and that it will be but a short time when it will be recognized as the LOST ANCIENT WISDOM, returned to man with its great power for doing good and its absolute success in gaining knowledge for its adherents. This means the EMANCIPATION OF THE HUMAN MIND ON this continent, when once more happiness and true FREEDOM OF THOT will be established on this earth.

THE CREED OF SUPER MIND SCIENCE
IS "LOVE"

So remember that when you work for

SUPER MIND SCIENCE and its success you are working for the CHRIST ideal, for it is not bound by the fetters of misunderstanding, and has no limit set by mortal man. Its creed is LOVE; its object is to give the LIGHT OF UNDERSTANDING OF GOD to man, and the power to foresee the events in his life; also a method of healing for mind and body. What higher ideal could any science have?

So the founder of SUPER MIND SCIENCE wishes to leave these thots with you: "BE FREE FROM ALL HABIT, GAIN COSMIC CONSCIOUSNESS AND KNOW THAT WITHIN YOU IS POWER TO MASTER EVERY WEAKNESS". Do not make excuses, but go on and on, for no Master ever attained his greatness without a struggle to overcome obstacles. "The harder the struggle, the greater the victory". Always say, "I CAN", "I WILL", and SUCCESS will surely come to you.

HOW TO OVERCOME ALL BAD HABITS AND DESIRES

Key to Lesson Eight

First - Generate PRANA on right side and draw it up the spine, thru the right side of the head and down the right arm, forming a perfect circle, with breath under control. Repeat this until you have a perfect circle formed on the left side, generating NEGATIVE PRANA.

Second - Then become POSITIVE, think-

ing intently of what you desire to overcome; control the breath and send both circles of PRANA up the arms to the CRUCIFIXION CENTER, with concentrated thought on OVERCOMING THE HABIT BY CRUCIFYING IT.

Third - Take exercise as in the first part of this key, with the thought of OVERCOMING ALL BAD HABITS, thinking of each habit separately. Do this for ten minutes, then set up strong centers in the ATMA to counteract your desire for the habit. THIS IS VERY EFFECTIVE.

Fourth - DESTROY ALL HABITS THAT CAUSE YOU TO WORRY, AND ALSO TO HAVE FEAR, AND BE A SLAVE TO THE FIVE SENSES. In doing this you will be FORMING A HABIT OF "OVERCOMING", which will result in the ATTAINMENT OF MASTERSHIP OVER THE FLESH CONSCIOUSNESS and a DEVELOPMENT OF CHRIST CONSCIOUSNESS.

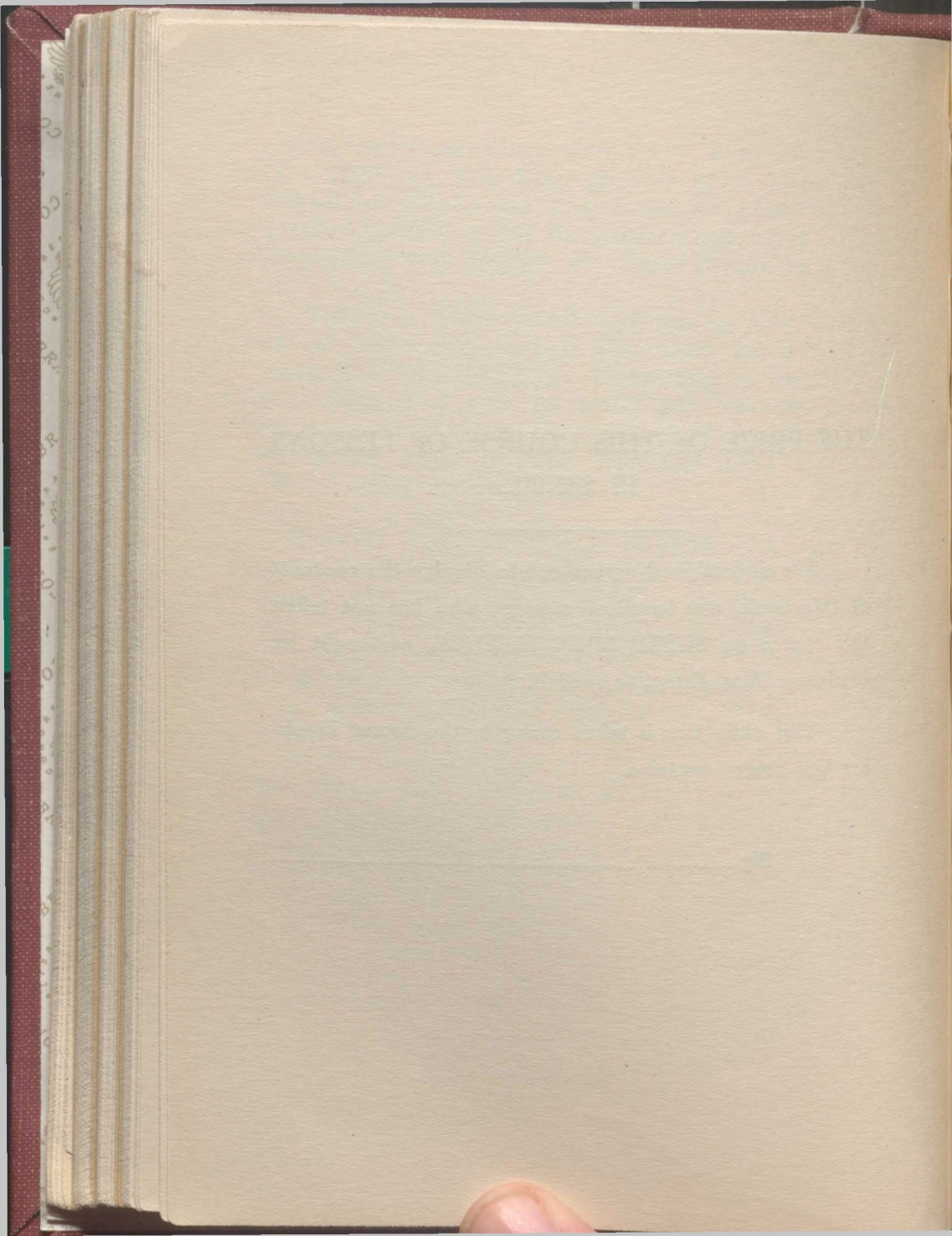
Fifth - Use this method also to overcome likes and dislikes and personal feelings, because, from these develop all DARK PRINCIPLES, such as malice, hatred, envy, jealousy, etc. THE MORE IMPERSONAL YOU BECOME AND THE MORE UNIVERSAL YOU THINK, the greater will be your success in life and your happiness, for ALL HAPPINESS COMES THRU SERVICE TO OTHERS AND IN DOING GOOD TO THE UNIVERSE, OF WHICH YOU ARE A PART.

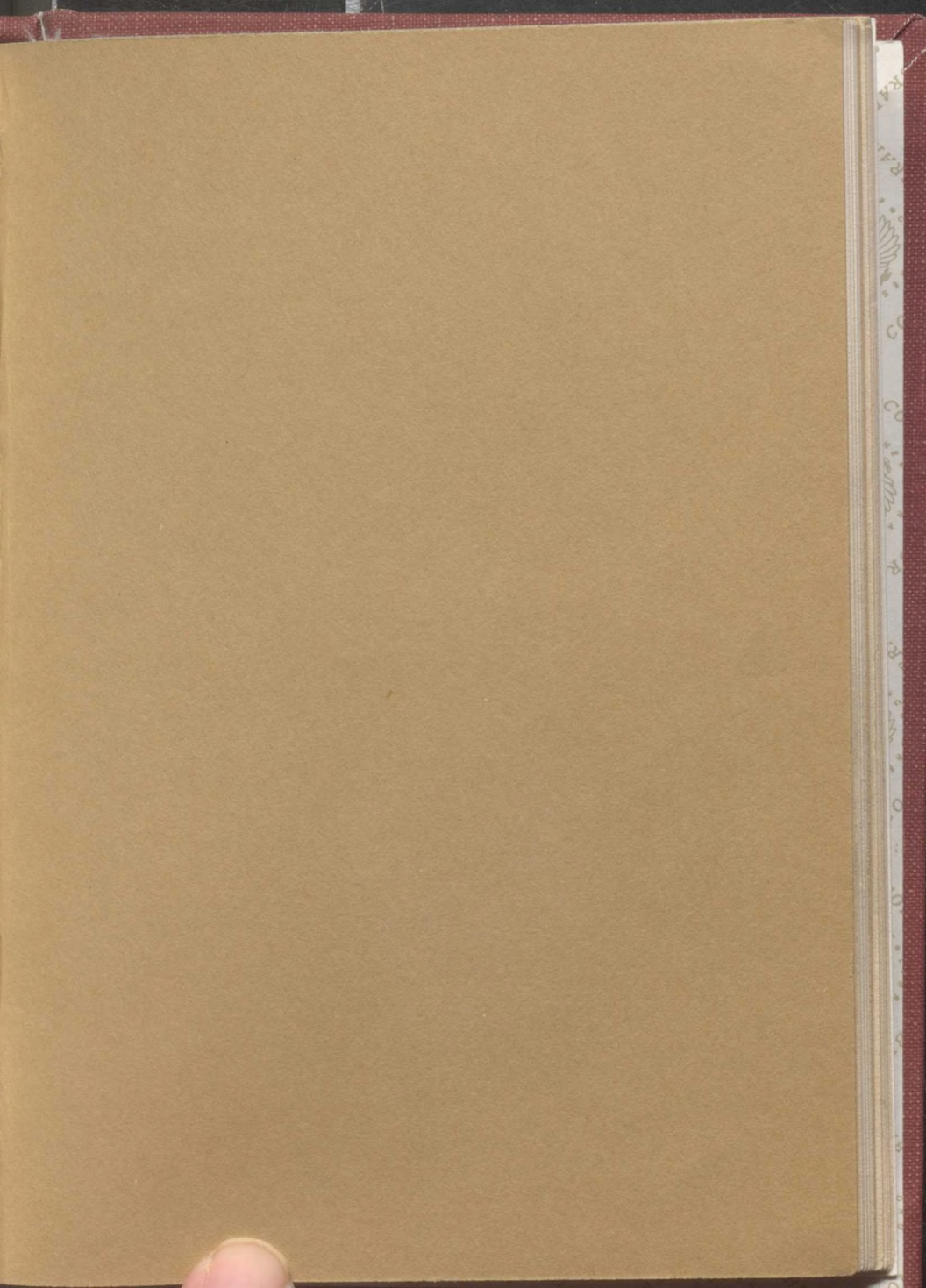
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This obligation is taken owing to the Secret Teaching this course contains.

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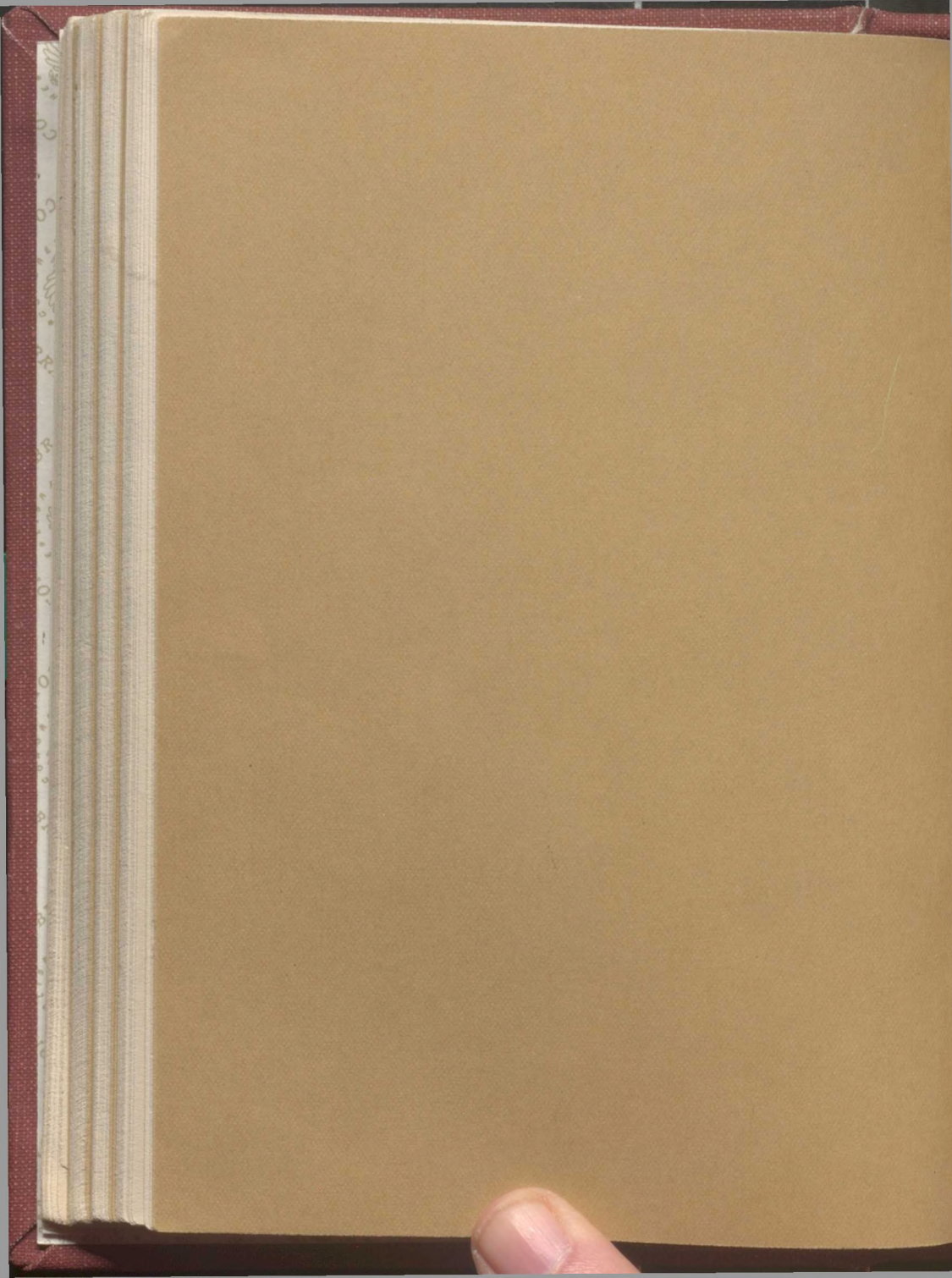
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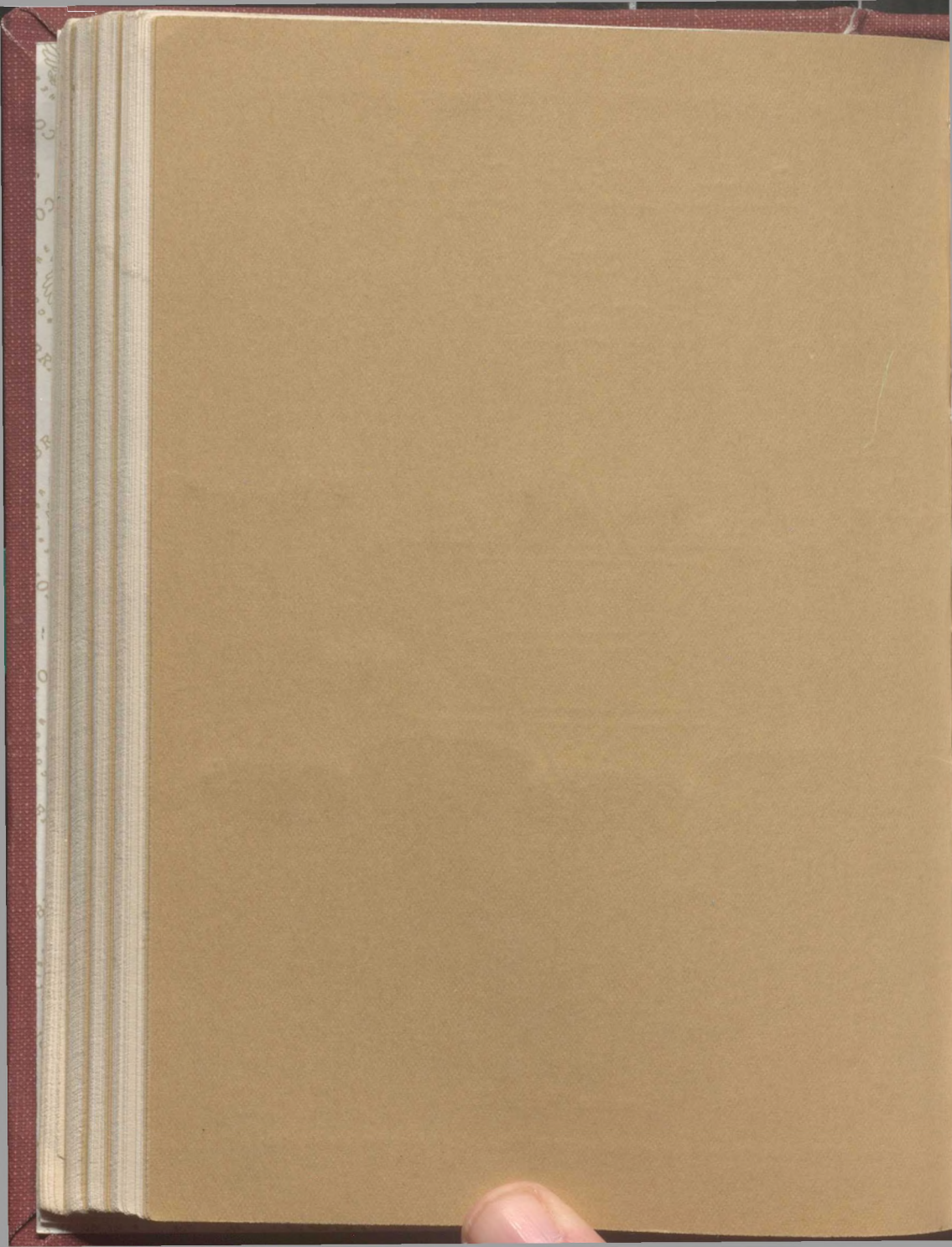
Super Mind Science and Health



By *W. M. Estep*
PROF. WM. ESTEP

BOOK 5
Lessons 9 and 10





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PROFESSOR WILLIAM ESTEP
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Lecturer, Teacher, Author
and Founder of SUPER MIND SCIENCE

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*Mrs. Lillian Rose Athey
May 31, 1932*

OVERCOMING HARMFUL KARMA WAVES

KARMA WAVES are the emanations of thots from the lower self and are detrimental to the growth of the mind and the body. When you overcome them, you also overcome sorrow, disappointment, and all of the troublesome conditions that usually arise in the life of one who is undeveloped. These WAVES OF KARMA usually generate in the flesh body itself and do not come in thru the SOLAR PLEXUS from the COSMIC. The first thing to do in overcoming them is to practice taking all of the thots into the mind thru the SOLAR PLEXUS from the COSMIC. Any thots coming into the mind which suggest malice, hatred or envy are thots of KARMA, and are not thots of the Universal Mind or the Ego. In order to ever attain great spiritual bliss, you must overcome all manifestation of the KARMA WAVES.

These KARMA WAVES produce in man all of the brutal qualities common to the lower animals of the universe. The desire to kill, coupled up with greed, is no doubt the cause of many of the wars we have had, and, when they operate under the principle of jealousy, they are very often the cause of murder and all manner of crime. Many of the students of SUPER MIND SCIENCE have successfully stilled the WAVES of KARMA by going into a deep state of meditation, thinking of the beautiful things of the universe and feeling their connection with

God-center in all things. By doing this, they set up centers in the brain that attract Divine thots and repel the WAVES of KARMA. The students have testified that, while taking this meditative exercise, a wonderful feeling of bliss would sweep thru their bodies and their minds.

COSMIC CONSCIOUSNESS

This is the beginning of COSMIC CONSCIOUSNESS. Soon you will learn, if you pursue this kind of meditation, that you are never alone, because you are a part of all things, and when you go down in deep concentration, into the subway of mind, and this feeling of bliss comes over you, there comes with it a new understanding of the universe and soon you will hear the voice of the EGO speaking in the silence, for the Waves of Karma are all that prevent you at this time from hearing the VOICE OF THE SILENCE and receiving knowledge of the EGO.

In some of the great Esoteric Schools of Tibet, this symbol is given the student: "Your body is like the ocean, continually being disturbed by waves. The waves are the thots from the KARMA. But your soul is like the deep of the ocean - it is quiet and calm, and when you still the Waves of the Karma in the ocean of self, you will begin to perceive the beauty of the calmness and peace within; for in the center of

your SOLAR PLEXUS sits the MASTER, robed in white, and when you give in to the Waves of Karma, the Master-self, the EGO, speaks to you and gives you a word of warning. And when you master the Waves of Karma, the Master, EGO, speaks to you and says, 'Peace be still', know that the 'I AM' is within thee; and that you, thru the 'I AM' are stronger than all thots that generate in the flesh body".

"BLESSED IS HE THAT OVERCOMETH"

In the quietness of your own soul you are then gradually gaining power over the lower nature and exalting the higher nature of man. Soon the SUBCONSCIOUS MIND will be taught by your CONSCIOUS MIND to still the WAVES OF KARMA before they take effect upon you; and the physical body, under the power of your WILL, will become like clay in the hands of the potter. This quality of MASTERSHIP is the quality which SUPER MIND SCIENCE desires to bring to man, and with it comes the greatest and most pure understanding of true CHRISTIANITY that man has ever received; for it is indeed the teachings of CHRIST, for when Christ said, "Blessed is he that overcometh", He meant the overcoming of the KARMA WAVES and the Mastership of the higher self. Then you will know the meaning of the saying, "It is not I that doeth these works, but it is He that sent me" for as soon as you have stilled the thots of your lower self, you

will become conscious of a great power within you, which will operate under your WILL for the healing of the sick, for hearing the Voice of Intuition and for spiritual sight, spiritual hearing and many other kinds of phenomena.

The price of all of these great gifts is to overcome the lower self. Then there is nothing to interfere with their operation, for they are manifestations of the power of the EGO. When you make a mistake, the EGO always warns you in advance, and if you have overcome your lower self by stilling the Waves of Karma, you will receive that warning without fail. All that keeps anyone from receiving that warning are the Karma Waves and thots that come from the darker principles of man.

THE SYMBOL OF THE LADDER

There is a symbol used in some of the great Esoteric Schools of a ladder pointing upward; the steps on this ladder symbolize desires of the flesh, thots of the flesh, and their manifestation in man. Each time you overcome them, the symbol teaches that you advance a step up the ladder, facing a blinding light; in this blinding light you develop spiritual hearing and spiritual sight thru the control of the senses. And the teaching is that you cannot do this as long as you are a slave to any thots of KARMA, for the light will continue to blind you and keep you from ascending until you

have mastered these lower manifestations of the flesh. When you have mastered KARMA, the light will become more subdued to you, and you will become more conscious of having attained the most desired goal of man - THAT OF MASTERSHIP - and that from then on you will always be where there is PERFECT LIGHT.

This light will continue to blind those who are still at the bottom of the ladder, struggling in the web of flesh thots and lower principles which they will have to overcome if they ever ascend the ladder. This, dear student, is one of the teachings that the founder of this Science has received and had he not paid the price of OVERCOMING, you would not be reaping the benefits of this wonderful science that he is trying to give to the world. May your ascension of the ladder by overcoming material desires and thots be more pleasant than his, and may you rest secure in the knowledge of the fact that SUPER MIND SCIENCE is the shortest road to the attainment of this great MASTERSHIP.

MAN IS BOTH PHYSICAL AND SPIRITUAL

All things of a physical nature are simply a crude reflection of the same thing in a Spiritual way. For instance, the radio machine is a duplication of the ear, and by using your hearing center as taught in SUPER MIND SCIENCE, you hear the music of the ether the same as you do when using

a radio receiving apparatus. The more you still the Waves of Karma, the more beautiful will be this music, and finally the thots of the mind will become audible to you as sound in the hearing center. This proves that every thot sent out from the brain produces its likeness in sound in the hearing center, and by development of this faculty, as taught in SUPER MIND SCIENCE BY THE DIRECTING of your consciousness you will soon be able to hear the thots of others expressed in words in that center. This is called Spiritual Hearing, because its operation depends entirely on the hearing of the spiritual self and the thot waves in the ether.

The founder has seen over two hundred people assembled in a classroom using the method of SUPER MIND SCIENCE, out of which many received demonstrations, the first time they had used the method. This alone is one of the great proofs that SUPER MIND SCIENCE can give to man that power and knowledge which no other science up to this time has been able to give him. So develop this faculty to its highest technique in use, for your spiritual hearing is just as important as your physical hearing, and all are gifts of the same God-being.

In order to function as a perfect personality, you must be spiritual as well as physical; for if you are only half developed, be it either spiritual or physical, you cannot function as a complete person.

When you have stilled the KARMA WAVES, and overcome the thots that harm others in your mind, the great value of this lesson will be plainer to you then.

SUPER MIND SCIENCE IS PRACTICAL CHRISTIANITY

Remember that when you meditate upon stilling the Waves of Karma, you should use the Perfect Concentration Method as taught in SUPER MIND SCIENCE; otherwise, the tempter, viz., evil thots, will enter your divine meditation. Beware of thots of selfish gain and attainment for flesh self. While they are a part of the great illusion of flesh self, they will have to be overcome with all the other injurious thots that come from the ocean of flesh. Always try to succeed in this divine attainment - for the good you can do others and for your love of the God-being, for this is true devotion which must accompany your seeking for spiritual knowledge. This meditation will also help elevate your thots to the highest pinnacle of Spirituality, which means your spiritual success.

When you have followed out the instructions of practical divine science as taught in SUPER MIND SCIENCE, you will find that you do not need any other religious teachings in order to attain the Christ-consciousness, which is practical Christianity. May you be one of the bearers of the

White Light, the symbol of spiritual purity of this science, and exalt it above all materialistic and selfish ideals; for its success means your success, and thru your duty to others, you owe the utmost devotion to the ideals of this great WISDOM TEACHING.

Key to Lesson Nine

HOW TO OVERCOME HARMFUL KARMA WAVES

First - Generate life current, Negative and Positive; center the mind on the Solar Plexus; inhibit all thots from the mind except Divine thots that come from the Universal Mind.

Second - In positive attitude, speak to the SUBCONSCIOUS MIND and tell it that you will not receive any thots that come from your lower nature, having the qualities of malice, hatred or envy.

Third - In negative state, let feelings of bliss go from the forehead to the SOLAR PLEXUS and feel you are at one with Universal God-consciousness, and that you are all powerful. This will overcome disease and weaknesses of the body and mind.

Fourth - Place your mind on something of a Divine Character; inhibit all thot not on that subject. Do the same thing when you desire material success; then relax and feel you have accomplished it. This will bring you success in all walks of life.

THE AWAKENING OF THE EGO CENTER

The EGO CENTER is called by the adepts of India the "Sacral Plexus" and is the seat of the KHUNDLINI. In the Sanscrit language, it has been known as the Muladhara Chakra. It is also referred to, by many of the Oriental Masters, as the Bride of the Lotus Centers, because it has a great deal to do with the awakening of the Spiritual Sense Centers in the spine.

This center is at the base of the spine and receives all of the surplus energy of the body. It also receives a great force of power from the EGO. It is said by the great teachers of the Himalaya Mountains, that those who have awakened this center, are God-beings, having all power to do good, knowing the secrets of the Universe, and having no material desires whatsoever. The senses which were once physical now become spiritual; the eyes which formerly beheld everything from a material standpoint, now see from a spiritual standpoint.

It is the desire of the founder of SUPER MIND SCIENCE that the American people learn the great value of this KHUNDLINI CENTER to the Spiritual Self and to their progression when they leave this mundane sphere. By using the method taught in lesson 10 of SUPER MIND SCIENCE, you must really feel the awakening of this center, and then you will find that the SUBCONSCIOUS MIND will never

cease in its power of reaction until it has fully awakened that Center.

THE POWER OF THE EGO

When you have begun to awaken it, the first effects that you will notice on yourself will be a change of ideas; for, where you formerly thought only of yourself and your physical welfare, you will now think of others and their spiritual welfare. With this change comes a great desire to do good, which is followed by an awakening of the Spiritual Senses. You will probably, while in a relaxed state of mind, experience beautiful visions and the Voice of Intuition will become audible so that it seems like the voice of another person speaking to you when the EGO is giving you knowledge. The EGO being in a high rate of vibration, is conscious of almost everything in the Universe, and when this EGO CENTER begins to vibrate so that its powers shake the physical body, as was demonstrated in the SUPER MIND SCIENCE class room, there can be no question as to the success of the method. It is and will continue to be successful.

If you develop the KHUNDLINI CENTER using perfect concentration, the EGO will cause you to sense danger by influencing the CONSCIOUS MIND or by the Voice of Intuition; you will discover that at about the time you are to make a mistake, the warning of the Master in the Silence, the Ego, will come very clearly to you, and will inform

you to be on your guard. Also, when this EGO is fully awakened and developed, through your CONCENTRATION and WILL FORCE, you will become conscious of being in possession of knowledge which from a physical standpoint you cannot account for, but it is simply a consciousness of the power of the EGO, that has dawned on you.

UNFOLDMENT OF SPIRITUAL FACULTIES

As you probably know, the entire Universe is controlled by different rates of vibration. For instance: when you hear a musician playing an instrument there is a perfect silence between the audience and the musician, but the rate of vibration of the music being so much higher than that of the physical senses causes the Spiritual Hearing to receive the sound or vibration first, after which the echo comes to the physical ear. So it is really the EGO that hears the sound, because the EGO is conscious of all of the different rates of vibration that exist. The same can be applied to the sense of sight. Light having a higher rate of vibration than the physical sense, comes and registers on the Spiritual Sight Center. Then a reflection of that vibration is mirrored in the physical eyesight. So it is the EGO that sees and so a development of the EGO Center is necessary to one seeking the unfoldment of the Spiritual Faculties.

Some of the greatest and most highly developed Masters are those who have awakened the entire power of the EGO CENTER. In India, some of the men who have succeeded in doing this are said by the natives to possess power to walk on the water physically, because of the fact that their mind and EGO have become stronger than their body and all physical resistance. Your body must be entirely spiritualized and your consciousness must be purged of all selfishness to gain this power.

THE SOUNDLESS SOUND

To aid in this development, learn to be efficient by using the Soundless Sound as this is one of the most important teachings in SUPER MIND SCIENCE; and you must feel when you project, by using this Soundless Sound, that its vibration has gone beyond the physical, then beyond the mental, then beyond the spiritual, and finally to the MOST HIGH, and that your request has followed it, projected by the EGO, the spiritual power and the will power of your being. This secret teaching of the Soundless Sound was never before given out in this country. I desire to impress upon your mind that it should be held sacred and secret until you become a teacher. Its power is unlimited and depends entirely upon your development of the art of its use. If you use it and take the EGO CENTER exercise, there is no question as to your

development of the EGO CENTER, and then the Method of Spiritual Sight which you have been taught previously, will be much easier to master.

ILLUMINATION OF CONSCIOUSNESS

We concentrate on the light from the EGO under the eyelids, because that is the sight center of the physical body, and when you illuminate yourself with this light from the EGO and thru good works and brotherly love, you will begin to progress on your road of Spiritual Attainment. When you send this light to illuminate the body, with your WILL POWER, do so with a sacred feeling that you are resting in the light of Spiritual Sun, and that its rays are flooding your body. Soon you will experience a feeling of bliss and peace, which will continue to be with you and will raise you above all material conditions. This is called by the Adepts the "ILLUMINATION OF CONSCIOUSNESS".

Strive each day to make the KHUNDLINE pass up the Canal of Sushmuna, and each time that you succeed in doing so, you will feel a great Spiritual Awakening and probably will experience some psychic manifestations. If you continue this for a few months, you will obtain great results.

Key to Lesson Ten

TO AWAKEN EGO CENTER

First - Extend arms outward, throw shoulders back as far as possible, chest

high as possible, think of the center and determine to awaken the KHUNDLINI, and cause it to pass up the canal of Sushmuna in the center of the spine.

Each time you succeed in your concentration, the body will jerk without the effort of the conscious will. Continue this until you have spiritual manifestations. This develops COSMIC CONSCIOUSNESS.

Second - Have a sacred feeling while dealing with the KHUNDLINI. If you awaken it and it passes up the canal only one inch during your entire lifetime you will have succeeded in solving many great spiritual problems.

FOR DEVELOPMENT OF SPIRITUAL SIGHT

First - Close the eyes and you will observe the golden light under the eyelids. Start the generation of the current and send current to the eyes, using your Will Power to see anything you desire, with the eyes closed. Visualize some object, a flower, for instance. Will to see the outline of it, and you will see it in a transparent form.

Second - Practice thinking of something and thru controlling the breath and the use of the current, the WILL POWER will form the object you thought of, in the golden light. Do this until you can see anything you think of. This is Spiritual Sight.

HOW TO USE THE UNSPEAKABLE WORD

First - Start the sound in the roof of the mouth, gradually sending it downward

mentally toward the SOLAR PLEXUS, until it has become soundless. Then project your request to the GOD-BEING.

Second - Feel a sacred feeling running thru your entire body when using this word. Project it first beyond the physical, where it becomes soundless, beyond the mental, and then beyond the spiritual. Feel that your entire being is in rapport with the MOST HIGH PRINCIPLE.

MASTERING FLESH SELF

GOD IS SPIRIT, all-knowing and all-seeing. The great MIND of the universe is in everything that moves and creeps upon the earth, CREATOR of night and day and the universe, and is composed of or expressed in three great principles, TRUTH, LOVE and LIGHT.

This RULING FORCE is unseen by material eyes, because PHYSICAL MAN cannot understand the things that are Spiritual. ALL INTELLIGENCE that is unseen is only expressed in the SPIRIT and to the SPIRIT. GOD INTELLIGENCE is the UNIVERSAL SOUL and the CREATOR of lesser Individual Souls. ALL Souls come into being before there is a manifestation in the lower earth vibration, as that law is without beginning and without end, being a law of the UNIVERSAL GOD-HEAD.

Now man is POWER, likened unto GOD, for he likewise is a Creator and expresses his creative power in the image of the FATHER. By the same law he was given dominion over all of the earth in the beginning, for he

is the son of the CREATOR OF THE EARTH. The FATHER rules thru the SEVEN CREATIVE PRINCIPLES OF THE UNIVERSE, and thru them has given man POWER over the weaker or lower life upon the earth, for man has communication with the FATHER and the lower life has not.

Man from the beginning was guided by the ANGELS and still is, for that is the manner of protection that was given him by the FATHER. The story of the "GARDEN OF EDEN" relates how man did not heed the voice of the true messenger, but indulged in the pleasure of the flesh, thus opening the way to receiving Influences that stand between him and the FATHER, GOD, which condition still prevails. So man began creating evil, by following the desire of FLESH CONSCIOUSNESS, and FLESH CONSCIOUSNESS is still misleading him and cheating him of his right to the KINGDOM OF THE FATHER, which is within.

There is at this time a great liberal movement sweeping the earth, preparing man to receive the CHRIST CONSCIOUSNESS in the SPIRIT - that being the true SONSHIP CONSCIOUSNESS and the only guide to MASTERSHIP.

There are several branches of the Occult Sciences that are working for the development of the SOLAR MAN or the true SON OF GOD. These sciences are to be the leaders of the "BACK TO GOD" movement of the world. When the Prodigal Son will return to the bounties of the "KINGDOM OF

THE FATHER", the prophesy of JESUS OF NAZARETH, "That GOD will choose His people from all kinds and creeds", will be fulfilled.

This prophesy was also made and explained by JOHN THE REVELATOR, on the Isle of Patmos, when he wrote, while in the Spirit, the 5th, 6th, and 7th, verses of the 21st chapter of the BOOK OF REVELATIONS, as follows: "And he that sat upon the throne said 'Behold, I make all things new, And he said unto me, Write, for these words are true and faithful, And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is a thirst of the fountain of the water of life freely. He that overcometh shall inherit all things; and I will be his GOD, and he shall be my son.'"

The above means that those who overcome the flesh will be the true sons of the true GOD; those not overcoming the flesh will partake of the second death, which is the DEATH OF IDENTITY, the loss of all CONSCIOUSNESS and MEMORY.

In India, for thousands of years, they have been teaching the "OVERCOMING OF THE FLESH" and those that have overcome have the power to heal the sick and to know all things pertaining to the KINGDOM OF THE FATHER, which is in the SPIRIT, and not in the flesh.

There are three PRINCIPLES that may interfere with knowledge on the part of reader, viz.: selfishness, hatred and envy,

for all of the flesh life have these in them from birth, until they overcome them thru knowledge. Many are strong in the flesh, but are weak in the Spirit, because they only observe those things concerning their objective life and body.

Man was first created in the SPIRIT, but as he becomes less SPIRITUAL, he becomes weaker and weaker in the SPIRIT. The SPIRIT seeks to mould the flesh, but the flesh does not always give in to the influence of the SPIRIT, until it becomes hopeless and helpless. Then it cries out in the wilderness of misunderstanding for help from GOD, tho it scorned GOD when it was strong.

You must present your body, holy and acceptable unto GOD, not in a dying condition, if you would survive the change called death. Many people leave the body and never regain CONSCIOUSNESS because they violated the laws governing SPIRITUAL CONSCIOUSNESS while on the earth plane.

There are no people of material minds that can agree on any doctrine, for the flesh has been in error from the beginning, that being the reason for so many churches and creeds. Some hold up heaven as a reward, others hell as a terror to those who do not accept their particular theory of life and death, but only those who have overcome the influence of KARMA or flesh are positive of their destination after the change called death, for they experience while yet living, the same state of Consciousness, they will experience after they

have passed over the portals of the great "UNKNOWN".

The flesh man will never understand the SPIRITUAL MAN, until there is unity thru the knowledge of the laws of nature that govern the two counterparts, and harmony is established between the two. The greatest obstacle that stands in the way of this understanding at this time is "selfishness", as many seek the solving of life's mysteries for no other reason than selfish gain and satisfaction. The ambition of the Soul is "DIVINITY"; the ambition of the material body, however is "material riches". When you overcome the flesh you must also overcome the desire for selfish gain and material riches. Had not JESUS done this, He could not have fulfilled His mission as a representative of the creative FATHER, GOD.

We must be free in DIVINE WILL FORCE in order to perform the mission of Him who sent us, if we are to be one of the "ELECT" to stand in the presence of that great SPIRIT, JESUS OF NAZARETH. Some think they will behold his presence immediately after death, but the author feels they will be disappointed, as many will have to progress beyond selfish desire before they can behold the glories of One so perfect.

JESUS OF NAZARETH was an objective example of the CHRIST SPIRIT in each human soul, which is tolerance itself, expressed in the flesh. He who condemns another human being will not tread in the footsteps of the Master, for he condemned no one;

neither does the "SPIRIT WITHIN" which He represented, condemn, "For as ye judge so will ye likewise be judged".

Those who aspire to knowledge of the "MYSTERIES OF LIFE" should be sure of a good motive for their investigation, for the motive determines the results gained. The first thing to be learned is to be silent, when silence is needed, for all great deeds are born in the silence of one's own soul, only to manifest when the appointed time comes, thru the evolution of circumstances.

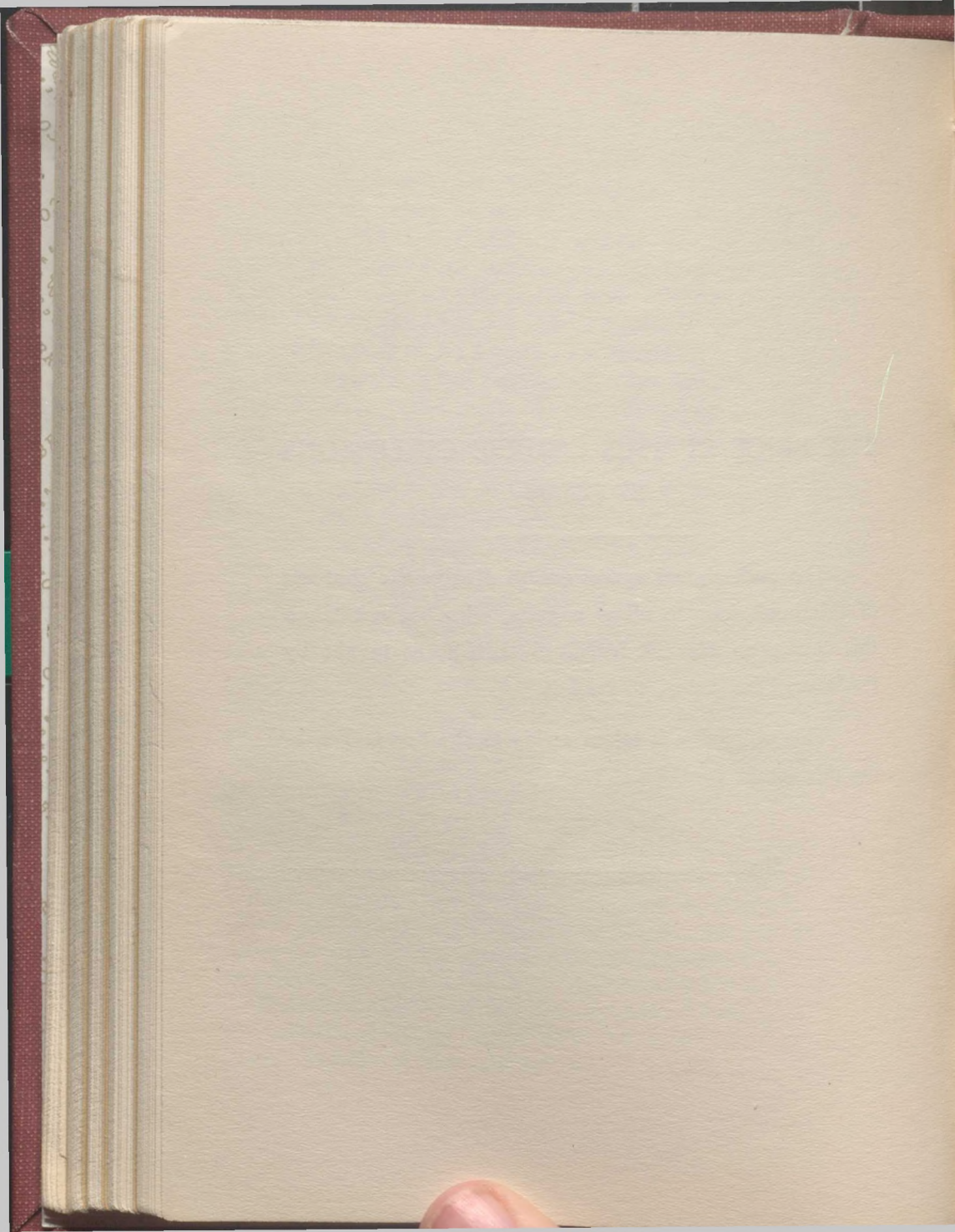
Everyone is endowed with some natural gift, and in some instances, with several. To develop these determines the individuals success in life. As it is only thru the LAWS OF NATURE that we received these gifts and not thru some mysterious agency, we must develop and cultivate these gifts otherwise we are disobeying the LAWS OF NATURE, and thru the LAW OF COMPENSATION, we will suffer the consequences of this neglect, just as our bodies suffer physical pain, when we disobey a physical law. Since we have both a PHYSICAL and a SPIRITUAL BODY, we must cultivate the best in each, in order to function a perfect human being; and since it is a proven fact that we have a SPIRITUAL BODY, we must learn how to use it, just as we learn to use our earthly body. Christ demonstrated His SPIRITUAL BODY when he arose from the physical death. He proved that victory over death lies in mastery over the flesh body.

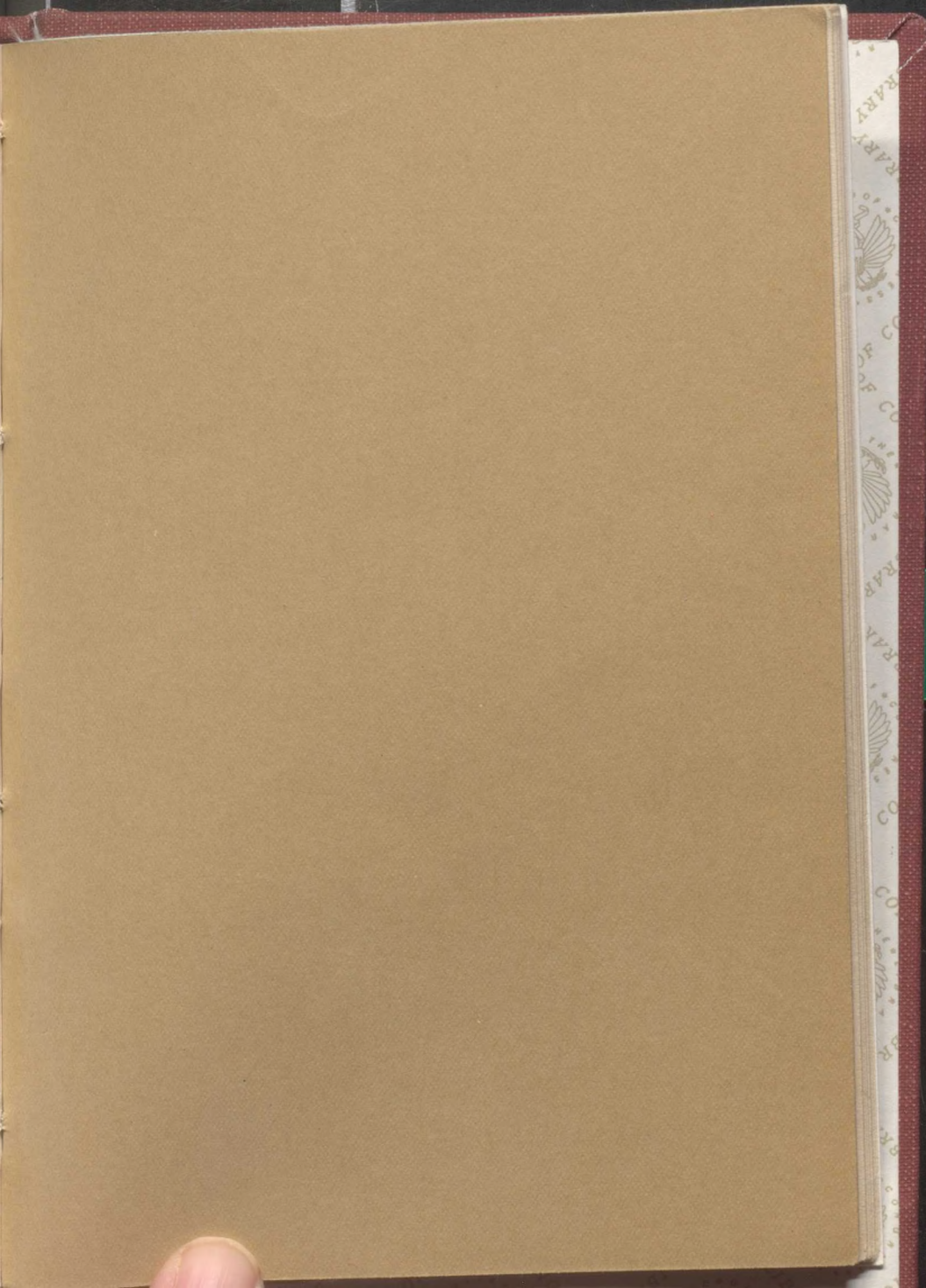
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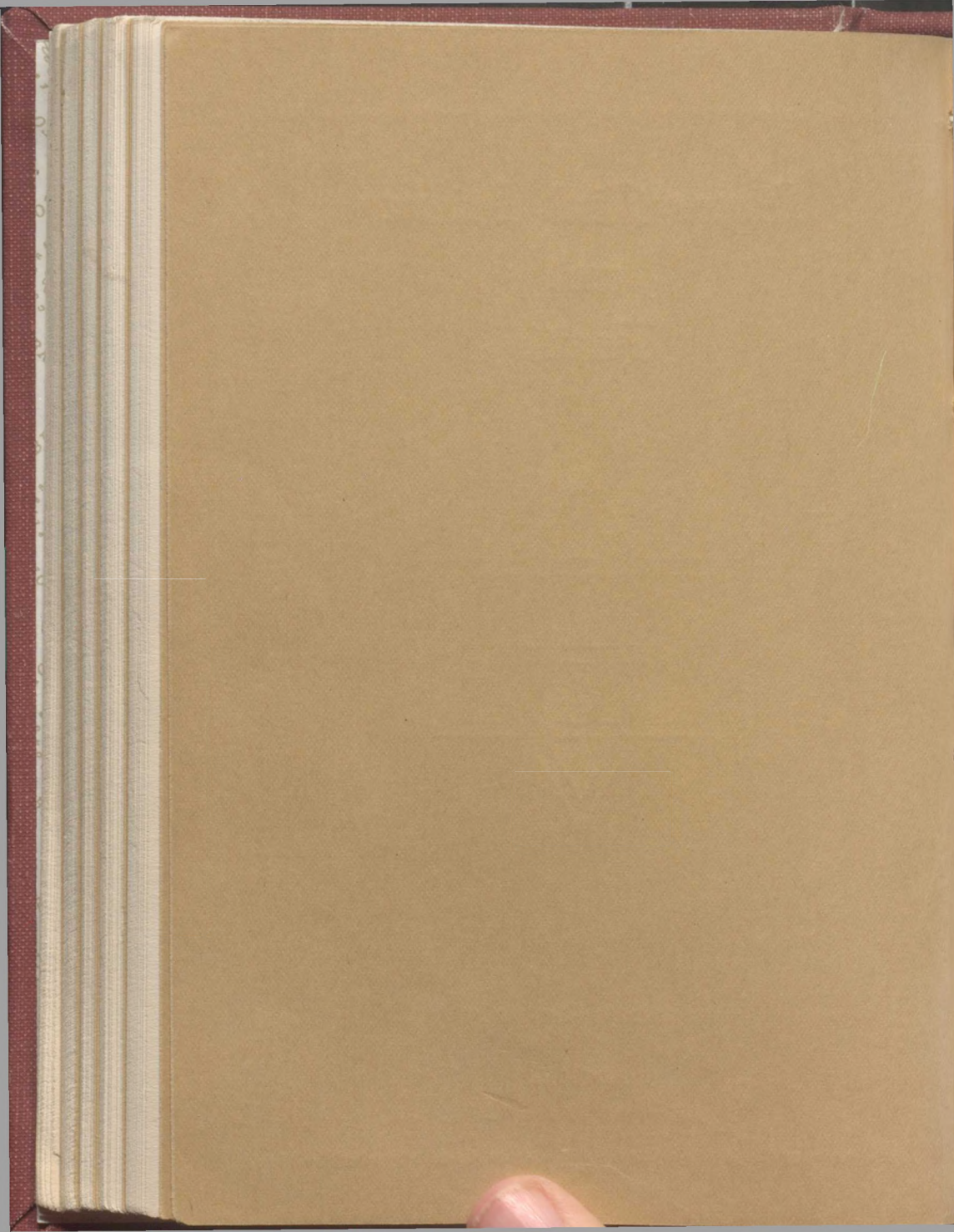
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Super Mind Science and Health



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BOOK 6
Lessons 11 and 12



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Book VI. Lesson 11

THOT TRANSMISSION

As we go back in history, we find that THOT TRANSMISSION has always been a fact, and was possible with anyone who had a development of psychic power or Spiritual Understanding. Nearly all of the prophets of the Old Testament period had a knowledge of THOT TRANSMISSION, for each army at one time maintained its prophet who was accredited with powers of mind reading, and who was supposed to reveal the movements and plans of attack of the enemy. This was one of the earlier uses of THOT TRANSMISSION but as we read the works of Daniel, how he was able to draw from the COSMIC the interpretation of a king's dream and how he was able to foretell the future, we have to recognize that THOT TRANSMISSION was a practical knowledge to Daniel, and as we go on thru the Bible, we find numerous cases of the foretelling of the future, which in many instances was made possible thru a demonstration of THOT TRANSMISSION.

Sometimes the prophet or seer, himself was not conscious of the fact that he was reading another person's mind. One of the examples of this power of THOT TRANSMISSION was when the Master, Jesus of Nazareth, met the woman at the well and told her that she came to get water of this life but the water that He gave would bring everlasting life to those who drank of it. Then, following this assertion, He gave a demonstra-

tion of THOT TRANSMISSION by telling her how many husbands she had had, and that the man she was then living with was not her husband. This goes to show that all real Masters have a practical knowledge of THOT TRANSMISSION.

SUPER MIND SCIENCE teaches this science of THOT TRANSMISSION because it is time for man to receive a knowledge of his higher self, as he is now capable of learning the possibilities of his own mind. Radio and wireless telegraphy have overcome a great deal of skepticism on this subject, and man is less blinded by prejudice at this time than he was before their invention. It is the desire of the founder of SUPER MIND SCIENCE to give to the world the greatest teachings of the MIND, BODY and SOUL, that it is possible to know at this time, and this being one of the great subjects of this Science, his sincere desire is that you develop this art, as it will save you much trouble in life.

When you can read the thots of others, you are not so easily deceived by them. At the same time you will know in what way you need improvement to gain their confidence.

MANY SUPER MIND SCIENCE STUDENTS

PRACTICE THOT TRANSMISSION

The founder of Super Mind Science has placed before the American public experts of this art, whose demonstrations have been the cause of many people seeking a higher knowledge of God and man, which in itself is a great thing to be accomplished by this

branch of our Science. Now, when you are using your method of THOT TRANSMISSION, remember that pressure on the sense centers and control of the breath is all that is necessary to blank the mind; then take in a little breath and the first thot will bring you exactly what you have centered your mind upon in the way of knowledge.

If you use the method as taught in this lesson, there can be no question as to your success in demonstrating THOT TRANSMISSION. You must have patience and persevere. This is the quickest method that will bring more rapid results than any other for the development of this power; so therefore you need not look for any other method, but seek to perfect this one.

THE VOICE OF THE SILENCE

Next in importance to the power of THOT TRANSMISSION is the knowledge of THE VOICE OF THE SILENCE as taught in SUPER MIND SCIENCE. THE VOICE OF THE SILENCE connects your CONSCIOUS MIND with your EGO and makes it possible for you to receive information from the EGO. This is the higher occult phase of THOT TRANSMISSION except that it deals with your personality only. The EGO usually speaks thru feeling, but it is the object of the followers of SUPER MIND SCIENCE to so develop the VOICE OF THE SILENCE that we receive the information from the EGO in "words" spoken to the senses, that are silent or mental, instead of receiving them thru the sense of feeling only.

It will be necessary to connect the ATMA, the Spiritual Mind, with the GOD-CENTER, which is in the SOLAR PLEXUS, in order to receive this voice intelligently. The founder of SUPER MIND SCIENCE after experimenting in many different ways, to develop the VOICE OF THE SILENCE, so that it would be understandable, has finally found the method as taught in this lesson to be practical, and nine of his students out of ten have given testimonies to the effect that this method is successful.

When you can feel the GOD-CENTER connected with the ATMA, there is a feeling of power manifested in the body, and, as you go into a positive state, asking the question of the EGO, and then relax, the answer immediately comes into the mind. If this answer is unselfish and contains brotherly love and consideration for others, it is directly from the EGO; but if it does not contain these qualities and manifests malice, hatred or envy, it is not from the EGO. Therefore, when you receive the highest and best advice, you are contacting your higher self and the GOD-CENTER. The object of SUPER MIND SCIENCE in giving to the world this method is to give sincere seekers after Truth and Knowledge a method that develops the qualities of the higher self and overcomes the principles of the lower self.

FATIGUELESS STATE OF THE BODY

Next in importance in this lesson is training of the SUBCONSCIOUS MIND to pro-

duce a fatigueless state in the body, so as to cause the mind to be continually alert. This will give the student an opportunity of developing the mind more readily because of a restful feeling in the body. No one can successfully study with a tired body, as the mind then does not function clearly. Fatigue also makes the body age and decay and impairs the flow of SOLAR ENERGY. For this reason, SUPER MIND SCIENCE teaches this effective method of overcoming fatigue. By its application you will be able to increase the power of the mind over the body and lengthen the life of the body by overcoming any soreness or tiredness in the body immediately upon its manifestation. This is the one great method chosen out of hundreds by the founder of SUPER MIND SCIENCE.

Its object is to teach you how to live; for, if you know how to live, you will not suffer a premature death. Many scientists have come before the world teaching humanity a method of how to die; some promising great rewards after the change called death, but few have come before the world teaching a correct method of how to live, promising you the reward of its teachings while you are on this earth.

The founder of SUPER MIND SCIENCE feels that during the next century Science will be engaged in studying methods to gain longer life and a more peaceful existence while on this earth. The quest for this knowledge will be keener than it has ever

been since the beginning of civilization on this plane, and during the progress of humanity thru the influence of the SPHERES OF CREATION ruled by the SEVEN CREATIVE SPIRITS of God and man. When you produce a fatigueless state of your body and train your mind in the high technique of this concentration, you are increasing your mental power and opening a way for your mind to be master and triumph over the weakness of the flesh.

THOT INHIBITION

In this lesson you are also taught to use the PERFECT CONCENTRATION METHOD of SUPER MIND SCIENCE for receiving thots on one subject only, inhibiting all thots foreign to the subject selected. THOT INHIBITION can be perfected thru practice and develops Inspirational Writing, Speaking and various phases of Mental and Spiritual Phenomena.

ALL-SEEING SIGHT

This lesson also teaches the development of the ALL-SEEING SIGHT, which is accomplished by using the "UNSPEAKABLE WORD" with a Mental Concentration to open up that center. This gives one the UNIVERSAL MEANING of a thot instead of a vision, in a material way.

This ALL-SEEING SIGHT CENTER should be developed to give you a broadminded conception of life and the manifestation of God in all things.

Key to Lesson Eleven

HOW TO READ MINDS, OR THOT TRANSMISSION

Place fingers on Seat of Will Power with hands over your head. Send PRANA into WILL POWER Seat; then blank mind, using pressure as taught in SUPER MIND SCIENCE; re-lease pressure, inhaling and taking in thot of person whose mind you desire to read. This cannot fail if you practice it feeling that you will succeed. Remember that the SUBCONSCIOUS MIND is trained by feeling the results and not by the mere use of words.

DEVELOPMENT OF THE VOICE OF THE SILENCE

First - Concentrate on SOLAR PLEXUS, then send current from SOLAR PLEXUS to the ATMA, with breath controlled. Feel a connection between the GOD-CENTER and the ATMA.

Second - Begin breathing slowly; ask question mentally as you breathe; then stop the breath and the first thot that comes into the mind is the answer from the EGO.

OVERCOMING FATIGUE

First - Sit on the floor, spine erect, with soles of feet together, in a perfect concentration state. Then direct your WILL POWER to that part of the body that is fatigued, sending the current there, and holding a positive attitude to overcome the

tired feeling. Repeat this method until you have covered all the limbs and other fatigued parts of the body.

Second - Send the current from the top of the head to the bottom of the feet, with positive affirmation to the SUBCONSCIOUS MIND, "I will overcome every tired feeling in my body as quick as it manifests itself". This should be done twice a week. About fifteen minutes should be given to this method.

FOR DEVELOPMENT OF INSPIRATIONAL SPEAKING, WRITING, ETC.

First - Put mind on subject you desire Inspiration on, holding peaceful receptive attitude.

Second - Control the breath, go into Positive Attitude, and will to receive thots on that subject only.

Third - Relax and let the flow of INSPIRATION begin. It is best to use a pencil and write down what you receive. When a thot comes to you foreign to the subject you desire, control the breath and enter into the PERFECT CONCENTRATION state again, until you have overcome the opposing thots. This will develop great Inspirational Powers.

HOW TO DEVELOP THE ALL-SEEING SIGHT

First - Place teeth together; send Unspeakable Word upward to place on high in forehead. Try to feel an opening between that center and the ATMA. Do this until

the universal meaning of anything you think of, comes into your mind. This is called by the Adepts "seeing mentally" or ALL-SEEING SIGHT, for with this method nothing is hidden to the mind.

Second - Practice this by thinking of something in the animal, mineral or vegetable kingdom and receiving into the mind instantaneously the universal meaning of anything you think of.

Book VI. Lesson 12 ODIC FORCE

I wish to state for the benefit of the student that my knowledge of ODIC FORCE was given to me by some of the Masters of the Ancient Wisdom in periods of COSMIC CONSCIOUSNESS, recounted here as a personal experience and not copied from someone else's idea on this great subject. ODIC FORCE is the force which causes the heart to beat, the earth to move on its axis, the swells in the ocean, and such manifestations of Divine Power as is necessary in order to keep this universe in activity and motion. Now, this force being so prominent in the human body, in fact being one of the vital activities that causes life, SUPER MIND SCIENCE seeks to develop it, so that the student can learn to control it with the WILL POWER, and use it as a powerful means to awaken dormant cells and overcome all weaknesses of the body and mind.

It is said by some of the great teachers of the Ancient Wisdom that in the days when the Great Pyramids and the Sphinx were

built, the people in ancient time used this ODIC FORCE in some manner yet to be rediscovered by man, to raise the large stones which compose these structures. These stones measure sixty feet in length, nine feet in height and seven feet in width, and there is no machine today which would be strong enough to hoist them to the height that they occupy in the Pyramids. This is one of the great feats attributed by the Materialists to what they term Lost Knowledge. They forget the fact that the Wireless and the Radio of today were also once "lost knowledge", but have been re-discovered because man became aware of the possibilities of their discovery. For the same reason ODIC FORCE and its operation is now being re-discovered and taught, by those who are interested in the highest development of the MIND, the BODY and the SOUL.

It is not the aim of the founder of SUPER MIND SCIENCE to create the impression that he is expounding a new religion, but he does wish to create the impression that he is teaching facts and not a religion; for religion is a belief void of power, while facts, or the Truth, is a science based on demonstration. A new religion is not needed, but facts pertaining to the Soul of man, his mind and his body are necessary. More of these facts and Truths are embodied in this short course of lessons than have been given out to man, in all the philosophies combined, the last thousand years.

Knowledge of ODESITY and its relation to the human body is necessary, in order to unlock a rate of vibration, that will permit the student to ascend to unknown heights of understanding in this philosophy. This is the revival of a Science that was taught three hundred and ninety-four centuries ago, when this earth had reached the stage in evolution which it is now reaching. The scientists of that far-off time were Adepts in astronomy, chemistry, electricity, sea and air navigation, and all sciences known today and many others now unknown to humanity, including full knowledge of ODIC FORCE, harnessed by the mind, which knowledge became the basis of their civilization.

When the heart is pressed by filling the lungs with breath, and the mind is perfectly concentrated as taught in SUPER MIND SCIENCE, it is ODIC FORCE that you feel surging upward thru the body, like swells in the ocean, and by training the SUBCONSCIOUS MIND, each time this force surges thru your body, there will be an awakening of cells of strength until finally thru ODIC FORCE great strength and power will be manifested in you.

SPIRITUAL ILLUMINATION

By "Spiritual Illumination", we mean that the LIGHT of the SPIRIT OF GOD which is within man, illuminates your CONSCIOUSNESS and overcomes all doubts and fears. Many of the Occult writers, of ages past,

have spoken of the great Esoteric Fraternities as the "Illuminati", because those who understood the meaning of SPIRITUAL ILLUMINATION and the contacting of God, were members of those great Fraternities. These Brotherhoods were really schools, teaching a secret technique of the Development of the MIND, BODY, and SOUL, and finally the ILLUMINATION of the CONSCIOUSNESS of the Adept. SUPER MIND SCIENCE is the first science to demonstrate to the Western Sphere, that the teachings of these great schools were practical, and that it is possible for anyone to successfully demonstrate the basis laws, thereby attaining ILLUMINATION.

Many students of this science have testified to a great SPIRITUAL ILLUMINATION of CONSCIOUSNESS in a remarkable short time, because the founder knew, from a Psychic standpoint, the methods of the Esoteric School for the development of Illumination. However, he has improved and Americanized these methods and introduced a shorter cut to SPIRITUAL ILLUMINATION and GOD KNOWLEDGE than the world up to this time has ever known.

Because of the fact that the founder of SUPER MIND SCIENCE has discovered, that by the projection of the ASTRAL LIGHT from the sight center, over the body, a SPIRITUAL effect in the student is produced - these methods, if persevered in, will bring to the student, within a few months, the ILLUMINATION of CONSCIOUSNESS which it took the

Adepts of the older schools years to accomplish.

The method, as outlined in the key to this lesson, will produce these results if you practice it and connect it with the teachings of the GOD CENTER as taught in SUPER MIND SCIENCE. LEARN TO FEEL that you are receiving ILLUMINATION when you use the key.

Key to Lesson Twelve DEVELOPING ODIC FORCE

First - Control the breath, and get your mind in harmony with the pulsations in the body. As you think of the pulse beat, be positive and say to the SUBCONSCIOUS MIND, "I will use ODIC FORCE to overcome every weakness in my body". Hold the position as long as possible.

Second - Relax and say in a passive state, "I have power to do all things thru ODIC FORCE and thru it I am successful", letting your mind center on your body while thinking of the pulse beats.

Third - Vibrate the GOD CENTER by stretching that Center as taught previously in SUPER MIND SCIENCE. Say mentally, "I will be faithful to the teachings of this Science. I will be faithful to God and to my fellowman. I will never use this power for evil".

SPIRITUAL ILLUMINATION

First - Contract the SOLAR PLEXUS, and with breath controlled, press it against the spine. Close the eyes and you will notice that as you contract the SOLAR

PLEXUS the light under the eyelids becomes brighter and brighter. Use your WILL POWER and THE LIFE CURRENT to send this light up and down the spine over the sense centers. This will illuminate the senses.

Second - Feel that you are receiving power from the SPIRITUAL SUN and that you are "drinking in" its rays thru the SOLAR PLEXUS.

PSYCHIC POWER

The CONSCIOUS MIND is the seat of PSYCHIC POWER and not the Spiritual Mind. A PSYCHIC DEMONSTRATION is an unusual functioning of the FIVE PHYSICAL SENSES or of some one of the five. This unusual function is caused by the PHYSICAL CENTER contacting the SPIRITUAL CENTER OF THE SENSES, but the DEMONSTRATION that takes place is in the PHYSICAL SENSES and not in the SPIRITUAL. The same principle operates when NEGATIVE and POSITIVE CURRENT meet and produce an electric light. The contact between the two is the light.

In SUPER MIND SCIENCE there are numerous ways in which the PHYSICAL SENSES contact the SPIRITUAL CENTER and cause a demonstration, such as COSMIC SIGHT, COSMIC HEARING, THOT TRANSMISSION, and so forth, the object being to train the PHYSICAL SENSES to be PSYCHIC and observe many things outside of the physical body and surroundings.

This is the great knowledge which the world at large has been seeking, but individuals have, in many cases, misunderstood

the difference between a PSYCHIC DEMONSTRATION and a SPIRITUAL DEMONSTRATION, consequently in seeking a PSYCHIC DEMONSTRATION they believed it could be accomplished thru the use of SPIRITUAL LAWS, which proved a failure.

SUPER MIND SCIENCE has proven that there are PHYSICAL LAWS that can and do produce PSYCHIC DEMONSTRATIONS, when they are used properly. These physical laws will educate the SUBCONSCIOUS MIND so that it will be strong enough, and capable of performing these extraordinary demonstrations of Psychic Power and Force under the CONTROL OF THE WILL, which in many instances will bring one a knowledge of the future and of things that have been a great puzzle to you, previous to receiving the demonstration.

Now in order ever to attain a higher demonstration than a PSYCHIC ONE, individuals must SPIRITUALIZE THEIR BODY AND MIND by a desire to help others and a radiation of BROTHERLY LOVE. Otherwise they will never behold the SPIRITUAL DEMONSTRATIONS spoken of in the BIBLE, and by the GREAT MASTERS OF THE ANCIENT WISDOM; FOR THEY COME FROM THE GOD PART of the UNIVERSE and can only be beheld by the GODLY.

So remember, students, that all can have PSYCHIC DEMONSTRATIONS in SUPER MIND SCIENCE, but those who get the SPIRITUAL will have to overcome all selfishness and preference and so SPIRITUALIZE THEIR MINDS THAT THEY CAN SEE GOD IN EVERYTHING, and by so doing attain the great height of ADEPT-

SHIP that is so well known among the Hindus.

Many people have been seeking this thru the ordinary channels of advanced PSYCHOLOGY, but have failed to attain it, because they dealt only with a MENTAL LAW, not recognizing nor combining the corresponding PHYSICAL and SPIRITUAL LAWS, which they would have to do to attain this great height of understanding.

As you know, in this Science, the first knowledge is of the PRANA CURRENT and SOLAR ENERGY, which is the PHYSICAL DEMONSTRATION of our PHILOSOPHY and the means used to develop the PHYSICAL SENSES TO GAIN COSMIC CONSCIOUSNESS.

Next comes the awakening of the cells in the ATMA, the SPIRITUAL MIND, which will bring PSYCHIC MANIFESTATION. Many of you have attained this and are now succeeding along those lines, but if you desire the greater, which is the SPIRITUAL MANIFESTATION, then begin to practice your HIGHEST CONCEPTION OF CHRISTIANITY as interpreted by this philosophy, for unless you do the WORKS OF CHRISTIANITY, you cannot reap the reward.

Your Leader wants you to know that his thots are with you, and that we are beginning a great movement thru which the world will benefit and be better off for our existence in it.

So let your thots be elevated above all personal gain, that you may attain the DEMONSTRATIONS OF THE SPIRITUAL by OVERCOMING THE PHYSICAL, and so gain MASTERSHIP over the PHYSICAL CONSCIOUSNESS.

**THE PRICE OF THIS COURSE OF LESSONS
IS \$25.00**

The undersigned agrees not to divulge the contents of this book, nor to allow anyone, who has not taken this course on SUPER MIND SCIENCE, as taught by Professor Wm. Estep, to read it.

This obligation is taken owing to the Secret Teaching this course contains.

Sig.....

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