



A practical guide to Power of the Mind

Pianolas were self-playing pianos driven by a pre-punched paper roll that became very popular in the late 19th Century. People discovered by accident, and to their great amazement, that some of Bach's music was so geometrically intricate that it would still sound great even when the paper rolls containing the notes were fed into the pianola and run upside down!

Beethoven is reported to have said, "If anyone could truly understand my nine symphonies they would then understand the workings of the Universe." He also passionately believed that what caused his music was a universal force that could instigate a spiritual evolution of society.

It is an esoteric maxim that power always comes in threes and if we take the lives of Bach, Beethoven and Mozart together, we see a 'causing triad' behind the appearance and evolution of a new, powerful and spiritually uplifting type of music.

As in the teachings of Pythagoras, the works of Shakespeare, the art of Michelangelo and many other examples, generation after generation re discover the universal truths hidden inside of these great works. They have a rare and immortal quality to them that people are able to draw spiritual nourishment from despite the shallow trends and fashions of the day.

What is it then, that gives certain people the illuminated and original kind of mind that has the power to influence the world in such a potent way and even continue doing so many centuries after their passing?

Most of us of course have no intention of becoming the worlds next 'Genius'. However such is the tremendous power and influence upon us of the mass mind of our times, exacerbated by the insidious and invasive forces of advertising and political propaganda, that building a stronger and more powerful mind is becoming a vital requirement to even have a "mind of your own" these days.

I Have always been fascinated by these bright, illumined minds of history and spent many years studying the various ways that they went about achieving it. The methods used to develop this "Power of the Mind" can be distilled down into four fundamental principles. Actually there are nine core principles involved, but these first four make for a great start!



Above: The idea of crowns and halos adorning the human head, indicating the power and authority to cause or create, derives from the esoteric secrets of "Power of the Mind."

1. PREVENT DISPERSION OF ENERGY

As the one who has to pay the electricity bill in our house I get very annoyed during the winter when I find my teenagers huddled around the blazing heater while all the doors and windows are open! **Power is concentrated energy** so the first principle is all about how to concentrate, conserve and charge the mind with more of it. A laser beam can cut through a piece of steel even though it is only a beam of light. The difference is that it is a very concentrated and 'in phase' form of light, whereas the light from an ordinary home light bulb disperses in all directions.

This is a big problem with modern life isn't it? Our minds and energies become so fractured and dispersed throughout a thousand different things; emails, phone calls, texts, bills, work deadlines and pressures, Al Qaeda are coming to kill us all...no sorry it's ISIS, er, sorry now it's ISIL...! For most people it all becomes such an overload and drain on energy that by the end of the day they are too tired to even *think* let alone entertain the idea of power of the mind! It becomes so much easier to just 'blob out', exhausted in front of the TV and have our minds filled up with *more* advertising, propaganda and unreality!

It doesn't *have* to be like that though. Although we are learning just how all pervasive the control over our lives by the ruling 1% really is, the deeper truth is that the battle for your mind is as old as the world itself. Once upon a time it came from the collective mind of the tribe. A few hundred years ago it was institutionalised

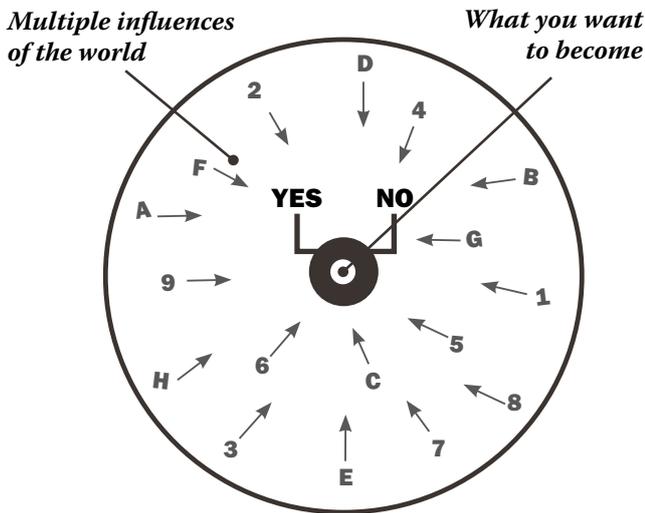


Diagram 1: Deciding firmly what you want in life gives the mind a set of 'gates' that become open to what you say 'yes' to and closed to what you say 'no' to. This facilitates mental energy being gathered rather than dispersed outwardly.

religions that were fighting each other for your mind. Then it became the new industrial religion of science. Now it's multinational corporations that need your mind enslaved as a devoted consumer of their endless products. There are even those who claim E.T.'s want a piece of the human mind pie as well!

The first step in offsetting this perpetual mind energy robbery is to make a firm decision about what you actually want in life. This automatically gives your mind a natural centre of gravity, a central point to start building something of your own around.

This is illustrated in *diagram 1*. The outer circle, with its random numbers and letters represents all the various pervasive influences in the world that want to enter into and take over your mind. Being very clear about what in your life you have decided to pursue creates a 'mind gate' if you like, where whatever is useful and beneficial to your purpose will be admitted, and what isn't will be rejected. Yes = open, No = closed.

This has a definite power to it in its own right, because it is the way the human mind was designed to work and of course everything works more efficiently when it is used the way it was designed to be used.

It also creates a governing criteria with which to sort and prioritise what influences one will respond to and what one won't. After all you don't have to waste energy on *every* bit of mindless nonsense that comes your way do you? When I clear my letter box each day, all the junk mail and local 'free' newspapers go straight in the trash. I don't even look at them. There is simply nothing in them useful for what I'm doing with my life. When the telemarketing people ring I tell them my time is precious and I will only take part in their survey if they pay me (They hang up quickly!) In my lunch breaks at work I go outside and carry on reading a book that is useful to my research work rather than join in the discussion on the latest episode of 'Game of Thrones', or what the Kardashians are up to.

These are small things, but at the end of each day

they add up to a significant amount of mind energy that hasn't been wasted on trivial things that really don't matter in the big picture.

Now I do realise that deciding what you want in life isn't easy, especially if still young. Well how about this? At least narrow the field down a bit. How about deciding that you want to find out what is true and real in life before finally making up your mind? After all the 'modern' scientific view is that there is no such thing as 'mind' anyway, that it is simply a by-product of chemical processes in our brains and when your brain dies you die with it. On the other hand all esoteric and sacred science wisdom holds that the mind can become an illuminated astral entity that lives on in a higher universal realm after death. Clearly the first view means making any effort with ones mind other than for earthly material gain would be a shocking waste of time, whereas the other suggests it may be the most important thing you could ever do. The big question of course is which view is true?

One thing I can say from experience is that if you do decide to pursue what is real and true, the right answer does become more obvious. Oil and water don't mix, and neither do truth and non-truth, so the more one fills ones mind up with truth, the more it naturally and automatically rejects Bull Sh*t!

2. DON'T GET POLARISED

There are two sides to every story they say and there is this great law of duality in everything isn't there? Energy and matter, Day and night, right and wrong, crime and punishment, war and peace, female and male, rich and poor, left and right, history and future... the list is virtually endless.

Now the first thing is that statement is not really true. There are in fact three sides to every story (which we will get to in principle 3) and it is very important in building power of the mind to become more consciously aware of the reality of this natural dualistic phenomena so as not to become biased and 'divided against ones self'.

I'm sure that you have some familiarity with the idea of how one hemisphere of the brain processes experiences that are intuitive, artistic, abstract, non-logical and the other deals with all that is concrete, rational and logical. It isn't *quite* like that because our brains process all of these things in multiple areas of the brain at the same time. What *is* accurate is that they are naturally hard wired to deal in these two dimensions of life. A good example is when you look at an anatomical diagram of how eyesight works. We see that it is a stereoscopic system where the brain is able to measure the difference between what the two eyeballs receive and then by calculating the difference, or making a COMPARISON, gauge the relative distance, size, volume and dimension of things. What this indicates is that our brains were designed at one level to be MEASUREMENT & COMPARISON COMPUTERS. That's why we have curious expressions like, "That's not really comparing

apples with apples is it mate?”

Take the phenomena of hot and cold as an example. We put our hand in the bath to see if the water is too hot or too cold. From previous experience our brains know what is ‘cold’ and what is ‘hot’. By comparing the bath water against those two things it can tell us “OK nearly there, it just needs a bit more hot water and it will be just right.” But you see hot and cold are really *relative* terms aren’t they? What you are actually measuring is the presence of energy, because hot water has had its molecules ‘excited’ and ‘energised’. As that energy dissipates the molecules slow down in their activity and the water becomes cold again. Hence **all dualistic terms are relative**, and can’t be absolutes in themselves. Yet people still try to persuade us that one or other thing is ‘best’ or ‘right’ or ‘correct’.

What is worse is that those in control who understand this as the “Hegelian Dialectic”, deliberately use it to manipulate us into one ‘camp’ or the other to keep us divided and at war with each other on every level.

The trick to avoid your mind becoming polarised is to be a bit more like Spock or Data from Star trek and always take the ‘neutral position’ first. Leave emotion out of it and compare *both* sides of anything important. Then decide whether it is useful against your self decided purpose in life or not.

3. HIGHER TRUTH & THE 3RD WAY

The best way at the end of the day to not have your mind ‘split’ and weakened by the disempowering biases of duality is to train it to seek the ‘3rd vector’ in all things.

If we go back to the example of water again we can see that according to how much energy is acting upon the water molecules, it can manifest as steam at one end of the scale or ice at the other, but it is all still water. We are conditioned to perceive ice and steam as two separate things, but the truth is ice, steam and water are actually one thing in 3 different states. So any real truth always has 3 dimensions to it. Now I know that is a mundane example, but have you ever considered that Buddhism, Christianity and Islam are actually 3 ‘states’ or expressions of the same thing? Or birth-life-death? Or past-present-future? Or energy-matter-spirit?

This can all seem a bit complicated, and there is a part of us that goes “B*gger—who’s got time to sit around for hours in deep philosophical contemplations about such things!” Well the good news is it’s not as difficult as it seems. The reason for that is that just as our brains are hard wired to deal in the dual dimensions of life they are also pre-wired to process this third dimension. It’s just that they won’t teach us that at school, and like the inherent ability of language, it will remain dormant unless activated by learning and usage.

The key that turns the lock to all of this is, believe it or not, another thing that is totally natural to human beings and no other life form on earth has it (even

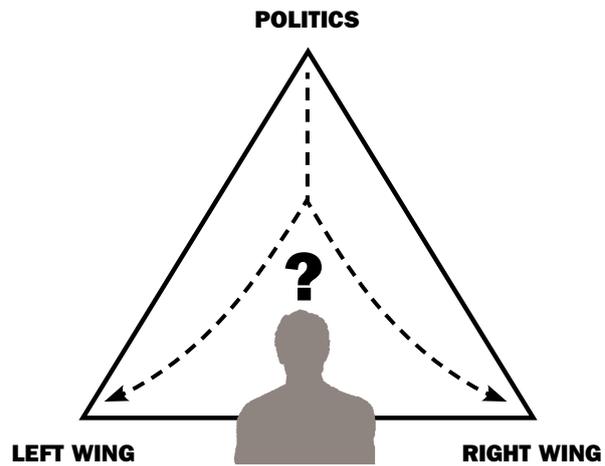


Diagram 2: The ‘appearance’ of choice comes out of the natural law of dualism that causes any ‘one’ thing to manifest itself into two different styles of character in the world.

our supposed ‘ancestor’ apes). Curiously enough it is a word that has 3 parts to it and is probably the most uniquely self empowering feature we humans have. It is the ability, and indeed the natural compulsion, to ask WHY? When we ask why? we form questions, or more accurately we QUEST-IONS. Ions are ‘charged’ particles aren’t they? Esoterically the word means a quest or a search for the charged part of something.

Of course the truth is that absolutely *everything*, from a rock, to a tree, to an idea has manifested one way or another from out of the unseen power realms in the first place, so the natural compulsion of why? is to seek the true, unseen *causes* of things rather than the dualistic manifestations of them.

So lets take Politics, which is something very topical and of great concern these days, to demonstrate how this works. There is a whole bunch of stuff that belongs in that pot, ie Government, political parties, policies, laws, left wing, right wing, economics, education etc. Now as I am sure you have all experienced, any thinking, discussion or argument around this subject almost instantly goes straight into how a person has been ‘polarised’ within the Hegelian Dialectic of it all. This policy is ‘good’ that policy is ‘bad’, there are too many/not enough laws, free/controlled markets, democracy/fascism, progressive/conservative...the list goes on and on. However let’s just pause for a moment, be neutral and unemotional like Spock and apply the big WHY?—Why do Governments and Politics exist in the first place?

Well, since the human race moved away from any kind of belief in a higher purpose to life it has become very much a system of civil administration and management hasn’t it? The whole idea is that we vote in a bunch of people who have volunteered to take care of our country’s finances, education, law and order etc. so that the rest of us can get on with earning a living, keeping a roof over our heads, and pursuing in our lives what we are naturally inclined towards achieving. The ‘politics’ part is really the ongoing argument within the law of dualism as to which is the

best method of achieving all of this. Clearly that is not working out very well is it? Why is this the case? Can there *ever* be any effective solution from the left or the right of a duality?

Well no, of course not, because if we look to the 3rd vector of what is the *causing* power behind government and politics these day we see that it is simply the pursuit of control and profit. They have completely given up trying to achieve those fundamental goals on our behalf! As most people are now becoming aware, it is multinational corporations and global banks that govern our governments. Voting is simply a carefully contrived, theatrical illusion of choice. “Red slavery or blue slavery sir? It’s your patriotic duty as a citizen of this great nation. So choose wisely!” In the UK at the moment they are desperately trying to bring in new laws that will make it compulsory to vote! –all to keep “Democracy” alive!

Hence questioning things deeply enough naturally puts your mind in a position to perceive the ‘3rd vector’ of what is the *real* causing power behind the two divisions in anything. What then, *is* the driving power and governing principle behind the 1% of humans who actually own the multinational corporations and banks? Well to put it in it’s mildest terms, it is a mixture of beliefs and views that there is no purpose to life, any higher principle or fundamental morality. Therefore if you are clever and powerful enough to kill and destroy to maintain power and fulfil your personal, carnal desires and ego satisfaction then that is perfectly ‘natural’

By now you might be starting to see how crucial it is to actually have a mind of your own and at least mentally and morally not become subject to the persuasions of these dark influences and forces.

4. CONNECT TO POWER DIRECTLY

The fourth principle of building power of the mind is to charge your mind with all that is powerful. What is the most powerful thing in the world? Well it is the *cause* of anything rather than it’s end result. As Victor Hugo once said “There is nothing more powerful than an idea who’s time has come.” An inspired idea can cause the building of a pyramid, a great symphony, a vital medical discovery or a timeless work of art, but the *idea* itself remains an unseen and intangible power until it is realised and translated into form.

This is exactly how *all* things appear into the world, both man made and natural. What we see in the awesome power released from a nuclear explosion is a few Kilograms of Plutonium suddenly converted back into the billions of kilo joules of energy it had originally been created out of. In other words the unseen power that had been condensed into physical matter by the creative processes of the universe is converted back into it’s original, unseen worlds source.

This is because things in life and the universe are not really random and ‘willy nilly’. Everything, from an electron to a galaxy is governed by natural, universal

laws. Hence *all* things must manifest themselves according to the governing powers of those laws.

Think for a moment how powerful the sun is in it’s manifest form. What must the enormous power have been like that caused the sun to exist in the first place?

Even at the human creative level, we can sense the power still inside Beethoven’s music, Shakespeare’s plays, or Da Vinci’s artworks, but what was the unseen power that drove them to produce those works in the first place?

Now another amazing natural feature the human system has, is the ability to use these various ‘media’ of forms to *reconnect* to the causing power behind them. That’s why when people really get into any of these great works they find them inspiring, uplifting, illuminating and spiritually nourishing. As in the nuclear explosion example they are quite literally using their minds to internally convert that work back into some of the originating power that caused it.

It will probably come as no surprise then, that there are actually three dimensions to this ‘power conversion’ process. Let’s take something well known like Chartres Cathedral for example. People have been awed and inspired by it ever since it was built. Anyone who has studied it’s history, construction and design has discovered it is not only extremely sophisticated and ‘advanced’ for its time, but has a great mystery and hidden power attached to it.

Many researchers have shown that there is clearly an esoteric knowledge and purpose behind it’s construction. Rodney Collins, a student of Ouspensky’s revealed that it was produced by a secret, ‘inner court’ of an esoteric school that was a conduit at that time for a newly arrived, spiritual power seeking to influence the human race. The Cathedral was thus constructed as an occult ‘machine’ through which this new spiritual influence could be transferred into the world. Much like a great power generating station.

So we can see in **Diagram 3:** that **1.** is the physical **Form** of the Cathedral, the stone structure that we can see, walk into, touch and feel.

As so many people have attested, there is also another dimension there that people can sense in it’s particular atmospheres and the emotional states that it produces in people. That is level **2.** which is the unseen presence or **Essence** of the Cathedral. This is a compound of many things, but basically it is the unseen, astral version of the Cathedral that was created by the human minds that conceived, planned, and designed it around certain esoteric and spiritual laws.

Above that is **3.** which is it’s true **Cause** and what ever it was coming out of the universe that the inner circle of the ‘school’ connected to that gave them the inspired vision of the Cathedral and its vital purpose.

All 3 levels now remain interconnected within the same space. However what of each of the 3 levels a person connects to and is influenced by depends very much upon what they as a life actually want, what their values are, and how passionately they are driven

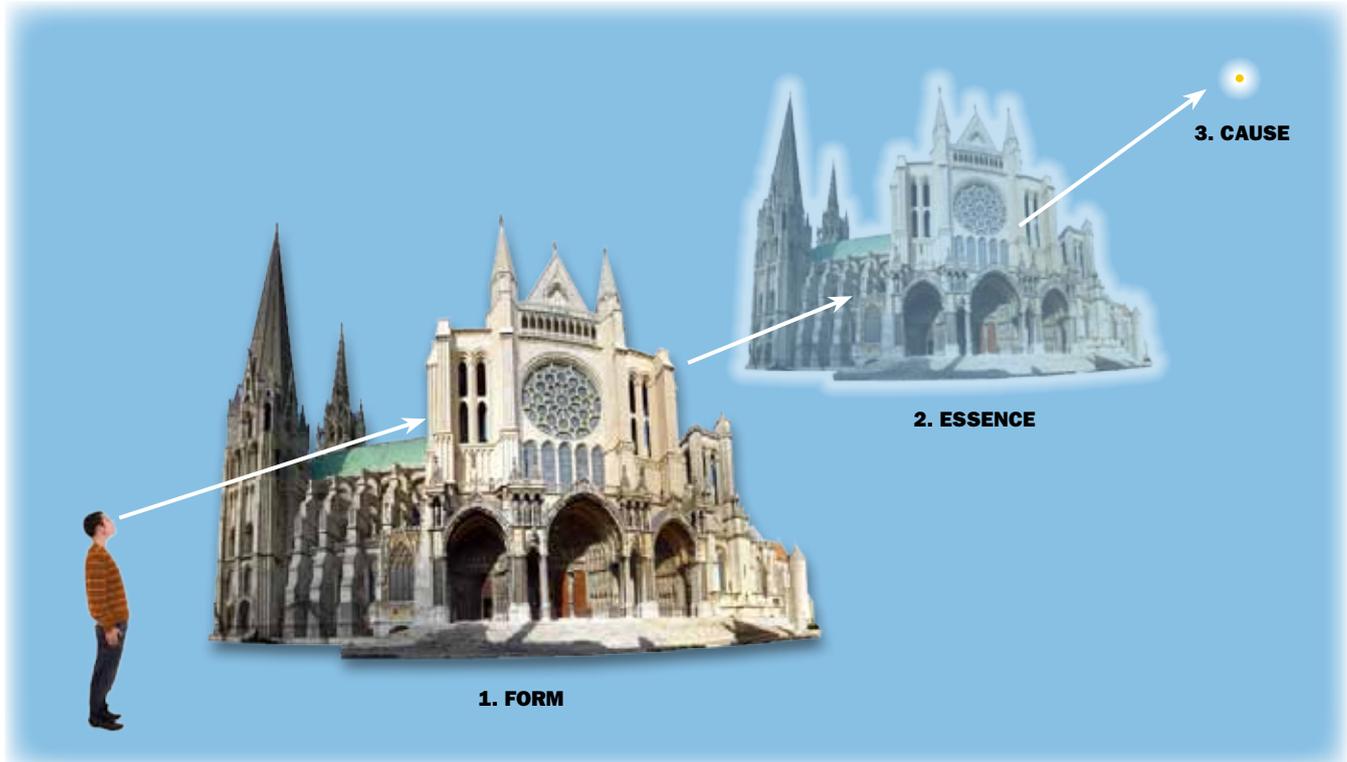


Diagram 3: There are 3 levels or dimensions to everything that exists. 1. Is it's physical form and structure. 2. Is it's unseen, astral form or 'Essence' 3. is the power and influence that was its originating cause. As all 3 remain permanently connected it is possible via an in depth study of the reason behind the form to connect to it's Essence and through that to its prime cause.

by the great WHY?

At the first level of the **Form** for example, a person can go there, take a tour, get some photos and buy a souvenir. Then there will be those who will get impressed at a deeper level and be caused to research it further and become inspired and energised by connecting to the unseen **Essence** level of it all.

At the next level there will be those few individuals who are driven even further to discover the true power and spiritual intelligence of it's original **Cause**.

Now the simple truth is that it is like that with absolutely everything that exists. Think for example what a person is connecting to when they read the daily newspaper, watch TV, pour over fashion magazines or take in the latest Hollywood Blockbuster movie? It is highly unlikely that the 'Cause' behind those things is based in the promotion of your spiritual well being!

Hence this is perhaps the greatest 'secret' of great and powerful minds. Somehow they all discovered this deep truth that the material world is not the real world. That there are a set of fundamental, unseen universal powers at work behind all things.

So the *most* vital element in building power of the mind is to direct it's focus into the unseen causing power realms of life rather than the manifest end results.

The way to do this is to start a study of these natural universal laws. Set out to collect as many examples of them as you can. We do that intuitively with anything we get passionate about don't we? My daughter once had her bedroom walls plastered with posters of the Boy Band, One Direction. She wasn't conscious of it,

but she was doing that because she wanted her mind to be filled up with the influence of One Direction more than anything else!

It is because of this 3 fold law of **Form-Essence-Cause** that this actually works, because anything we look at, listen to, touch, read, study, still has some of it's original causing power lodged within it.

So say for example that you decide to spend a month collecting examples of the principle of duality, or the 'Law of 2'. Your mind will absorb a little bit of the force of the law of 2 with each example discovered. Now because the mind is naturally a power storing device, you can eventually end up connecting to and experiencing the incredible, universal power of this law for yourself. Then it becomes very real and you won't need some scientist or 'expert' to tell you that, because you will *know!* Which is really the whole basis of the 'Gnostic' idea isn't it? To not believe in these things unless you can experience them directly for yourself.

Sadly we have become systematically conditioned to believe that we are not 'smart' enough to understand the great mysteries of life. My argument is that in the context of this "Cathedral principle" we humans must also be the physical, manifested form of an "essence" with extraordinary acumen, intelligence and capability. This in turn clearly comes out of a 3rd, higher causing power, as all things must. Therefore why would something go to so much trouble to create us and *not* give us the faculty to figure out why we are here and what our 'mission' in this place actually is?

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