

First Course.

Man's Three-fold Nature—Body, Soul, Spirit.

The Soul and Its Possibilities and Training.

Power of Concentration and how to attain it.

Influence of Stars on Mind and Body.

Law of Laws or Science of Vibration.

Power of Will.

Secret of Magnetism.

Akasa.

Astral Light.

With nine physical breath-drills to insure health.

Second Course.

Mind Action on Three Planes.

Training of Consciousness.

Meaning of Life's Trials or Initiation.

Second step in Will.

Law of Numbers and Colors.

Magnum Limbus and Transmutation.

Raja Yoga—True Knowledge.

Mysteries of the Ancients.

Wandering of the Soul.