

allow himself to be hypnotised. It has been stated that immoral tendencies, as well as diseases, could be cured by hypnotism, but this is not really true, for, seven years after, the influence being removed, the tendency will return even more strongly than before. In surgery we may escape physical pain by hypnotism but it is surely better and easier to suffer physically than to lose one's free will.

Etheric currents pass through all living bodies, and may pass from one body to another. Persons whose bodies are not controlled by the mind are affected by these currents from other people. The mind ought to control these forces, and it is an absolute necessity to do so in order to become an occultist. These currents flow from the tips of the fingers, and elsewhere, and have a great magnetic influence. One can prevent oneself from being hypnotised by closing the thumb and first finger of each hand firmly together, and making the mind positive. Sensitives have been known to see a light around the heads of persons brought into a dark room. This light is from the etheric fluid which surrounds every living form. By passing the hand over or very near another person you can, according to his sensitiveness and your positiveness, establish a connection between your etheric or astral form and his.

It is possible also to think a thought into the brain of another. Because these statements are not understood they are not believed. In the middle ages one would have been burned for witchcraft had he suggested such a thing as a telephone. To-day we are allowed more liberty of thought, yet still people ridicule ideas which they do not understand.

There are two kinds of occultism. First, the study of those things which are not perceptible by the senses, but which are perceptible by the mind. Second, the study of that which is not perceptible by the mind, but which is perceptible by the soul, and by the soul is meant the tendencies and characteristics which represents the spiritual man—perhaps the "unconscious mind."

We know that a plant grows, but we do not know why. The forces in nature can be recognized by the mind, or at least the mind can recognize their existence. We know that we live, but we do not know why we live. Nor do we know that life is not a dream. These problems cannot be grasped by the

mind, but they can be solved by the soul.

Micro-organisms have always been thought to owe their actions to what is called "chemical irritability." It is now discovered that they have a psychic life of their own. The earth is simply, as the ancients said, a huge animal, with a sluggish consciousness of its own. It has been observed to breathe by some scientists. The mind also breathes, as does the sun and moon. It is possible to learn to breathe through the astral body. The Indian fakirs do this when they permit themselves to be buried for several months and afterwards return to their ordinary state of consciousness.

Besides the law of gravity or attraction there is the opposite law of repulsion. The law of attraction can be conquered. The Indian fakir accomplishes this when he is able to float in the air. We are attracted to the earth because of the positive and negative polarity existing in both man and nature. If you can become of the same polar nature as the earth at any point the earth will repel you, just as pith-balls are repelled by frictional electricity. The Indian fakir breathes in the nature of the earth and is consequently repelled, and is thus able to float in the air as it seems. Because we do not understand a thing it does not follow that it does not exist.

Concentration is the root of the practical part of occultism as it is of every other study. "Everything is locked up in the mind of man. One requires the conditions to draw it out." Concentration is necessary to all progress. We must, however, distinguish between voluntary and involuntary attention. It is not concentration if in reading a book one becomes so absorbed in the story as to be lost to everything else. This is a weakness which is to be avoided. To concentrate the mind requires a voluntary act of attention. We should learn to live in the present, now, in this very second. Instead of this we are continually looking into the future. To become an occultist one must rid oneself of all that does not belong to the Higher or real Self. Fear, power, wealth, love which seeks a return, these four pull the soul from its original position so that some do not even know where they really stand. Hope, which is the desire for the future, will destroy the soul because with that desire one cannot live at the Centre. Living in the future is the origin of all vice. The