

CREATING A THOUGHT-FORM

What is a thought-form?

A thought-form is a hard clump of psychic material, as strange as that idea may seem, and in the pre-physical world in which it functions it will be as solid as a rock, but a rock which will constantly be radiating energy, and it will do so until the energy which is fed into it as its creation is exhausted, kind of like psychic uranium.

Sit comfortably. You must now prepare yourself to work with the stuff of the psychic world, and that means following certain forms and techniques, just as working in the physical world means a certain preparation, if only to turn on the computer before typing.

Begin to meditate. Use the mantra to clear your mind of the troubles of the day. There must be no outside interference with this, so get anything that will cause you to lose your concentration out of your head. Do not consciously will such unwelcome thoughts to leave; that will only impress them further. It is much better to simply ignore them and think your mantra.

Continue with your mantra, feeling your body detach itself from your surroundings. You should have your eyes closed at this point. If they remain open, you may actually notice a change in your perspective of the room you are in. Continue in this state as long as you wish.

Now it is time to begin the visualizing. In your mind, see a beam of light coming into your body from the ceiling. Concentrate this light in your body, feeling

yourself being filled with the light as if you were a bottle being filled with water. Hold the light in. It may even help to say something to yourself like "I fill myself with the energy of the universe."

Now, see this energy forming itself into a ball in front of you. Keep packing the light into the ball so that it becomes more and more solidified. Make a wish, any wish, and put it into the ball. Then release it like a bowling ball into the void.

At this point I have to put in one of my very rare words of caution. You will probably get exactly what you ask for, even if you do not know why you are asking for it. Therefore, it is of absolute importance that you never, never under any circumstances create a thought-form when you are feeling depressed. All this will do is make matters worse, because worry is one hell of a form of concentration, and thus the things you worry about are made more likely to happen. In my last financial crisis, I made it a point to have friends do the psychic work for me so I wouldn't sabotage myself.

But let us not dwell on such unpleasantness. You have made your first thought-form, and if you have done it correctly, you should notice some tangible results.

The first thing you have to do is program your etheric body to bring you a companion. This is begun by making out a program. You have to have some idea of the ideal companion you want to have, but you don't want to micromanage it. The more detail you put into a desire, the more you limit the possibility of it coming true and while it still may, it may take some time.

So once you have made out a short, very broad list of the type of partner you are looking for, and please try to leave the word "rich" out of it, because that complicates matters terribly, you sit down and begin to meditate. Visualize first your physical body and then add the etheric layer to it, feeling it glowing and growing around you. Visualize light coming into it and making it glow terribly

bright, so bright that if the lights were turned out you would glow in the dark and people would start talking to you in Ukrainian.

Now comes the interesting part. See the energy radiating back into the universe. After all, you don't want to so pack yourself that you combust. As you do this, repeat to yourself "I am the source of all love and attraction. I am a powerful source of magnetism and anyone who comes into the range of my field is drawn to me as an iron filing is to a magnet. They cannot resist this power and they will come to me. I am irresistible."

Your etheric body is now acting like a magnet, a very big magnet and all you have do to put into action is to use your imagination.

Visualize yourself moving among the type of people you wish to attract and see them being bathed in the power of the magnet, the light of your etheric body. Know that as they are being so bathed, they are being inexorably drawn to you, being totally interested in you and everything about you.

Now, suppose you do this and you get a particular subject that you want to bring into your life, but for some reason the opportunity to connect just never quite gets there. This is where a working thought-form will come in handy, so go back a couple of pages and review the method for creating one. Go through the procedure, but this time, as you program it to bring you the individual you are aiming at, give it a name, like Egbert. It is actually best to give the thought-form a name that you are not likely to encounter in everyday life. That way you don't accidentally program the thought-form with qualities of a person.

While you are visualizing the ball hanging in the air, instruct it very clearly and concisely in what it is supposed to do. Then release it into the void and let it work.

It may be necessary to repeat the procedure as thought-

forms do run out of gas after a while and sometimes it takes more than one to do a job. If that is the case, do not be hesitant to create another one and send it out, and another one

after that. I make it habit to send out a new thought-form every night when I am trying to accomplish something important.

Once you have mastered this method, you may go onto other and even more interesting things.

EXAMINING THE ENERGY FLOW IN YOUR BODY

As I mentioned in the earlier chapter, the energy is emitted by certain parts of the body and the eyes and the fingertips are the best. You can learn to control and direct the power that comes through these parts and put it to use. Like all of these things, while it is easy once it is mastered, that mastery can take some practice, so do not be discouraged if you do not get immediate results.

Use your skill at meditation to examine the energy flow in your body. Now I know that sounds a bit scary, because you have never done it before, but it is not as hard as it sounds and once you know how to do it, you never forget. It's sort of like riding a bicycle. You fall off a lot and then one day you are riding in and out of traffic giving heart failure to the parental units.

As you meditate, see your etheric body. Now look around your body in your mind and try to see the emitting points and the ones that are stronger or weaker. You will want to balance this, so visualize energy going into the weaker points, bringing them up to the same strength as the stronger ones.

Repeat this exercise for at least one week before trying to put this energy to use.

INFUSING OBJECTS WITH PSIONIC ENERGY

Take an object, the old, reliable pencil is perfect for this. Lay

it on the table in front of you and begin to gaze at it. Don't try to avoid blinking, but just gaze comfortably at it and as you do so, visualize the power coming from your eyes and filling the pencil with energy. Continue this until you can almost see the pencil glowing and causing people to wonder if you imported it from the Ukraine.

Once you have finished doing this, place your hands over the pencil. You should feel a slight, but definite warmth from it and you may even feel the same thing as when you felt your own etheric body.