

A COSMIC SELF-IMPROVEMENT BOOK

THE SECRETS OF BODY-MIND MAGIC REVEALED
AT LAST. NOW YOU CAN ACHIEVE COMPLETE MENTAL MASTERY,
GREATER ENERGY, AND BETTER HEALTH.

SOMO- PSYCHIC POWER

**USING ITS MIRACLE FORCES
FOR A FABULOUS NEW LIFE**

WITH COMPLETE, STEP-BY-STEP ILLUSTRATIONS



FRANK RUDOLPH YOUNG

LET SOMO-PSYCHIC POWER WORK FOR YOU!

Now the age-old secret of body-mind magic can be yours. Would you like to be more successful at your job? Do you need to find financial backers for your money-making idea? Do you wish your sex life was more exciting? Do you suffer from constant aches and pains? Would you like to turn your worst enemy into your biggest supporter? Do you long for happiness, success, health, wealth, and friendship? Somo-psychic power can help you reach all these goals. You only have to learn the proper muscle movements to tap this magical energy source which is lying dormant within all of us. Just practice the easy-to-follow exercises included here and discover for yourself just how good success can feel.

**SOMO-PSYCHIC POWER:
Using Its Miracle Forces
for a Fabulous New Life**

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SOMO-PSYCHIC POWER:

Using Its Miracle
Forces for a
Fabulous New Life

by Frank R. Young



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TIMES MIRROR

This book is dedicated
to the secrets of the Zohar,
the basis of this work.

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WHAT THIS BOOK WILL DO FOR YOU

Within you lurks a secret miracle power which can bring you a fabulous new life in record time. With it you can execute miracles of mind or muscle which equal those of a hypnotized subject. You can cast off illness, dazzle others on sight, acquire a supernatural intuition for the future, regain your lost youth. You can develop a beautiful body (if you are a woman), or big, powerful muscles (if you are a man). You can pour out the right words in any argument or examination.

You can even unleash incredible powers which lie dormant in your genes . . . yes, even the dormant power of your ancestors.

This secret miracle power is SOMO-PSYCHIC POWER. It works like a miracle because with it you transform your *mind-body magic in a flash* into that of a *super-being*—and leap to your goals. It is as simple as that.

THE UNBELIEVABLE EVIDENCE OF SOMO-PSYCHIC POWER

All his life the author observed people, just like you, suddenly leap to success with seemingly impossible goals. He determined to find out the secret. It was a magic power to reach goals with the least effort, previous preparation, "pull," help, or study.

THE BIG SEARCH FOR ITS SECRET KEY

Dr. Frank Rudolph Young studied four years in pre-medicine and dentistry. He is also a trained, but too busy to practice, Doctor of Chiropractic. Some of his century-and-a-half long line of medical, dental and Yogi ancestors dwelled for years with the amazingly healthy, strikingly shapely, unbelievably long-lived Cimarrones in the jungles of the tropics and learned their incredible health and psychic secrets. Dr. Young determined to make these secrets simple and scientific, so that you could use their magic powers to reach your goals with the

least effort, previous preparation, "pull," help or study. To overlook no possibility he even applied to these secrets the science contained in the Zohar. After 30 years he *found* the secret key!

THE SECRET KEY TO SOMO-PSYCHIC POWER

The secret key, he discovered to his amazement, set free *instantly* the untapped Hidden Powers of your mind! Other people try to duplicate the feat with long, cramping training in meditation; with long, dull practice in listening to a particular sound; with exhaustive sessions wearing loud-ringing bio-feedback apparatus; with performing tedious, time-consuming, mind control drills.

With Somo-Psychic Power none of these sacrifices are necessary. You make only a *secret simple body movement*, with your mind fixed on your hoped-for miracle. And BOOM! . . . your Hidden Power to achieve it is triggered in full blast! It is as simple as that!

WHY DOES THE SECRET KEY UNLEASH SOMO-PSYCHIC POWER

It unleashes it because each secret simple movement casts out a devastating internal tension (intra-tension) that keeps your Hidden Powers bottled up in you. These four intra-tensions are:

1. Your Visceral Intra-Tension.
2. Your Muscle Intra-Tension.
3. Your Nerve-Space Intra-Tension.
4. Your Gland Intra-Tension.

Once you free yourself from these four self-power destroyers with secret, simple, health-marvel movements, your instinctive Somo-Psychic Power, guided indeed by a hand divine, lets loose its full magic all through you. You then burst loose with the miracle power of the hypnotized subject, or of the invincible madman—but under the sane control of your conscious mind. You can then trigger these powers any time you wish thereafter.

And you develop a magnificent, and magnetic figure in the process! And you do so without weights, pills, apparatus or equipment, but only with your own body. A healthy, attractive body and SOMO-PSYCHIC POWER go hand-in-hand!

THE MAGIC OF USING SOMO-PSYCHIC POWER

The author taught the magic of Somo-Psychic Power to scores of people. Their successes astounded him. One after another leaped, in miraculous fashion, into urgently sought-after goals, like these:

1. Larry C. "sensed" how to steer his wobbly business out of an expected legal peril.
2. Neglected Sarah H. changed instantly into a romantically pursued woman.
3. Andy N. quickly enthused uninterested businessmen to invest large sums in his "fantastic" project.
4. Peter J. speedily turned his failing small business into a resounding success.
5. Teresa F. converted her "dreadful" job from a nightmare into a joy.
6. Dean H. sprang high from the bottom of a giant concern.
7. Bob T. multiplied his commissions rapidly.
8. Mike P. grew rich by following exact directions.
9. With a mere word or look, idea-poor Harry V. extracted gold mines of ideas from his associates.
10. Middle aged Ina C., after waiting nine tormenting years, swiftly captured Bruce forever.
11. Howard L. watched his rivals expand alarmingly into his own line—then rapidly beat them.
12. Ruth A., at work, instantly successfully opposed the influence of the "old guard" who held her back.
13. Elmer B., facing a permanent lay off, made himself one of the few retained.
14. Albert K. remained absolutely cool in everything he faced.
15. Eugene Q. quickly restrained the perilous business innovations of his erratic son.
16. Ernest F. swiftly extracted amazing money-making ideas from his own mind.
17. Humphrey I. converted his worst knocker into his best booster.
18. Edward N. stopped buying slow-moving stocks and bought fast-moving ones.
19. Roy U. effectively halved his oppressive work-load.
20. Ames Z. lost the job he didn't like, but landed a much better, more enjoyable one.
21. Lou H. induced his defiant subordinates to accept a sizeable pay cut.

22. Jack O. lowered his tension blood pressure with one gland thought.
23. Gilbert B. easily steeled his supersensitive self into the mood of an effective boss.
24. Esther N. instantly freed herself from blind romantic slavery.
25. Middle aged Janice C. cast off her aches and pains and turned young again.
26. Orren T. turned Herculean instantly with the "feverish muscle music" of the adrenal trance.
27. Jobless Bradley C. psychically "found out" exactly where to migrate—and was soon "well fixed."
28. Fifty-six-year old Walter Q. got "even younger" while suffering in despair.
29. Len D. asserted himself with ease and enjoyed great wealth.
30. Lester D. made amazing, common sense predictions that came true, and was promoted "in a big way."

LEAP TO GOALS THAT STAGGER YOUR IMAGINATION

You can leap into one goal after another with SOMO-PSYCHIC POWER. Find your goal in the index. Then turn to the page where the miracle power to achieve it is described, step-by-step. Goals like these . . . How to:

- Awaken your psychic powers and double your income (page 60).
- Control your weight and look younger (pages 159-60).
- Be worshipped romantically by the opposite sex (pages 47, 73, 194-95).
- Keep feeling fit all day long (pages 170, 181).
- Regulate your bowels without drugs (page 145).
- Always keep cool (pages 96-97).
- Overcome any emergency (page 76).
- Achieve total self-control (page 81).
- Tear loose daily from failure (pages 35-36, 58).
- Acquire irresistible control over others and turn into a leader overnight (pages 67-69).
- Squeeze all dread out of you (pages 43-44).
- Relieve asthma with the tribal doctor's cure (pages 91-93).
- Gain fantastically from a super-natural intuition of the future (pages 202-3).
- Draw financial backers to you easily (pages 34-36, 84, 85).
- Surpass your rivals in business (pages 47-48, 83-84).
- Escape a threatening lay off (pages 84-85).

- Land a much better position (pages 49-50).
- Gain significant raises (page 58).
- Startle others with your stunning predictions (pages 196-98, 202-3).
- "Take on" muscle tone (pages 27-28).
- Cast off minor pains and aches (pages 95, 135).
- See through a solid barrier (pages 196-202).
- Swarm with wealth (pages 48-49, 201-2).
- Squeeze out your "yellow terror" (pages 43-44).
- Duplicate feats of Yogis (pages 198-202, 204-5).
- Release an all-enslaving friendly aura (page 105).
- Achieve Alpha High swiftly with miracle mind-power (pages 78, 131-32, 201).
- Develop extraordinary muscular bulk and power soon (man) (page 135).
- Flush your kidneys naturally, to keep them healthy (page 130).
- Extract your fabulous dormant powers (pages 201-2).
- Fall into the pineal gland trance (pages 198-99).
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- Fall into the mystic trance and do the incredible (page 200).
- Find longevity with the tribal doctor's secret health elixir (page 160).
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- Turn your waist into a slender washboard (man) (pages 27, 43, 45, 104).
- V-shape your back (pages 43, 81, 129, 157, 198).
- Make your arms "look right" (woman) (pages 129, 198).

- "Perfect" the beauty of your back (woman). See Index, under **MUSCLES, FOR WOMEN**.
- "Fill out" all regions of your breasts. (Index. See **Breasts, under MUSCLES, FOR WOMEN**.)
- Rout colds and sinusitis (pages 146-47).
- Turn into a genius with a "mysterious" delta brain wave (pages 183-85).
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- Win back deserting partner (pages 124-25).

USE THIS MIRACLE POWER FOR A FABULOUS NEW LIFE

Yes, with **SOMO-PSYCHIC POWER** you can duplicate the feats of the most unbelievable Yogi, psychic master, healer or spiritualist.

The preceding are only a fraction of the "miracles" which you can accomplish with this miracle power. And these priceless secrets can be yours to use at will without gadgets, difficult exercise, or tiresome practice. After you know them, the detailed index at the back of this book will locate them again for you in a jiffy. Make your fondest dreams come true now—with astounding speed and ease.

FRANK R. YOUNG

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Lesson 1

HOW THE MAGIC OF SOMO-PSYCHIC POWER WORKS FOR YOU

Dick T. was reeling from the calamity that had hit his small business. Three years before, he had struck upon something new, but could not borrow money to launch it because nobody else foresaw a rush for it. So he backed his idea himself in a small way. It began slowly at first. But once he improved his innovation, he started "cleaning up."

Within two years, though, he was plagued by imitators. The quality of their products did not compete with Dick's, but their sensational selling methods and their sheer numbers diluted his profits to naught. Dick faced bankruptcy, for previous expansion had been costly.

I taught him the magic Somo-Psychic Power to succeed in emergencies. Dick practiced it desperately and relaxed the adrenal gland intra-tension caused by his frightening plight. The super-charged simple movement left his biceps throbbing "big and powerful," and he felt "high" and energetic.

Within two days he "saw" how to avoid disaster. He realized that his imitators were copying his complicated patents or sales approaches, digging out of his treasure chest.

Dick made an about-face. He now contacted the public with *exactly the opposite* sales approach. And he took out another patent so simple in design that it could not be copied, unless done step by step, word for word. And that would doom the copiers.

The public, satiated by now with the old appeal, swung over to him. Dick had caught his imitators by surprise, and threw them for big losses. He "cleaned up" again and continued doing so for some time because his rivals could find no easy way to endanger his pioneering efforts again.

HOW YOU, TOO, CAN RECOVER FROM THE WORST LOSSES AND MAKE MORE MONEY THAN EVER BEFORE

You yourself can do as Dick did, especially when unfair competition threatens you with ruin. Don't resign yourself to the "inevitable." Don't accept your "fate" and feel self-pity. Just leap out of your failing self and into *your own self* of big success. Learn, like Dick, how to release your arrested Somo-Psychic Power to succeed every time with a few enjoyable, simple movements.

How Tina M. Gained the Full Loyalty of Her Lady-Boss Resisting Subordinates

Tina M. was having a bad time getting her employees to do their best. Now that she was promoted to a position previously held only by men, she was shocked to learn that her new subordinates whispered that she had been "pushed up," by being a good "push-over." She could sense their deep disapproval, and it left her helpless to deal with them.

I taught her the magic Somo-Psychic Power to leap instantly into irresistible control over others. But because she was a woman, she complained, she was automatically considered inferior to a male boss. I convinced her that people's attitudes were flexible, and could be changed instantly by her altering her own image to them; that with her instinctive Somo-Psychic Power, for example, she could *transform herself* so completely that she could even see five to ten times better than normally!; that if attacked by an assailant, she could become twice as strong as any man who worked for her!; that she could even see through solid objects! She just had to trigger her instinctive Somo-Psychic Power as fervently as the hysteric, the maniac, the psychic master, and the mystic, and she would instantly accomplish miracles with her mind and body.

With a sigh of resignation she agreed to practice the power. The simple, stimulating movement relaxed the general muscle intra-tension wound up in her by the struggle for domination at her office. It also toned up her lower back muscles.

firmed her waist, and supported her spine. Filled with enthusiasm, Tina mastered quickly the miraculous Body Fog, and freed herself *swiftly* from enslavement by others.

Several days later she unleashed this unsuspected power on her rebellious subordinates and brought *them* under her control instantly with the stunning Myolax Glance.

Her subordinates, to her amazement, seemed hypnotized by her new self. One after another tried to please her, until *all* of *them* were doing so.

HOW YOU, TOO, CAN CONTROL PEOPLE WHO DON'T RESPECT YOU

No matter where, how long, respectably, or independently you live, you will encounter people who try to *make* you do things *their* way, to see things *their* way, to put you down in your "*place*." They are quite stubborn about it, too, and will ignore your efforts to be treated "fairly." You will exhaust yourself trying to "civilize" them. Your best recourse is to meet them with the magic Somo-Psychic Power to leap into irresistible control over them. With it you put *them* instantly under *your* domination. You can even rout a big, murderous assailant with the "feverish muscle music" of your adrenal gland trance—all with a few body perfecting, simple movements.

How Earl F. Hung on to His Precarious Job

Two men were competing for the presidency of the company at which Earl F. worked, and one of them believed in greatly trimming down the personnel to cut costs. Earl's job would surely go.

To help protect Earl I taught him the magic Somo-Psychic Power to leap into being immensely liked by friend or foe. With its simple toning-up movement Earl relaxed the gland intra-tension of his metabolism, caused by the traumas of the unpopularity he had experienced all his life. Then he normalized the acidity of unfriendliness flooding his digestive system, and unleashed his long paralyzed power to spellbind others on sight.

With little time to waste now, Earl approached the directors as a different man, entirely convincing one after another that

the less favored candidate would make the most of what the company had invested in new businesses; that although which a man would not show originality, he would keep things in balance and not be tempted by wild schemes.

Earl swayed a staggering number of the directors to his way of thinking. His man won the office with an overwhelming majority of the vote. Earl's job was saved.

HOW YOU, TOO, CAN SAVE YOUR FUTURE IN HOPELESS SITUATIONS

Time and again during your life you will face ruinous prospects, either socially or in business. In an amazing number of cases you can save yourself only through making friends immediately, or by changing your enemies to friends. Many of the most spectacular gains in life are made that way. Otherwise, life can be tough and lonely. With such aid, though, life can be a true joy. To meet such impasses, master the Somo-Psychic Power to leap into being immensely liked by friend or foe, as Earl did. Thereafter you win the friendship of anybody you wish and smooth your path in life at every step and just with a few healthy simple movements.

How Larry C. "Sensed" How to Avoid an Unexpected Legal Peril

Larry C. conducted a small business of which he was duly proud. It consumed an incredible amount of his time, and his wife's too. But he enjoyed every minute of it. He often thought about his service all night, figuring out ways to improve it and offer still more to his customers.

But he knew that he was envied, particularly by rivals who were eager to "horn in" on his business. But they could not do so profitably unless they offered inferior service—and then they might not remain in business long.

New legislation was being considered by the state legislature, though which, Larry feared, could be widened and used against his business and ruin it. Elsa, his wife, scoffed and begged him not to worry. "With an upright service like ours," she assured him, "we have nothing to worry about. We satisfy

our customers! We can *prove* that before any government body!" But Larry was not so confident, and grew so unhappy that he acted "half-crazed." Elsa pleaded with him to discuss the problem with me.

I urged him to consult a lawyer. But I also taught him the magic Somo-Psychic Power to leap into his fabulous unsuspected dormant powers for riches and security. His lawyer refused to hand him a final opinion.

Larry was terrified, although his wife insisted that he was making a mountain out of a mole hill, so he perfected the Somo-Psychic Power. The simple movement relaxed his blocking nerve space intra-tension and explored his whole body for his fabulous dormant powers. He found the powers, extracted them, and used them with the Somo-Psychic Power Controller. With it he applied his gifted ancestors' fabulous powers for unbelievable foresight and "sensed" that the forthcoming legislation *would* be passed and *would* be used against him.

Over Elsa's protests, he sold the business at a fantastic profit. Two weeks later, the enterprise was under legal fire.

HOW YOU, TOO, CAN "SEE AHEAD" INTO THE FUTURE

You, too, have at least one ancestor who made a fortune with his financial acumen and business foresight, or who held power or leadership in his group. His genes were passed on to you! Your tissues stem from that ancestor! You might possess untraceable allergies, emotional attitudes, and other traits which were singularly his. You also harbor his financial acumen and business foresight, or the inclination to it, even if it is sublimated within you under the traits of other ancestors. You *can* reawaken this dormant power within you, just as science plans to alter different genes, because this power is *already within you*. And since you think not only with your brain, but also with your whole body, you **CAN** encourage this power to flood into your brain tissue instead of remaining dormant in your reproductive tissue. You will then possess fabulous, unsuspected powers for riches and security. And you do so with a few exciting simple movements.

How Neglected Sarah H. Changed Instantly into a Romantically Pursued Woman

Sarah H. was tired of being lonely and ignored while making an unscrupulous woman she knew not only enjoyed romantic popularity, but was being begged by different men to marry her. "Men are blind!" Sara cried alone in her room. In despair she bleached her hair, bought fancy clothes, and added other external attractions to herself. But she fared little better.

I taught her the magic Somo-Psychic Power to leap away from being sexually deficient and swiftly recharge her lost romantic powers. As she practiced it she felt a previously unsuspected sense of intense romantic appeal when the enjoyable, simple movement relaxed the perineal nerve synapse. Intra-tension wound up by her repeated romantic failures. To her utmost delight, the man she wanted most asked her for a date. He proposed to her within a few days.

HOW YOU, TOO, CAN FILL YOURSELF WITH DESIRED SEX APPEAL AT ANY AGE

You need not feel that life passed you by. The fun is still buzzing all around you, waiting for you to enter. So is romance and marriage. You don't have to accept loneliness as the inevitable way of life after middle-age. Leap away from being sexually deficient as Sarah did. Recharge your lost powers of glamor easily with magic Somo-Psychic Power. Electrify the opposite sex instantly with it, and enjoy life even more than people half your age who don't possess that power! Sarah did it. So can you!

How Health-Broken John M. Was "Reborn"

At 59 John M. was shapeless, full of aches and pains, flabby, and overweight from the daily traumas of living, working, and occasionally trying to have a good time. For years he took all kinds of pills. His doctor advised him to stop them because he was not seriously ill. "But I might as well be dead!" John cried. "I seldom feel comfortable, no matter how I sit or lie down! I no longer feel strong and fit and

'raring' to go!" His doctor wisely advised him to take better daily care of himself.

I taught John the magic Somo-Psychic Power to leap away from creeping up old age, and "live young" all over again. Before long, the simple movement in it relaxed the gland intra-tension wound up in him by the mental and physical traumas of his joints aging. With another simple movement he limberized his spine and helped to relieve his enraging arthritis. With one synaptic gland thought he better controlled his skin temperature. He restrained his weight, too, with another synaptic gland thought. He felt much flatter and younger "inside" with the secret health-longevity elixir of the remarkably long-lived tribal doctor. He exclaimed one day that he was "reborn," that he had cast off the "old cloak" with the synaptic gland feedback and was "living it up" again. Proudly, but confidentially, he showed me his re-bulging biceps, his "husky" chest, and broadening back. "People were already noticing them and praising me for them," he whispered. He was no longer the "broken down old man" of before.

HOW YOU, TOO, CAN SMASH BAD HEALTH WITH SOMO-PSYCHIC POWER

What John did for himself, you can do for yourself. Over the years you can't help but be battered into a "geriatric pulp," as John caustically expressed it, by the unavoidable rat race, your ruinous environment, the constant demands of your family and friends, and your own inability or lack of desire to take good care of yourself. By the time you are middle-aged or older, you start suffering and life grows miserable. Tranquilizers, alkalizers, and other pills can't do the impossible. You have to help Nature by letting your instinctive Somo-Psychic Power do its miraculous part for you. Just trigger it, and be "reborn"! You can also develop an eye-catching physique at any age and be admired again—and be accepted as being far younger than you are!

So, proceed now and master the incredible magic power of your Somo-Psychic Power explained in this book and transform yourself, in surprisingly short time, from an average person or less, into a veritable super-person.

Lesson 2

THE SIMPLE MAGIC OF SOMO-PSYCHIC POWER

You now know some of the miracles which other people have done for themselves with the magic of Somo-Psychic Power, and that you can do likewise. This magic power, fortunately, already lies within you and controls you regularly, but so imperceptibly that you hardly notice it. Occasionally, though, it is mysteriously triggered into explosive action and transforms you into a totally different being. Before you even realize it, you leap out of your average self and perform like a super-human creature mentally, physically, or both. You leave others amazed and bewildered. *You* are, too, when you return to normalcy and find out what you did. Could you only control this power at will, you would be invincible!

HOW "TRIFLING" INCIDENTS TRIGGER THE MAGIC OF YOUR INSTINCTIVE SOMO-PSYCHIC POWER

This locked-in time bomb of power within you is triggered repeatedly by the most trifling incidents. A prominent scientist revealed that women who "pretty" themselves with make-up felt better and lived longer than those who didn't. Even though artificial make-up is not being encouraged here, it is a tested example of a "trifling" incident that can trigger the magic of instinctive Somo-Psychic Power in many women and help them avoid "nervous complexes" which can cause "serious ill health" and "even premature death."

Like a typical time bomb, however, it may work just the opposite with the "trifling" incident of "silent sound." Scientists (Gavreau and his associates) have discovered that the Earth is bathed in noise which you can't hear ("infrasound") but which can make you crabby, nervous, exhausted, and

leave you physically ill. "Silent sound" increases the number of auto accidents, school and job absenteeism, converts normally satisfied and productive workers into contending time-wasters, and causes direct and intense irritation of internal organs, a feeling of sound reverberating through the body, and much more. Added to the noise of such things as missile launchings, construction machinery, explosions, defective electric motors, aircraft, etc. are the loud sounds of Nature. Its storms not only produce thunder and howling wind which you *do* hear, but also sound waves which you *don't* hear. Silent sound travelling ahead of a storm can be long-lasting and may circle the earth many times at very high altitudes before it dissipates. Tests on volunteers at a U.S. Air Force Base revealed that there are many harmful effects of silent sound on people such as chest wall vibrations, gagging sensations, and changes in breathing rhythm which brought on headaches, choking, coughing, blurred vision and fatigue. The time bomb within you explodes from such an unsuspected incident as silent sound and throws you off balance mentally and physically. Although you can't avoid the silent sound, you *can* control the time bomb and prevent the "silent sound" from transforming you into a living carcass.

HOW YOUR ROMANCE FRUSTRATIONS TRIGGER SELF-DESTRUCTIVE SOMO-PSYCHIC POWER IN YOU

Psychological changes in you, caused by romance frustration, can also trigger the concealed time bomb of your Somo-Psychic Power and ruin you. Rakoff catalogued the numerous disturbances they caused in the sex glands of women. Among them were anorexia nervosa, a condition marked by loss of appetite and weight, accompanied by delusions and marked hysterical symptoms, and cataracts, or spots before the eyes. Even psychogenic deafness so called because nothing may be wrong with the ears, is possible. Romance frustration turns you so bestially furious that your mind and body (your Psyche and your Somo) war against each other and alternate in dominating you. When your body (your glands and muscles) gains control, you turn vicious or violent. When your mind does, you drift about like a victim of shock. In either case your whole physiology and mental make up are altered,

and the detonated time bomb of your uncontrolled Somo-Psychic Power has shattered you.

HOW DISSATISFACTION WITH YOURSELF TRIGGERS DIABOLIC SOMO-PSYCHIC POWER IN YOU

Your glands alone can increase your intelligence remarkably. Girls exposed to high androgens (or born with over-enlarged adrenal glands) who are subjected to progestin hormone treatment while still in the uterus, tend to have high IQ's, while girls born without adrenal glands do not. The secretions of the adrenal glands apparently stimulate the brain to much greater alertness and sharpness. That's why you are transformed into a super-human being when you put the magic of your Somo-Psychic Power under full conscious control. Even your body's biological clock (the rhythm and intensity of your natural, 24-hour physiology) alters. This is so stupendously significant that a Chicago Medical School investigator found that the value of any medicine you take depends not only on its dosage, but *on the time of day* you take it. And in a Mayo Foundation study of the gastric juices of about 5,000 persons *without* stomach ailments, the gastric juices they secreted varied at least *one thousandfold* both in their peptin and hydrochloric acid content. In babies, a normal heart rate of 70 during sleep might rise to 140 during a crying spell. One that registered 140 during sleep could rise to a dangerous 220 during crying.

All of this demonstrates that *any kind* of dissatisfaction within you, whether conscious or subconscious, can release diabolic Somo-Psychic Power in you which could prevent you from benefiting from a physician's treatment, or accelerate your heart rate dangerously. *Any kind* of dissatisfaction includes: dissatisfaction with your personality, your career, your friends or associates, your appearance, or anything which concerns you. You then trigger (even if subconsciously) the concealed time bomb of your Somo-Psychic Power diabolically and transform yourself into a *pitiable* being.

HOW LIFE STRESSES TRIGGER SELF- ERODING SOMO-PSYCHIC POWER IN YOU

Great sorrow, great joy, a sudden, severe jolt to your equilibrium between your sympathetic and parasympathetic nervous systems, sexual excitement, overwhelming anger or grief, or any other great stress may subject your thyroid gland to such an abnormal strain that it may remain *permanently* enlarged, and you would suffer from hyperthyroidism. You have then lost the beneficial magic of your instinctive Somo-Psychic Power, for your nerves turn over-excitabile, and your whole organism over-reacts to your environment. Your normal heart action is then too fast for your normal pace (even if undetectable under diagnosis), and it accelerates faster under slight provocation to the degree where you might even notice it. Your normal temperature is then faintly above normal, but it is enough to plague you with discomfort when you should feel comfortable. Your color is imperceptibly more red. You don't sleep quite as deeply as you used to. You are over-attracted into sex fantasies and persistent desires. You react a bit more emotionally to everything than you did before, and you perspire a little more. Your self-eroding Somo-Psychic Power time bomb has been triggered by the stress.

And it could get still worse! Shock, collapse, heart failure, and sudden death may follow an abnormal emotion, such as an attack of rage, the errors of a tragic accident, or bad news, as can excessive exertion like running a long race, or climbing a high mountain when you are in poor health, or even body/mind reaction in the terminal stages of debilitating infectious disease, like influenza. Your adrenal gland is exhausted by the staggering physiological trauma of the stress on your body, and your temperature, your blood pressure, and the tone of your blood vessels fall because your gland can't secrete even enough adrenalin to keep them normal.

Even the daily rat race to "reach the top" gradually weakens your adrenal gland, plaguing you with a feeling of muscular and mental inefficiency. Neuroses take their toll. All of this could leave you, either markedly or hardly diagnosably, in the subchronic state of the acute phenomenon known as

the nervous breakdown. A nervous breakdown represents a breakdown in the reserves of the adrenal glands.

Such an out-of-control Somo-Psychic Power could even culminate in a permanent imbalance of your glandular system and result in insanity or degeneration of your normal brain life, with manifestations of excitements and depressions, apathies and manias, hallucinations, delusions, and obsessions. Critical periods of your life, such as puberty, pregnancy, menopause, or any climacteric, are particularly prone to trigger self-annihilating Somo-Psychic Powers in you. ANY abnormal stress could lead you to the borderland of insanity with spells, eccentricities, peculiarities, hysteria, ticks, or just "nervousness." Such cases, at least, are noticeable and potentially diagnosable; but they may be so imperceptible that you don't suspect them. And yet, you are being slowly eroded into a shadow of your former self with the destructive Somo-Psychic Power that has exploded in you.

HOW NATURAL AND MEDICAL PHYSICIANS CAN TEMPORARILY ROUT SELF- DESTRUCTIVE SOMO-PSYCHIC POWERS IN PATIENTS, WITH FINGER-TIP PRESSURE

Fortunately, self-destructive, out-of-control Somo-Psychic Power can be routed swiftly. With finger-tip pressure, a medical man, osteopath, or chiropractor can effect relief in very short time. He has the patient lie flat on his face and palpate ("feels") for the particular vertebra on the patient's back which is impinging on the nerve supplying the particular gland he wants to affect. To stimulate that nerve he taps, with his fingers, firmly and vigorously at the rate of one stroke per second, 20 to 30 times. He pauses briefly and repeats the procedure twice. To *inhibit* the nerve he may press down hard on the particular vertebra, or strike it *rapidly* from 3 to 5 minutes without pause, to exhaust the nerve. (Or he might just apply a steady firm pressure on that vertebra for one full minute). The condition may return, but the treatment can be repeated.

Your glandular system, in other words, is subject to control either physically or mentally, as the psychic masters and Yogis demonstrate. You yourself regularly control your emotions when you subdue your temper, repress your anger, comp-

yourself to do something you don't want to do, forgive a dastardly enemy, philosophically accept a crushing loss in your investments, struggle to recover from an illness, control an overwhelming temptation to take something that is not yours, swallow an unpardonable insult, and so on. You *can* control this Somo-Psychic Power time bomb voluntarily and with ease—and put it under *complete conscious mind control*. Study its mechanism and learn how to transform yourself into a super-human creature at will and execute miracles with it, as so many many others have done.

Lesson 3

HOW TO TRIGGER THE MAGIC OF YOUR SOMO-PSYCHIC POWER AT WILL

THE MECHANISM OF YOUR SOMO-PSYCHIC POWER, AND HOW IT WORKS

You think and feel not with your brain alone, but with your muscles, viscera, sympathetic and parasympathetic nervous systems, and last—but not least—with your glands. In brief, you think with many other parts of yourself besides your brain. As has been proven by experiment, even plants, which possess no brains, react effectively to the lie-detector! Your important glands for Somo-Psychic Power are your adrenals, thyroids, pancreas, gonads (sex glands), and pineal body. No matter how carefully or coolly you think, these glands importantly determine your decisions and actions.

As you grow and live, such factors as social experiences, climate, accidents, and disease all form reflexes, instincts, habits, tendencies, and emotions in you which modify the influences of those glands on your mind. Your acuteness of perception, memory, logical thought, imagination, conception, emotional expression and inhibition, indeed, the whole of your conscious and subconscious thinking, are under the potent sway of these glands. They rule the tiniest, the most insignificant changes and workings in your highest nerve cells and nerve tissues, and regulate the speed of their chemistry and impulse transmission. Iodine, for example, increases the electrical conductivity of your brain, or the rate at which electrons flash your thoughts, messages, and all other nerve impulses through it. Since your thyroid gland stores iodine, it controls the amount of iodine which is brought to your brain cells during periods of danger or exaltation. Adrenalin, too, increases the electrical conductivity of your brain. Your nerve impulses, as a result, rush sensations and ideas through your brain faster

when it is extra-iodized by your thyroid gland, or extra-adrenalized by your adrenal gland. Therefore, in dangerous situations you think more rapidly or keenly, for in emergencies your blood fills your brain with an abnormal amount of secretions from your thyroid and adrenal glands. That is an example of how your Somo-Psychic Power works.

HOW YOUR INSTINCTIVE SOMO-PSYCHIC POWER AUTOMATICALLY TRIGGERS ITSELF WITHIN YOU

The ancient Greeks already described the effects of Somo-Psychic Power. They called it the "humoral doctrine," which Stedman's *Medical Dictionary* defines as:

The ancient Greek theory of the four body humors: blood, yellow and black bile, and phlegm, which determined the bodily state in health and disease A proper and evenly balanced mixture of the humors was characteristic of health of body and mind. An imperfect balance resulted in disease, the character of which depended upon which humor was deficient or predominant. Thus, also, temperament was sanguine (blood), choleric (yellow bile), melancholic (black bile), or phlegmatic (phlegm)

Your brain, to summarize, is but one of the characters in the play of your consciousness. It is your organ of awareness, or the servant of your body. You find it difficult to break bad habits, control your appetite, learn new skills, or do anything that requires strict self-discipline because your *glands* control you by *turning on* your emotions and *all* your body reactions. From your stomach and intestines, your kidneys and bladder, your liver and spleen, your blood vessels, and all your glands, there flows, along your sympathetic and parasympathetic nerves, to and from your brain, energies of various sorts and intensities. The result is that you are repeatedly *being changed* by them, at different times, into different persons to fit one of the different "humors."

HOW THE CONTROL OF YOUR INSTINCTIVE SOMO-PSYCHIC POWER OVER YOU VARIES REGULARLY

In anything you do, you have "on" and "off" days. This is true in baseball, football, basketball, tennis, bowling, golf, track, swimming, or any other sport. It is true with typists, salesmen, preachers, housewives, teachers, artists, stock market speculators, inventors, executives, and others. When your skilled performances differ markedly, no matter how much you strive each time for perfection, there is a physiological (and a resulting psychological) trigger behind them. The trigger may be insufficient sleep, too much (or too little) beneficial exercise, uncomfortable environmental temperature, other undermining climactic conditions, or even a dispute with someone. The drug dosage which is necessary to cause the same effect in different individuals may often vary as much as *tenfold*. You yourself, at different times, are far more sensitive to everything (even to drugs) than at other times. You are, besides, often subject to suggestion. From 4 percent to 52 percent of the people tested can be given a sugar pill but *told* that it contains caffeine, *and the sugar pill will keep them awake*, just as coffee does! The same is true of hypnosis. People's susceptibilities to suggestion also vary considerably at different times—even in a split second—by *many times as much*.

No matter how your "on" and "off" days are triggered, however, they are caused primarily by the varying of the control of your instinctive Somo-Psychic Power: that is, by the changing of the quantity of your hormone secretion at the time by one or more of your endocrine glands. These glands release at least twenty different hormones into your blood and importantly affect your metabolic health, appetite for food, drink, amusement, sex, emotions, instincts, and psychological well-being. Your adrenals and thyroids are the leaders of these endocrine (internally secreting) glands. They can convert you into a sympathicotonia (a predominantly sympathetic nervous system type), or into a parasympatheticonia (a predominantly parasympathetic nervous system type).

Hence, nothing changes more constantly than your body tissues and organs. Your Somo-Psychic Power is responsible for that because your mind changes with your glands, and the change alters *the whole you* into a *different you*. All you still retain when that happens is the same name and appearance.

HOW ANY OF THE FOUR DEVASTATING PHYSIOLOGICAL INTRA-TENSIONS ROBS YOUR INSTINCTIVE SOMO-PSYCHIC POWER OF ITS MAGIC

Your "off" days rob your instinctive Somo-Psychic Power of the magic of its "on" days. This is because on your "off" days you are rendered comparatively helpless by an *imperceptible latent reflex*. According to Stedman's *Medical Dictionary*, a latent reflex is a normal reflex; but it also occurs when some pathological circumstance sufficiently lowers your resistance. It occurs in you without a recognizable illness, for example, when you suddenly discover that you "haven't got it today," or you "don't feel ready" for your "best performance," or you suddenly get "cold feet" or lose your confidence before some competition, as you do when gripped with stage-fright.

This is due to your having been seized unexpectedly, not long before, by one of the four devastating intra-tensions which has thrown you into a faint, undiagnosable over-energizing. Without your even suspecting it, your pupils dilate (but too slightly to be noticeable), your pulse beats undetected faster, your digestion slows, your muscles tone up. Your reactions are more feverish, your reflexes more spastic (tense), your sensibility to pain more intense, your sensitivity to slights and wrongs more acute, your temper more fiery, your nerves more unstable. In brief, you are more prone to be jumpy and excitable. You have fled the scene of conflict mentally and physiologically. The intra-tension has robbed your instinctive Somo-Psychic Power of its magic.

These four devastating, physiological intra-tensions within you are:

1. YOUR VISCERAL INTRA-TENSION

As previously stated, you think and feel not with your brain alone. You think also with your involuntary muscles, particularly with the involuntary muscles of the walls of your arteries which raise and lower your blood pressure. You think with the activities of your viscera, particularly with those of your stomach and intestines, liver, lungs, and heart. You also think with the internal secretions (or hormones) of your endocrine glands, which flood your blood and whose chemistry directly affect the reactions of your brain. In the evolutionary process of your body, all these organs preceded your brain. Whenever you think about or feel anything, these oldest seats of thinking and feeling rush in to control you. All your waking hours, for instance, you are aware of your hunger, of your satiety, or of your indifference to food. You are aware of a desire to empty your colon or bladder, or of no desire to do so. You are aware of the tranquility of your blood vessels and sweat glands, or of their agitation. You are even aware of the automatic varying in the muscle tone of your skeletal muscles, although they are under the control of your will. You are aware of the undertow of your consciousness, despite the fact that it originates outside your brain and is composed of electrical "inner currents" which are flashed to it from your viscera, muscles, blood vessels, and glands. However, when the involuntary muscles of your bladder and colon attain measurable tone, you feel like emptying them. The same applies to your other organs: when intra-tension is strong enough, you become aware of them.

2. YOUR NERVE-SPACE INTRA-TENSION

The stresses and obstacles to which you are constantly being subjected dispatch repeated commands to your muscles, viscera, and glands to respond to them with a fighting, over-aggressive reaction. But when these commands are not strong enough to reach these tissues, they are deposited in the spaces between the divisions of the nerve that carry them neatly in the form of *packages of energy* called *packets*. For that rea-

son, all your nerves have packets stored along them, waiting to be discharged. But when this energy is stored in excess, your nerve spaces become supercharged, and are ready to discharge it into your body following the mildest stimulation. You are then supersensitive to everything that affects you, with superirritable, superactive nerves. This resulting dynamic, suppressed, nerve intra-tension converts you, undiagnosably, into a restless, superapprehensive being who is practically "sitting on a firecracker." It puts you at the mercy of the least thing that happens and robs you of sensible control over your instinctive Somo-Psychic Power.

3. YOUR MUSCLE INTRA-TENSION

Your muscle fiber is never completely at rest. It displays, instead, discrete, randomly occurring "miniature" electric currents of .5 millivolt potential. When some packets of excess, bottled-up nerve energy flash into it, but are not strong enough to contract it, certain of its fibers contract nonetheless, leaving the muscle partially contracted. The muscle, as a result, is kept ready to fully contract upon the least stimulation. As with your viscera, your muscle is then in the grip of an imperceptible latent reflex which keeps you restless and on edge. In that state it is difficult for you to relax, rest, or concentrate sanely, and your instinctive Somo-Psychic Power loses its magic because your *muscles* control *you*, instead of *your* controlling *them*. Undiagnosable anxieties seize you, and you dread meeting any challenge. You are quickly fatigued because many of your muscle fibers are needlessly overtensed. You are devastated by your muscle intra-tension.

4. YOUR GLAND INTRA-TENSION

Your endocrine glands contain vast numbers of minute sac-like structures (acini). These store up the gland secretion, which is squirted into your bloodstream when called for. But your daily life brings endless stresses and obstacles which you suppress because you can't afford to react to them in primitive fashion. As a result, at times of stress your endocrine glands spasmodically add a little more secretion to their acini than

necessary to supply your normal needs. This stretches the walls of these microscopic sacs and creates gland intra-tension.

THE MAGIC SOMO-PSYCHIC POWER YOU ACQUIRE BY PUTTING YOUR DIFFERENT INTRA-TENSIONS UNDER CONSCIOUS CONTROL

These four devastating intra-tensions are undiagnosable, unless they get out of control and develop clinical symptoms. With one or more of them you are the helpless victim either of too much or too little energy in your mind or body. Your instinctive Somo-Psychic Power is then unbalanced and its magic lost, for it can no longer control your nervous systems effectively and alter your bodily reactions at will, as those of the hypnotized subject under the command of the hypnotist.

Once you acquire conscious control over your instinctive Somo-Psychic Power you can do anything which the fully conscious human body can do. Once you acquire *total control* over it, however, you can do *anything* which a *mystic* can do in a trance! You can then see from five to fifteen times better than normal. You can heal with a word or a touch. You can enjoy amazing success in a career. You can surpass rivals in any competition. You can win the most desirable person as a mate. You can make money rapidly. You can turn back into a youth and live seemingly forever, you can remain electrifying sexually. You can be as powerful as five men your size. You can possess the wit of the most entertaining court jester. You can pour out words you never heard before—even in different languages. You can predict and make future decisions with computerlike accuracy. You can be as fearless and unconquerable as a wild lion. You can face—and lead—a crowd of half-million or more. You can even *transform yourself* into other people *right before* others' eyes.

But even if you don't strive for total control over your instinctive Somo-Psychic Power, you will still possess powers magical compared to those of others, for you will control your heartbeat and blood pressure at will, heal many people with a mere look or touch, cast off fifteen to forty years from your age, "annihilate" competition with a glance, make a multiple fortune in record time, win to you swiftly the one you adore,

master new skills with supernatural ease, see into the future with the eyes of a prophet, heal yourself or help your doctor heal you much faster, and a host of other miracle-like powers.

HOW TO CONTROL YOUR SOMO-PSYCHIC POWER AT WILL

Each coming lesson in this book will teach you how to use your consciously-controlled Somo-Psychic Power to achieve different goals. Each lesson contains simple movements to trigger this power—simple movements which also develop or shape your body (be you man or woman), "perfect" your health, restore your youth, and bring keenness of mind and longevity. Exercise with these simple movements regularly, no matter which Somo-Psychic Power you use most. The index shows you where in this book to swiftly find any specific benefit, magic power, or simple movement for developing your mind and body. So go ahead and convert yourself into a miracle man or woman.

Lesson 4

HOW TO LEAP PAST THE OVERWHELMING OBSTACLES THAT HOLD YOU BACK IN EVERYTHING

All your life you are beset with problems and obstacles that hamper you at every step. You cannot avoid these crushing trials, no matter what you do, or to where you flee. Soon as one of them eases, another one looms up. They keep you constantly under tension, even when you try to relax and forget them. The resulting mental stress and physiological strain ruins the magic of your instinctive Somo-Psychic Power. They increase your future failures, rob the "spice" out of your life, strip you of humor and good spirit, turn you desperate, erode your health, and could even drive you to the point of suicide. You can't ignore them, either, because each of them threatens some most important aspect of your life such as the career you have spent your best years building, or the security upon which you expect to lean after you retire. By learning how to leap past these overwhelming obstacles you can regularly put a swift end to such perils, climb with assurance in your chosen career, and live a peaceful, enjoyable life, come what may. So, go ahead and master this important lesson.

AMAZING ACHIEVEMENTS OF PEOPLE WHO CONTROLLED THEIR WAVERING SOMO- PSYCHIC POWERS

People just like you have suddenly leaped past similar overwhelming obstacles. With Somo-Psychic Power, timid businessmen, faced with disaster, suddenly found help and sailed through ruinous economic storms, brow-beaten employees who

had been held back all their lives, suddenly sprang into big promotions, and middle-aged older people, who had been flattened in their careers, came back in different ones and did exceptionally well. Individuals in their fifties who lacked the courage to change their positions, did so and raced up the ladder to success. Would-be investors who had been paralyzed with investment-fear year after year sallied forth on their own at last, and lived enviously from their gains. Many turned wealthy in unexpectedly short time. One annihilating obstacle after another has been overcome by people who controlled their wavering Somo-Psychic Powers.

HOW OVERWHELMING OBSTACLES SHACKLE YOU

Stuart Chase wrote in *The Proper Study of Mankind* that the social systems which endured were those which were built on the average person, because such a person could be trained to occupy "any position adequately if not brilliantly."¹ Even if you are not perfect, in other words, you can be trained to occupy just about any position adequately. If it appears that you can't, it is undoubtedly because the seemingly overwhelming obstacles you face in being trained to occupy that position are shackling the magic of your instinctive Somo-Psychic Power. For if you were hypnotized, you would leap ahead and master the skill necessary to occupy that position. But all your life you have made mistakes. Many of them were so serious that you never made up for them and still suffer from them. New opportunities come to you, but you miss them because you still worry about your past serious failures. That shackles the magic power of your instinctive Somo-Psychic Power and prevents you from springing forth and making an exciting new start.

With Somo-Psychic Power you can fantastically multiply the power of the packets of energy which are stored for action in your nerve spaces, waiting to be fired into your fighting muscles and convert you into a Hercules of power, and a paragon of courage, cunning, and endurance.

Once you overcome the big obstacle with this superman

¹Stuart Chase, *Proper Study of Mankind: An Inquiry into the Science of Human Relations* (New York: Harper and Row, 1962).

change in you, you remain intoxicated with the thrill of conquest and retain the magic power you just displayed. Your nerves, thereafter, are conditioned to multiply speedily the normal number of power packets of nerve-electricity stored between their spaces (called synapses), and to flood your body with them and endow you with magic power.

HOW TO RELAX THE OVER-EXCITABLE NERVE SPACE INTRA-TENSION WOUND UP IN YOU BY MERCILESS LIFE BARRIERS

The merciless life barriers which you regularly face undetectably increase the number of power packets of the energy nerve-electricity normally stored in your nerve-spaces. This disturbs the healthy balance of your sympathetic-parasympathetic nervous systems and converts you into a pseudo-sympatheticotonic (or into a "desperate" OVER-AROUSED SELF).

Rid yourself of that devastating intra-tension without delay. Do so easily with the Arm-Torso Adrenal Releaser. (See Figure 1.)

THE ARM-TORSO ADRENAL RELEASER

The position to assume (Figure 1A).

1. (a) Take a deep breath and (b) stand straight, (c) arms hanging at your sides (d) with your elbows straight, (e) and your palms facing forward, (f) and your feet about 12-14 inches apart, and toes pointing outward slightly.

How to do this magic exercise (Figure 1B).

2. Exhale and bend your shoulders and upper trunk forward.
3. At the same time, draw your hips forward to keep them on the same vertical plane as your shoulders.
4. Bend your knees forward to make (3) possible. Inhale as you—
5. Keep your upper arms straight down, but

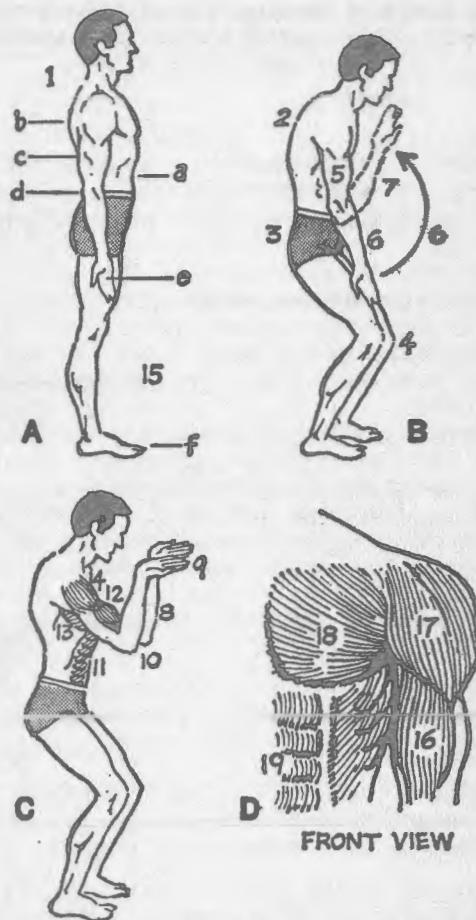


Figure 1
THE ARM-TORSO ADRENAL RELEASER

6. Move your forearms upward (both of them)
7. Until they are flexed on your biceps.

How to culminate this magic exercise (Figure 1C).

8. Now, keep your forearms flexed on your biceps and hold them about three inches apart in front of you.
9. Bend your palms away from you on your wrists, and turned inward. (This is VERY IMPORTANT for tensing your biceps to their peaks easily).
10. Then raise your elbows high up!
11. Exhale and tense your abdominal muscles as tightly as you can. (This draws in your waist, makes it small and trim and wears off the fat on the front of it).
12. Flex your biceps as strongly as you can, and
13. Bring your forearms close together now, and tense your pectorals (your chest or breast muscles) as hard as possible (That gives you a bulging chest or breasts, depending on your sex).
14. Raise your elbows as high as possible without straining your shoulder ligaments, and tense your anterior deltoid (the muscles of the fronts of your shoulders) to fullest power. (That pumps them up to big growth and gives a powerful, broad-chested look. If you are a woman, it hides the rest of your shoulder bones, or wears off the fat if you are too bulky there).
15. Relax back to "the position to assume" (Figure 1A) and repeat.

Frequency: Three sets (groups of movements) of ten repetitions each. Eighteen repetitions a set for peak development. Once a day. Three to four times a week.

For big, powerful muscles and the brawny look, the Arm-Torso Adrenal develops, when used for peak development (Figure 1D).

16. Big, full, zooming-high arm biceps.
17. Massive, deeply-festooned fronts of shoulders.
18. Mountainous chest with clock-stopping center groove and surrounding delineation.
19. Drawn-in, youthful, knobby-muscle abdomen.

IMPORTANT ADDITIONAL POWERS YOU GAIN FROM THE MAGICAL ARM-TORSO-ADRENAL RELEASER

This multi-benefit, simple, magical exercise massages your stomach, liver, spleen, intestines, colon, heart, and lungs because it both contracts and stretches your rib-box. It contracts your rib-box when you bend forward because you then draw your *shoulders* and your *hips* forward *at the same time*. That movement massages your heart and lungs, and squeezes the blood more completely out of them through your aorta and back through your body. It also squeezes the impure air more thoroughly out of your lungs. This marvelous exercise triggers your normal peristalsis by forcing downward the sluggish wastes stagnating your colon.

Equally important, it bends your spine forward, especially in the upper lumbar region where the nerves which supply your adrenal glands pass out to them between your vertebrae. That releases the vertebral pressure on those nerves.

Note: If you are a woman and wish only to slim down your too round arms, or to round out your *too slender* arms, do the Arm-Torso-Adrenal Releaser with your hands *open*, but pointing straight up.

HOW TO "TAKE ON" THE RIGHT MUSCLE TONE TO CAST OFF ANY HANDICAP (THE EXTENSOR-FLEX REFLEX)

Your extensor muscles (the muscles that straighten out your limbs, your back, your neck, or any other part of your body) together with your flexor biceps (the muscles that flex your arms at the elbows) are your *fighting muscles*. Those are the muscles which you consciously or subconsciously contract when you attack an overwhelming obstacle, either mentally or physically, for they push you forward to combat it. The most important extensor muscles, which trigger the rest of them with the proper muscle tone to lash out and conquer any handicap standing in your way, are your

triceps (the muscles at the backs of your upper arms) and the muscles of your shoulders and back. These massive extensor muscles are comparatively close to your brain and spinal cord—near to the big depots of the nerve supply to your whole body. Pump any one of them with the muscle tone necessary to cast off any handicap, and they will relay it to your brain via their sensory nerves. Your brain will flash that command through your motor nerves out to your whole body. You will then be ready to rush into successful action against the handicap or barrier you face. The simple exercise for acquiring this wonderful power swiftly is the Extensor-Flex Reflex. (Figure 2)

THE EXTENSOR-FLEX REFLEX

The position to assume (Figure 2A).

1. You will need a solid partition.
2. Set the back of a stool, or of a narrow-backed chair, about 10 inches from the partition if you are around six feet tall. Set it a little closer if you are shorter, or farther away if you are taller. (About one inch nearer or farther for every three inch height difference).
3. Sit easily on the stool, with your knees spread comfortably.
4. Extend your arms to your sides.
5. With the sides of the tips of your fourth and fifth fingers touch the wall,
6. At about the level of your hips.

How to do this exercise (Figure 2B).

7. Take a deep breath.
8. Arch your back. (Not shown in the illustration). Arching your back while seated spares you from the peril of over-arching it, as explained in *YOGA FOR MEN ONLY*.²
Press hard against the partition with the sides of the tips of your touching fingers. (Wear thick gloves to soften the pressure, if you wish. It's only for a brief period.)
9. Contract your triceps (the back of your upper arms) strongly.

²Frank R. Young, *Yoga for Men Only* (Englewood Cliffs, New Jersey: Parker Publishing Company, Inc., 1969).

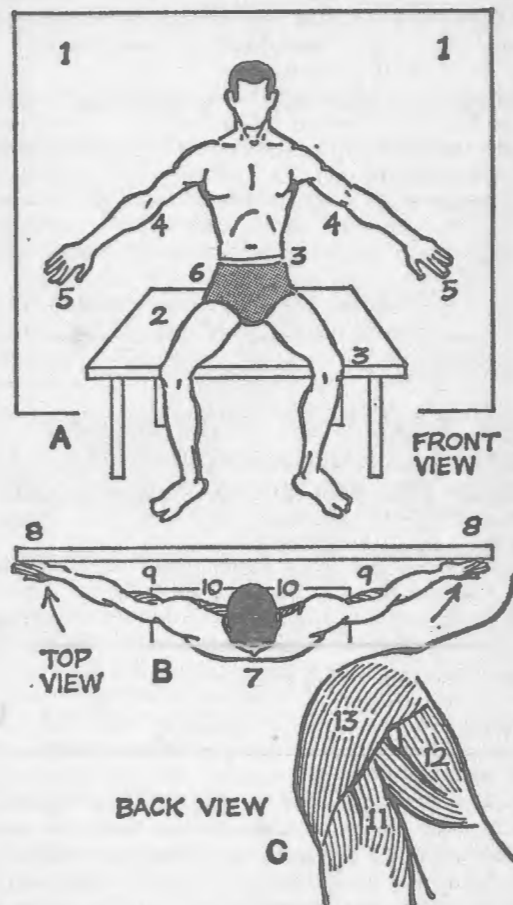


Figure 2
THE EXTENSOR-FLEX REFLEX

trembling hands, dry lips and mouth, and the hair-trigger situation within you sets you perpetually on the verge of explosive discharges. Yet, when examined, you are found to be "normal" and told that "there is nothing wrong with you," or words to that effect.

HOW TO CAST OFF ANY NEW ENSLAVING BAD HABITS INSTANTLY

Tear yourself loose from this undiagnosable misery. Explode mentally your desperation to cast off the new bad habit. Accompany your desperate desire for this aim with one repetition of the Extensor-Flex Reflex. An instant later, without further effort on your part the following important changes occur:

1. Your pupils dilate with the eagerness to cast off the new bad habit.
2. Your pulse speeds up as your heart quickly pumps more blood into your fighting muscles to oust the bad habit.
3. Your body temperature rises with your boiling rage against the new bad habit.

Visualize each and every one of these physiological changes taking place in you *at full blast*. Then oust the bad habit, once and for all, with the Instant Adrenal Releaser.

THE INSTANT ADRENAL RELEASER

The above changes, despite your efforts, might take place in you so mildly that you are hardly aware of them. To make certain that they are intense enough, climax your visualizing them with the Instant Adrenal Releaser. This Releaser requires only *one simple step*. (Figure 3)

Stare at Figure 3, concentrating on the Number Ones, where the eyes would be. Instead of merely visualizing your pupils dilating, dilate them yourself by *power of will*. Forcibly widen them with an eye effort. Your eyes will feel as if they are *stretching outward at the sides*. (That's when they *are* dilating.) Do it four times. In this

first practice session dilate them no more than three seconds per repetition. Reduce the dilating to one and one-half seconds per repetition by the last practice session. You need no more than three or four practice sessions, each one on different days, to master dilating your pupils *at will*. Dilate them thereafter by merely visualizing and feeling them dilate.

Now, since your adrenals dilate your pupils through your sympathetic nervous system, when *you yourself* dilate them at will your adrenals, through the *associated reflex*, are triggered into action (or respond to the change in you which *they themselves* bring about when *they* are stimulated). They will pour an extra amount of adrenalin into your bloodstream than normal, and that automatically brings about other changes in your body numbered in Figure 3.

Note: The Instant Adrenal Releaser makes it unnecessary for you to practice with a brain-wave machine and go through the annoying and complicated procedure of studying the delineation of your own brain-waves when you want your adrenals stimulated, and then memorizing them closely and attempting to duplicate that vision whenever you have to overcome an obstacle or a bad habit. The very possibility that you might fail to memorize and reproduce that brain wave exactly as you perceived it will also fill you with nervous tension and ruin the magic power of your instinctive Somo-Psychic Power. Through long experiment with Somo-Psychic Power it was found that it was much easier just to do the Instant Adrenal Releaser, and your adrenal gland will spring to life at once and alter *your* body. The *power* packets of energy nerve-electricity stored in your nerve-spaces will then multiply fantastically and be ready to be discharged into your muscles and convert you into a Hercules of strength and a paragon of courage, cunning, and endurance. Clench your fists and discharge those dynamic power packets into your fighting muscles and rout your bad habit.

That is how to cast off any enslaving bad habit instantly.

CASE HISTORIES IN POINT

Below are true case histories of people who altered the whole course of their lives by leaping past the overwhelming

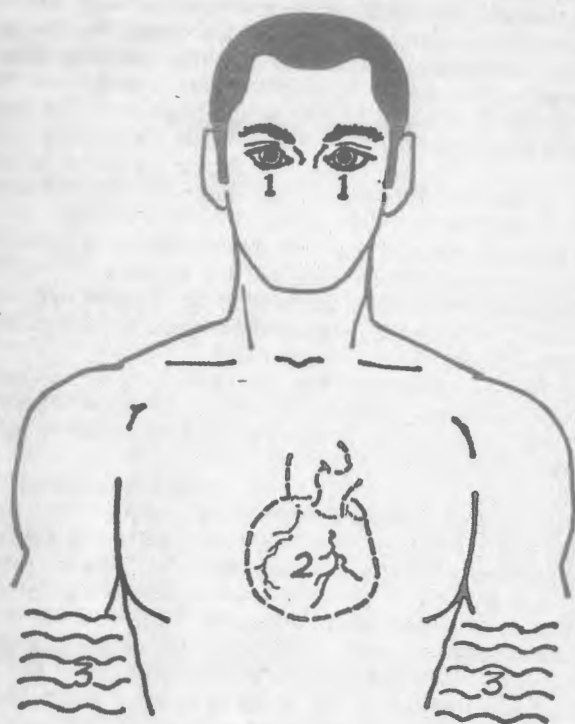


Figure 3
INSTANT ADRENAL RELEASER

obstacles that held them back. The names and places have been changed.

How Andy N. Enthused Uninterested Businessmen to Invest Heavily in His "Impractical" Idea

Andy N. had conceived of a big business venture which he was positive would convert him into a millionaire within a few years. But he lacked the capital to begin, even in a moderate fashion. He also needed funds to carry him through the expected profitless year or two before the envisioned grand returns would flow in. With his average income and

ordinary job, Andy had no chance of saving enough money for the project. He could not borrow from a bank nor sell stock for his project, for he could not prove that he had anything substantial. He realized that his business dream was ahead of its time, but in five years it would be "the thing." If he could begin now he would have a decisive head start over the expected rivals. He could sell out then at peak price and retire a wealthy man. The chance for which he had waited all his life had come. But, how could he raise the necessary capital?

Andy tried to interest one businessman after another in his project, but was practically laughed out of their offices. He grew increasingly desperate when signs that he was right, but *others would gain instead*, appeared here and there regularly, and his confidence to win a backer faded.

Torn with grief, Andy told me his problem. Eager to again test my discovery of the magic of Somo-Psychic Power, I taught him how to use it to leap past the overwhelming obstacles in his path.

He eagerly practiced it at home. Almost immediately he felt like a different person, for the miracle exercise (the Arm-Torso-Adrenal Releaser) repeatedly widened the spaces between his vertebrae where the nerves to his adrenal glands passed out from his spine. It also massaged his internal organs and, to use his own expression, "pepped" him "up." Too, the solid contractions of his biceps, shoulders and chest muscles made him feel suddenly very powerful.

Andy repeated that amazing exercise for days, and followed it each time with the Extensor-Flex Reflex. The latter endowed him with the right muscle tone to cast off any new, enslaving, bad habit he might acquire in his climb to his goal.

Andy went out and tackled more businessmen. From the very moment he entered the first office he seemed to "half hypnotize" the man with his Somo-Psychic Power self. When he explained his proposition to him, however, and encountered the usual resistance, he subtly dropped his arms to his sides and contracted his triceps beneath his clothes. It toned up all his torso muscles with the resulting *associated* reflex. Andy beamed with confidence now and continued sincerely explaining the details of his venture and its unusual expectations. To his astonishment, the businessman agreed to back him with a respectable sum.

With one success under his belt, Andy teemed, at once, with the magic power acquired from doing the seemingly

impossible. He experienced comparatively little trouble in interesting other businessmen in his dream and was soon launched in it gloriously.

How Peter J. Turned His Failing Small Business into a Resounding Success

Peter J. faced the horror of possible bankruptcy after sinking all his and his wife's savings and his time in his little business for years. His prospects of finding "decent work," if any work at all, in his middle fifties, were bleak. And he was too young to qualify for his Social Security benefits or a small pension for past jobs. Yet, he had his wife and his two remaining college-aged offspring to support. He couldn't expect his wife to go back to work to support them all. Too many men he knew, who had fallen from the pinnacle into the economic abyss, lived on the verge of suicide. He could well understand their plight now.

Peter confided me with his fearful prospects. I taught him the secret of Somo-Psychic Power. He wondered how it could help him, but the very first time he did the Arm-Torso-Adrenal Releaser it pumped up his flabby arms and chest muscles with firmness, massaged his viscera, and drew in his waistline. All those changes, even if temporary, left him feeling more active and youthful and less middle-aged. He repeated the pleasant, carefully worked out exercise next day, and before he even completed the first set of repetitions, he felt as if a great load had dropped off his shoulders. (He had relaxed the over-excitable nerve-space intra-tension which had been wound up in him by the daily dread of threatening bankruptcy.) When he followed that exercise with the Extensor-Flex Reflex, his whole body "took on" the right muscle tone to cast off any handicap. His head cleared at once, and he turned calm, cool, and ready to oust any handicap that stood in his way.

Peter could hardly wait to complete the three sets of the Extensor-Flex Reflex, so bursting was his mind with dynamic ideas to escape his approaching doom. Even his sluggish bowels came to life.

Suddenly, he perceived the most effective solution to his dilemma. But it required the reversing of the routine of the work to which his employees had been accustomed. He was intimidated by the prospect of confronting them with it.

Peter regained his confidence swiftly by eliminating his self-debasing attitudes with the Instant Adrenal Releaser, and thus

released his blocked up power to leap to any goal he wished. He went to his plant the next day and calmly put the big change in the work routine into operation. His employees balked, as he had expected. But Peter contracted his triceps several times during the day, subtly, with the Extensor-Flex Reflex, and retained the right muscle tone to cast off any handicap. A day or two later the workers were accepting the change philosophically. Some even announced that they liked it. Three months later, Peter's small business was again operating in the black.

How Teresa F. Converted Her "Dreadful" Job from a Nightmare into a Joy

Teresa F. was frustrated that her diligent work was not appreciated—because she was a woman. "Our society," she raged, "is full of trivial ingredients against the advancement of women." Even if the injustices were minor, she continued, when compounded day after day, they made a woman's work a nightmare. "Men just refuse to be aware of what women can do," she cried. "And if I were to quit my job, I'd be slighted just as much in trying to get a good one."

I realized that society would not change overnight, no matter how angry Teresa felt. The best solution for her, I concluded, was to enable her to enjoy her present position, no matter how oppressive it was. She had to interest her superiors in her, too, to gain more recognition—and, of course, better pay.

Teresa found great delight in doing the Arm-Torso-Adrenal Releaser. Not only did it enable her to "let off steam," she declared, but it slenderized her "fattening" arms. It also added firmness to her drooping breasts, she confessed with embarrassment. She also lost her undiagnosable mild headaches, which I blamed on her very slightly over-dilated pupils resulting from the chronic despair of her job situation. The exercise relaxed all these to normality, and thereafter, her pupil-caused glare on her retinae was reduced. Teresa's waist felt "much smaller," too, she said in amazement, and it left her feeling much younger and more spry. Whenever she felt the enslaving bad habit to mope seizing her again at work, she cast it off swiftly with the Instant Adrenal Releaser.

Teresa herself couldn't believe it, but she was soon enjoying her dreadful job. Her previously antagonizing boss was

amazed, and observed her far more keenly. She was rapidly promoted with excellent key raises, and became the head of the department.

LESSON SUMMARY

See how you can leap past the overwhelming obstacles that hold you back in anything! You just have to follow these few, easy steps:

Step 1. Relax the over-excitabile nerve intra-tension space, wound up in you by merciless life barriers all around you, with the Arm-Torso-Adrenal Releaser. (This inspiring exercise also builds up your torso on the order of a Hercules, or shapes it up like that of a sylph, depending on your sex and desires).

Step 2. Keep that devastating intra-tension relaxed, and "take on" the right muscle tone to cast off any handicap with the fascinating Extensor-Flex Reflex.

Step 3. If you are plagued with an enslaving bad habit, cast it off swiftly with the Instant Adrenal Releaser.

You will now possess the magic power to control your wavering instinctive Somo-Psychic Power and leap past the overwhelming obstacles that hold you back in anything.

Lesson 5

HOW TO LEAP INSTANTLY INTO THE INVINCIBLE SELF YOU WISH TO BE

Day-after-day you take a back seat in one thing after another when you would rather step out in front and lead. This is true in promotion, in profits, in popularity, or in gaining the respect of someone you wish to impress. So you retreat to the sidelines in frustration and watch others enjoy the limelight. These upsetting experiences alter the texture of your life and bury you in an unsatisfactory position, or they drive you into loneliness and despair. Repeatedly, you are *perfectly qualified* to be the foremost, but when you face the decisive situation you turn into soft clay. Try as you may, you just "can't rise to the occasion" and vanquish the competition.

You can easily change all that by *leaping into the invincible self you wish to be*. Thereafter you will attain your secret wishes by vanquishing your rivals and live the life you dream of.

ASTONISHING ACHIEVEMENTS OF PEOPLE WHO QUICKLY BECAME INVINCIBLE

People, just like you, have leaped instantly into the invincible selves they wished to be by controlling their agitated Somo-Psychic Powers. With that magic tool, outclassed athletes trounced unbeaten champions. Lawyers with weak cases won surprising verdicts. Untrained laymen healed "incurable" loved ones. Mediocre musicians swept the world under their feet. Unknown politicians won major elections. Individuals with average skills turned out unbelievable work. Stammerers and stutterers spoke like—and became—national leaders. Hopelessly paralyzed persons got up and ran. The blind or practically blind regained their sight. Heads of failing busi-

nesses turned them into the finest successes. People given up as dead returned to life and lived ten or more years. One person after another who was literally at the bottom of the heap leaped out of his ignominious position and landed into his most cherished goal.

HOW TO RELAX THE BILIARY VISCERAL INTRA-TENSION WOUND UP IN YOU BY YOUR CRUEL DEFEATS IN LIFE

Your mind and consciousness may be portrayed as an ocean composed of layers of current, or of complexes built around their constant awareness of your different intravisceral pressures. Your character, indeed, is created by your different intravisceral pressures, because your character is not simply, or only, an acute or passing affair. You, yourself are the sum of your past conduct repeated, learned, and fixed. Just as water flows to its own level, your conduct will reduce the intravisceral pressures built up in you.

After you endure one cruel defeat after another in life, though, your conduct *stops* lowering your intravisceral pressures to a normal level and these then remain at an *abnormal* level—even if they are undiagnosable. This abnormal level of sympatheticotonia (or of **OVER-AROUSSED Self**) in you prevents your gallbladder from emptying as naturally as it should. This contributes to biliary visceral intratension (or to an undiagnosable retention of an excess quantity of bile in your gallbladder and liver). Since a deeply set organ, like your liver, feels little pain, except under abnormal conditions, you are given little warning of this existing biliary intra-tension.

The same may be said of your heart and spleen. These organs develop visceral intra-tension, too, because the resulting excess adrenalin stored in you (due to the nervous irritation created by your biliary intra-tension) brings about a chronic contraction of the little arteries and capillaries supplying these organs, strangling off part of their blood supply. That, in turn, causes an excess accumulation of waste products within your heart, spleen, and liver, and results in a toxic visceral condition. You have to relax the intra-tension wound up in you by your cruel defeats in life before you can control your instinctive Somo-Psychic Power and leap

into the invincible self you wish to be. Do so with the magical Wing-Torso Bile Pumper.

THE WING-TORSO BILE PUMPER

The position to assume (Figure 4A).

1. (a) Take a deep breath and (b) stand straight, (c) arms hanging by your sides (d) with elbows straight, (e) your palms facing forward, (f) and your feet about 10 inches apart, (g) with the toes pointing outward enough for a comfortable stance.

How to do this marvel simple movement (Figure 4B).

2. Inhale and twist the right side of your trunk forward.
3. Bend it downward, toward your right knee.
4. At the same time, draw your hips forward.
5. Bend your knees forward.
6. Raise your elbows toward your shoulders.
7. Bend your forearms.
8. Until they are flexed on your biceps.

How to culminate this simple movement (Figure 4C).

9. Exhale and tense the abdominal muscles of your right side tightly. (This draws in and trims the spreading bulge at the right side of your waist—and wears off the fat—giving you a V-shape on that side).
10. Bend your palms *away from you*, and turn them inward. (This is **VERY IMPORTANT** for tensing your biceps to their peaks).
11. Flex your biceps as strongly as you can.
12. Raise your elbows outward, and as high up as possible without straining your shoulder ligaments.
13. Tense your middle deltoids (the muscles on the outside of your shoulders) to fullest power. (These muscles bring on the much-admired broad-back look. If you are a woman, it beautifies your shoulders by concealing your shoulder bones, and greatly smooths out the shoulder wrinkles that appear with age. It also wears off any lumpy fat there.)
14. Relax back to Figure 4A and repeat.

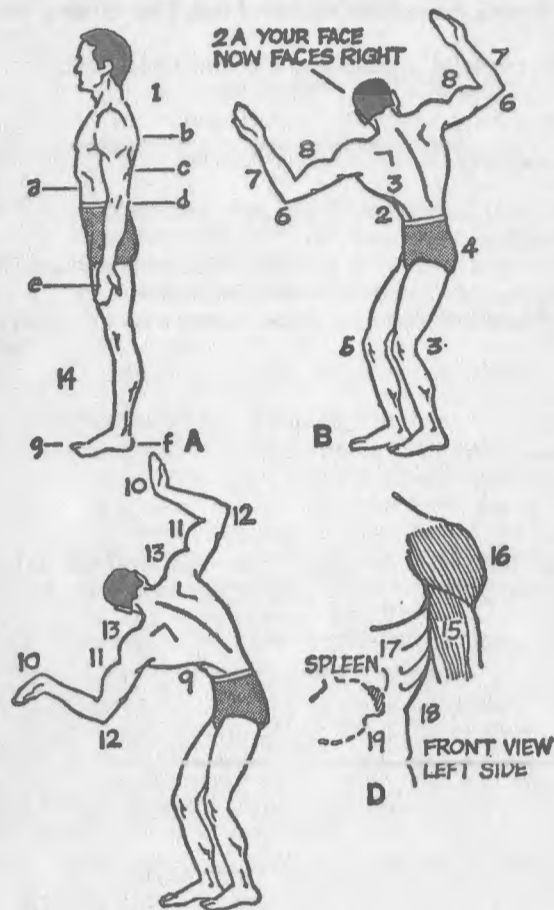


Figure 4
THE WING-TORSO BILE PUMPER

Frequency: Do 10 repetitions. Three sets (groups of repetitions). Pause about 15 seconds between sets. Do 18 repetitions a set for peak development. Once a day, four times a week.

For big, powerful muscles and the broad-back look, the Wing-Torso Bile Pumper develops, when used for peak development (Figure 4D):

15. Big, impressive, sharp summits on the outer halves of your biceps.
16. Massive, outward bulging sides to your shoulders.
17. The long, encircling lines of a youthful waist.
18. Gives you the youthful, athletic, V-shaped look, especially when contrasted with the broad-back look.
19. Squeezes your liver and helps to empty your sluggish gallbladder.

Note: If you are a woman and wish only to slim down fattening arms, or to round out your *too slender* arms, do the Wing-Torso Bile Pumper also with your hands open, but in a straight line with your forearms.

IMPORTANT ADDITIONAL BENEFITS YOU GAIN FROM THE MAGICAL WING-TORSO BILE PUMPER

This magical simple movement pumps the bile out of your intra-tensioned liver by squeezing your gallbladder as if it were a small rubber ball. It thereby drains your liver of considerably more bile than normally, thus lessening its biliary intra-tension. As a spin-off effect, that discourages the forming of gallstones, to which your system may be predisposed by faulty emptying of your gallbladder.

HOW TO SQUEEZE THE "YELLOW TERROR" OUT OF YOU WITH THE SOLAR PLEXUS POWER OF MUSCULAR SUGGESTION

Split-personality children do not live through phantasies of the outside world like adults, but only of their inner worlds.

They hear voices inside their heads or other parts of their bodies, and feel that these originate by themselves. That's why children are prone to undergo psychic experience and all kinds of psychic communication. But you, an adult, are more given to perceptions in the *physical* dimension of space and time "out there." You are therefore readily conscious of *corporeal* awareness in physical space time. This awareness gradually diminishes and disappears as you move into the mental dimension, such as when you go under the influence of hallucinogenic drugs or change into excessive energy and become your OVER-AROUSSED Self. Under such influences or changes you lose conscious control of yourself. Your OVER-AROUSSED Self depersonalizes you (such as when you are filled with terror), as is manifested in your change of body image when you feel transformed from a normal being into a "petrified rabbit."

That is how the yellow terror of not feeling invincible destroys you as a person, and your new body image becomes as real to you as the phantom limb becomes to the person who has lost an arm or a leg but experiences the very real sensation that it is still there. You are *not really* a changed person physically or mentally, but you are seized with the very real feeling that you ARE changed, that you ARE no longer invincible.

Squeeze this self-destructive feeling out of you with the Curl-Toed Leg Raise. Its physical effects will do likewise to you mentally through the power of *solar plexus muscular suggestion*.

THE CURL-TOED LEG RAISE, FOR SOLAR PLEXUS MUSCULAR SUGGESTION

The position to assume (Figure 5A).

1. Lie flat on your back on a narrow bed, couch, or bench. (A wide bed, or even the floor, will also do.)
2. Bring your feet together.
3. If you are lying on a narrow bed, couch, or bench, grip the sides of it with your hands.
4. If you are lying on a wide bed or on the floor, stabilize your body from moving by pressing hard against the floor with the palms of your hands.

How to do this simple movement (Figures 5B, and 5C).

5. Inhale.
6. Draw your feet—and curl your toes—headward. *This is most important.*
7. Clutch hard, or press down hard, with your hands.
8. Tighten your abdominal muscles and keep the whole length of your back flat on the floor.
9. Raise your legs (Figure 5C). Raise them until they are at right angles to your body.
10. DO NOT (as in Figure 5D) let your back curve. Doing so would relax your abdominal muscles. Keep your back *flat against the table, ground, or other support, all the way*, to keep your abdominal muscles contracted—and contracting tighter and tighter. [Figure 5C (10A)]
11. ALSO, keep your feet drawn, and your toes curled, headward. Otherwise, your thigh muscles do the work, and your abdominal muscles partially relax. This is a tremendous, yet simple movement.

This simple movement develops:

12. Your rectus abdominis (the center wash-board muscle of your waist).
13. Your external and internal abdominal oblique muscles. (These draw in the rest of your waist, including the sides).
14. Stretches and shapes elegantly the backs of your thighs and calves.
15. This simple movement squeezes and tremendously benefits your liver and spleen.

Frequency: Do three sets (groups of repetitions). Ten to 25 repetitions for each set. Rest one minute between each set. If you have time, do them every day. Otherwise, do, at least, one set a day.

When you grow stronger, lower your heels each time to within one-inch of the ground, and immediately raise your legs again. You can then cut the repetitions in half.

Do the same number of repetitions if you are a woman, for you have a greater tendency to add fat to the waist than a man. So, your waist will become much smaller and trimmer, but be practically impossible to acquire the washboard look.

THE SECRET OF HOW TO TURN IRRESISTIBLE, INSTANTLY

As far back as 1866 Denton wrote in *The Soul of Things*:

Where an audience is antagonistic to a speaker, if he is sensitive he perceives it. And unless he is remarkably positive and his positiveness arouses him to unusual action, he will be so (badly) affected by it that he will lower the tone of his discourse

Where, on the contrary, the audience sympathizes with him, he receives from it as truly as he imparts to it. And, upborne by this sympathy, he mounts to regions of philosophy which, unassisted, he could never reach again, and pours out his soul in a burning eloquence that startles and thrills him not less than his hearers.¹

As a result of his audience's response, in other words, the speaker leaps into the invincible self he wishes to be. But if his listeners don't respond as he hopes they will, he fails ignominiously. The Somo-Psychic Power Controller will save you from being at the mercy of such unpredictable influences. It can make you irresistible, instantly, just as the right response from the audience can make the speaker eloquent. Learn, next, how to apply it.

HOW TO PUSH PAST YOUR RIVALS SWIFTLY WITH THE SOMO-PSYCHIC POWER CONTROLLER

Having relaxed your biliary visceral intra-tension, you are now ready to transform yourself into an invincible person with the *associated reflex*. The following way is how to do it.

1. Your experiences are recorded through your conscious mind's interpretations of the sensations received through

¹William and Elizabeth M.F. Denton, *The Soul of Things or Psychometric Researches and Discoveries*, Third Edition (Walker, Wise and Co., 1866).

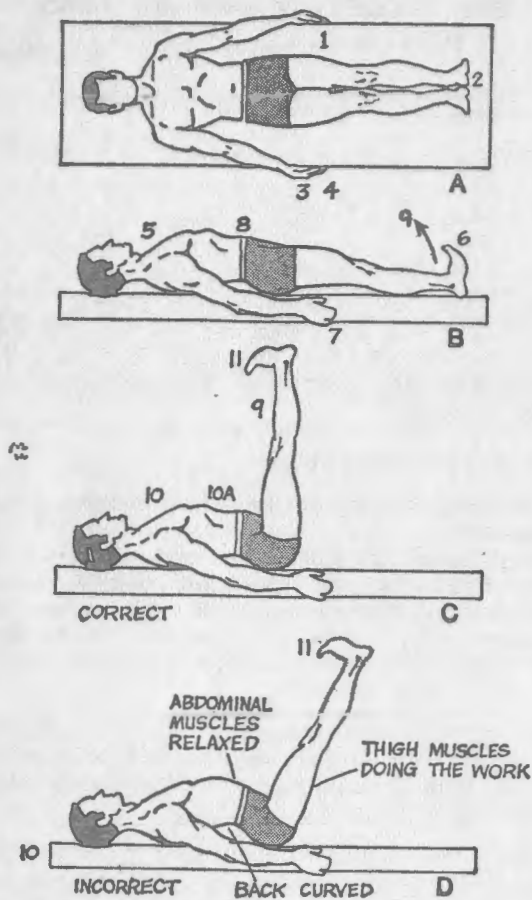


Figure 5
THE CURL-TOED LEG RAISE FOR SOLAR PLEXUS
MUSCULAR SUGGESTION

your nerves and through other non-conscious (*not SUB-conscious*) structures in your brain. Your conscious mind then *interprets* the area, distance, length, volume, color, effects on you, and so forth, of the picture it has recorded, and affixes them in your mind as a "constancy picture." If this "constancy picture" belittles you, you will *not* visualize yourself as being invincible when you think of it. You would have to distort this constancy picture and "see" it as *idealizing* you. (A person with "bad" eyes does this regularly by wearing correcting glasses).

2. So now, for a change, when you compete with a rival, let your conscious mind interpret the picture of the average-you which it is accustomed to receive from yourself, as the picture of an INVINCIBLE YOU. To effect that, tense your abdominal muscles tightly. (These muscles of yours are gaining tone fast from the two previous simple movements in this Lesson). That squeezes the "yellow terror" of your rival out of your viscera.
3. At the same time, tense your forearms backward subtly under your clothes to stimulate the extensor muscles of your arms (or your triceps, your muscles of aggression).
4. *Simultaneously*, visualize clearly your having defeated or vanquished your rival.
5. Maintain this Somo-Psychic Combine for one powerful second.
6. Then relax.
7. Repeat twice more to reinforce the combination.

Your adrenals and thyroids will pour extra secretions into your blood, and your conscious mind will receive sensations of active physiological aggression. That will alter your thinking *at once* into that of an invincible conqueror. Practice and *master* this Somo-Psychic Power.

Following are true case histories of people who sprang into entirely new planes of living by leaping into the desired, invincible selves they wished. (The names and places have been changed.)

How Len D. Asserted Himself and Enjoyed Great Wealth

Len D. was tired of being ignored by his two partners. He was too shy, too polite during conversation, too sensitive about hurting other people's feelings. But even when he pushed past those barriers, he failed to assert himself with

enough determination to compel others to listen to him seriously. Either their attentions wandered, or they assumed that he had nothing new to offer them and was just a pleasant listener upon whom to vent their frustrations. Len winced under the treatment, for he was positive that he could make his partners—and himself—wealthy in a few years if they would only listen to him. Their ideas were too typical to score big profits. But how could he convince them that he *had* something to offer? He felt worthless and desperate.

He poured out his problem to me. I taught him how to leap into the invincible self he wished to be. He took me at my word and practiced the Wing-Torso Bile Pumper. The sides of his flabby waist soon drew in and gave him the feeling of being tightly-knit together. His torso felt now as if being lightly carried. His voice became deep and strong because his diaphragm no longer sprawled out, bulging his belly and flattening his chest.

When he spoke again to his partners he triggered the magic of his Somo-Psychic Power Controller. To his amazement, they listened to him attentively. They tried to interrupt him after a while, but the booming authority of his voice silenced them. Despite themselves, their minds filled with the ideas he hammered into them. When he stopped they gaped at him, as if thoroughly subdued.

Len made swift headway with them after that. His "secret insight" astounded them, and they adopted one after another of his plans.

Not many years later, another business that had used plans similar to those of his partners went bankrupt, while his partnership by turning to Len's ideas had grown into a million dollar business.

How Dean H. Sprang from the Bottom to High up in a Giant Concern

Dean H. detested hard, repetitious work, but he could find no other job. Due to the changing times, he had lost his original, excellent position. He did not resent working, but he couldn't stomach the idea of starting at the bottom in his fifties, as he had to in his new job. But his work compensation had long come to an end. His family's debts remained unpaid, and his wife's part-time employment offered only limited help. So, Dean could not afford to quit the job. But he dreaded the very thought of going to it day-after-day.

I taught him how to leap into the invincible self he desired. Dean practiced the steps eagerly. With the Curl-Toed Leg Raise he squeezed the "yellow terror" out of his liver and spleen. The resulting all-around feeling of flatness around his waist changed the whole body image in his mind. His daily discontent at the job vanished like a phantom. With the easier return of the blood to his heart from his legs, he felt raring to go.

His boss was greatly impressed and began talking with him. With the Somo-Psychic Power Controller Dean made his potentials irresistible, instantly. Three months later he was suddenly promoted to a minor executive post, with promises of more ahead.

In reply to Dean's obvious astonishment, his boss hurriedly explained the sudden promotion to him. "What a man learns near the bottom," his boss said, "won't help him at the top. In fact, it might hurt him! At the bottom you learn to work hard. Lots of men can do that. But I noticed that *you* were working hard with your *mind* as well. Such a man makes a great executive, because at the top you have to work *intelligently*. I'm thinking of partially retiring before long, and I want a man on whom I can completely depend after that. Since you already held a good position before you came here, you already have the experience necessary."

Within another year Dean stepped into an important top position in that big concern.

SUMMARY

See how you can leap instantly into the invincible self you wish to be! Just follow these few, easy steps:

Step 1. Relax the biliary intra-tension wound up in you by your cruel defeats in life with the Wing-Torso Bile Pumper. (This marvelous exercise also broadens your shoulders like a muscle man's. If you are a woman it beautifies them and "perfects" your arms. It also improves your liver and gall-bladder.)

Step 2. With the Curl-Toed Leg Raise, squeeze the "yellow terror" from your liver, and stop being incapacitated with dread.

Step 3. With the Somo-Psychic Power Controller, become irresistible, instantly.

You will possess the magic power to leap into the desired invincible self you wish.

Lesson 6

HOW TO LEAP INSTANTLY INTO THE PATH OF QUICK SUCCESS

Year after year you try to reach one goal after another. But, for one reason or another, you fail. Sometimes you have nearly succeeded but the unexpected happens, and your dream explodes into nothingness. Even when you prepare thoroughly beforehand, you still lose, occasionally by a "nose." You didn't have enough "pull." An insignificant misstep in your past, or some minor error in your performance, doomed you. Or you were too over-confident. But the result is the same. How different your life would be if you could make your fondest dreams come true!

Your best solution is to *leap* into the path of quick success. Thereafter you can climb in anything with magic speed and enjoy life as you never dreamed possible.

LONG LIFE FAILURES WHO BECAME INSTANT SUCCESSSES

People just like you *have* leaped instantly into the paths of quick successes with their instinctive Somo-Psychic Powers. With that magic tool, after striving desperately to reach the top of their departments, they were suddenly "pushed" into them. Idea-barren, middle-aged executives, faced with ouster for company failures, extracted the right company-rescuing ideas from others and saved themselves. People who had tried different careers over the decades, suddenly found the right ones for them, were finely rewarded, and lived as they wished. Parents who had tried unsuccessfully to persuade their now-grown children to pursue careers with sound futures, suddenly succeeded. People who vainly sought enriching trade opportunities all at once discovered them. One per-

son after another whose life seemed wasted suddenly grasped the big opportunities for which he had been waiting.

HOW TO RELAX THE GENERAL GLAND INTRA-TENSION WOUND UP IN YOU BY YOUR REPEATED DISCOURAGEMENTS

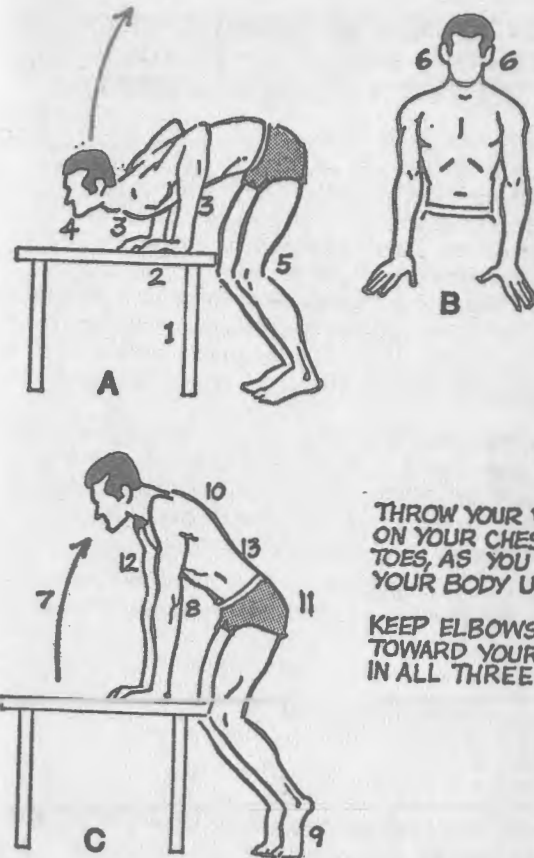
In the stomach extracts of the adrenal glands slow down digestion by increasing the tone of the sympathetic nerves in the stomach, thus lessening the amount and the acidity of the gastric juice produced. Thyroid extracts, in contrast, *speed up* digestion by *increasing* the tone of the *parasympathetic* nerves in the stomach. When your adrenals slow down your digestion, however, they retain excess adrenalin in their sack-like acini, *even after your thyroid gland comes to your rescue and restores your digestion to normal.* You then suffer from gland intra-tension.

Before you can leap instantly into the path of quick success, you have to relax the general gland intra-tension which has been wound up in you over the years by your repeated discouragements in one endeavor after another. The magic, simple movement for this is the thrilling Glandblance. Practice it as directed, and get ready to leap instantly into the path of quick success.

THE GLANDBLANCE

The position to assume (Figure 6A).

1. A low table or stool is preferable to a chair with a back because you can bend over farther.
2. Rest your hands on the table (or whatever you use).
3. Drop your body far over it, until you all but lose your balance. (Forearms perpendicular to the table).
4. Let your head come right down to the table or stool, if you can.
5. Bend your knees.
6. Now, reassume this same position, but this time round your



THROW YOUR WEIGHT
ON YOUR CHEST AND
TOES, AS YOU PRESS
YOUR BODY UP.

KEEP ELBOWS DRAWN
TOWARD YOUR BODY,
IN ALL THREE GRIPS.

Figure 6
THE GLANDBLANCE

shoulders *first*. To round them, draw them downward and forward. (Figure 6B)

How to do this simple movement (Figure 6C):

7. Now, inhale and push up hard, raising your head and body upward in an arc.
8. Keep elbows in. Push up until arms are straight.
9. Rise on your toes.
10. End up rounding your back.
11. Draw in your hips.
12. Contracting your chest muscles tightly.
13. Exhale all the way as you go up.

This simple movement develops:

1. Close grip: fills out the whole inner section of your chest muscles, from top to bottom. (Does likewise for the breast.)
2. Medium grip: fills out the whole middle section of your chest muscles, from top to bottom. (Does likewise to the breast.)
3. Wide grip: fills out the whole outer section of the chest muscles, from top to bottom. You will feel the muscles contracting from below upward. (Does likewise for the breast.) This simple movement is *unsurpassed as the chest muscle developer*, or as the breast filler.

Note: For a close grip, place your hands a little closer than shoulder width apart. For a medium grip, place your hands about shoulder width apart. Use 2 chairs or stools for a wide grip, with one hand resting on each chair.

Frequency: Do three to four sets (groups of repetitions). Each set, between 6-12 repetitions. Three times a week.

THE IMPORTANT GLAND INTRA-TENSION RELAXING OF THE GLANDBLANCE

Note: Use the close grip position only once a week. Should it make your elbows a little sore, then do just the middle and wide grips. Although not shown in the illustration, the Gland-blance also develops (or fills out, if you are a woman and do it less energetically) your anterior deltoids, or the front portion of your shoulders. A feeling of fullness there and in your

chest muscles rushes sensations of confidence through your sensory nerves to your conscious and subconscious minds, and to your hypothalamus. Your parasympathetic nervous system then takes control and stimulates your thyroids. Your digestion and other metabolic functions immediately function better and convert your whole character from one of tense, agitated, suppressed sympatheticotonia into one of a calm, unruffled, outgoing person.

If your *thyroid* gland is under intra-tension, the Gland-blance relaxes it, too, because the feeling of confidence from your chest and front shoulder muscles causes it to secrete more, *emptying* the locked-in excess thyroxin.

HOW TO TEAR YOURSELF FREE DAILY FROM THE GROOVE OF DOOM

After relaxing your gland intra-tension you have to prevent it from reforming during your active day. (Once formed, it has a tendency to reform easily as the hours of the day drag on, and the wearying symptoms of fatigue appear.) The long hours you daily spend in your office, in your car, in your home, or wherever else you go, or moving about in a limited area, soften and weaken the muscles, joints, and ligaments of your lower extremities. For that reason, you fatigue easily when standing, and experience a wearisome, indefinable pain or discomfort, plus a feeling of jelly-like *inadequacy* all over.

Yet these muscles have to drive the blood up, back to your heart from your legs, *against the pull of gravity*. When they are comparatively weak, they lack enough muscle tone to do so effectively. Then your heart has to beat more forcefully than normal to maintain your circulation, and that fatigues it, too! Your adrenal gland comes to the rescue and stimulates your heart to beat still harder and faster to meet the emergency, and that builds up sympatheticotonia and gland intra-tension in you.

Relieve this plethora with the Foot-Calf Tone Up. This simple movement develops your foot and calf muscles, or rounds them out nicely if you are a woman and do it less energetically. But it also pumps the blood in them back to your heart through their veins. Your circulation would slow down markedly otherwise because after you stand 15 minutes your blood volume is reduced by 15 percent. That fact con-

tributes to the early feeling of fatigue which you experience when you stand for a while, and which reduces your feeling of confidence. Overcome all this with the Foot-Calf Tone Up, as well as build up wonderfully shaped calves and strong arches.

THE MAGIC FOOT-CALF TONE-UP

1. Take an old pair of leather shoes.
2. Have the shoemaker knock off the heels, but leave enough leather on them to keep that part of your shoes still strong enough to walk on.
3. Have the shoemaker build up the soles of the shoes to a height of from three eighths to half an inch. In brief, construct a pair of high-soled shoes (Figure 7).
4. Walk around your premises in these shoes after work, for at least ten minutes. They compel you to press down strongly with your toes with each step because they throw most of your body weight on your *heels*. If you are a woman and have worn heels most of your life and the Achilles tendon at the back of your ankles has shrunk, walk around your premises in flat shoes instead.
5. Your calves will start shaping quickly. They will lose the long-ankled look if they have it, and round out in their fuller, upper parts. A healthy, youthful spring will enter your step. The developing muscles will press against the veins in your calves and push up the blood in them much easier back to your heart. You will feel light on your feet and burst with confidence. In no time you will tear yourself free daily from the groove of doom and be difficult to fatigue.
6. By developing your calves you also protect their veins from *varicosities*.

HOW TO LEAP INTO THE PATH OF QUICK SUCCESS, WITH THE THETA-THRILL

Prevent your ever-threatening glands from sensitizing your brain cells to their unbalancing tendencies. Do so by swiftly stopping them from disrupting your theta rhythms, the high

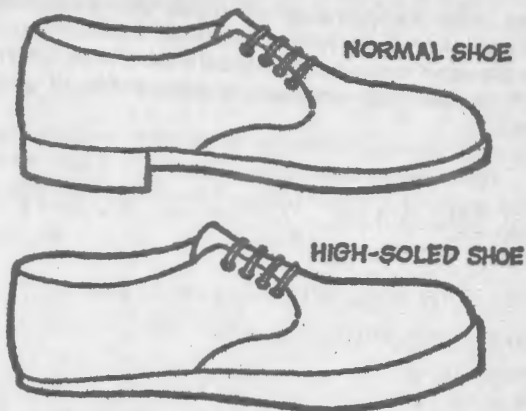


Figure 7
THE MAGIC FOOT-CALF TONE UP

amplitude rhythm of the unbeatable. Achieve that goal with the Theta-Thrill.

Sit quietly in your room and cease breathing for three seconds. That *increases* the amount of carbon dioxide waste product accumulating in your bloodstream. Your adrenals will then get ready to pour more adrenalin into your bloodstream to trigger your heart to pump blood faster through your muscles. Your theta rhythm, like that of the frustrated rat in the laboratory, will fall, as a consequence, to a frequency of between seven and eight hertz (hz) and super-sensitize your brain cells to the unbalancing tendencies of your threatening adrenals.

Discourage your adrenals from doing so by taking a deep breath. That fills your bloodstream with oxygen and curtails its demand for any emergency heartbeating.

You feel relieved then, and your confidence returns and *increases*, as it does after you surmount any crisis. Your theta rhythm, as a result, bursts into the high amplitude theta waves of between eight and ten hertz of the well-trained laboratory rat running down the runway to the expected food and you feel unbeatable.

Intensify this effect, shortly after, by actually *exhaling* for three seconds *instead of just holding your breath*, and then by *taking in a good deep breath, or even two of them*.

Repeat these simple steps five times every morning upon arising. They bring you the SOMO-PSYCHIC POWER to

leap instantly into the path of quick success because your adrenal gland will then do so automatically whenever you face a life problem courageously by letting your theta rhythm burst into the high-amplitude brain waves of total self-confidence.

Below are true case histories of people who tore themselves free, instantly, from their daily grooves of doom, and leaped into the paths of quick success. The names and places have been changed.

How Bob T. Helped His Tottering Company Multiply Its Business—And His Commissions

Bob T. was another desperate, previously laid off, middle-aged man trying to earn his daily bread again. He had never sold in his life, yet selling was the only opening available. But he failed miserably at it. He panicked at the sight of a prospective customer. To "beg" anybody to buy anything seemed most humiliating. The necessary, somewhat blown-up sales spiel he had to "dish out" also repelled him.

I taught Bob the Somo-Psychic Power to leap instantly into the path of quick success. He practiced it with little animation. The Glandblance, though, relaxed his general intra-tension and bulged his chest muscles. That brought back his lost confidence quickly. Day after day, however, especially as the hours wore on and his legs and lower back grew tired, he relapsed into the groove of doom. But the Foot-Calf Tone-Up at night freed him from this weariness.

Bob's confidence, thereafter, lasted all day. *Just before* entering anywhere to sell, nonetheless, he was still habitually gripped with uncertainty and realized, as I had warned him, that such "brain-cell sensitizing" to defeat might still impede his best efforts. So he waited a little longer in his car before stepping out, and did the Theta Thrill.

He bounded out of his car after that, ready to succeed. Once he faced the company buyer, however, his confidence again tried to flee. But the associated reflex of the Theta Thrill maintained his high amplitude theta-wave rhythm and recharged him with enthusiasm. His resulting attitude was infectious and seized hold of the buyer. Bob made an astonishing sale. He repeated the feat three more times that day. By the end of the month the small, tottering company he represented was thrilled. In less than a year Bob was already helping to multiply its business—and his own commissions!

How Idea-Poor Harry V. Extracted Gold Mines of Ideas from Others

Harry V's. boss was abrasive, profane, and ruthless—but he got results. To please him, those immediately under him, like Harry, had to accept a variety of abuses, large and small, verbal and otherwise. Harry's boss was an absolute dictator and constantly harped about the virtues of free enterprise, hard work, knowing what one did, and producing a quality product. He therefore constantly demanded "good ideas" from his "staff." Harry feared being demoted or fired altogether unless he "produced" some fine ideas, too. His terror grew day by day because, although he was an efficient, obedient employee, good ideas were foreign to him.

I taught him the Somo-Psychic Power to leap instantly into the path of quick success. The Glandblance quickly relaxed the general gland intra-tension wound up in him by the repeated discouragements he suffered under his demanding boss. At lunch with his associates Harry's digestion improved and, to his amazement, he changed from a tense, agitated person into a confident, unruffled, outgoing soul. He listened with ease now to his associates. Now and again, he found, one of them unsuspectingly dropped the hint of an idea. For the first time Harry gave such persons his full attention with ease and the individual expanded the idea more and more, totally unaware that he had given birth to a gem. With a mere word of approval, Harry succeeded in drawing out more idea gems from other associates.

That night he tried to enlarge them himself, but his brain cells had been sensitized to dejection. Frantic, he tried the Foot-Calf Tone Up. The stimulation of the blood rushing from his legs up to his heart, plus the spring it lent his step, freed him from the groove of doom. Then, with the Theta Thrill, his mind burst with the total confidence state of the high-amplitude theta rhythm. Before Harry even realized it, he seized the paper and pencil and developed one of the best ideas feverishly.

Next day he presented it to the boss. His boss was so excited that he called Harry his best qualified potential successor.

How Failing Charley B. "Switched Around" And Doubled His Profits

Charley B. was a sadder man every day. He had borrowed heavily to save his business. He had worked diligently for months, and his frightened workers had strained themselves, too. But bankruptcy still stared him in the face.

I advised Charley to make a last effort with the Somo-Psychic Power to leap instantly into the path of quick success. Although skeptical, he tried the Glandblance. When he commenced its simple movement he pondered only about the "burdensome weights" that were dragging his business down into oblivion. After doing the Glandblance three days in a row, he felt so different because his gland intra-tension had relaxed that his mind filled with healthy, though bold, methods to eliminate those "weights." But he lacked the "courage" to attempt them—so he practiced the magic Foot-Calf Tone Up. In two days it dragged his attitude out of the realm of gloom. With the Theta Thrill he acquired total confidence and got into action.

Harry's new methods worked extraordinarily well from the beginning. His profits not only improved, but actually doubled!

SUMMARY

See how you can leap instantly into the path of quick success! Just follow these few, easy steps:

Step 1. Relax the general gland intra-tension wound up in you by your repeated discouragements, with the Glandblance. (This simple movement also develops your chest muscles—or your invisible breast muscles, if you are a woman—to a striking degree).

Step 2. With the magic Foot-Calf Tone Up, tear yourself free from the groove of doom.

Step 3. With the Theta-Thrill, wipe out the brain-cell sensitivity which blocks your path to quick success, and leap, with total confidence, toward your goal.

You will now possess the magic power to alter your dejected Somo-Psychic Power and succeed in whatever you dream.

Lesson 7

HOW TO LEAP INSTANTLY INTO IRRESISTIBLE CONTROL OVER OTHERS

In your daily occupation or in your social life you regularly meet people whom you fail to impress, or who walk all over you. You detest yourself afterward for your weakness, but you continue being a victim, bursting with grief. You seem unable to take a firm hold of yourself to end that plight. You take the wrong course instead and make one personality error after another. When you *do* take hold of yourself, you do even worse! These experiences humiliate you in the eyes of others, and cripple your career and social life. They ban you from the association with people harmonious to you, and leave you plagued with the hostility of those who misunderstand you.

Solve that impasse by leaping into irresistible control over others.

HOW TRAMPLED DOWN PEOPLE BECAME LEADERS OVERNIGHT

People just like you have leaped instantly into irresistible control over others by controlling their panicky Somo-Psychic Power. With that magic tool, subordinates who were being heartlessly taken advantage of by their superiors turned around and dominated *them*. Married people who were being heartlessly victimized by their mates put them in their places and were *worshipped* by them for it. Individuals who needed the alliance or backing of others won them over swiftly. Ignored but hopelessly in love persons made those whom they idolized chase after *them*. People who had vainly tried to form groups for certain ends formed them with ease. Employees who were being bypassed landed the promotions for which they hungered. Businessmen who faced bankruptcy

persuaded their dissatisfied workers to help them save their companies by contributing some free labor. Many who couldn't "hang on" to their funds suddenly did so with ease. One person after another who had become a nonentity changed instantly and gained the utmost respect of all.

HOW TO RELAX THE GENERAL MUSCLE INTRA-TENSION WOUND UP IN YOU BY THE UPSETTING DOMINATION OF OTHERS

Your zeal and enthusiasm are ruled by your thyroid. Markedly enthusiastic types of peoples are thyroid dominant types. Even though your thyroid seems at times to show preference for stimulating your parasympathetics (or your viscera and your metabolism), and therefore not your skeletal muscles, it is still a sympathetic-stimulating gland because it stimulates your adrenals to produce adrenalin. Your thyroid gland, then, is the important gland for you to stimulate in order for you to leap into irresistible control over others, as it is the *great controller* of your speed of living. The less thyroxin you secrete, the *slower* you live. But when you react faster to anything, you burn up or oxidize more oxygen and food materials than you do normally; you liberate more energy and speed up your metabolism. And, of the utmost importance to your resisting the domination of others and controlling *them* instead, you sense, feel, think, and act more quickly! When your thyroid is repressed, in contrast, it is difficult for you to trigger rapid and large fluctuations in every change within you. You lose the elasticity and flexibility to mobilize energy for any sudden mental or muscular act. You are then living at a rate *below* normal, even though it may not be enough to be diagnosable. (In myxedema, thyroid deficiency, the individual may live at a rate of *forty percent* below normal!)

But when your thyroid is speeded up, your metabolic rate is raised, and your vital chemical reactions are accelerated. You can then quickly raise the amount of energy you need, as well as vary the rapidity of its use by your muscles. All of that prevents your muscles from acting as though "paralyzed" by the domination of others, instead of toning up to dominate *them*. (In addition, from the cosmetic or charm,

standpoint, your thyroid gland lends color to your cheeks by opening the capillaries in them. In a similar manner, it adds to your comfort by warming your extremities.)

The amazing, simple movement for reducing the muscle intra-tension in you caused by your being dominated by others is The Dorsal Fulchrum Dominator. Use it to free you from the domination of others.

THE DORSAL FULCHRUM DOMINATOR

The position to assume (Figure 8A).

1. Lie flat on your face, on the bed or floor.
2. With your arms relaxed, but extended straight ahead of you, and
3. With your legs relaxed, but extended straight.

How to do this simple movement (Figure 8B).

4. Tense your arms and legs.
5. Raise both arms, and both legs, *at the same time*.
6. *Point your toes*.
7. Hold them tensed, like that, for two seconds, and
8. Then relax.

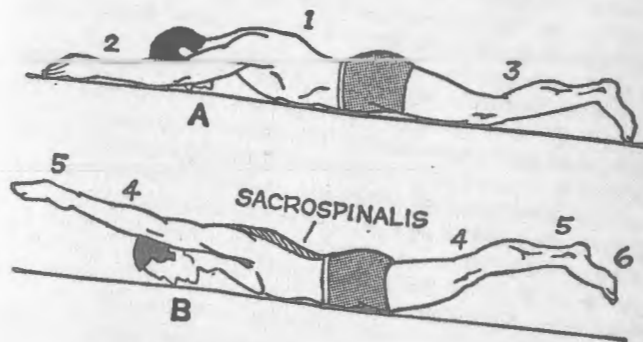


Figure 8
THE DORSAL FULCHRUM DOMINATOR

What the Dorsal Fulchrum Dominator does for you.

This simple movement powerfully contracts the muscles of your lower back, your sacrospinalis. These muscles

(also called *erecto spinae*) straighten your spine and hold your back straight when you walk or sit with the least fatigue.

They also strongly contract the muscles of your hips and wear off their fatty lumps.

They develop markedly, or round out nicely if you are a woman, the backs of your calves.

Frequency: One to two times a day. For fastest results, up to five times a day.

IMPORTANT ADDITIONAL BENEFITS YOU GAIN FROM THE DORSAL FULCHROM DOMINATOR

The Dorsal Fulchrum Dominator tones your lower back and hip muscles. These muscles support the ligaments that hold your last vertebra (the well-known fifth lumbar) in place at the base of your back and prevent it from slipping forward and crippling you with lower back trouble. With this simple movement, your back stops feeling chronically tired. It suffers day after day, otherwise, from the merciless pull of gravity (explained in detail in my book, *YOGA FOR MEN ONLY*,) and feels constantly weary, particularly as the day wears on.

When sitting, you are compelled to alter your position regularly to ease the strain, giving observers the impression that you are restless and inattentive. When you stand up, your fatigued back curves incorrectly and "drags" your body downwards and rounds your shoulders, making you look like a will-less, insignificant nobody. That constant downward pull on your spine culminates in pain. Even if you feel no pain, it still leaves you unaccountably restless and easily bored. As a result, people listen less and less to you. Their attitude infuriates you, but you don't know what to do about it!

In their normal state, muscles feel very little pain. During amputations without anesthetics, in fact, they give no pain. But when strongly compressed they exhibit a specific dull pain, due to muscle fatigue. The discomfort of muscle fatigue can range from a simple sense of heaviness (muscle stiffness) to the acute pain of a cramp. And the pain is accentuated by the least pressure, such as by your sitting or moving slightly.

Even after you have suffered long enough from it subclinically, enough fatigue products have accumulated in the muscle to act like an irritant poison. The Dorsal Fulchrum Dominator sufficiently squeezes out these accumulated poisons from the muscles of your lower back to enable you to move with greater ease. It does likewise to other parts of your body. That's how it rids you swiftly of the muscle intra-tension wound up in you by the upsetting domination of others.

You are then ready to learn how to instantly nullify anybody's attempt to enslave you. Do so with the Miraculous Body Fog as follows.

THE SECRET OF THE MIRACULOUS BODY FOG

Before ants carry off the pupae of other ants as slaves to work for them, they spray them with a fear-inducing chemical. Ants, in other words, over-arouse the adrenal glands of their prospective slaves with a Body Fog which fills them with terror and renders them easy to dominate.

Now that you have relaxed the muscle intra-tension which other people have caused in you, you have to fill those people with enough fear of you (even if unsuspected and undiagnosable) that you can *stay free* from being enslaved by them. You can't create a Body Fog with the power of an ant's, for you don't possess its glands. But you *can* alter your own glandular reactions to others' attempts to enslave you, bewilder them, and hinder them from their selfish strivings. As you do so, you actually create a Body Fog yourself, for the color of your cheeks and of your extremities change; your skin temperature alters and you radiate more heat from all over you. Even your sebaceous and sweat glands secrete additionally, varying your Body Fog still more. Your whole, unsuspected conversion has a hypnotic, anesthetic, soporific (sleep-inducing) effect upon the other person which disarms his dominating aggression and leaves you liberated of him. Create the Miraculous Body Fog with the two magic triggers.

THE TWO MAGIC TRIGGERS TO CREATE THE MIRACULOUS BODY FOG

Short bursts of electricity into certain parts of the brain can cause persons to "see" things. (Artificial seeing devices might, because of that, someday be devised for the blind). Accordingly, you see differently when different glands rule you. (You see "red," for example, when you are savagely angry and dominated by your adrenals).

Trigger 1. But, for the Body Fog, you seek parasympathetic, or thyroid predominance. To acquire it, you visualize seeing peaceful green.

Trigger 2. As you do so, relax your pupils completely so that they contract by themselves, which they do when under the control of your parasympathetics.

Practice the two magic triggers when you are alone. Just look at a wall or at a piece of furniture and let your pupils shrink until you see the object less and less.

Meanwhile, encourage extreme parasympathetic predominance by gently trying to secrete more saliva in your mouth (particularly, at the front of your lower jaw). Achieve this by pretending that you are tasting something most delicious. You will master these two magic triggers swiftly.

Proceed intently now with the next steps and turn masterfully *parasympathetic*.

HOW YOUR MIRACULOUS BODY FOG FREES YOU SWIFTLY FROM ENSLAVEMENT

These two magic triggers induce the rest of the typical, parasympathetic, physiological changes to take place automatically in your body, even if you aren't aware of them. For instance your eye slits slightly widen and your eyes moisten. You feel a little hungrier, etc. You are different now. Anyone who knew you already and perceived you now would detect an almost undecipherable "different something" about you. Your Somo-Psychic Power has altered the unseen, all-

over radiating Body Fog that seeps out of your body (even from every *dead* body until its flesh and bones dry up). Your Body Fog (not to be confused with your aura) is the combination of your constantly exuding body heat and the evaporation of your tissue fluids as they flow through the capillaries of your skin.

But your different thoughts alter your Body Fog as it radiates out. They alter it because they change the speed of your circulating blood, the amount of gland secretions pouring into your blood, and the amount of body heat you exude. You can continue radiating your miraculous Body Fog *only when* you feel *parasympathetic*. When you feel frightened, the capillaries in your skin contract and drive the blood into your muscles to prepare them to fight or flee the threat. Your Body Fog then loses its heat, and your pupils see "red." You still exude Body Fog heat, but it is a negative, ineffectual vapor *which only encourages others to dominate you all the more*. With the two magic triggers, though, you feel *masterfully parasympathetic* and create the miraculous Body Fog that *frees you*, instead, *swiftly* from the enslavement of others!

Master the Body Fog and nullify anywhere instantly anybody's attempts to enslave you. Then learn how to dominate *him* with the Myolax Glance.

WHY YOU CAN CONTROL OTHERS WITH THE MYOLAX GLANCE

The Myolax Glance is your irresistible tool to convert another person into submission. With it you alter him into his least resisting self (his UNDER-AROUSSED Self). In that self he is the *least individualistic* glandularly, and will faithfully (but *intelligently*) carry out your will. He diligently uses his brains for you and strains his body to the hilt.

For you, this state is even more effective than hypnosis, because the person is still *fully conscious*. But you separate his *emotional control* from his *mental control*, and thus slow down his natural ability to think carefully and exchange thought ideas for wise action. That's the controlling power of the Myolax Glance.

HOW TO CONTROL ANOTHER PERSON AT ONCE WITH THE MYOLAX GLANCE

You gain control by "anesthetizing" his etheric atmosphere with your Miraculous Body Fog.

This is how to effect that. Your Body Fog will stop anyone who tries to confuse and dominate you. Such an emotional shock considerably dissipates his energy. Yet, he is *not repelled* by you. He finds your presence quieting and relaxing. In fact, is *attracted* to you, despite himself, like the prey is attracted to the waiting, wide-opened mouth of the hungry reptile. The peaceful amicability of your pupil-shrunk, Body Fog eye pacifies him, and his mind and physiology fall in step with yours. The more deeply you cast yourself into that mood (the Myoglance Mood), the more swiftly and completely the two of you enter into a synchronizing, self-negating state, like that of the Yogi who surrenders himself to an outer power, except that *you* become the power, while still retaining full control over yourself.

To throw yourself as deeply as possible into the Myoglance Mood, repeat the two magic triggers that create the Body Fog (See page 66). However, this time visualize a *green* so absolutely quiet and peaceful that it practically throws you into a trance. Practice getting the feeling of mentally swimming in air.

At the same time, relax your pupils so completely that they practically turn into pinpoints, or even shut *altogether*. Practice this miracle-making feat until every muscle in your brow, your face, and mouth relax and let your pupils "seal" up.

The other person's own Body Fog, despite his will, will synchronize with yours as if it were infected by it. That will "anesthetize" his whole etheric atmosphere. Without even knowing why, he will feel too lax to resist *even your thoughts*, much less your actions and "commands." He will be under your complete control *at once*.

Master this power until you can throw yourself into it *instantly* and *completely*. If you mastered nothing else in your life, this would be all you would need to absolutely change every phase of your life miraculously—for the better. *Practice and master it until you do it skillfully!*

After you "anesthetize" your victim, just treat him like a

best friend, and you will find him unbelievably cooperative. He might not always respond to your "commands" or yield to you as swiftly as if hypnotized because he is still conscious and is still in possession of his selfish intelligence. Without even realizing it, however, he is a willing subject of yours! Use this power worthily, and you *will* control one dominating person after another, instead of *his* controlling you.

THE SECRET OF THE "FEVERISH MUSCLE MUSIC" OF THE ADRENAL TRANCE

Former middleweight boxing champion, the late Harry Greb, was only five feet, eight inches tall, and weighed 158 pounds. Yet, he trounced the leading lightheavies and heavies of his day. He was the only man to defeat Gene Tunney, a great heavyweight boxer. (He did so over the length of 15 rounds, although greatly outweighed, outreached, and "out-youthed.") The heavier champions avoided him like the plague. Harry Greb also thrashed three thugs single-handed outside the ring. Being a lover of night-life, he hardly trained, and even did everything professionally *wrong* within the ring. Despite all that, he was so fast that he swarmed all over his opponents, both big and small, and was so tireless that he was called "The Pittsburgh Windmill." He fought anybody and everybody, and challenged the much-bigger Jack Dempsey repeatedly for a title match. And he did all that while *absolutely blind in one eye!*

Greb's Secret

My uncle, while studying dentistry in Chicago, sought him out, got to know him intimately, and extracted from him the secret of his fantastic fistic abilities. We researched this secret in our physiological-psychic power laboratory and found that Greb had mastered the power of producing the "feverish muscle music" of the adrenal trance.

Physiology researchers agree now that champions don't win by training on "diets" or "proper foods." (One star even trained on beer and hot dogs.) If a person *thinks* he has greater energy, he may be more confident and his performance better coordinated, but his peak performance will not be significantly altered, or his endurance consistently lengthened.

The athletes in their tests performed just as well *with* vitamins as *without* them. Their fatigue was less, and their skills were better maintained only with a proper intake of water, simply because water depletion via perspiration in strenuous sports, especially when temperatures were high, seriously reduced performance and produced "heat exhaustion."

Assuming that their skills were about equal, the athletes who won, despite breaking all the "scientific" rules, did so by driving themselves on to victory in much the same manner as did Harry Greb. Greb repeated his performance again and again over a long career which included between 200 to 400 fights with the best men of his time. In some years he fought as many as 42 times, engaging in long bouts with fine fighters much bigger than he, and sometimes no more than two days apart. He met some of the best of them as many as six times. (He scrapped with Gene Tunney no less than five times, three of which were torrid fifteen-rounders against the perfectly conditioned, taller, heavier, and younger Gene.)

The secret lies in assuming the "feverish muscle music" of the adrenal trance. It amounts to a *drugless stimulation* of your body. To do so, you transform yourself into an animal of multi-power, as into a werewolf or a lunatic. In Old Norway a slaughtered animal was believed to embody God, and the worshippers who ate the flesh were supposed to temporarily become the God himself. In fighting, the worshipper battled as furiously as that animal had, and performed miracles of heroism.

HOW TO TRANSFORM YOURSELF INTO AN UNCONQUERABLE PSEUDO-WEREWOLF

Here is the secret of how to transform yourself into an animal of multi-power such as the werewolf: you throw yourself into the pseudo-acute schizophrenic state of "natural" (drugless) OVER-AROUSAL with super-swift muscular responses (scientifically called the low Sensory/Motor ratio).

Practice it in private. Stare into your mirror from across the room, visualizing the horizon "elevating" all around you and the visual space swiftly drawing close to you, as if closing in on you. (This is the visual state which the invincible mystic approaches as he nears ecstasy. It is also that of the acute schizophrenics, or of the "insane" who can fight like lions

even when they happen to be old and crippled. They lose the ability to maintain the constancy of the visual world; and see with much more brightness, like dangerous nocturnal animals).

HOW TO ACHIEVE THIS POWER

This sparks your adrenals into action. Spur them on by "seeing," as *convincingly as you can*, the physically invincible transformation you are trying to bring about in yourself. "Feel" *convincingly* a peculiar tingle spread over your face, as if your nose and upper lips swell until they touch. *See* your eyes acquire unbelievable sight, and your ears move higher on your head. *See* your body narrow at the ribs, and your arms and legs grow shorter.

See your jaws protrude still farther, and your nose flatten out and join into your swollen cheeks. *Hear* sounds you never heard before—hear even the slightest rustle. *See* your ears turn in different directions to descry them. *See* your shoulders and hips draw downwards, into your upper arms and legs, and your arms and legs shorten and fit solidly into your hips and shoulders. *See* your front teeth shrink fast, but your canines lengthen and taper into sharp points. *See* the broad, biting surfaces of your molars bevel into knife-like edges.

See your fingers shorten to half their lengths, and your fingernails thicken, curve, and point. *See* your hair sprout thickly all over. *See* yourself transformed so completely into a werewolf that your image in the mirror turns terrifying! And see it all so realistically that you *feel* like a wild animal, ready to release a beast-like roar.

THE MIRACLE OF INDUCED ADRENALIN FLOW

Explode mentally now, like such an animal. Spring forth, baring your teeth, and claw and tear like a tiger. Your adrenal glands will flood your bloodstream with *fighting adrenalin*. Your physical power will turn super-human, and your movements savage and lightning-like. You will feel no pain, even

if stabbed. Claw, kick, bite, and dig with your fingers, and snort, as if gone berserk. Any blows you receive now will only excite the nociceptive reflex in you. With this reflex you will fight back still harder when hurt. You are now like the true schizophrenic, or like a werewolf—or many times more powerful and unconquerable than your normal self. You are attacking with the feverish muscle music of the adrenal trance!

Even if you are a woman, practice turning into a pseudo-werewolf. You never know when you will be assailed. It will catch the criminal by surprise and throw him into a paralytic "adrenal freeze." And your diabolic clawing will rout him.

After practicing "adrenal trancing" a few times, you will leap into it in an instant and rid yourself of a dangerous attacker in no time.

Following are true case histories of people who tore themselves free instantly from the enslavement of others and dominated *them* instead. The names and places have been changed.

How Vernon G. Induced a Most Desirable Employee to Change to His Own Sick Firm—and for Far Less Pay

Vernon G. had little time left to turn his company around and save it. Obviously, he couldn't waste much time finding the right man for the job. He didn't care what school the man he needed had attended, or whether he was tall or short. But the man had to be tough-minded and keep an eye on the profit column. Vernon needed a self-starter who could set priorities and stick to them rather than to try to do everything at once. He also had to be someone who wouldn't later regret having given up a comfortable job for a risky one.

The executive-recruiting firm located the right man for Vernon, but it told him that it would take months to lure him to the job. He already had a "wonderful spot," and to try to rush him would only "ruin everything."

Gripped with the fear of losing his business, Vernon confessed his plight to me. I taught him the Somo-Psychic Power to leap instantly into irresistible control over others to help change the potential employee's mind.

Vernon practiced it with fervor. He felt like a new person when the Dorsal Fulchrum Dominator relaxed his general muscle intra-tension. He persuaded his recruiters to arrange a

dinner with the man, in which he himself would suddenly appear. They agreed, although they doubted the wisdom of such a move.

Vernon found the much-desired employee truly resistant to his offer. But with his muscle intra-tension relaxed, Vernon felt calm and replied to the opposition with the Miraculous Body Fog. Then he gradually converted it into the Myolax Glance.

The man continued to resist him by constructing a comparison between the two positions. But Vernon sensed that deep within he was changing, and so he continued bathing him with the Body Fog. At the end of the dinner the prospect had partially agreed to change to his company. Next day the man called up the recruiters and accepted the position.

How Middle Aged Ina C., After Waiting Nine Tormenting Years, Captured a Husband

Middle aged Ina C. had been married and divorced in her early twenties. She had raised two children and sent them to college. But for the last nine years she had kept company with Bruce. Time and again he had promised to marry her but, like many bachelors, he repeatedly put it off. Ina tried "every way" to please him, but still he didn't marry her.

I taught her how to leap instantly into irresistible control over others. With the Dorsal Fulchrum Dominator she revitalized her chronically weary lower back and at once stopped feeling restless and bored with people, particularly with Bruce.

His interest in her multiplied like magic. She mentally anesthetized him with the Miraculous Body Fog. When she capped it with the Myolax Glance, Bruce's passion for her mounted to such an unbearable peak that he bought her a wedding ring and married her within a month.

How Debra H. Routed a Big, Sex-Crazed Assailant

Debra H. went home uneasily at night after work. She had to walk at least a half block to her car or the bus, and dangerous characters could lurk or hide along the way. So I taught her the Somo-Psychic Power of how to leap instantly into irresistible control over others. She practised it at once and mastered bringing on the adrenal trance.

A week later, a big bully snatched her purse. Debra instinctively clung to it, and the brute struck her violently in the face. She staggered backwards, and he tried to overpower her and assault her.

Debra immediately transformed herself into a pseudo-werewolf and sprang at the criminal. He belabored her fiercely, but his blows only triggered the nociceptive reflex in her and she hardly felt them. Instead, she ripped and kicked at him like a tigress. The thug let out a piercing cry and grabbed one eye. Debra kept clawing at him and lambasting him like a veritable Harry Greb.

Her attacker fell into a paralytic "adrenal freeze" and fled, his face ripped to shreds.

SUMMARY

See how you can leap instantly into irresistible control over others! Just follow these few, easy steps:

- Step 1.* Relax the general muscle intra-tension, wound up in you by the upsetting domination of others, with the Dorsal Fulcrum Dominator. (This simple movement also develops your lower back muscles and draws in the sides of your waistline).
- Step 2.* With the Miraculous Body Fog, swiftly free yourself from the dominance of others.
- Step 3.* Bring them under your control with the fantastic Myolax Glance.
- Step 4.* Rout a big, murderous assailant with the "feverish muscle music" of the adrenal trance.

You will now possess the magic power to alter your wretched, distressed Somo-Psychic Power and leap instantly into irresistible control over others.

Lesson 8

HOW TO LEAP OUT AND WIN OUT IN EMERGENCIES

Repeatedly during your life you are faced with emergencies which you are ill-prepared to meet. Highly upset, you are seized with deliberating terror. Life turns into a nightmare of suicidal thinking, and you feel like the most unfortunate of persons. Your attempts to rise above your problems fail, for you are defeated before you start. The attitude of fear of the future, of doubt of your ability to meet it, converts you into a defeated person.

To overcome this, leap out from under it, instantly, and succeed. Thereafter, your best abilities will come to the fore and leave you the master of every situation.

DESPERATE PERSONS WHO LEAPED OUT INSTANTLY FROM HOPELESS EMERGENCIES

People just like you have instantly leaped out from under in emergencies and succeeded by controlling their unused Somo-Psychic Power. With that magic tool, businessmen with companies threatened with bankruptcy reorganized them or started different product lines that put them back in the profit columns. Married people with floundering home lives salvaged them. Parents with difficult grown-up children regained influence over them. Employees with "impossible" superiors gained their approval and support. Hopelessly rebuffed social aspirants were received with open arms. Applicants for much-sought-after positions for which they didn't even qualify, landed them. Third-rate workers who deserved to be fired were retained, while excellent workers were laid off. Repairmen performed work which they considered impossible and built up remarkable local reputations. Franchisers, crushed by competition, blasted through their setbacks and gobbled up

business. Motorists faced with certain death made the right moves and saved their lives and those of their passengers. Hopelessly defeated athletes turned the tide of their defeat. One person after another whose life was "finished" in one way or another saved himself and his associates and made a sensational new start. *All this was done because they controlled the wrong gland influences that dominated them!*

HOW TO RELAX THE ADRENAL GLAND INTRA-TENSION WOUND UP IN YOU BY FRIGHTENING EMERGENCIES

Fear ruins the magic of your instinctive Somo-Psychic Power because it winds up an adrenal gland intra-tension in you. Courage, on the other hand, is closely related to fear and anger. But it is not merely the opposite of fear. If it were, you could acquire it simply by inhibiting your adrenals. But the mechanism of courage is far more complex than that. Animal courage (which you certainly don't want for your daily "peaceful" life) is the courage of the "beast." Animals with large adrenals (like the bison, the bull, the tiger, or the lion) will burst into a devil-take-the-hindmost blood lust without regard for the consequences. What you seek is *deliberate* courage for civilized emergencies, a courage in which you stay calm, collected, and apply all your skills and hidden powers with miracle efficiency. With such courage you keep your "eyes wide open" and make few mistakes. You do so only by *relaxing* the adrenal gland intra-tension wound up in you by the frightening emergency, while *still* retaining the instinctive Somo-Psychic Power which your adrenals triggered to meet the problem. You are then a well-armed individual with a cool head, rather than a well-armed person gone berserk. Achieve that miracle state easily with The Biceps Adrenal Tension Exploder (Figure 9).

IMPORTANT ADDITIONAL BENEFITS OF THE BICEPS ADRENAL TENSION EXPLoder

Physically, this is a tremendous simple movement if you are a man and desire big, bulging biceps with skyrocketing peaks.

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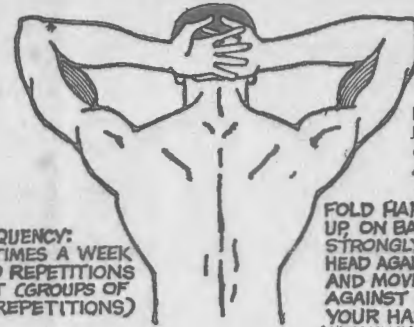
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FREQUENCY:
1-2 TIMES A WEEK
5-10 REPETITIONS
1 SET (GROUPS OF
REPETITIONS)

EVEN BETTER:
DO IT WITH
ONE HAND
AT A TIME.

FOLD HANDS WITH THUMBS
UP, ON BACK OF HEAD.
STRONGLY PRESS BACK WITH
HEAD AGAINST LITTLE FINGERS,
AND MOVE THUMBS TIGHTLY
AGAINST HEAD, TWISTING
YOUR HANDS AROUND.
MEANWHILE, FULLY
CONTRACT BICEPS.

Figure 9

THE BICEPS ADRENAL TENSION EXPLODER

You can even do this exercise when traveling and confined to your seat. If you are a woman and wish either to slenderize or to fill out your upper arms, don't tense your biceps with full power as you exercise. They won't build up topping peaks then. The Biceps Adrenal Tension Exploder, in addition, helps to restrain your adrenal gland from over-enlarging from stress, infection, cold, exercise, and other traumas which over-enlarge it. That alone discourages your habitual change during emergencies, which could lead to chronic sympatheticotonia (or to a chronic OVER-AROUSSED self). Last but not least, by hypertensing your biceps in this manner, and simultaneously stimulating the sympathetic nerves' ganglia (centers) in your neck with your resisting hands, you "work off steam." Both, together, relieve the intra tension of fear wound up in your adrenals by triggering them to empty their accumulated excess secretions into your bloodstream, and leave you feeling "high" and energetic.

THE MAGIC HEARTBEAT CONTROLLER TO OUST PANIC WHEN YOU ARE THREATENED WITH DISASTER

Whenever you see, conceive of, or expect any danger, you are seized with fear and prepare to combat the peril or flee from it. Whichever you do, you consciously and subconsciously command the right group of muscles into action because your glands and your sympathetic nervous system automatically trigger them. But your muscles can help you *only* if your heart pumps from six to eight times as much blood into them as it does when they are at rest, supplying them with the energy (sugar) and oxygen they will require for the expected effort. Your adrenals, for that reason, then super tone your sympathetics to enable them to multiply the power and speed of your heartbeat.

This feeling of your heart pounding through your chest, though, shakes you like an earthquake. A chill grips your knees, and cold sweat pops from your brow. You gasp for breath (for your need for oxygen can multiply by six times), and you might tremble all over. You can hardly find your voice. You have been thrown into a state of pseudo-hysteria. Your adrenal gland intra-tension builds up again, and, as a result, you *can't* change your fear into courage.

Oust this oncoming pseudo-hysteria by controlling your heartbeat. The other symptoms will then disappear and leave you with a cool head. Attain this super-courage state with the Magic Heartbeat Controller.

THE SECRET OF THE MAGIC HEARTBEAT CONTROLLER

The action of adrenalin *differs* with the dosage. *Small* doses drive your blood to your muscles, causing your heart to pump *hard*, raising your blood pressure. *Larger* doses, however, (which you liberate when suffering from terror, shock, etc.) drive your blood into your visceral blood vessels (known as

your splanchnics), *slowing down* your heartbeat and *lowering* your blood pressure.

To normalize your heartbeat speedily when you are stricken with fear, you need a *large dose* of adrenalin to *raise* your blood pressure. You have to let loose the *full vent* of your temper, or, in other words, to *build up* pseudo-hysteria first.

To achieve this, at once visualize the worst thing that could happen to you from the threatening danger, and *revel* in it. Turn temporarily masochist (into an eager enjoyer of suffering). "Feel" this threatening, ignominious failure, scouring humiliation, excruciating pain, or whatever distress you face, searing through your whole system. Then *enjoy it completely*! Now comes the miracle.

You will automatically secrete a large dosage of adrenalin in your blood. That will trigger a *reverse reaction* within you to stem the flow. Your parasympathetics will, as a consequence, leap to the rescue and *slow down* your heartbeat quickly. *That* is the secret of the Magic Heartbeat Controller.

THE MAGIC SUPPORT OF THE MASS REFLEX

Your adrenal gland secretes adrenalin in sufficient amounts *only* when you are in an emergency: fear, rage, pain, asphyxia, under anesthesia, engaged in muscular activity, exposed to cold, and so forth. Any of these conditions can cause your heart to accelerate from 20 to 40 extra beats per minute. (The normal beat is about 70).

Since your adrenals respond to stress, they are not fixed. When you suffer from overstress, your adrenals are over-active and enlarge. Shock which followed severe metabolic disturbance caused death, probably due to prolonged activity of the adrenals. (The Black Death, which wiped out one-third of the population of Europe in the mid-fourteenth century, was probably due to the overstress that led to lowered resistance.) Continual rise in blood sugar occurs during emotional reactions and leads to exhaustion because it causes the adrenal gland to over-stimulate the chronic, OVER-AROUSSED state.

In order to be ready to meet any emergency, and avoid being exhausted emotionally beforehand by anticipating its approach, you have to maintain your body at its keenest *mass reflex potential*.

This is what that means. Your body combats an emergency, even when it is paralyzed, with a *mass reflex*. In case of gross injury to the spinal cord, for instance, the initial resulting flabbiness in the muscles from the shock is followed by a *reflex state*. In this state a strong stimulus to any part of one of the resultant paralyzed legs results in a contraction of the hip, knee, and ankle of that side. Often, in fact, when such a stimulus is applied to the *middle* of the body, *both legs and hips* contract, as well as the whole abdominal wall! Even the bladder evacuates, and the skin over the area sweats. **THAT** is a *mass reflex*, or a mass response of a large portion of the body to the emergency of the injury. The mass reflex is triggered because, on such occasions, your adrenal glands stimulate many nerves to contract a large number of strong muscles around your grossly injured spine, to act like a splint to support it. That is the magic support of the mass reflex.

HOW TO TRIGGER YOUR KEENEST MASS REFLEX POTENTIAL WITH SOMO-PSYCHIC POWER

You understand by now that your adrenal glands do not keep the nerve endings of your sympathetics in a diagnosable state of supersensitivity (or tone) *continuously*, no more than they keep your blood pressure diagnosably higher all the time. They do so *only* when called into action under conditions of stress, etc. When you are chronically **OVER-AROUSSED**, however, they keep your sympathetics, your blood pressure, your heartbeat, etc., *just enough above normal to be unnoticeable diagnostically*. And yet, they are elevated enough to exhaust your instinctive Somo-Psychic Power and rob you of its magic.

But you are ridding yourself of your chronically **OVER-AROUSSED** state with the Biceps Adrenal Tension Exploder, and with the Magic Heartbeat Controller. So, again, you are *adrenally flexible*. If you could only trigger your own *keenest mass reflex potential at will* now, your adrenals would rush super nerve-tone to your sympathetics, and you could master your own destiny. Your *keenest mass reflex potential* would then mobilize the greatest possible mechanisms of your body

behind your moves and convert your activities into that of a human miracle.

THE KEENEST MASS REFLEX POTENTIAL TRIGGER

Make possible such fantastic achievement with Somo-Psychic Power. Just follow the simple directions outlined below.

1. Stand straight before your mirror, as if to face an emergency, be it in business or social life, athletic or romantic competition, a decisive examination, employment-seeking, trying to convince a difficult customer or client, or whatever (Figure 10A).
2. Subtly rotate your shoulders forward and inward so that your palms turn outward (Figure 10B).
3. Now, bring your rotated arms backward and downward forcefully, and contract firmly, *at the same time*, the muscles of your chest *and* back (Figure 10C).
4. Stretch up high as you do so.
5. Also tightly contract the fronts of your thighs. Hold that tense position for a second.

Frequency: (As an exercise) Ten repetitions. Three sets (groups of repetitions). Four times a week.

Muscular benefits: It develops your chest muscles, your outer back muscles, your inner triceps, the fronts of your thighs. If you are a woman, contract less tightly and this simple movement will shape these parts of your body strikingly.

When doing the Keenest Mass Reflex Potential Trigger in everyday life just before facing an emergency, do it *only once*—and do it *subtly and unnoticeably*. (Practice doing so before your mirror).

This simple movement tenses all your fighting, aggressive muscles *at one time*. Your adrenals, through the *associated reflex*, are consequently triggered into supplying the necessary additional adrenalin for which the resulting massive contractions call. The rest of your body, also through the associated reflex, leaps into action and helps you. You are "ripping ready" now, from head to foot, to perform the miracle and

overcome the big emergency. Master this *tremendous*, but easily acquired, power.

..Note: The only important muscle it does not develop is your biceps. But your biceps is not one of your truly massive muscles.

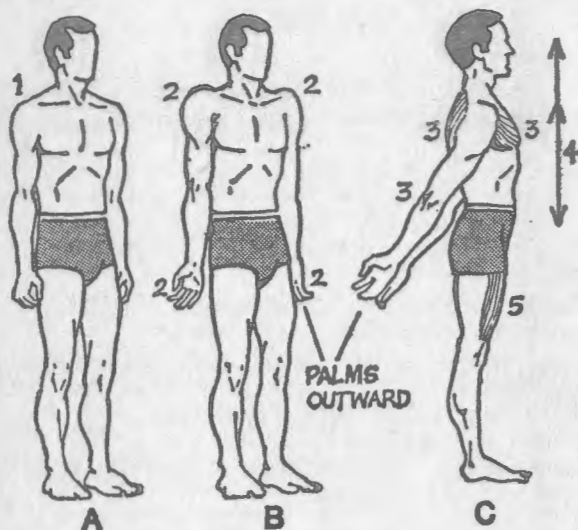


Figure 10

THE KEENEST MASS REFLEX POTENTIAL TRIGGER

FOODS TO FORTIFY YOUR NERVES AND GLANDS

Foods with much calcium fortify your sympathetic and adrenals most effectively. Milk is your best dietary source. The lactose in it, too, favors your body's absorption of calcium. Calcium in carrots is readily absorbed in the human intestine, being nearly as valuable as milk. (Spinach, rhubarb, tomatoes, plums, prunes, and other plants contain much calcium, too, but their dense content of phytic or oxalic acid renders much of their calcium un-absorbable). Beans are another fine source. So is "hard" drinking water. Protein food increases

your absorption of calcium, because calcium forms *soluble* complexes with certain amino acids. Vitamins D, A, and C also help calcium deposition in you.

Below are true case histories of people who conquered one emergency after another with astounding ease. The names and places have been changed.

How Howard L. Watched His Rivals' Businesses Expand Alarmingly—And Beat Them to It

Howard L. was in a precarious position. As the important executive of a small company, he had to compete against much bigger companies and *beat them*. Otherwise he would lose his job, and, at fifty-two, he would probably remain out of work indefinitely after that. The larger, competing companies were diversifying into other fields, but Howard's was too small to emulate them. By limiting its interests, however, he kept his firm less vulnerable to economic change. He was convinced that he was doing the right thing for it; but should he be wrong, he would be finished.

I taught Howard the magic Somo-Psychic Power to succeed in any emergency. To regain his peace of mind he relaxed, with the Biceps Adrenal Tension Exploder, his adrenal gland intra-tension. With a cool head he made new plans and put them into execution. He upgraded his company's products and pushed his salesmen into increasing sales in their established markets and moving quickly into new territories. After another week of doing the Biceps Adrenal Tension Exploder, Howard felt "high" and energetic. He drove his salesmen into setting up special promotions in their own areas and in becoming experts even in loading up retailers and moving the company's goods.

Howard's leading big competitor, though, continued to hold the "iron grip" in the field and went on looking for other ventures, leaving Howard's midget company in a dangerously inflexible position.

Day after day, Howard was gripped with panic. But he repressed it with the Magic Heartbeat Controller. When the stockholders and the Board grew restive, he triggered his keenest mass reflex potential with Somo-Psychic Power, met their challenges, and temporarily won back their confidence.

As it soon turned out, many of the diversifications of the big companies lost money, while the demand for the un-

diversified products of Howard's company grew by leaps and bounds. This change in consumer demand caught Howard's company thoroughly prepared for the exciting upsurge in business. Howard was rewarded with a handsome salary boost.

How Ruth A., at Work, Successfully Opposed the Influence of the "Old Guard"

Ruth A. feared the prospects of slow advancement where she worked, despite her unusual qualifications. She also feared being fired as the company weighed its big cost-cutting program. Because she was a woman, her ideas were only passably respected, and the "old guard" called them "revolutionary." Ruth strove desperately to convince it of the potential of her suggested marketing innovations, such as color suggestions, scents, and designs. All this was to no avail.

I taught her the magic Somo-Psychic Power to succeed in any emergency. With the Biceps Adrenal Tension Exploder, Ruth relaxed her adrenal gland intra-tension and controlled her wrath against the "narrow-minded old guard." It also added beauty to her arms and thighs. Feeling "high" and energetic as a result, she tried to convince the top executives that the company's operation-research group was wasting its time in trying to break into a "mature" market. Any customers it added in that way would have to be wrestled away from other companies. Such a goal was very costly and difficult, for customers changed their brands most reluctantly.

Ruth's suggestions were met with cold shoulders, and she was gripped with panic. But she stilled it repeatedly with the magic Heartbeat Controller.

Aware that the "old guard" was trying to oust her from the establishment, Ruth triggered her keenest mass reflex potential and opposed her detractors so firmly and convincingly that she won enough of them to her side to try her innovations. To the surprise of all, they worked surprisingly well! Ruth was immediately put in line for a significant promotion.

How Elmer B., Facing a Permanent Lay Off, Was Among the Few Retained

Elmer B. could hardly eat, so terror-stricken was he by the appointment of the new executive where he worked. The com-

pany was not doing well, and the new boss was a strict man. He had saved other concerns from collapse by firing or laying off executives, engineers, computer operators and salesmen. His plan was to trim operations to the bare bone. Elmer saw only doom ahead.

I taught him the magic of Somo-Psychic Power to succeed in any emergency. With the Biceps Adrenal Tension Exploder he promptly relaxed the adrenal gland intra-tension caused by fears of an unhappy future. Feeling "high" and energetic now, he realized that he could not hide from the new Mr. Big. But realizing that he must make himself conspicuous threw him into panic, and he had to slow down his heartbeat repeatedly with the magic Heartbeat Controller.

Elmer finally agreed with Joe Louis' reply about how he expected to do against a fleet-footed opponent he was going to fight. "He can run around the ring," Joe agreed, "but can he hide?" So Elmer triggered his keenest mass reflex with magic Somo-Psychic Power and made it a point *not* to avoid Mr. Big at every opportunity. Instead, he would purposely confront him on any company problem, with an attitude of total calm. Every time that attitude was deserting Elmer, he triggered his adrenals into action through the associated reflex, and toned up his sympathetics and his mass reflex muscles to stiffen his softening backbone.

A great number of employees were soon laid off. But Elmer was not. Indeed, Mr. Big consulted him on an important company policy.

SUMMARY

See how you can leap out instantly every time and succeed in all emergencies. Just follow these few, simple steps:

- Step 1.* Relax the adrenal gland intra-tension wound up in you by frightening emergencies with the Biceps Adrenal Tension Exploder. (This super-charging, simple movement leaves you feeling "high" and energetic. If you are a man, it builds up massive, bulging biceps with towering peaks. If you are woman and contract your muscles less strongly, it slenderizes or shapes your arms).
- Step 2.* With the magic Heartbeat Controller, oust your resulting panic when confronting disaster.
- Step 3.* Succeed every time thereafter by triggering your keen-

est mass reflex potential to meet the emergency with magic Somo-Psychic Power.

You will now possess the magic power to alter your fear-filled Somo-Psychic Power and leap out instantly in any emergency.

Lesson 9

HOW TO INSTANTLY LEAP FREE OF STRANGLING MENTAL TENSIONS

Hardly a day passes without leaving you with new mental tension or aggravating old ones. Many remain with you for years, if not for your lifetime. They may be called pseudo-neuroses, and they trip you unsuspectedly at every step, jolt any placidity out of your daily life, and keep your glands and muscles over-triggered to meet them. The whole cycle is so unnoticeable that it is undiagnosable, but its cumulative effect may leave you in a straightjacket of tension.

Save yourself from this false imprisonment by leaping free of strangling mental tension instantly. Your "tightened up" body will relax and keep you at ease.

HOW EMBATTLED PERSONS LEAPED INTO COMPLETE PEACE OF MIND, INSTANTLY

People just like you have leaped instantly into complete peace of mind by controlling their storming, instinctive Somo-Psychic Power. With that magic tool, jolted men and women recovered from shocks *instantly* and found their ideals. Investors who lost money repeatedly traded coolly and calmly at last and profited remarkably. People facing legal disasters helped their lawyers find little quirks in their enemy litigants which won their cases for them. Employees who seemed at their worst before their superiors suddenly showed their best efforts and were swiftly promoted. Merchants who were losing trade swiftly found profitable solutions. Trained workers whose skills were no longer in high demand found new, fast rising fields to enter and earned more than before. People with sizeable incomes but unhappy positions changed to much smaller paying ones, but gained the lifetime joys that they sought. Person after person whose daily life was being tor-

tured by strangling mental tensions leaped free of them instantly and pursued his most satisfactory goal.

HOW TO RELAX THE RESPIRATORY VISCERAL INTRA-TENSION WOUND UP IN YOU

Strangling mental tensions can initiate atherosclerosis (hardening and degeneration of the arteries) in you. And tensions can even be caused by noise. High level noise causes the arteries of your extremities to constrict. The irritation of the noise undoubtedly triggers your adrenals to secrete abnormally in order to "fight it off," and the excess adrenalin mobilizes the blood from your skin, viscera, and extremities into your fighting muscles. Studies, mostly from Russia, report a higher incidence of circulatory, digestive, metabolic, neurological, and psychiatric problems in those who worked in noise-filled areas than in others.

But that's just the beginning. Your brain manufactures, in turn, a blood-pressure raising enzyme (an angio-tensin) to help your adrenals combat the irritation of the noise. But your parasympathetics then rush a stream of energy to your brain to *combat and normalize* these abnormal changes in you. The ensuing struggle between them and your adrenals for control throws you into a near-paralytic tension and disrupts your life.

To free yourself from this regular, physiological imprisonment you have to relax the respiratory visceral intra-tension. Accomplish that with the Lateral Inch-By-Inch.

THE LATERAL INCH-BY-INCH

The position to assume (Figure 11A).

1. Put two chairs together.
2. Stand close to 15 inches back from them, depending on your height.
3. Rest both hands close to the edge of the chairs, with fingers pointing toward the back of the chair. *Start with wide grip,* or just beyond shoulder width.

4. Bend your knees and drop your body weight upon your hands.
5. Keep your forearms perpendicular to the chair seats and
6. Bend your body forward and downward, so that
7. Your elbows bend at about 90 degrees.
8. Straighten again.
9. Reassume your position once more, but this time round your shoulders (turn them inward, downward, and backward) before resting your hands on the chairs (Figure 11B).

How to do this simple movement (Figures 11C, and 11D):

1. Inhale quickly.
2. Push up your dropped body weight about eight inches.
3. But throw all your weight on your lower chest line (Figure 11E). At the same time sharply draw elbows inward.
4. Repeat two to three times. Draw your hands about one inch closer and repeat. (Figure D).
5. Repeat the procedure until your hands reach a close grip, about nine inches apart (Figure 11D).
6. When you push up, your body will rock back on your toes a little [Figure 11C(6)].
7. Exhale fully as you push up.

This simple movement develops (Figure 11E).

1. Your whole chest line at the base of your chest muscles, lending your pectoral (chest) muscles a raised, plaque-like, wonderfully-refined look. If you are a woman it gives your breast the sexy, tilted-up look. That is why you should do it inch-by-inch, steadily across your lower chest (or breast).

Frequency: Three sets. (Each set consists of one Lateral Inch-By-Inch repetition). Three times a week.

IMPORTANT ADDITIONAL BENEFITS YOU ACQUIRE FROM THE LATERAL INCH-BY-INCH

The very movements of the Lateral Inch-by-Inch give you the feeling of crushing, and exterminating something hideous and tormenting with your muscles and the weight of your whole body. It is akin to the advice of a psychiatrist to a hus-



Figure 11
THE LATERAL INCH-BY-INCH

band to "desensitize" himself to an overbearing wife by expressing anger.

If you are woman, the Lateral Inch-by-Inch fills out the base of your breasts with concealed muscles which push them up higher.

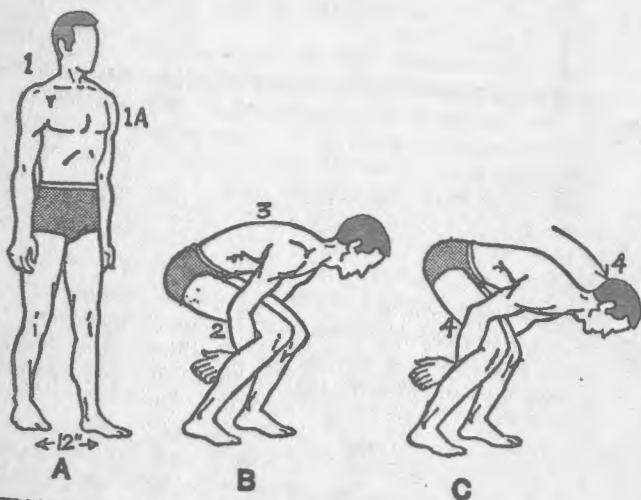
The Tribal Doctor's Natural Secret to Trample Asthma

In the mid-nineteenth century the Cimarrones, 3,000 descendants of Old Spanish slaves, lived in their own concealed cities in the jungles of the Isthmus of Darien, now the Republic of Panama. My grand-uncle, a physician, was captured by them while crossing the Isthmus during the period of the California Gold Rush. He escaped years later, bringing with him a treasure of natural health secrets from their tribal doctor, Mormo. One of these was Mormo's simple movement to trample asthma, a disease practically fatal in the pollen-infected jungle. This simple movement is a perfect use of Somo-Psychic Power. Those to whom it has been taught totally overcame their affliction in from one to three lessons. Among them was a father of 40 and his two children, one five, and the other three years old. In ten years, none of them have suffered a recurrence.

Asthma is a parasympatheticotonia disease because it narrows the bronchial tubes and prevents the breathed air from easily entering or leaving the lungs. (The sympathetics, in contrast, *widen* the bronchial tubes). Asthma causes a visceral intra-tension in the walls of the bronchial tubes which contracts their circular muscles and thus narrows the air space in the tubes. When you relax this intra-tension you relax these muscles, and your bronchial tubes regain their normal size. Aged Mormo, long before the mid-nineteenth century, apparently understood this anatomical and physiological fact, albeit nonacademically, and perfected a simple movement to oust the misery.

THE TRIBAL DOCTOR'S SECRET SIMPLE MOVEMENT TO TRAMPLE ASTHMA

The position to assume (Figure 12A).



THE TRIBAL DOCTOR'S SECRET SIMPLE MOVEMENT TO TRAMPLE ASTHMA

Figure 12

THE TRIBAL DOCTOR'S SECRET SIMPLE MOVEMENT TO TRAMPLE ASTHMA

1. Stand straight, with your feet about 12 inches apart, to maintain your upright balance. Take a deep breath (1A) and
2. Bend over and clasp your forearms behind your thighs (Figure 12B).
3. Exhale fully now. At the same time
4. Draw your upper body down, toward your knees, by hugging your thighs tightly with your arms (Figure 12C).
5. Repeat the movement about ten times.
6. Sit or walk around for a half minute. Then, repeat another ten times.

7. Do three sets of ten repetitions each, for a total of 30 repetitions.
8. Repeat the whole thing six times a day, but never before two hours after a meal.
9. Do this simple movement for three consecutive days. Any time thereafter when you feel the least asthma attack coming on, immediately repeat this simple movement once or twice, or a few more times if you wish, and halt the paroxysm before it starts.

The aforementioned father and children never had recurring attacks. Now you know what to do, should you have one.

THE SECRET PSYCHOLOGICAL BASIS OF THE MAGICAL FLOATING BRAIN

Now that you have relaxed the respiratory visceral intra-tension caused by "one thing after another," leap free of strangling mental tie-ups *before they even fasten* on you. Do it with the Magical Floating Brain. You will be taught now the secret of it.

First of all, you possess, as the psychologists put it, a natural habit to "project your unwanted thoughts into somebody else." Then you convince yourself that *that someone else* suggested that painful or forbidden thought to you, and you accuse him of it. Psychiatrists label these types of "thought dodgings" as auditory or visual hallucinations because you make yourself hear voices or see things that are not there. The delusion fills your viscera with intra-tension because deep within your subconscious mind you *know* that that someone else is *not* to blame for what you accuse him in your thoughts.

With the Magical Floating Brain you also project your unwanted thoughts into someone else, but you don't delude yourself that *someone else* is to blame for your withering thought. As a consequence, instead of filling yourself with more visceral intra-tension, you *lose* that which you already have. That's why the Magical Floating Brain has the tranquilizing effect on you of an alpha high. And it does so without chemical sedatives, hypnotics, soporific, and the damaging and sometimes addicting side effects that accompany them. The Magical Floating Brain is a monumental secret to master.

THE SECRET MIND POWER BASIS OF THE MAGICAL FLOATING BRAIN

The middle area of the *left half* of your brain is specialized for language and speech, while the middle area of the *right half* is more attuned to visual impression. But this difference *can be abolished* with alcohol. (It can also be overcome with Somo-Psychic Power.)

In other words, changes in the chemical processes of your brain influence your moods and behavior. That's why many psychotherapists rely partly on drugs to effect desirable changes in certain patients. But the process works also *in reverse*, as the hysterical, the hypnotized, the mystic and the psychic master amply prove. Their mental experiences prove that changes in behavior can become *causes as well as effects* of the chemical changes occurring in your brain, and that such miracle-making causes can be triggered with instinctive Somo-Psychic Power. Whenever these persons throw themselves into the adrenal-sympathetic (**OVER-AROUSSED**) state, their conscious minds interpret the changes induced in the sensations received in their subconscious minds either as creative, psychotic, or ecstatic experiences. And so these individuals gradually turn *inward* toward a *mental dimension* at the expense of the physical—or into a totally introspective state. You can do likewise. This **OVER-AROUSSED** state prepares you for *positive action*.

It is characterized by increased activity of your sympathetic nervous system and of an activated psychic state in you. At the peak of your ecstatic rapture, the outside (physical) world will retreat to the fringe of your consciousness (or you will hardly remain aware of it), and thus you will *abolish* the difference between the two halves of your brain. You then leap into your plans of action with your Magical Floating Brain like a magician. In a similar state, the agonized stammerer and stutterer speaks fluently. In it, you yourself are free from strangling mental tensions and step forth into the world with the miracle power of total self-control. This state is equivalent to the "high" achieved through hallucinogenic drugs, except that you induce it naturally. *That* is the secret mind-power basis of the Magical Floating Brain. Master now the two secret steps for creating the Magical Floating Brain.

HOW TO STEEL YOUR NERVES TO ANYTHING WITH THE MAGICAL FLOATING BRAIN

Step 1. Your brain does not lie within your skull like an apple inside its skin, but more like an oyster within its shell. It is separated from your skull by a viscid liquid—your cerebrospinal fluid—which protects it from the hard, bony surface of your skull. A so-called whiplash injury can result when your head is thrown forward in a car accident. Since your brain floats in your head it bangs against the *back* of your skull.

So, to overcome strangling mental tie-ups promptly *at any time*, visualize your brain suspended in the cerebrospinal fluid within your skull. Visualize it, also, as having lost all connection with your spinal cord and with all other parts of your body, such as with its paired branches to your eyes, ears, mouth, throat, face, viscera, and legs. Visualize your brain, in other words, like a jellyfish floating within your skull—or as still being within you, but as having lost all direct contact with you. It is now a floating brain.

Sit or lie down and practice visualizing your brain floating in your head, with your eyes closed at first. Ignore *every* message or sensation your mind receives either from within you or outside of you, because your brain supposedly can no longer receive impressions, except from itself. For the same reason, neither can it send a command to any part of your body.

Practice this visualizing until you *actually feel* your "separated" brain floating in your skull like a *foreign body*, with no more control over you. Visualize it until you don't even "hear" anything around you, no matter how frightening, disturbing, or exciting the sound. Visualize it until you are no longer aware of anything you touch, feel, see, smell, taste, or to sensations of warmth or cold. Visualize it so absolutely "cut off" from your body, although still housed within your skull, that it turns into that of a zombie, completely out of touch with the world.

You won't take long to master this step. Just visualize it *powerfully enough*. When you do, you will no longer feel pain,

hear noise, be disturbed by anything, care about anything, taste anything. In fact, you will be a *voluntary zombie* under your own control.

Step 2. Corner any thought that follows through your mind (like the agitating thought which brings on your strangling mental tensions) and *cast it out* of your brain. Cast it into the lake of constantly flowing cerebrospinal fluid in which your brain floats; let it be washed away and leave your brain *perfectly free* of it. Do likewise with one thought after another that flashes into your brain until your mind is *totally devoid* of all thought.

You will automatically get rid of your nervous tension. There will be no more worrisome thoughts left in your psyche, and no more will immediately rush in. Faint pseudo-anxieties related to matters that occurred long ago in your life will remain latent in your subconscious and not actively bother you. So, for all practical purposes, you are *free of all nervous tension and worry*.

Drift mentally in this state for several minutes, instantly dumping into your brain-engulfing cerebrospinal fluid *any* worry that tries to fasten onto your conscious mind. You will float in a rapturous state you have never before experienced! You will be taking a "trip"—but it will be a healthy, drugless, pacifying "trip" *without side effects*. When you "return" from it you will feel as refreshed as after a long, sound sleep. The Magical Floating Brain is the miracle tool to end nervous tension and worry. Master its two easy, exciting steps and use it regularly.

Below are case histories of people who have untangled one strangling mental tension after another swiftly. The names and places have been changed.

How Albert K. Remained Absolutely Cool in Every Difficulty

Albert K. was appalled by the problems confronting the small company for which he worked. Unless they were satisfactorily solved—and soon—the company faced disaster, and he would be laid off. For one thing, the firm had developed into a mature industry with grown-up problems, tough foreign competition, and environmental obstacles. A relatively small plant could no longer run at 100 percent capacity, its president had declared. Production *had* to remain cut down—which meant less profits and jobs. "For the small company

to survive," he had added, "its top executives would have to make *the* right decisions regarding policies over the next year."

Albert, like most of the other workers there, prayed that the right decisions would be made. In the meantime, he was worn to a frazzle with the anxiety that they might not.

I taught him the Somo-Psychic Power to leap free of strangling mental tie-ups, instantly. He *had* to face the situation coolly, come what may, and be ready to meet the emergency.

With the Lateral Inch-by-Inch he relaxed the respiratory visceral intra-tension caused by the perilous situation and turned less sensitive to his plight. The feeling of having "trampled" his difficulty with that simple movement blessed him with the sensation of having "exterminated" it. The lower base of his chest muscles grew amazingly strong from it, too, hefting his chest and toning it with the seemingly immense torso-power to overcome anybody or anything. The physical and psychological transformation flooded him with optimism, and he accepted his dire outlook with the confidence that he *would* survive it, come what may.

The economy changed for the better, and the company enjoyed an excellent year. Most of the Albert's fellow workers were nervous wrecks by then, though, and could hardly enjoy their changed fortunes. But Albert was full of vim, vigor, and vitality, for he had saved his mental energy. His superior was so much impressed by his calm and self-assurance through it all that he promoted him as his assistant.

How Luther S. Gained Significant Raises for Those He Represented

Luther S. was the head of a small union which was hurt by inflation, recession, and decline in dues income. His own staff struck for more pay, and company cutbacks were obstructing his new organizational drives. The union members were highly dissatisfied and were demanding a new head. Luther was deeply disturbed, for he couldn't change the economic problems of the nation.

I taught him the Somo-Psychic Power to instantly leap free of strangling mental tension. Until he maintained total self-control, he was finished. With the Lateral Inch-by-Inch he calmed his nervous breathing, and that loosened the pseudo-spasticity which his muscles had acquired from the tension.

But Luther was still bewildered as to what to do. The different halves of his brain battled each other for domination

and threw him into a desperate fit of temper. With the Magical Floating Brain, however, he abolished the differences between the halves of his brain and ended their warring. Immediately he felt cool, calm, and collected. Every time any panic or nervous tension threatened him, he visualized his brain suspended in the surrounding cerebrospinal fluid, and was at once wafted "out of this world" and freed of its agonies. When a new worrying thought tried to flash through his mind, he cast it into the sea of cerebrospinal fluid and let it be washed away until he was devoid of all thought.

Luther faced his problem now *with his mind refreshed* and thought out calm, stimulating answers that rallied the dissatisfied members behind him.

He stopped losing and started to win. Before another six months passed, he had gained significant raises for his followers and was more popular with them than ever before.

How Eugene Q. Restrained the Perilous Innovations of His Erratic Son

Eugene Q. had worked hard and long, and had built a well-paying service business over most of his 55 years. He brought his out-of-work college graduate son into it, hoping to retire before long and travel and live with his wife in different retirement paradises.

But he was jolted by the "modern approach" to the business by his better educated son. His son, Eugene discovered, had "too many easygoing ideas" on how to run it! For one thing, he didn't demand that the employees keep a close eye on costs because that implied that he "didn't trust them." For another thing, instead of making his own decisions, he invited employees to help him make them. He also wanted to hire a college "buddy" whom Eugene bitterly described as a "chanting, guitar-strumming companion" without a practical business idea in his head. "The freak might even smoke pot!" Eugene cried.

I knew nothing about Eugene's business, but he *had* built it up with his own ideas, and it was still growing healthily. It served a conservative clientele, and, as Eugene explained it, startling innovations would drive such people away because they dreaded change, particularly if it smacked of the "radical" or "too modern." Eugene was so badly agitated by the problem that I taught him the Somo-Psychic Power to leap free of strangling mental tensions instantly.

With the Lateral Inch-by-Inch he flooded his lungs with oxygen and released the imprisoning hold of his adrenals on him. The acid secretions locked up in his viscera seeped out of them enough to relieve him of their intra-tensions.

As soon as he tried to change his son's mind, however, his son proved to be stubborn and insisted that he would inject new blood in the service business and multiply its income. The different halves of Eugene's brain, as a result, pulled in different ways as he tried to decide what to do, and he nearly exploded.

With the Magical Floating Brain, Eugene abolished the difference between the two halves of his brain and thoroughly freed himself from the strangling mental tension. Dealing with his son, thereafter, with the total self-control of a magician, he gave in to him *just enough* to leave him feeling that he was agreeing with him. But he continued running the business in the same old way. Expecting his father to eventually give in all the way, his son relented in his persistence, and the business continued growing as it had. In the ensuing months Eugene's son perceived again and again the sound logic of his father's "old-fashioned" ideas and witnessed the stark failure of many of his own plans. He adopted, without even realizing it, some of the best policies of his father's. Eugene *was* able to retire a year later with the secure feeling that his son *would* carry on the well-established business sensibly enough.

SUMMARY

See how you can instantly leap free of strangling mental tension! Just follow these few, easy steps:

- Step 1.* Relax the respiratory visceral intra-tension caused by "one thing after another," with the Lateral Inch-by-Inch. (This exhilarating simple movement also gives you a powerful, "chesty" feeling—and you will look it, too! If you are a woman and do it more mildly, it elevates intriguingly the lower borders of your breasts).
- Step 2.* Acquire total self-control over the two different halves of your brain by ending their battle for dominance.
- Step 3.* If you are afflicted with asthma, eradicate it with the tribal doctor's secret, simple movement.

You will now possess the magic power to alter your storming Somo-Psychic Power and leap free of strangling mental tensions instantly.

Lesson 10

HOW TO LEAP INTO BEING WELL-LIKED BY FRIEND OR FOE

Your life is a total failure in every possible way—in your career, in your social life, in your dreams of happiness, in your retirement, or in anything you strive for—unless you can make friends easily and are disliked little by your enemies. (If you can be *liked* by your enemies, your life will be a “bed of roses.”) Such inabilities curse your daily hours with an unnecessary unpleasantness which wears you down. The unhappy experiences to which they subject you, the potential opportunities you lose, the delightful associations you fail to form and the fine ones you do form but lose, all hold you back from truly enjoying life. They force you, even if to a limited degree, into the resentful introspection of the recluse, and convert you into an anti-socialite. Your natural feelings toward others turn to distrust (even if to a limited degree) and, instead of becoming a part of different groups, you seclude yourself with the one closest to you (such as to your wife and family) and feel generally hostile toward others. By doing so you lose many opportunities for making big money or finding happiness in unusual and unexpected ways.

To solve that, leap into being well-liked by friend or foe. You can make friends, thereafter, wherever you go, with a mere look, and convert your enemies into boosters, even against their wills. You will open up a world of thrilling living which won't cost you a penny more, but which will be like heaven compared to your present hell.

HOW LONELY PEOPLE BECAME WELL-LIKED BY FRIENDS OR FOES, IN A FLASH

People just like you have leaped into being well-liked by friends or foes by controlling their seething Somo-Psychi-

Powers. With that magic tool, abandoned, money-strained, “forgotten souls” in friendless big cities swiftly formed wide circles of friends. Hardworking employees who had been bypassed for the higher positions were incredibly chosen for them. People whose leisure time “dragged” or filled them with dejection revelled in those hours with exciting companions. In-laws who quarreled with their relatives got along with them well. Hostile rivals and competitors united and gained wealth with their combined efforts. Creative people who were barren of lucrative ideas discovered a wealth of them by making new friends. Socially active people who were losing their grip over others swept them off their feet more strongly than ever. Clerks, salesmen, teachers, bosses, and others who dealt directly with individuals extracted far more profit, work, or loyalty from them. One person after another who was shunted aside socially or in business changed instantly and leaped ahead to new, unheard of goals.

HOW TO RELAX THE GLAND INTRA-TENSION OF YOUR METABOLISM WOUND UP IN YOU BY THE TRAUMAS OF UNPOPULARITY

When you habitually adopt an abnormal posture for extensive periods, such as through your occupation or recreation, it microtraumatizes your bones, your joints, and their ligaments. Their shape, size, length, and facings are correspondingly altered, and bring on varying aches, pains, and incapacities which change your whole character. Similar changes plague your glands, from the microtraumas of the insults and rebuffs of unpopularity. The daily shocks from these blows raise your body temperature, making you sweat, and speed up your heartbeat. These symptoms resemble the state of hyperthyroid secretion. But since you hide them, lest they inflame the people who rebuff you, your thyroid bottles up these excessive secretions and acquires gland intra-tension. This tendency extends to the organs of your body ruled by your thyroid, such as your stomach and intestines. It slows down your digestion, your bowel movements, and the insulin secretion into your bloodstream because your adrenals now *gain ascendancy* in you.

Conquer this chain of evils with The Digestion Normalizer. With it, “let off” your pent-up steam against the microtraumas

of unpopularity by "blunting them *into* yourself," instead of blasting out your temper against others.

THE DIGESTION NORMALIZER

The position to assume (Figure 13A).

1. (a) Take a deep breath and (b) stand straight, (c) arms hanging by your sides (b) with elbows straight, (e) your palms facing forward, (f) and your feet about ten inches apart, (g) with the toes pointing outward enough for a comfortable stance.

How to do this marvelous simple movement (Figure 13B):

2. Inhale.
3. Bend your upper trunk downward toward your *left* side.
4. At the same time, draw your hips forward.
5. Bend your knees forward to make that possible.
6. Raise your elbows toward your shoulders.
7. Bend your forearms,
8. Until they are flexed on your biceps.

How to culminate this simple movement (Figure 13C).

9. Exhale and tense the abdominal muscles of your left side tightly. (This draws in and trims the spreading bulge at the left side of your waist, and wears off the fat there, giving you a V-shape on that side).
10. Bend your palms *away from* you and turned inward. (This is **VERY IMPORTANT** for tensing your biceps to their peaks).
11. Flex your biceps as strongly as you can.
12. Raise your elbows outward, and as high up as possible without straining your shoulder ligaments.
13. Tense your middle deltoids (the muscles on the outer sides of your shoulders) to fullest power. (For a man, these muscles bring on the much-admired, broad-back look. For a woman, it beautifies the shoulders by concealing shoulder bones, and greatly smooths out the shoulder wrinkles that appear with age. It also wears off any lumpy fat there).
14. Relax back to Figure 13A and repeat.

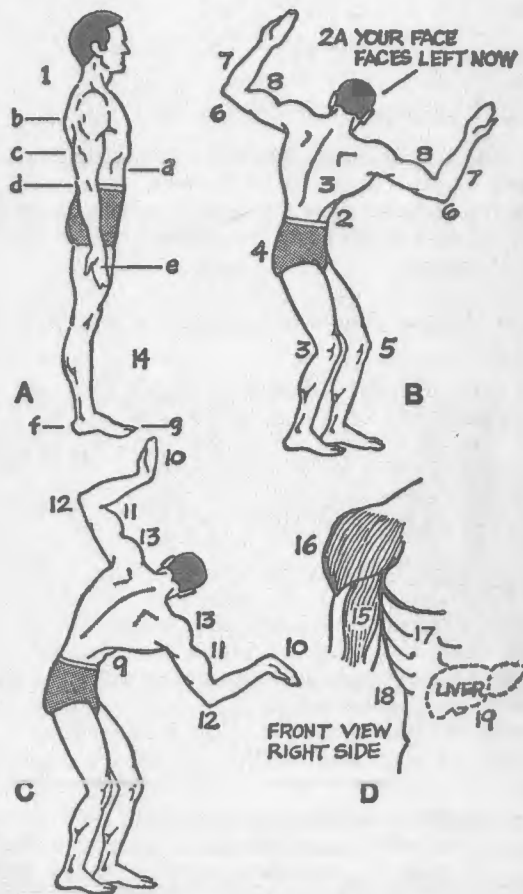


Figure 13
THE DIGESTION NORMALIZER

Frequency: Do three sets (groups of movements) of ten repetitions each. Pause about 15 seconds between sets. Do 18 repetitions a set for peak development. Once a day, four times a week.

For big, powerful muscles and the broad-back look, the Digestion Normalizer develops, when used for peak development (Figure 13D):

15. Big, impressive, sharp summits on the outer halves of your biceps.
16. Massive, outward bulging sides to your shoulders.
17. The long, encircling lines of a youthful waist.
18. The youthful, athletic, V-shaped look, especially when contrasted with the broad-back look.
19. Squeezes your spleen and helps to empty the sluggish blood in it.

Note: If you are a woman and wish only to slim down fattening arms, or to round out your *too slender* arms, do the Digestion Normalizer with your hands open, but in a straight line with your forearms.

(The Wing-Torso Bile Pumper, pages 41-43 already V-shapes the right side of your waist and wears off the fat bulge there. With both of these simple movements you acquire the V-shaped back).

IMPORTANT ADDITIONAL BENEFITS YOU ACQUIRE FROM THE DIGESTION NORMALIZER

The Digestion Normalizer squeezes your pancreas and restores it to "normal." Your pancreas, the gland that secretes insulin, is a close neighbor to your solar plexus (your abdominal brain). The insulin stores the sugar you ingest particularly in your liver, your great sugar storehouse. With your pancreas normalized again you regain, at once, your normal resistance to infection, your normal response to energy demands and, in general, your normal mobilization of energy for physical and mental purposes.

This simple movement also slenderizes your waist by "wearing down" the extra flesh on the left side of your back. It

leaves you with a "light" feeling in the abdominal pit, and with a solid feeling to your arms. Your mind, as a physiological result, is filled with elation and sets your thyroid functioning "normally."

THE ALLENSLAVING FRIENDLY AURA TO NORMALIZE YOUR EVER-THREATENING ACIDITY OF UNFRIENDLINESS

Experiments by eminent authorities uphold the revelations *that it is dangerous to exercise after a meal*. Tests show that men who die suddenly from heart attack tend to be "pushers" who consume a meal and then engage in competitive activity. The activity included even such comparatively mild sports as competitive tennis and golf, as well as jogging for exercise rather than for fun, bike riding, and swimming.

After all, you already know that the lion, the dog, the cat, the snake, the bear—or all animals who consume big meals at one time—rest or sleep immediately afterwards. Their satiated gastric glands and the stretched surfaces of their stomachs seem to flash a command to their brains to rest their skeletal muscles after the meal and thereby allow more blood for their processes of digestion. Because of his day-to-day labor requirements under civilization, man alone ignores that rule. Sometimes, in fact, he even exercises violently *following* a huge meal. He suffers, as a result, from digestive troubles and eventual heart attacks from it, for his heart has to work 40 percent harder than normal after a meal to try to maintain both his normal circulation and his digestion, too.

When you add strong physical action to that strain, your heart overworks considerably. Your instinctive Somo-Psychic Power then triggers a command to your body to rest to alleviate the excess strain on your heart. If you regularly ignore it, sooner or later you run into disaster.

(**Note:** But don't rest by *lying down* after a meal, or you will suffer from digestion stasis, even if you aren't aware of it).

HOW TO COUNTERACT YOUR ACIDITY OF UNFRIENDLINESS WITH THE ALLENSLAVING FRIENDLY AURA

According to a medical journal report, laborers and office workers are the people with the shortest tempers. The "professional types" are those with the best tempers. Laborers and office workers, for that reason, exhibit the most acidity of unfriendliness. They possess the least control over their work habits and regularly have to engage in heavy work (laborers), or to bend forward at their desks (office workers) and cramp the space in their digesting stomachs after a meal, particularly after lunch. Without their even suspecting it they fall victims to their ever-threatening acidity of unfriendliness. Counteract that threat by imbibing enough water after work, by consuming *no* slowly digesting foods at lunch (like fats and oils), and by doing the Sky-High Fly (Figure 14) every morning shortly after arising. Your acidity of unfriendliness will vanish physiologically through these tested dietary cautions. And, mentally, it vanishes from the exhilarating movement of the Sky-High Fly. The hostile aura emanating from your body will alter to that of a sweet, optimistic, all-enslaving friendly aura. It will pour out through your skin like an invisible vapor, and spread out around you in a wide arc and saturate the bodies and minds of *everyone* you come fifty feet of during the next 24 hours!

THE SECRET OF THE DEADLINE OF YOUR ENEMY'S STARE

Your eyes are continuously performing small, involuntary, *micro-nystagmoid* movements. These are rapid scanning movements with a mean frequency of one per second, and with an amplitude of five to ten minutes of arc. These micro-nystagmoid movements are regarded as a prerequisite for your eyes to fix their vision on an object in physical space-time. This natural movement of your eyes is increased five- to eight-fold in response to sympathetics-arousing (OVER-AROUS-

FREQUENCY

4 SETS (GROUPS OF REPETITIONS) OF 25 REVOLUTIONS EACH.

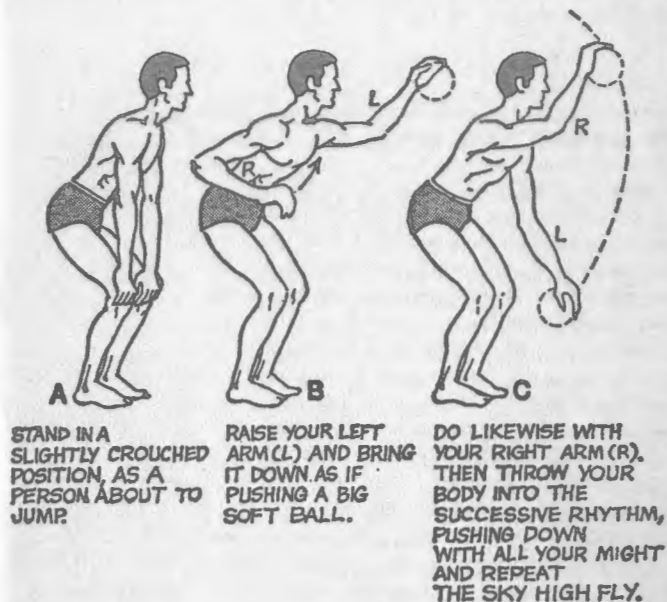


Figure 14
THE SKY HIGH FLY

ING) drugs. It is also increased without drugs in acute schizophrenics (that is, in patients in a state of sympathetic nervous system over-arousal). But it is decreased by alcohol, sleeplessness, and fatigue, for these are *parasympathetic* states (Sleeplessness, that is, resulting from boredom or too much rest).

Your enemy's stare is no exception. When he stares at you his eyes also perform small, involuntary, micro-nystagmoid movements. Since he despises you, his sympathetics are over-aroused whenever he encounters you (even if he manages to conceal it), and the rapid scanning movements of his eyes (known as "saccadic frequency") are increased. Neither he nor you are aware of this phenomenon because his eye movements are not normally detectable. But they still take place!

To spellbind him at sight in order that he like you instead of loathing you, you have to alter his sympathetics' over-aroused state into a *parasympathetics'* over-aroused state—or from a belligerent stare into a fraternizing one. Do so by *unfixing* his stare, that is, by *slowing down* the speed of his "saccadic frequency."

HOW TO UNFIX YOUR ENEMY'S DEADLY STARE AND SPELLBIND HIM ON SIGHT

The secret lies in the trick of the fakir who devitalizes the stare of the cobra. The cobra has *fixed eyes*. To compensate for its lack of scanning movements, so that it can fixate the images of its victims and see them, the snake has to *sway its head* rhythmically. If it could NOT do that, it *could not see* its victims—and they would escape unharmed.

The same applies to your enemy. If he could NOT see you distinctly and thereby grew less and less aware of you, he would resent you less. His hostile adrenals would be stimulated less, and his loathing sympathetics would react less sharply to you. It would be easy, then, for you to make him *like* you instead. You would merely have to stimulate his *parasympathetics* by hyper-arousing his *thyroid* gland with praise.

To make your enemy see you less distinctly without his even realizing it, stand before your mirror and imagine that *your* image is *he* staring at you. Fix *your* stare on the pupils of his eyes. At the same time, relax your face and hands to encourage your adrenals to lose their hostility toward him. Relax your lips by smiling slightly and gaze into *his* pupils.

Once you do this easily (and it requires but a little practice), your own eye muscles will relax with that gaze. Such a relaxation practically halts the saccadic movements of your own eyes. Your enemy's stare will instinctively try to emulate yours to "show you" that he *can* dominate you. But his eyes no longer see you so distinctly by then because they cease their side to side movements. His acute reaction towards you will soften at once, for his adrenals won't be able to pinpoint you and pour out into his bloodstream their secretions against you. He will be like the Yogi at the peak of his exaltation (*parasympathetic over-arousal*) when he can still see "objects," but they have no affirmative qualities for him. You can

easily *spellbind* your enemy then by addressing him respectfully. It is as simple as that.

Below are true case histories of people who ended their unpopularity by leaping into being well-liked by friend or foe. The names and places have been changed.

How Lou H. Induced His Defiant Subordinates to Accept a Sizeable Pay Cut

Lou H. was in a precarious business position. He was the leader of a new management group which was desperately trying to reopen a shut-down mill. His whole bleak, middle age future depended upon his success in the venture. Ever since his lay off two-and-a-half years ago, he had vainly tried to find work. But, like so many others, he had failed repeatedly. As a last resort, he was trying something on his own. He had formed a group, with other men in his plight, to try to reopen closed down businesses. It seemed like their only remaining hope to get back on their feet. But they had to *succeed* to make anything of the enterprise.

Lou confronted the head of the union local and attempted to persuade him to induce his 600 members to accept a 12½ percent pay cut in the closed down mill, as well as reduced benefits. "That would break the back of the union!" its head man snapped back.

"True," Lou continued, "the men would work less and get less pay. But with overtime, their average take would climb!"

"We labored long enough for under-pay," the official protested. "Then, when we finally got good pay, the mill shut down! Was that our reward for all our years of accepting less pay?"

Thoroughly defeated, Lou nearly collapsed before me. If he couldn't make a success of that project, he would be forced to depend on welfare! He and his family would be ruined in their community!

I taught him the Somo-Psychic Power to leap into being well-liked by friend or foe. With the simple movement of the Digestion Normalizer Lou relaxed the gland intra-tension of his metabolism wound up in him by the traumas of unpopularity. His digestion improved as if by magic, and once more he relished his poorer meals. His bowels responded more easily, and his flabby waistline was drawing in. His arms felt more solid, reminding him of his youth. That renewed his self-confidence.

Lou practiced how to approach the union leaders again. Meanwhile, he consumed less fatty, oily, and slowly digesting foods, and drank more water. The gas pockets in his stomach were displaced, leaving him eager to meet and influence people again. With the simple movement of the Sky-High Fly he developed an all-enslaving friendly aura, and it spread out all around him like a vaporous spider web.

Once more Lou called on the union leaders. The moment he faced them he instantly enclosed them almost helplessly in his all-enslaving friendly aura. Again they defied him, insisting that his proposals were sheer "union-busting" tactics, though their hostile manners were weakening.

So Lou held each of them spellbound by unfixing their stares and argued that the mill couldn't be economically reopened unless wages were cut. The unfixing stare broke up their resistance and, before the conference ended, they were ready to "cooperate." Lou's independent venture was launched and became a success.

How Orland F. Convinced His Rebellious Partner into Making an Unbelievable Move That Saved Their Business

Orland F. was increasingly concerned over the steady decline in repeat sales of the franchise business he operated with a partner. And since no business can exist on the buy-once customer, they were headed on a disaster course. Orland and his partner worked hard and strained to please, but their luck remained bad.

Orland figured out what was dooming them. They were ignoring their customers' complaints letters! His partner, Joe, replied that they had to, or they would waste a lot of time in an unprofitable effort. "Most customers are cranks, anyway!" Joe snapped. "They complain for the heck of it. Most of their complaints make no sense!"

Orland agreed to a degree. Still, he felt that they would gain more by answering every such missive and encouraging every customer to reveal their concerns, their comments, their questions, and their dissatisfactions about the business—and to promise them, in return, prompt action on the matter.

"We'll do nothing else all day but answer a lot of crank letters!" Joe roared when Orland told him. Some of them, Joe conceded, deserved a civil answer, and even rectification. But most of them, he explained, stemmed from idle people with

too much time on their hands and a sadistic streak, all combined with a greedy mania to get something for nothing. "Others, besides," he cried, "can't be satisfied at all! And we can't afford to employ a typist or a secretary to do nothing else but answer these cry-babies! We are in *business*, not in the *mental health* business!"

Orland saw their franchise heading into disaster. Joe was a sound partner, but he was stubborn and hard-headed. They had to hire a secretary or a typist to answer their growing complaint mail, or go bankrupt.

Orland came to me with his head in a turmoil. I taught him the Somo-Psychic Power to leap into being well-liked by friend or foe. Within a week the Digestion Normalizer brought back his natural appetite. It also stimulated his sluggish bowels, started slenderizing the sides of his waist, and left him with a flexible, youthful feeling and a solidity in his arms. The Sky-High Fly normalized his excitable temper. His seemingly more cooperative manner intrigued Joe, without Joe even suspecting it, and Joe gradually consented to put Orland's persuasions to a trial.

In no less than four months their franchise business was headed for better profits than ever before.

How Humphrey I. Converted His Worst "Knocker" into His Best Booster

Humphrey I. was badly held back in his career by someone on the staff who never missed a chance to "knock" him and neutralize his best efforts. Every time Humphrey advanced a profit-increasing proposal, improved his own production or that of his department, or outlined a new and better method of proceeding with a project or routine, his "enemy" blunted it with a counterblast. Matters had reached the point where Humphrey either had to quit the firm and seek a new start elsewhere, or silence his opposer. But since he could do neither successfully, particularly as he was in his fifties, he bordered on panic. To continue as he was would head him into disaster.

I taught Humphrey the Somo-Psychic Power to leap into being well-liked by friend or foe. With the Digestion Normalizer he stilled his fluttering stomach and neutralized the repeated shocks from his enemy which regularly left him perspiring with rage and frustration. With this simple movement Humphrey also released his pent-up steam against his "knocker."

The Sky-High Fly neutralized Humphrey's churning acidity of unfriendliness towards his foe so that he no longer felt like avoiding him whenever he spied him, nor choked with rage against him.

His enemy, nonetheless, continued to undermine Humphrey's efforts with the company. So Humphrey cornered him once or twice and tried to chat with him. He calmly met the concealed deadliness of the returned stare and *unfixed* it! His enemy was instantly spellbound! The next time Humphrey encountered him, he unfixed the deadliness of the stare even more easily. From then on he could spellbind him at sight! To Humphrey's amazement, his "knocker" praised him highly now. In a few months he was instrumental in getting Humphrey cited extraordinarily for his efforts and put in line for a much-desired higher position.

SUMMARY

See how you can leap instantly into being well-liked by friend or foe! Just follow these few, easy steps:

Step 1. Relax the gland intra-tension of your metabolism, wound up in you by the traumas of unpopularity with the Digestion Normalizer. (This soothing simple movement also elates you).

Step 2. With the Sky-High Fly, counteract your acidity of unfriendliness and release an all-enslaving friendly aura.

Step 3. Finally, spellbind your foe on sight by unfixing the deadliness of his stare.

You will now possess the magic power to control your seething Somo-Psychic Power, and leap into being well-liked by friend or foe.

Lesson 11

HOW TO LEAP AWAY FROM BEING SEXUALLY INADEQUATE AND RECHARGE YOUR LOST SEXUAL POWERS

No matter how complete your life might be otherwise, it will still seem unsatisfactory if you are sexually unattractive. Nothing can devastate your self-esteem more thoroughly than to accept the fact that you are sexually undesirable to someone you really want, or that you can't fulfill yourself and intoxicate that person with you. You are forced, at best, into the ignominious role of a much older brother or sister who has outlived his "usefulness." You despise yourself and feel like a "nobody." You lose your grip over others, even in your career or social life, for deep in your mind is the unfortunate conviction that you are inadequate. Actually, there is nothing tragic in being sexually inadequate. Excellence in life has nothing to do with it. But most of society, and your sex partner, hold it to be enormously important. So you have to fulfill sexual expectation or be shunted aside in favor of someone else.

To end that plight, leap away from being sexually inadequate and regain your lost powers. You will swiftly regain—or even surpass—the dominating position you held before.

PEOPLE WHO SWIFTLY RECHARGED THEIR LOST SEXUAL POWERS AND CONQUERED THEIR DEFICIENCY WITH EASE

People just like you have stopped being sexually inadequate and recharged their lost powers by controlling their instinctive Somo-Psychic Powers. With that magic tool, men who could hardly utter a word to the women they worshipped conquered them almost with silence. Women who could hardly

hold the attention of the men they adored ensnared them with a mere look. Husbands who were losing their wives to sneaky rivals turned their dissatisfied spouses into eager bed-partners. Middle aged people who found their daily grinds boring and wearisome revived themselves at home with their mates. Wives who were being converted into "forgotten battle-axes" through gruelling housekeeping, turned into "highly arousing females" again. One person after another who was being relegated to the "romantic scrap-heap" leaped back into sexuality for an exciting life.

HOW TO RELAX THE NERVE INTRA-TENSION CAUSED BY YOUR REPEATED SEXUAL FAILURES

The pudendal nerve supplies vigor to the penis and the female clitoris. The prostate gland is in intimate relationship anatomically and physiologically with the penis. It tends to enlarge during the years of sexual activity, and to atrophy, or shrink, after the masculine climacteric (or between 55 and 65). It influences the production of male sperm because, when it is removed, the testicles shrink or tend to dry up.

The prostate has an internal secretion similar, in many respects, to the thyroid. This internal secretion is important for the efficiency of the muscular and nervous systems, as well as for the sexual life of the male. The thyroid swells with sexual excitement, menstruation, and pregnancy. According to some authorities, it was once a sex gland.

Your repeated failures at sex, however, build up in the spaces of your pudendal nerves an excessive accumulation of packets of nerve-electricity energy.

These packets create an explosive intra-tension which makes you nervous and leaves you subject to impatient, erratic emotions whenever you try to be romantic. That change spoils your easy, steady, successful progress in lovemaking and results in sexual inadequacy. To stop this problem, you have, first of all, to relax the explosive intra-tension wound up within the spaces of your pudendal nerves. Achieve that with the Lumbar Flex.

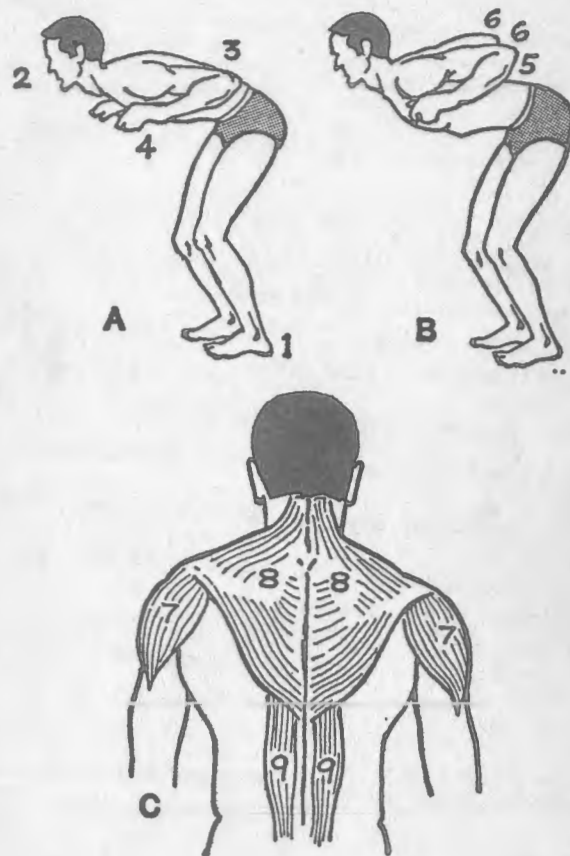


Figure 15
THE LUMBAR FLEX

THE LUMBAR FLEX

The position to assume (Figure 15A):

1. Stand with feet normally apart (about ten inches)
2. Bend over at right angles.
3. Bend your elbows behind.
4. Raise your arms, palms down, to about shoulder width.

How to do this simple movement (Figure 15B):

5. Now, ARCH your back.
6. At the same time raise your elbows as high as you can, and tighten your middle back and your shoulders.

Frequency: Five repetitions. Three sets (groups of repetitions). Three to four times a week.

This simple movement develops (Figure 15C):

7. Your posterior deltoids (the muscles at the backs of your shoulders).
8. Your middle trapezius (the muscles in the center region of your back).
9. Your sacrospinalis (the muscles that erect your spine and keep it straight).

Note: If you are a woman and tighten the muscles less strongly, it firms or slenderizes these regions and beautifies you.

ADDITIONAL BENEFITS OF THE LUMBAR FLEX

If you are a man, normal semen synthesis in you is most important because semen is the richest source of prostaglandins. Prostaglandins are acid soluble fats. They are important, too, if you are a woman because they are found also in pancreas, brain, kidney, iris (eye), and in *menstrual fluid*. Prostaglandins control body fat, and reduce bleeding time. By relaxing and contracting your lower back with the Lumbar

Flex, you stimulate your pudendal nerves (one on each side of your spine) because these are formed from a nerve plexus in the lower part of your back. Stimulating them relaxes the nerve spaces intra-tension caused by your repeated sexual failures (or seductive failures) and *revitalizes* your sexual powers.

HOW SOUND GUMS AND TEETH STIMULATE YOUR SEX-GLAND POWER

When your gums are swollen and tender and tend to bleed chronically, even if so minutely as to escape suspicion, they reduce your sex-gland power immensely because they deprive you of kissing power. They fill up with more blood when used romantically and add a displeasing sanguinary (bloody) taste to your kiss. They also rob you of vitality through the slight but persistent blood loss resulting from the repeated pressing of your face against your partner's during an intimacy. This swelling, no matter how slight, bulges out your lips and distorts your appearance. "Bad" teeth, of course, make matters worse.

See your dentist, of course, about such conditions. But you should prevent your gum trouble from reoccurring, or you will suffer a definite loss of sexual power. When your gums remain flat-like and strong, your adrenals don't oversecrete, you don't fatigue easily from losses of blood, and your confidence in your sexual competence builds because your romance partner is far more receptive to your overtures. That permits your thyroids to activate the necessary supercharge for swift, exhilarating conquest in your sexual parts. A recent survey showed that, by far, most people over fourteen suffer from some sort of gum trouble. The majority of cases, you may be sure, are due to the unsuspected type of daily traumas: chewing foods or tidbits too hard for the gums, brushing the teeth too vigorously with hard brushes, smoking or drinking or other habits which regularly irritate the gums with tartness or harshness. All these causes, without your even realizing it, reduce your sex-gland power. Learn the secret way to end this tragedy.

THE PERFECT-TOOTHED TRIBAL DOCTOR'S SECRET TO SPARE HIS TEETH AND GUMS FROM UNAVOIDABLE DAILY TRAUMA

The Cimarrones were a large tribe of runaway slaves who lived in the forests of Darien, concealed from the white man. My ancestors were the only known outsiders to have lived with them for any length of time, and they brought back amazing health secrets from them. One of these was their tribal doctor's secret to spare his teeth and gums from unavoidable daily trauma. This medicine-man (named Mormo) was at least ninety years old, yet all his teeth fitted evenly in their sockets, showed no cavities or signs of wear, and his gums were as young-looking as a youth's. My uncle, a prominent dentist, investigated the man's well-guarded secret which my family has kept for over a hundred years. It is revealed now. The tribal doctor did the following:

(a) He never bit clear through his food, but "stopped the chew" just as his upper and lower teeth came into contact. That spared the biting surfaces of his teeth from unnecessary wear.

(b) He never let his molars or bicuspid grind together when he chewed.

(c) He chewed food always soft enough not to grind down the biting surfaces of his teeth. He either had it macerated first, or did not eat it.

(d) He neither bit into nor chewed anything hard, dry, crisp, or brittle which could erode or "sandpaper" his enamel. (In our own civilization, toasts, hard nuts, hard candies, potato chips, etc., are examples of these dental ruiners.)

(e) He bit into nothing so cushiony, either, that it wedged between his teeth and gradually forced them out of position.

(f) Once a day, though, he did bite forcibly against the insides of peeled mango skin (or something similarly thick and rubbery) to jam his teeth solidly into their sockets and safeguard them against shifting.

These rules spared his gums, too, for he bit nothing of the thickness and consistency of apple skin, which could slip between his teeth and lacerate his gums.

He ate nothing sweet and gummy (like soft caramels or chocolate) which could plug into the fissures of his teeth and cause cavities.

After biting the juice out of soft sugar-cane pulp, he cleaned his teeth with the juiceless fibers, brushing them just hard and long enough. (If you use a toothbrush, in other words, use a very soft and clean one, and don't polish your enamel with too much fervor or you will erode it).

With these secrets to help you, you, also, should have sound teeth and gums at any age. Taking good care of your teeth and gums will stimulate extra-ordinary sexual power in you.

HOW TO ALTER YOURSELF FROM SEXUAL OBSCURITY INTO A SEXUAL POTENCY INSTANTLY

Once you leap away from being sexually inadequate, the next step is to recharge your lost powers swiftly. Researchers have found that sexual vitality *can* be incited. Mental power will eventually be used to enable women to control their ovulation, thereby providing the ultimate birth-control technique without side effects or religious disapproval. Somo-Psychic Power, then, can exert unlimited control sexually, for scientists have found that the ovary is subject to control by the *pineal gland*, in addition to that of the usual gonadotrophic hormones. The gonadal hormones, in fact, may be formed in the adrenal cortex!

To recharge your lost powers you have to suppress your adrenals, but *overstimulate* your thyroids. The thyroids, by ruling the parasympathetics, cause erection of the penis and female clitoris. The sympathetics, by ruling the adrenals, reduce those erections.

So, to alter yourself into sexual potency instantly, you have to suppress your adrenals and overstimulate your thyroids. To do so, practice the Somo-Psychic Sex Power Invigorator in the privacy of your room.

THE SOMO-PSYCHIC SEX POWER INVIGORATOR (Follow Figure 16.)

The position to assume (Figure 16A).

1. A table, bedstead, or anything strong of that height.
2. Rest your hands on the table.
3. Bend your knees.
4. Drop your body weight on your arms about two-thirds of the way down.
5. Keep forearms perpendicular to table.
6. Now, repeat the above five steps. BUT—round your shoulders first (Figure 16B).
7. Then inhale.

How to do this simple movement (Figure 16C):

8. Throw all your body weight on your hands,
9. Even raising your feet off the floor.
10. Push up with all your might, about four inches.
11. Your legs go up in the air with you, slightly.
12. Tighten your chest muscles strongly.
13. Now, exhale and lower your body.

This simple movement develops (Figure 16D):

It is the powerhouse developer of big chest muscles bulk. But it requires great strength. So, do it only once a week. If you are a woman and want a very prominent bosom, push up as hard as you wish.

14. Close grip (or hands placed apart two inches less than shoulder width) develops the inner sections of your chest (or breast) muscles.
15. Medium grip (or hands placed apart exactly the width of the shoulders) develops the middle sections of your chest (or breast) muscles.
16. Wide grip (or hands placed apart two inches beyond shoulder width) develops the outer sections of your chest (or breast) muscles.
17. The serratus anterior (Figure 16D).

This simple movement does not develop chest muscle defini-

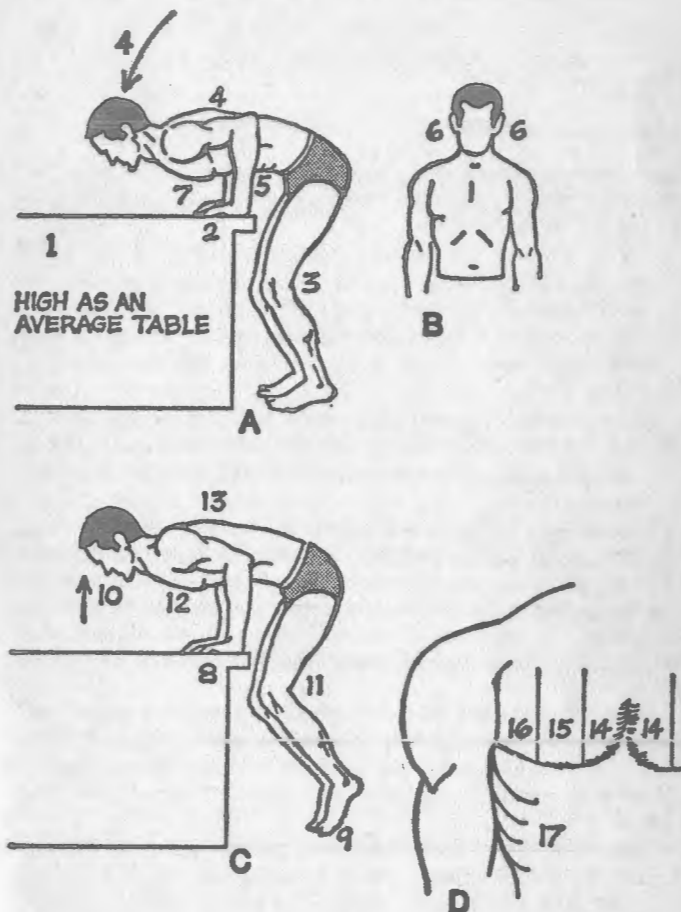


Figure 16
THE SOMO-PSYCHIC SEX POWER INVIGORATOR

tion. But other simple movements in these different lessons do so. It specifically gives you bulky chest muscles, or all-over prominent breast.

Frequency: Three to five repetitions. More, if you wish, when you get stronger. Three to four sets (groups of repetitions). Once a week.

OTHER IMPORTANT BENEFITS OF THE SOMO-PSYCHIC SEX POWER INVIGORATOR

This miracle simple movement, by developing stunning bulk on your chest (and breast, if you are a woman), provides you, if you are a man, with a conqueror's aggressiveness. If you are a woman, you are aware of possessing far more alluring breasts.

When you apply it while preparing to recharge your sexual powers, however, *don't do* the simple movement itself. Doing it would stimulate your adrenals and shrink your sexual erectile tissue.

Lie perfectly still, instead, but subtly tense your toned chest muscles so that you feel like a powerful indomitable conqueror! (If you are a woman, tense your breast muscles subtly, so that your breasts feel "pumped up" as if you are pregnant). Tense them for one or two seconds. Repeat that two or three times, with about ten seconds between the repetitions.

Then intensify the effect by visualizing those "erectile" tissues enlarging tremendously. The result will be Somo-Psychic Power. It will invigorate you sexually with blinding speed because your prostatic fluid and your ovary "desires" are stimulated.

Below are true case histories of people who entered unlimited bliss by leaping away from being sexually inadequate and recharging their lost powers. The names and places have been changed.

How Overworked Edgar M. Relaxed Delightfully at Home—with His Wife

Edgar M. was satisfied with his pay and with his position. He had attained them after many years of hope and hard

struggle, periodically taking classes at night. He would never be a millionaire, he said, but he was better off than many of his contemporaries who had climbed higher than he. His home was fully paid for, his children had graduated from school and had married, and his wife no longer had to work.

Yet, Edgar was a distraught man. He felt lonely at work. At home he felt like someone who paid the bills and counted for nothing more. With his last work promotion, he had lost the delight of the daily, close relationship of working with other people, despite its periodic unpleasantness. Since being promoted he had to be more of a "company man" and less of a "worker." The workers viewed him now with a measure of suspicion and distrust. He was little better off at home, for he was beginning the male climacteric. The pressure and "loneliness" of his post also seemed to lessen his sex libido.

I taught Edgar the Somo-Psychic Power to leap away from being sexually inadequate and swiftly recharge his lost powers. With the Lumbar Flex he relaxed the pudendal nerve space intra-tension caused by his increasing sexual failures with his wife and felt more eager to have intimacies with her. But to make sure he could "back it up" in action, he did the Somo-Psychic Power Sex Invigorator.

By the end of the week Edgar had changed into an entirely different person. His toning-up chest muscles made him feel like an indomitable conqueror. To the utter astonishment of his wife, he "went after" her and actually had relations with her.

Next day, at work, he accepted the new association with his subordinates with equanimity. He was already thrilled *before* stepping through the company's doors—from the night before in the marriage bed. He was living with zest again at home and also at his job.

How Chris W. Recharged His Falling Powers and Changed the Whole Character of His Life

Chris W. was left forlorn by his "spoiled" wife, as he described her. "Whenever she spies anything she likes," he lamented, "—and she spies such things all the time—she cries, on impulses, 'Charge it!'" The house is packed with junk she buys but never uses! She and her family think I'm in a highly paid trade. But they forget that I earn every penny of it. It took a lot of training and lean years just to *get into* the trade! I don't make the money they think I make either, for the work

is uncertain! And if I don't work, I don't get paid! That's what she—and her family and friends—don't realize. Neither do I get many of the benefits which most factory workers get. I get no paid holidays, no sick days, and no paid vacations. I even have to carry around over \$300 worth of tools which I myself had to buy! In winter I have to work outdoors in icy conditions. In the summer I frequently get soaked by rainstorms. It's no picnic, by a long shot! Yet, I can't make my wife understand it. And I no longer have the sexual dynamite in me I used to have—so she complains about that, too!"

I taught Chris the Somo-Psychic Power to leap away from being sexually inadequate and swiftly recharge his lost powers. With the Lumbar Flex he contracted his lower back muscles, and they seemed to pump the dying life back into his reproductive region. He followed it with the Somo-Psychic Power Sex Invigorator. The over-all effect of both simple movements altered him from a "yes-man" into a man who could thrill. With the sexual dynamite back in him, as he put it, he shirked off the big brother attitude and pursued his wife like a lascivious stranger. Her eyes popped in astonishment.

At the end of their "orgy," as Chris called it, she demanded more. Panic gripped him at the realization that he could not repeat himself. But he remembered the Somo-Psychic Power Sex Invigorator. So, he lay still, subtly tensing his now better toned chest muscles. In no time he felt like an indomitable sex conqueror. He maintained the muscle tensing for two seconds. At the same time, he *visualized himself as being fully capable and in furious action again and wallowing in it.*

Ten seconds later he tensed his chest muscles once more. This time he visualized the delightful scene so realistically that his body turned into a body capable of such a scene. His wife nearly went hysterical with joy at his "magic renewal."

Thereafter Chris easily combatted her impulsive extravagance by denying her "the bliss" whenever she failed to please him. I had to warn him, though, not to use it for selfish purposes in controlling her.

How Anna G. Won Back Her Deserting Husband

Anna G. was deeply in love with Ralph, but he had left her, following 30 years of marriage, after calling sex with her "a bore." Ann was practically out of her mind. But she admitted that she herself was to blame. After being married so long and with three children, now grown and married, it was not easy,

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she philosophized, to be aroused by one's husband in the ecstatic manner Ralph expected. Like the typical husband she read about in popular psychology books, besides, Ralph knew too little about sexual play and the like. He seldom wanted her when she wanted him. And when he wanted her, he expected her to give in *instantly* and respond like a "heat wave." What he didn't know about romance would fill the lovemaking books! Yet, he was a good, reliable husband and had always loved her! But now he couldn't even stand the sight of her!

I taught Ann the Somo-Psychic Power to leap away from being sexually inadequate and swiftly recharge her lost powers. With the Lumbar Flex she relaxed the explosive nerve intra-tension accumulated in her from the terrors of her repeated failures to please Ralph. Then she practiced the Somo-Psychic Power Invigorator.

She tricked Ralph into visiting her, either to discuss a divorce or to make another try at their marriage. Just before he arrived, Ann repeated the simple movement of the Somo-Psychic Sex Power Invigorator several times and tensed her breasts with it, so that they felt as if she were pregnant. She intensified that feeling with such a realistic vision that they actually felt pregnant.

One look at her, and Ralph seemed convinced that she was an entirely different woman. He took advantage of her unique appeal right away, too . . . and again without sexual play. But Ann was ready and responded like the heat wave he had expected. Not only did she win him back, but from then on he "pursued" her like a jealous husband.

SUMMARY

See how you can leap away from being sexually inadequate and swiftly recharge your lost powers! Just follow these few, easy steps:

- Step 1.** Relax the pudendal nerve synapse intra-tension, caused by your repeated sexual failures, with the Lumbar Flex. (This wonderfully simple movement also flattens your lower waist).
- Step 2.** With the Somo-Psychic Sex Power Invigorator, feel truly like a powerful, indomitable sex conqueror!

You will now possess the magic power to reawaken your sleeping sexual powers and start living again!

HOW TO BECOME FREE OF THE TORTURES OF POOR HEALTH

Even if you achieve your most cherished goals in life—your goal of money, love, family, prestige, wonderful appearance, or early retirement—you still have “nothing” if you are tortured with poor health. You can’t fully appreciate the bountiful blessings all around you because, at nearly every breath, move, or thought, you will suffer from the pangs of some physical agony. Such miseries have even driven many seemingly fortunate people into taking their own lives. If qualified practioners can’t help you, control these sufferings by leaping away from them.

LONG SUFFERING PEOPLE WHO LEAPED FREE OF THEIR MADDENING HEALTH TORTURES

People just like you have leaped free of maddening health tortures by controlling their anguished Somo-Psychic Powers. With that magic tool, people who lived in terror of heart attacks slowed down their heartbeats with one thought. Individuals with zooming blood pressure lowered it with one thought. Others who could hardly walk after their spinal malalignments or muscular “rheumatisms” were corrected “ironed out” the lingering pains. People suffering from undiagnosable diseases “drove” them out of their heads. Person after person who was “losing his sanity” from unexplainable misery ousted his problem and leaped free of its tortures.

HOW TO RELAX THE VISCERAL INTRA- TENSIONS CAUSED BY THE SOMO-PSYCHIC ILLNESS OF YOUR KIDNEYS

Many of the most important symptoms arising from disease of internal viscera (such as from your kidneys) are reflex in nature. They vary in different individuals, and even in you yourself at different times. The expected symptoms of the disease (like reflex muscle contractions) *may not even* be produced. Indeed, the *reverse symptoms* may be produced instead if the nerve-electricity flashed into the surrounding muscles by the diseased viscera is excessive, or if the nerve which transmits the nerve-electricity is *hyper-excitabile*. Such reflex muscle contractions may also be caused by emotional excesses, psychic trauma, an impacted tooth, eyestrain, diseases of the rectum, vagina, mouth, etc. They may result from overuse of any organ. By such reflex muscle contractions, in fact, eyestrain can even displace the upper vertebrae of your neck!

Somo-Psychic misery resulting from former kidney disease is usually concentrated in the region of your lower back and sides. When you feel discomfort in those regions, consult your personal physician. If he can diagnose nothing pathological from it, you are very likely suffering from undiagnosable Somo-Psychic misery. To control it, first of all, relax the visceral intra-tension wound up in you with the Dorsal Flex. Then use the different methods, described later, to get rid of different causative miseries.

THE DORSAL FLEX

The position to assume (Figure 17A).

1. Place hands, palms down, on arms of chair.
2. Keep forearms parallel to each other.

How to do this simple movement (Figures 17B, C, D, and E):

3. Draw shoulders inward (B), downward (C) and hipward (D).

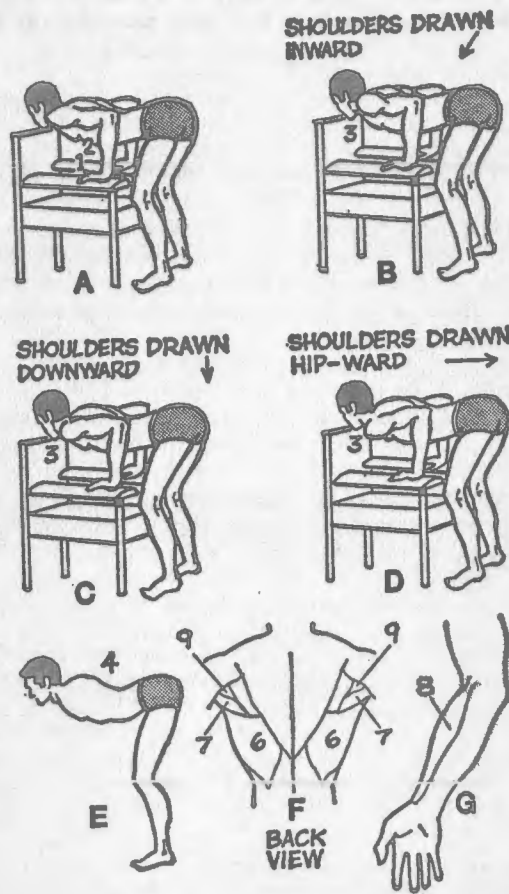


Figure 17
THE DORSAL FLEX

Round them, in other words.

4. And arch your back. (Do Numbers 3 and 4 with force).
Note: Arching it in *this* position is healthy and beneficial. Four-legged animals have this arch naturally, to combat gravity.

5. Relax and repeat.

That is the whole of this simple movement. It is as powerful a muscle developer as it is easy to do.

Frequency: Eight to thirteen repetitions. Three sets (groups of repetitions). Three times a week.

This simple movement develops or beautifies your back and forearms (Figure 17F and 17G).

6. The lower portion of the V-shape muscle of your back (your latissimus dorsi).
7. The portion of your back beneath your arm pit (your teres major).
8. The thumb sides of your forearms (your brachoradialis muscle).

For variety, do this same simple movement, but draw your shoulders alone backward (Figure 17E). Then it develops or beautifies your:

9. Teres minor infraspinatus.

Note: Don't let the simplicity of this movement mislead you. It brings miraculous results! Do it equally vigorously if you are a woman, for the muscles of your lower back must be kept strong at all times. They safeguard your back from possible injury during the excessive weight-bearing during the sex act and from the strain of the different positions assumed. They enable you to participate more fully in the act. And, in everyday life they protect your back against the constant downpull of gravity, and against the back-weariness of prolonged sitting or standing. Reflexly, of course, they stimulate your kidneys into normal functioning.

THE TRIBAL DOCTOR'S SECRET NATURAL STOMACH NORMALIZER AND KIDNEY FLUSHER

Kidney stone (nephrolithiasis) is particularly prevalent in the tropics. The tribal doctor of the Cimarrones blamed it on the fact that people did not drink enough water. As a curative, he confided to my great-granduncle, he prescribed eating a large slice of watermelon once a day, in addition to drinking at least ten glasses of water during that day. He called that his secret stomach normalizer and kidney flusher.

There is much truth in his revelation, as our own research proved. When a big slice of watermelon is consumed, its spongy, soothing pulp, saturated with its mild, alkaline juice, is stuffed into every crevice of the lining of your stomach. There it absorbs and neutralizes your excess stomach acid. You have to eat enough of it at a time, though, so that you feel quite full afterwards. The watermelon also washes the sluggish toxins out of your kidneys, since it is a natural diuretic (or stimulates you to urinate). Your stomach, your kidneys, and your urinary bladder gain immeasurably from it. The watermelon also clears your head because it cleans your blood by neutralizing the acid toxins poured into it by your living tissues.

HOW SCIENCE TRIES TO CATCH UP WITH SOMO-PSYCHIC POWER

More and more scientists are finding out that the mind can control "involuntary" functions, and that conscious control of the glands, temperature, and heart rate can be taught. The well-concealed secrets of the Zohar which I unravelled and proved with brain-waves in the laboratory and taught as early as 1955 (and which were not discovered until 1966 by Japanese physiologists) are gradually being accepted by one eminent scientist after another in the Western world. But the Zohar secrets revealed a simple and effective way to achieve these ends with Somo-Psychic Power, without your having to

watch and recall the intricate patterns of the different brain-waves before you can feed them back to your mind with the bio-feedback. You can treat essential hypertension (the most common form of high blood pressure), for example, simply by teaching yourself to lower your blood pressure. You are not being encouraged to lower yours at will, of course, just for the fun of it. But repeatedly, during the day, you face situations which raise it and fill you with unnecessary fear and anxiety. It is wise, on such occasions, to lower your blood pressure swiftly and *regain your calm*. Do so effectively with Somo-Psychic Power.

HOW TO HELP LOWER YOUR BLOOD PRESSURE WITH SOMO-PSYCHIC POWER

First, press the backs of your hands, for about ten seconds, against the muscles on your lower back, on each side of your spine (Figure 18). This pressure flattens and relaxes those muscles. Repeat it now and then if they still feel tight. Since these muscles contract reflexly when your kidneys are irritated (even by phantom pain), relaxing them by flattening them out leaves them oblivious to the reflex stimulation of your kidneys (or of your adrenals which are triggered by the same nerves).

But that's just the *beginning*. *These same relaxed muscles*, in turn, then send messages of relaxation to your kidneys and adrenals—and relax the visceral intra-tension existing in *them*. The rest of your body follows suit, also reflexly, from organ-to-organ and nerve-to-nerve, and *all* your muscles relax. This is the Somatic side (the body side) of your Somo-Psychic Power.

Intensify this effect, next, by *visualizing distinctly* your blood vessels as if they are a bunch of rubber tubes branching all through your body, but with their walls tightly pressing the blood flowing through them.

Now, visualize these walls *suddenly soften and balloon out*. The blood pressure in them will *drop swiftly* because the circular encircling muscles in them relax. This is the mental side (the Psychic side) of your Somo-Psychic Power.

That's how swiftly you lower your blood pressure with Somo-Psychic Power. Practice and master it easily, and you won't have to use drugs, memorize the intricate patterns of

your different kinds of brain-wave feedbacks, or be bothered by practicing with numerous gadgets strapped to your head or body. It is the simple and pleasant way to achieve the alpha high. And it does so like magic!



Figure 18
HOW TO LOWER YOUR BLOOD PRESSURE
WITH SOMO-PSYCHIC POWER

THE NEVER-SICK PRIMITIVE DOCTOR'S NATURAL SECRETS TO ROUT "TYPICAL" HEADACHES

After many years of research, an eminent internist (Parnes) announced that nearly all headaches are caused by feelings of frustration, anger, and hostility. He found that physical therapy was an excellent way to relieve tensions. (Not strenuous physical exercise.) But it had to be engaged in regularly. The "never-sick" primitive doctor, Mormo, discovered that a certain simple movement, in particular, helped the most against "typ-

ical" headache. Translated from the Cimarrones' language, it is called The Intensified Heaving Push. Do it to help overcome the viscerogenic reflex (the headache reflex). It also develops big, powerful arms and chest (if you are a man), or shapely arms and breasts (if you are a woman).

THE INTENSIFIED HEAVING PUSH

How to prepare for this simple movement (Figure 19A).

1. Jam two chairs against the wall, just far enough apart to let you stand between them. Second choices: a table, bedstead, or a sink.
2. If you use two chairs, stand between them. Otherwise, stand close to the furniture.
3. Draw arms backward as far as possible, elbows hugging your sides. (But don't strain.)
4. Place your hands against the backs of the chairs, elbows slightly bent, fingers pointing downward.
5. Inhale deeply.

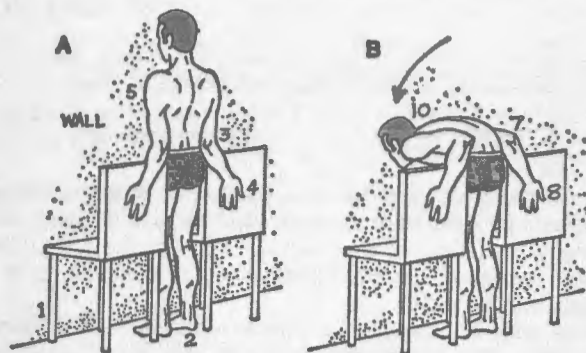
How to do this simple movement (Figure 19B).

6. Round your shoulders.
7. Keep your elbows hugging your sides.
8. Press with your palms with all your might.
9. Resist by locking your knees and hips. (Not marked in Figure.)
10. Your body bends forward and downward.
11. Exhale as your body bends. (Not marked in Figure). Bend far down to stretch your back fully.

This simple movement (Figure 19C and 19D):

Develops or beautifies the following dramatically.

1. With a wide grip [Figure 19 D(1)] the outer border of your chest (or breast) muscles [Figure 19C(1)].
2. With a medium grip [Figure 19D(2)] the lower border of your chest (or breast) muscles [Figure 19C(2)].
3. With a close grip [Figure 19D(3)] or less than shoulder width the lower half of your chest (or breast) groove [Figure 19C(3)].



BEST TO JAM TWO CHAIRS AGAINST THE WALL. THEN YOU CAN STEP FORWARD BETWEEN THEM IN ORDER TO STRETCH YOUR ARMS BACKWARD AS FAR AS POSSIBLE, WITHOUT STRAIN.

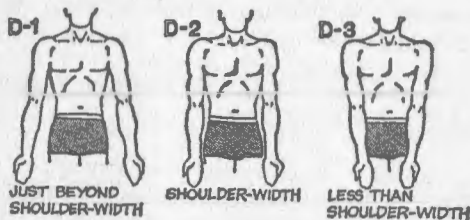
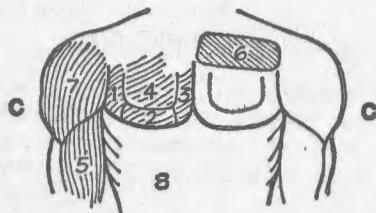


Figure 19
THE INTENSIFIED HEAVING PUSH

4. All three grips develop the lower middle part of your chest (or breast) muscles [Figure 19C(4)].
5. All three grips develop or glamorize your biceps [Figure 19C(5)].
6. If you push until your head descends quite low, all three grips also develop your upper chest (or breast) region [Figure 19C(6)].
7. The outer and medium grips develop or beautify your anterior deltoids (or the front parts of your shoulders).
8. If you draw in your hips, and bend knees, and go down low with your body, you also develop or slenderize your abdominal muscles tremendously.
9. This is one easy, but fantastic, movement to do regularly. It gives you great power and size (if you are a man), and stunning shapeliness and trimness (if you are a woman, since your body usually has more fat to wear off than a man).

Note: In Figures D-1, D-2, D-3, the shoulders are depicted as squared to demonstrate the different grips. But do all the repetitions with your shoulders *rounded*: that is, drawn backward, downward, and inward.

Frequency: Five to fourteen repetitions. Three to four sets (groups of repetitions). Three times a week.

Thereafter, whenever you felt a headache or pain of any kind coming on make yourself aware of its rhythmical throbs and throw yourself into their maddening rhythms *as if you enjoy them*. Fall in with the rhythmic throbbing, in other words, instead of trying NOT to feel it. The effect is similar to acupuncture. It is like a masochistic "giving in" to the pain and deflects the pain into nothingness.

Below are true case histories of people who put an end to the tortures of their poor health with unexpected speed. The names and places have been changed.

How Sharon M. Saved Her Husband from Certain Disaster

Sharon M.'s husband, Leo, was excited by his steady promotions. But he had been warned that he was "discipline bound." To be more explicit, he was so busy keeping up with his own area of work that he had little time left to survey other methods and techniques in related areas. Before long,

his promotions would be limited. Leo was too stubborn to listen to reason, but Sharon perceived danger approaching. Should the company merge or do poorly it might dispense with Leo.

Time and again she tried to "talk sense" into him, but he scoffed, saying that she knew little about his "job." Rumors circulated soon, though, of a big cutback or a big merger approaching, and fright gripped the plant. Sharon was so uneasy that her lower back nagged her.

Her physician found no diagnosable cause for the misery. She had suffered from a kidney infection 30 years before, but it had been successfully treated.

I taught her the Somo-Psychic Power to leap free from the tortures of poor health. Nerves also apparently provide proteins which muscles also need to stay intact. When these proteins were "strangled in the nerves" they created visceral intratension. As Sharon closed her fists and did the simple lower back contraction movement (the Dorsal Flex) sitting down, the tortures in her back felt as if being kneaded and squeezed out.

In a few days she felt "new" again. She tackled Leo once more. Again he resisted her. Day-after-day she persisted, and his resistance diminished. By the end of the week he was probing into allied fields.

Leo's interest in them grew by leaps and bounds. Sharon took a deep breath. Rumors of an approaching merger grew stronger now. But, to her relief, Leo would be ready to meet the challenge.

How Jack O. Lowered His Tension Blood Pressure with a Simple Act

Jack O. had been laid off for two years. At his age it was difficult to find another job. Although Tessie, his wife, complained surprisingly little, Jack felt useless and humiliated. Tessie's own wages were not enough to provide them with much luxury. Jack refused to beg his children for help. They were burdened enough raising their own families, paying off for their homes, fitting into their own cliques. Right or wrong, Jack refused to ask them for assistance.

Whenever he applied for work, though, he felt as if being done a favor if he were even interviewed. When he faced his prospective employer he felt nervous and tense, practically like

a beggar, and babbled about the people in his prior company and overstated what he could do. He talked as if a lamppost was jammed into his throat, as if a sensation of impending doom was closing in on him. And he ranted on, too terrified to stop. He knew he was not marketable! He was full of negative ideas, his age preyed upon him, and great waves of fear swept over him.

So his blood pressure rose too high.

I taught him how to lower it with Somo-Psychic Power.

Jack was astonished by how restful his lower back felt when he pressed it with the backs of his hands. It stimulated him as would a massage. Meanwhile, he envisioned his blood vessels as if they were tight rubber tubes, and visualized them relaxing their grip. THAT was to be his rescuing Somo-Psychic Power whenever he approached a situation whose very anticipation raised his blood pressure and converted him into a "terrified idiot," as he described it.

In the office of his next prospective employer he subtly pressed his lower back with the backs of his hands briefly as he took his seat. (He did so as he adjusted his coat to the seat.) The moment panic gripped him during the interview, he flashed through his mind the Somo-Psychic picture of his tight blood vessels relaxing and lowering his blood pressure. He felt different at once. He *had* lowered his blood pressure.

Jack did not obtain a job with that company, but it recommended him to another and he was offered an excellent position there. Jack rejoiced thereafter about the value of Somo-Psychic Power.

How Headache-Plagued Danny F. Banished His Health Torments with a Simple Act

Fifty six year old Danny F. lived in constant terror of what was called "the gentle boot." In many firms like the one in which he worked early retirement was becoming no longer a fringe benefit. It was becoming, instead, a useful management tool to lay off the "deadwood" employees who were around the company for 25 years or so. Due to the sluggish economy, however, or to the possibility of it turning even more sluggish, the plant was faced with a grim problem. There was little question in Danny's mind that the firm wanted to get rid of the older personnel who weren't sufficiently productive and was calling the action "retirement at company convenience."

But Danny and the others in his plight called it "age bias." Danny was so badly upset by his future prospects there that he suffered from one headache after another. He took so many sedatives that his stomach was "turning bad."

He confessed to me in agitation that although he had worked for that establishment a long time, so many advanced changes had taken place in its equipment that he had failed to keep up with the field. For the last several years, as a result, he had been shunted from one office to another. But he saw the "ax" coming now! He would be forced into early retirement, with a sizeable reduction in carry-home pay! Technology had passed him by, and he couldn't catch up with it. Even a generous pension, he explained, would amount only to half pay. His friends, besides, tended to measure him by the worth of his job. It would be a shattering blow to his ego and self-esteem to admit to others that he could no longer make a "useful contribution" to society. He would be regarded as "relegated to the scrap heap."

Since Danny had been diagnosed as being in sound health, I taught him the Somo-Psychic Power to leap free of the tortures of poor health.

With the Dorsal Flex he relaxed the visceral intra-tension caused by his undiagnosable but subtly disturbed kidney function resulting from the unbalancing gland effects of his mental anguish. Next, he tried the "never sick" tribal doctor's natural secret to rout typical headaches—the Intensified Heaving Push. Its simple movement of lowering the head repeatedly flushed the stagnant wastes out of Danny's brain. It also contracted the muscles of his chest and arms, drew the excess blood from his head into those massive muscles, and relieved his intracranial pressure. Last, he threw himself masochistically into the rhythmical throbs of the "typical" headache. He was astonished at how swiftly he routed his problems.

Danny's whole attitude towards his job changed. He was seized with enthusiasm to learn about the new changes that had taken place in his field. His attitude was infectious, and both young and old employees consulted eagerly with him. Three months later, the company "retired" several older employees. But it commended Danny and tried to interest him in an exciting new project—one which would open the way to *further advancement*.

SUMMARY

See how you can leap free swiftly from the tortures of poor health! Just follow these few, easy steps:

- Step 1.* Relax the kidney visceral intra-tension caused by the tortures of poor health with the Dorsal Flex. (This truly miraculous, simple movement contracts the muscles of your lower back tightly, but comfortably, like a massage. That squeezes the ever-accumulating body wastes out of them and "stuns" the phantom pain out of their nerves. It also trims the fat off your lower back).
- Step 2.* Normalize your stomach and flush your kidneys with the tribal doctor's secret natural stomach normalizer and kidney flusher.
- Step 3.* Whenever during your everyday life you confront situations which raise your blood pressure and fill you with needless fear and anxiety, lower it with Somo-Psychic Power.
- Step 4.* Should you be afflicted with "typical" headaches without a diagnosable cause, rout them with the "never sick" tribal doctor's simple movement, the Intensified Heaving Push.

You will now possess the magic power to alter your anguished Somo-Psychic Power and leap free from your undiagnosable health miseries.

Lesson 13

HOW TO LEAP OUT OF NEGATIVE, MIND-CRUSHING ATTITUDES AND CONQUER THEM

Even after you "perfect" your life and live in the paradise you want, you will still not be content until you maintain the right attitude for the grand and intriguing life. If, instead, you fall victim to habitual dissatisfaction with one thing after another, you will be no better off than before. You will be like the queen living in the royal castle, but confined to the tower. You will find one fly after another in the most perfect ointments, even if it takes a microscope to find them . . . and you will enlarge them and forget the ointments. Even if you haven't achieved your dreams, habitual dissatisfaction with one thing after another won't help them come true. There is no end to dissatisfactions in life. With such an attitude, furthermore, you don't discover what is really wrong with things. Instead, you stand back, and complain day and night until your peace of mind, and your friends and associates, flee from you.

To shake yourself out of that dilemma, leap out of mind-crushing attitudes and plunge into the pleasures of a new life which you now hardly suspect exists.

PEOPLE WHO LEAPED OUT OF THEIR MIND SLAVERY AND CONQUERED ALL

People just like you have leaped out of their mind-crushing attitudes and burst forth and conquered by controlling their unstable Somo-Psychic Powers. With that magic tool, people who worried incessantly about their future prospects accepted their limited possibilities and enjoyed life *immediately*. Others who brooded relentlessly over chronic illnesses improved dra-

matically with great speed. Persons facing legal action won their cases, or got off with token punishments. Individuals who dreaded losing their jobs weathered the storms or found other positions. Eager souls starting off on new ventures did remarkably well. Tremulous employees impressed their "bosses" without even trying. Person after person who lived in dread of one thing or another leaped out of his mind-crushing attitudes and burst forth, benefitting enormously.

HOW TO RELAX THE GLAND INTRA-TENSION CAUSED BY YOUR DAILY ENVIRONMENT

When any one of your glands, whether due to starvation, shock, injury, poisoning, or infection, undersecretes it will transform your whole person. This is equally true, even if to an undiagnosable degree, when the undersecretion results from the crushing mental attitudes of your everyday life. The gland itself (in this case, your thyroid) retains some of its secretion within its acini (sacs) and develops intra-tension. In this altered state it possesses a controlling or superior influence upon your other glands and converts you into a "thyroid suppressed" type. Your thyroid and your adrenals hold the reins of your sympathetics and parasympathetics. Together with your other glands they decide to advance or halt, to go forward or retreat, the amount of tension or relaxation, and the electrical charge of the muscles of your blood vessels by contracting or dilating them. In that way they seize unchallengeable control over the blood supply of the different parts of your body and can change *the normal rhythmic action* which is *inherent in your every cell*. That is why your "thyroid suppressed" state, resulting from your crushing mental attitudes, can transform you completely and victimize you with a body-mind slavery from which you find it seemingly impossible to free yourself.

You cannot free yourself from it, until you relax the gland intra-tension they brought about in you. And so you are left feeling chronically "under the weather," sometimes with a wildly beating pulse and cold sweat, as if you are headed for a collapse. This amounts to a *sympathetic paralysis*, like that which accompanies shock. It oppresses you when you are fatigued or trembling with excitement, and might afflict you with a chronic slight, or noticeable constipation . . . or with just the opposite, such as a tendency to looser bowels. So,

shake off this "thyroid suppression" with The Thyroid Gland Tonifier.

THE THYROID GLAND TONIFIER

The position to assume (Figure 20A).

1. Stand about four inches from anything you can hang on to for support; such as a rod or a post. Indoors, you can hang on to the doorknobs of an opened door (like that of your closet).
2. Stand with heels hip-width (eight inches) apart, with toes pointed directly forward.
3. Inhale.

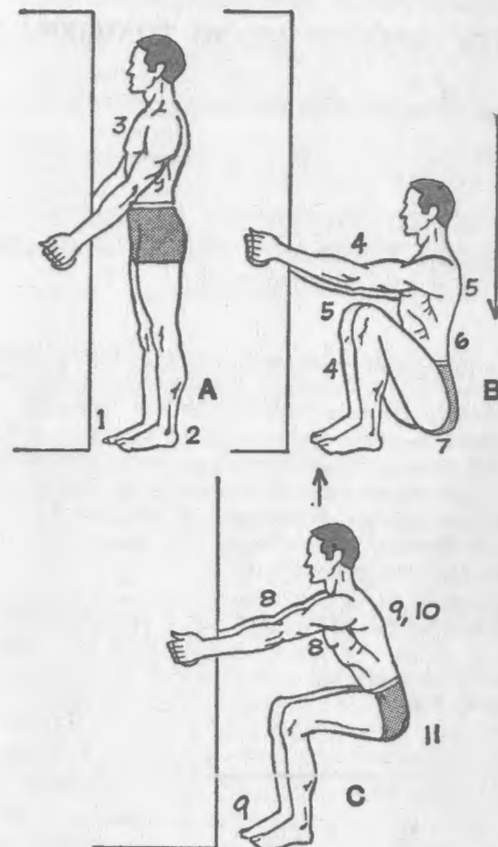
How to do this simple movement (Figures 20B, and 20C):

4. Keep your calves at right angles to the ground, and let your arms straighten.
5. Let your body down fully by bending at the knees. Keep your feet flat on the floor. Exhale as you go down.
6. Your thighs and your abdomen come together hard.
7. Don't let your buttocks touch the floor.
8. On the way back up, continue exhaling and let your arms remain straight (Figure 20C).
9. Hold your back straight. And keep your feet flat on the floor.
10. Round your back as you go farther up.
11. Draw in your hips as you go up, throwing all your weight on the front part of your thighs. (You want *egg-shaped* thighs, NOT ham-shaped thighs which are bulky at the upper halves and much smaller at the knees.)

This simple movement develops or beautifies:

1. Muscles on the middle of your thigh, particularly on the lower one-half or three-fourths of it. And it keeps the upper halves of your thighs (or the portion near your hips) as small, though muscular, as possible.
2. A great aid for simple constipation, since it contracts and massages your lower intestines and your transverse colon.

Frequency: Eight to 22 repetitions. Three sets (groups of repetitions). Three times a week.



SQUATTING USES 15-17 TIMES THE ENERGY YOU USE WHEN WALKING

Figure 20
THE THYROID GLAND TONIFIER

Do this simple movement vigorously and quickly—but do it right! Pause briefly when tired, but continue and complete the sets. Its squatting movement uses 15-17 times the energy you use when walking—and occupies far less time.

Note: If you are a woman, do it with equal vigor. Since you have more natural fat on your thighs than a man, this exercise shapes your thighs and trims them down, without showing the muscles.

IMPORTANT ADDITIONAL BENEFITS YOU ACQUIRE FROM THE THYROID GLAND TONIFIER

Besides relaxing the intra-tension of your thyroid gland, the Thyroid Gland Tonifier strongly exercises your thighs and uses up considerable calories. The big drop of your hips to the ground and back up stretches the fat off your hips and thighs. Since this simple movement can be converted into a vigorous exercise, even though you do it quietly in one spot, it can markedly reduce elevated cholesterol, steroids, blood sugar, and catacholamines. It also leaves you feeling light on your feet, like a person half your age.

Relaxing the intra-tension of your thyroid is most important for your leaping out of mind-crushing attitudes because authorities agree that crimes of passion may be traced in no small part to disturbances of the thyroid. A psychological examiner of a Pittsburgh court found an enlarged thyroid in over 90 percent of delinquent girls. Moreover, when your thyroid suffers from intra-tension the equilibrium of your adrenal gland is broken. That can trigger abnormal conduct because your adrenals are your glands of acute stress and strain. When repeatedly called upon to function more heavily and frequently than in the past, they may be exhausted of their reserve supply of secretion, leaving you suffering from temporary or chronic adrenal insufficiency. Such a condition can subject you to a temporary nervous breakdown or nervous prostration—states which are growing more common every year and which may sometimes be traced to an insufficient response to the needs of every day conflicts.

Even if the condition doesn't progress that far, you may be

tormented, undiagnosably, from a certain loss of mental and physical elasticity, so that even the slightest exertion often leaves you feeling unaccountably weary and exhausted. You suffer mysteriously from something like depression and melancholia and a fear of incapacity to perform tasks which you previously found easy and enjoyable. Such a vacillating frame of mind could eventually turn pathologic and arouse thoughts of suicide. The slightest irritation may work you up into a pseudo-hysterical state. By reducing your thyroid gland intra-tension with the Thyroid Gland Tonifier, therefore, you also tone up your adrenals and rout the undermining perils of this undiagnosable state.

Sluggish bowel action, bad habits, or a tendency to colds or sinusitis also retain mind-crushing attitudes. Learn the tribal doctor's natural secrets to rout them.

The Tribal Doctor's Secret Natural Food Combine to Rejuvenate Sluggish Bowel Action

The tribal doctor of the Cimarrones had found that although most fruits by themselves regulated his bowels, the most effective way to regulation consisted of eating an orange and following it with some other fruit. His secret method was to peel off the yellow rind of the orange, but leave on the white skin beneath it. Then he consumed the whole inside of the fruit, not the juice alone. In cooler climes you can follow the orange with an apple, pear, or some other fruit in season. (Grate or crush the apple if its skin is too tough for your gums or digestion). Two different fruit acids in the stomach at the same time seems to stimulate potent bowel activity. Mormo lived a remarkably long and healthy life, proving that such food combinations must be beneficial. Different acids, contrary to common dietary superstitions, do *not* act in opposition to each other.

HOW TO RID YOURSELF OF ANY BAD HABIT WITH SOMO-PSYCHIC EXTINCTION

The less you fight a bad habit, the easier you cast it off. The more you fight it, the more you wear out your adrenals in the

process. The more you *suppress* it, the more thyroid gland intra-tension you build up in you. The best way to oust it is by ridding yourself of it by extinction. By extinction you adopt a mental or physical attitude *opposite to that of the pleasure you enjoy* when you indulge in the bad habit. Don't try to weaken the grip of the old habit in you. Your thyroids or adrenals are of little permanent help for you to control the bad habit. They stop influencing your body cells when you indulge in the bad habit because your bad habit then becomes your *normal state* of body and mind.

So, to rid yourself of the bad habit, simply *threaten yourself not to enjoy* it whenever you are ready to. If you are inclined to overeat something fattening, for instance, visualize it as having turned into putrefying garbage within you. That nauseating vision incites in you the physiological reactions of fear or revulsion, and your pupils dilate, your heart beats faster, your hands feel clammy, and you sweat.

Then counteract this fear or revulsion with a JOY in denying yourself the bad habit. Reinforce it with several repetitions of the Thyroid Gland Tonifier. These draw the blood away from your mind into your muscles and "work the urge" out of you. You will rout the bad habit as if by magic. Repeat that procedure every time that bad habit seizes you, and soon you will rout it permanently. Every now and then repeat the procedure to make sure you don't stop using it.

HOW TO ROUT COLDS AND SINUSITIS TO MAINTAIN YOUR DAILY CONQUERING ENERGY

In the warm, tropical, rainy lands, colds and sinusitis are common. The geological causes are the unsufferable heat and humidity, followed suddenly by sweeping rainstorms, and great fluctuations in temperature. This is particularly true in the hilly regions where the Cimarrones and their tribal doctor, Mormo, lived. Respiratory diseases constantly threatened them, and they leaned on their tribal doctor for help.

Mormo had his carefully-guarded cures for such miseries. The afflicted was instructed to eat his fill, in contrast to the "fasting" treatments of many of the "advanced" peoples of the present day. But with each big meal he was to mix in

chopped up, fine, raw garlic amounting to about two cloves. After breakfast was digested (say, in about two and one-half hours), the patient was to *sprint*, depending on his age and strength, a distance of from about 40 to 100 yards. He was then to walk about 200 yards before repeating the sprint. The procedure was to be repeated from five to six times, depending on the age and physical condition of the sick.

At the end of each sprint the afflicted was to bend deeply over a hole and cough out the lumps of mucous which the deep breathing of the exertion dislodged in his throat and bronchi. He was to rest, reclined, for one hour or so; then repeat that "workout" three hours after a bulky supper with more raw garlic.

By the end of the second day (particularly if he had partaken of a bulky enough lunch, too, with the same amount of garlic) the sick person felt cured. But he was directed to continue the procedure for still another day, to make sure that the symptoms would not return. The treatment worked like magic.

It worked, first, because garlic contains iodine, sulphur, and nitrogen, while penicillin contains only two of these germicides. Garlic floods the blood with them and thereby washes out the lungs and the sinuses continuously for about 24 hours after consuming it. Second, the sprinting released, in full blast, the bottled up intra-tension energy of the thyroids, and the infection-fighting energy of the adrenals. Third, the reclining rest in between permitted the ailing body to mobilize its defensive forces and attack the disease with its full, natural force. The Cimarrones, for that reason, were exceptionally healthy and vigorous, despite the man-killing climate. That is the natural secret method to rout colds and sinusitis to maintain your daily conquering energy.

Below are case histories of people who leaped out of mind-crushing attitudes and burst forth and conquered. The names and places have been changed.

How Gilbert B. Steeled His Supersensitive Self into the Mood of an Effective Boss

Gilbert B. moved around with his head in the clouds because he had gained *the* promotion at last! Others beneath him would take *his* orders now. There was still a higher boss over him, but he alone would be responsible for running his

department efficiently—and profitably! Never had he expected to be so lucky!

But new problems beset Gilbert! He found out that he couldn't just tell an underling to do something and expect him to do it. He also had to show him, in addition, what was in it for him! Gilbert had now, besides, the problem of dealing fairly with his subordinates. To do so, he found out with the passing weeks, did not necessarily call for kindness. There was one incompetent worker whom he ought to fire, for example, in order to be fair to his other workers. Gilbert could not do it, though. He could never fire anybody!

His own superior, however, complained sharply to him that the production of his department was below expectations. Gilbert realized that the incompetent worker was to blame. By not firing him he was jeopardizing his own future—and his family's! And yet, he couldn't "dig up the guts," as his wife fumed at him, to dispense with the culprit. The employee, he finally admitted to me, happened to be a pretty young woman! Gilbert was turning into a nervous wreck.

I taught him the secret Somo-Psychic Power to leap out of mind-crushing attitudes and burst forth and conquer. With the Thyroid Gland Tonifier, Gilbert regained his mental and physical elasticity and felt light on his feet, like a person half his age. He retained that magical feeling daily by rejuvenating his sluggish bowel activity with the tribal doctor's natural food combinate. With his thyroid gland intra-tension relaxed, Gilbert no longer felt shy and supersensitive to doing the inevitable.

He approached the unfortunate young woman and "let her down" gently, but decisively.

Then he showed others, after he told them to do anything, what was "in it" for *them*. By the end of the quarter, Gilbert's department showed a satisfactory profit. His superior rewarded him with a big raise.

How Bill S. Benumbed His Terrors and Saved Himself from Sure Disaster

Bill S. had just heard it "straight" at last, from the mouth of his doctor. Unless he stopped smoking right away his heart could give out any time. Bill scoffed, but he couldn't fool himself. He had visited his doctor only because he had felt easily winded of late. Sensations of dizziness had even followed his

exertion. The symptoms had grown worse and worse. But he had laughed at them and attributed them to natural aging—although he was still in his fifties. The diagnosis, however, had revealed his blood pressure to be high. Also, there was sugar in his blood, so he had diabetes, too! He was heading for the cemetery fast, according to his physician. Bill stopped smoking for three weeks, but was tortured by the denial, and begged me for help.

I taught him the Somo-Psychic Power to leap out of mind-crushing attitudes and burst forth and conquer them. With his doctor's consent, because of his precarious condition, he did the Thyroid Gland Tonifier a few times a day. But he squatted only halfway down at first. Later he squatted farther and farther down. The gland intra-tension caused by his crushing mental attitudes relaxed, and he felt much younger and lighter on his feet. But he smoked *even more* because he assumed now that his doctor was wrong about his "true" condition. When he suddenly felt "less chipper" again, though, he agreed to attack his dangerous habit with Somo-Psychic Power Extinction. It worked so effectively that he ended all smoking in a week.

Bill resumed the Thyroid Gland Tonifier gradually and grew stronger physically. Repeatedly, he "extincted" the ever-threatening smoking urge and felt younger, lighter, stronger, and more satisfied with life. At his doctor's suggestion he jogged and found that he had more wind now than he had dreamed possible. Ten years later he is still jogging, still doing the Thyroid Gland Tonifier, and "feeling great."

SUMMARY

See how you can instantly leap out of mind-crushing attitudes and burst forth and conquer! Just follow these few, easy steps:

- Step 1.* Relax the gland intra-tension, caused by your daily environment, with the Thyroid Gland Tonifier. (This stimulating simple movement also develops your thighs. It shapes them to nice proportions and wears off their fat. It also slims hips and attacks constipation.)
- Step 2.* Bring magic to your bowels still more with the tribal doctor's secret natural food combinate to rejuvenate them.
- Step 3.* Rid yourself of any bad habit with Somo-Psychic Extinction.

Step 4. Maintain your daily energy with the tribal doctor's natural secret method to rout colds and sinusitis.

You will now possess the magic power to alter your unstable Somo-Psychic Power and burst forth and conquer without impediment.

Lesson 14

HOW TO AVOID ADVANCING OLD-AGE INFIRMITIES AND “LIVE YOUNG” AGAIN

Finally, you will not enjoy true happiness, or success in anything, unless you “live young.” Achieving your fondest dreams means little to you if you lose your “youth” in the process of reaching them, or fail to retain it afterwards. As unfair as it may be, people don’t admire you for being old—unless you look much younger than you are, and feel and act like it. Most people, in fact, would rather die while still looking and feeling young than to “linger on” and look and feel older.

The dictionary defines graceful as, “having grace, or beauty of form, composition, movement, or expression.” So, to grow old gracefully literally means to do so “with beauty of form, composition, movement, or expression.” To grow old *ungracefully* bans you from the delights of enjoying all you have attained during life. It bans you from infatuating desirable younger people with your acquired life experience and condemns you to the category of a babbling “has-been.” To still feel and look young when you are growing older, besides, carries the advantage of combining the mind of an “old sage” with the body and appearance of a considerably younger person. *That, in itself*, singles you out as astounding among people of all ages, and starts you on the most exciting plans of living you have ever dreamed possible. To attain the paradisaical state, leap away from creeping up old age and “live young” again.

HOW MIDDLE-AGED PEOPLE LEAPED BACK INTO YOUTH AND VIBRANT LIFE

People just like you have leaped away from creeping-up old age and “lived young” by controlling their vacillating Somo-

Psychic Powers. With that magic tool, "older" people, instead accepted their banishment from "live society," dove back into it with Somo-Psychic Power.

Others with stiffened "old bodies" and outmoded ideas, turned limber and adjusted instantly to current activities. "Old deadbeats" who lived so continually in the past that they were strangers to the present, cast off the "old cloaks" and were sought after by younger people. Others who were told by highly respected physicians that they would die within a few months, "rejuvenated" themselves and were still living—and enjoying it—fifteen years later. Many who had difficulty controlling their weight, despite their doctors' stern warnings, did so suddenly, and prolonged their lives by numerous healthy years. Prematurely aging people around sixty started feeling—and looking—fortyish, or younger, again. Person after person who was being practically "buried" while still alive, leaped away from the grave and was literally born again.

THE MAGIC SECRET OF SNATCHING YOUR YOUTH BACK

"Staying young," or regaining your youth, greatly depends upon your keeping or rejuvenating your glands and balancing your Life forces. The nerve cells of your glands, like those of your muscles, degenerate and shrink from lack of enough use. Your Life force (or Chinese *Qi*) is the product of two great forces, or principles or polarities, within you called Yin and Yang. Your Yang is like a positive charge of electricity (your male, adrenal glands). Your Yin is like a negative charge (your female, thyroid gland). Your male gland, your adrenal, controls your sympathetics. Your female gland, your thyroid, controls your parasympathetics. The secretions of both, like electrical charges, permeate all your tissues and their reactions. A satisfactory flow of *Qi* (Life force) depends on a perfect balance between Yang and Yin (your adrenals and your thyroids, your sympathetics and your parasympathetics) in your body. When one of these grows stronger or weaker than the other and remains chronically so (even if undiagnosable), you are no longer healthy, and are older than your years.

The acupuncturist stimulates the appropriate points on the skin with needles, either to restore the flow of weakened energy (or Life force), or to restrict the flow of excess energy

and bring the two opposing energies (of your adrenals and your thyroids, and of your sympathetics and parasympathetics) back into balance. Even seasonal changes affect this Life force balance in you. In autumn and winter, your thyroid, your "female" incentives, are more active in you. Your "female" incentives are stronger, also, at the time of the new moon. Be you a man or a woman, you *always* carry both incentives within you. The "male" inclines you more to procreate or to advance towards your material goals, while the "female" inclines you more towards the domestic phase of your life.

To snatch your youth back you have to balance these two gland systems of your body, and keep both from degenerating. Your body, as a whole, is the sum of its different parts. Each part of it is as big as it needs to be. When overworked, it enlarges. But when underworked, it atrophies or shrinks. Balancing your adrenals (and the nerves and organs they influence), and your thyroids (and those which they influence) is the magic secret to keep you young year after year. Learn how to do so with Somo-Psychic Power.

HOW TO RELAX THE ENERGY GLAND INTRA-TENSION CAUSED BY YOUR DAILY NEGATIVE EXPERIENCES

After 30, 40, or 50, depending on your body tissue sensitivities, allergies, and immunities, your life degenerates into one health scare after another. The daily reaction traumas of your adrenal glands to your chain of tensions speeds up your heart-beat, raises your blood pressure, and slows down your digestion and metabolism, as your body strives to combat these traumas. The resulting chronic tensions *fatigue* you. To normalize this condition your thyroid gland over exerts itself, too, adding to your fatigue. You try to assist your body consciously, thereby wasting still more energy. Soviet gerontologists claim that emotions, such as fear or strong excitement, can cause anxiety glycosuria (or a discharge of sugar in the urine). Fifty percent of all diseases, they are proving, occur from mental reasons, while optimism and confidence in the future strengthen the health and add a *minimum* of eight years to one's life.

The "psychic" reasons which cause disease build up a great deal of energy gland intra-tension in you because you try

desperately to suppress them. The resulting chronic fatigue saps the tone from your myotomic muscles, the numerous tiny muscles which support or move your individual vertebrae. Whereupon your vertebrae sag slightly in your different back curves and squeeze the nerves which pass from your spinal cord outwards between them to supply different parts of your body. Both your conscious and your subconscious minds, as a consequence, receive less oxygen—and oxygen is the primary food of your brain and nervous tissue. That's why far more heart attacks occur NOT during exercise, but during *sleep*, for, during sleep you DO NOT use your conscious mind to help your heart beat faster when it slows.

To counteract this series of undiagnosable catastrophes, you have to relax the energy gland intra-tension caused by your own particular chain of unsuspected tensions. Do so with the Myotomic Muscles Stimulator. After that you will be shown how to regain your youth and lengthen your life.

THE MYOTOMIC MUSCLES STIMULATOR

The position to assume (Figure 21A).

1. Sit comfortably in a chair,
2. Back straight.
3. Fold hands behind head, and
4. Keep elbows *as far back* as possible, without straining your shoulder muscles.

How to do this simple movement (Figure 21B):

5. Draw elbows downward hard. They will move only slightly, but will contract the muscles of your back vigorously.
6. Hold for two seconds. Then relax.

This simple movement develops or glamorizes (Figure 21C, and 21D).

Figure C. When your elbows are pulled back, it enlarges (or beautifies) your:

1. Posterior deltoids (the muscles on the backs of your shoulders).
2. Teres-minors and infraspinatus (the muscles of the broadest part of your back, at the level of your upper arms).

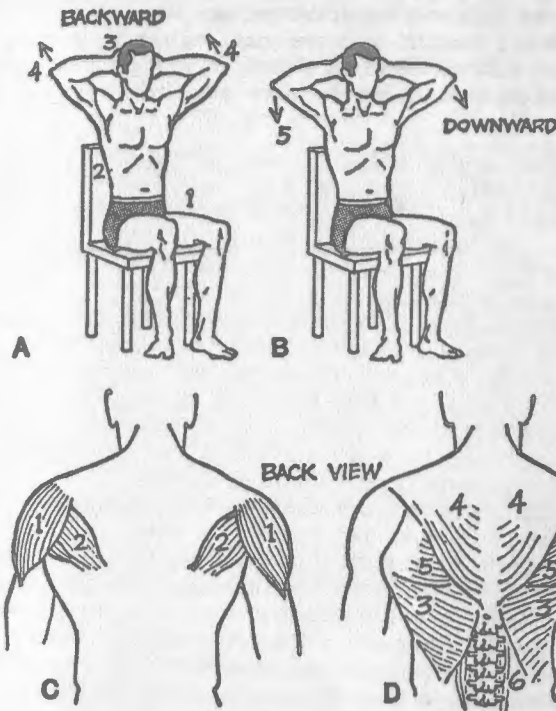


Figure 21
THE MYOTOMIC MUSCLES STIMULATOR

Figure D. When your elbows are drawn downward, it enlarges (or beautifies) your:

3. Upper part of latissimus dorsi (the muscles of the broadest part of your back which push into your upper arm).
- 4.5. Middle trapezius and rhomboids, (the muscles of your whole upper back).
6. Myotomic muscles (the muscles of your individual vertebrae).

Frequency: One to three times daily.

HOW TO COUNTERACT THE "FALLING" OF YOUR CONSTANTLY AGING SHOULDERS

Your next important step to leap away from creeping up old age and "live young" all over again is to counteract the falling of your aging shoulders. Your shoulder weight, like round shoulders, can lead to heart failure at any age. Your bad posture, even if slight, can create physical problems as you grow older. As explained in detail in *YOGA FOR MEN ONLY* (Young, Parker Publishing Company, Inc., 1969), bad posture can curse you with lung, heart, and circulatory problems; with arthritis and neuralgia in the neck and back by increasing the pressure on your spine and causing strain; with indigestion and poor eating habits and; can cause you to look much older than you are. Bad posture, in fact, can give you heart failure as early as your forties or fifties.

Round shoulders and back can even cause malposition of your heart and increase the resistance of your lungs to the blood pumping through them, thereby causing high blood pressure. Your brain, liver, arteries, and kidneys all suffer then because they receive less oxygen. And so, your adrenals speed up your heart beat to meet the crisis. Counteract this serious but unsuspected youth-robber and life-shortener by developing the muscles that keep your shoulders up, with The Backward Push Off.

THE BACKWARD PUSH OFF

The position to assume (Figure 22A).

1. Use a chair jammed hard against a wall so it won't tip forward under your weight.
2. Stand about three and one-half feet (depending on your height) back from the chair, with your back toward the wall.
3. Stoop backward and place your hands on the chair,
4. Fingers pointed toward the wall.
5. Space your hands less than shoulder-width apart, or as close together as you can draw them without discomfort.

6. Drop your body down as low as possible at the hip, but don't let it bounce on the ground nor strain your shoulders.

How to do this simple movement (Figure 22B):

1. Inhale, and arch your back, (Arching it in this position is also healthy and beneficial).
2. Raising your body forward and upward as much as possible. At the same time go up on your toes to help.
3. Roll your shoulders outward and backward. This increases the arching of your back.
4. Draw your hips posteriorly to increase it.
5. Exhale, relax, and repeat.

This simple movement develops or glamorizes your (Figure 22C):

1. Middle trapezius muscles, (your upper middle back).
2. Posterior deltoid somewhat (backs of your shoulders).
3. Rhomboids (your lower middle back).
4. Teres-minor and infraspinatus (the V-shaped portion of your back).

Frequency: Five to thirteen repetitions. Three to four sets (groups of repetitions). Three times a week. (To make it harder, set heels 4 to 5 feet away from chair.)

This simple movement gives your back that much sought-after hill and valley look when you tense with all your might when doing it if you are a man. If you are woman and don't tense with all your might, it tapers and slenderizes your back. It is most effective for correcting round-shoulders and "hump-back" posture. Your shoulders stop feeling aging or falling, fast!

HOW TO LOOK YOUNGER WITH ONE SOMO- PSYCHIC THOUGHT

Your next step is to *look considerably younger* than you are. Achieve that with one Somo-Psychic Thought. Here is the secret:

Heat relaxes the muscles of your skin, and that erases your wrinkles quite a bit. Since your thyroid is your gland of energy

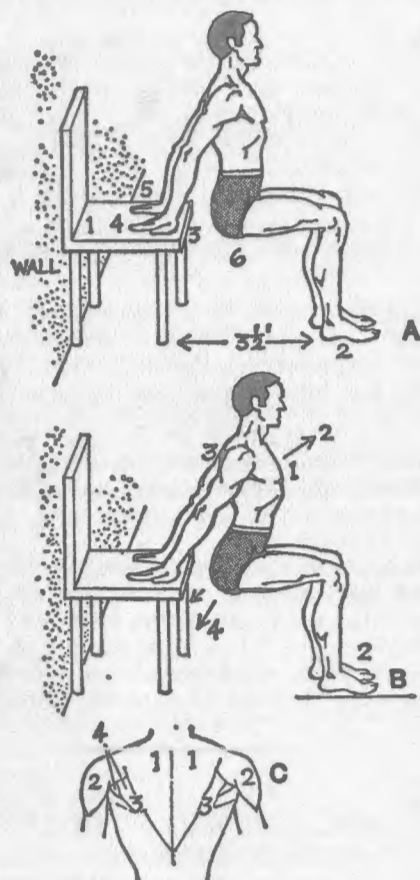


Figure 22
THE BACKWARD PUSH OFF

production, it is your gland of heat creation and increases the activity of your heat-creating mechanisms. But since you can't walk around with a warm pad against your face when you are in public or at your job, you have to find another way to add heat to your face during the day (or night), if you want to look younger.

Somo-Psychic Power is the easy means for that. Sit or stand with both your arms hanging gently against your torso (even if you are dressed). This position retains a vast amount of heat from dissipating from your body, for it clasps the wide inside area of your arms against the warm skin of your torso.

At the same time, envision yourself *boiling with heat*.

Practices this Somo-Psychic secret alone in your room, and you will soon do it to perfection, with *ease*. You will feel warmer quickly, and your skin muscles will relax and make you look considerably younger.

Eating meat helps because it produces a greater call upon your thyroid than any other form of food. So does seaweed. Its content of iodine helps your thyroid function better.

HOW TO CONTROL YOUR WEIGHT WITH ONE SOMO-PSYCHIC THOUGHT

The next step is to keep your weight close to normal. Whenever you get too heavy or too thin you look older than you are. So, control your weight with one Somo-Psychic Power Thought. Here is the secret.

When you repress your thyroids at the table—and therefore, your parasympathetics, also your gastric glands secrete less and reduce your appetite. To repress your thyroids you have to stimulate your adrenals so that your stomach will dilate, but its distant end (its pyloric valve end) close. Your appetite is automatically reduced because your gastric glands secrete less when your stomach is dilated.

So, do the following. To stimulate your adrenals at the table without being detected, clench your fists tightly several times beneath the table. Also tense your calves tightly each time. These subtle muscle contractions stimulate your adrenals just enough not to bring on indigestion.

Immediately afterwards, envision the pyloric end of your stomach (its right side end) shutting completely, and the gastric glands (which line your stomach) drying up. Vision this

happening so clearly that you feel a slight *itching* in your belly region. Practice these procedures alone in your room, and you will soon master them. You will control your appetite at will thereafter, and shed weight *without dieting*.

THE PINEAPPLE, ELIXIR OF THE REMARKABLY LONG-LIVED TRIBAL DOCTOR

But to look young isn't quite enough. You also want to live long. The remarkably long-lived tribal doctor (Mormo) had a secret health-elixir to which he attributed his remarkable long health and longevity. It consisted simply in slicing the thick skin off a pineapple and crushing that skin to a pulp. Then he had the resulting pulp squeezed and strained through a layer of cotton cloth.

The resulting pineapple skin juice resembles thick, frothy beer. But it tastes like a honeyed pineapple cream. The tribal doctor drank this juice. (About one and one-half cups of it can be extracted from the skin of an average pineapple.) When the pineapple is ripe, this juice is thick and incredibly delicious. It abounds with bromeline, vitamins, the protein-splitting (meat digesting) enzyme trypsin, and other magical natural nutrients. My physician great-granduncle and his physician descendants found no equal cure for stomach trouble. Like yogurt, it coats the lining of the alimentary canal with its thick broth. For nearly 200 years the physician line of my ancestry used it effectively to treat and cure severe cases of ulcers, gastritis, to regulate the bowels, to lower blood pressure, to clear the skin of pimples and other plagues, and as a tonic. *It has been a carefully guarded secret!* The tribal doctor insisted that it was his health longevity elixir. It must also balance the glands and, thereby, prolong life immeasurably.

The tribal doctor also believed in eating liver. Caravaca and associates found out that liver contains peroxidase, an enzyme that prevents induced atherosclerosis (the deposition of plaque on the insides of the arteries). The tribal doctor also consumed raw garlic regularly for longevity—obviously because it also prevented atherosclerosis.

Below are true case histories of people who lived their best years again by leaping away from creeping up old age. The names and places have been changed.

How Walter Q. Managed to Look Younger and Younger During Years of Frenzied Stress

Every crises imaginable hit Walter Q. at once. He lost his job in his middle fifties, and his doctor feared he might have cancer. His mother-in-law needed a serious operation, and his daughter had suffered a serious accident and needed expensive plastic surgery. More disasters poured upon him from every direction and were driving him out of his mind. He lost weight alarmingly, and his hair turned almost gray. I expected him to die before long. Without his doctor even suspecting it, he was drugging himself with sedatives to endure the mental strain. Never had I seen anyone age so fast! And he refused to see a psychiatrist.

I taught Walter the secret Somo-Psychic Power to leap away from old age and "live young." His posture had degenerated badly with his outlook, and its resulting, even if undiagnosable, sympatheticotonia, fatigued him unduly and increased the effects of his grief.

The Myotomic Muscles Stimulator restored the normal flow of oxygen-carrying blood to his brain, particularly to his subconscious mind. He no longer grew easily panicky at the seeming hopelessness of his problems, and his digestion improved. He had relaxed the energy gland intra-tension caused by his daily Life force traumas.

With his returning optimism, even if still slight, he practiced the Somo-Psychic Thought to look younger. Again Walter applied for work, but again had no luck. He admitted feeling better, though. His cancer operation was postponed, for the specialists wanted more tests. Walter's other troubles did not lessen, but he continued with Somo-Psychic Power. He even purposely *reversed*, following my directions, controlling his weight with Somo-Psychic Power and *added* some lost poundage instead. To do so I had him *stimulate his thyroids*, to encourage his stomach to digest *more* food. He achieved this by *sitting* and letting his fists *relax* between his legs, instead of clenching them. His elbows rested on his thighs to relax his torso as fully as possible. Such total relaxation stimulated his thyroid *just enough to achieve his ends*.

Immediately afterward, he visualized his stomach strongly contracting and squeezing more digestive juice out of the gastric glands in its lining. He visualized this occurring so realistically that he felt the pit of his belly knot up with hunger pains.

He practiced doing this for a few days and regained his lost appetite.

Due to the times, Walter did not find work for two more years. Still he found it only because he kept looking *younger and younger*, despite all. Too, the specialists discovered that his "tumor growth" was shrinking to such a degree that it might disappear altogether.

How Janice C. Cast Off Her "Age" and Turned Young Again

Janice C. had "turned sour" with middle age. The wedding bells had not rung for her, either. She had taken care of her aged mother, put her career first, and postponed getting married. Now, all the "right" men were either married, or were divorced and supporting families, and were leery of getting married again. Janice had to compete for the available eligibles, with women up to 20 years or more her junior. She was thoroughly dissatisfied with her life. Even her career "bored" her. She felt like fleeing somewhere and making a new start, no matter how impractical and futile that seemed. Her plight carved frowns on her face and increased her apparent age by ten to fifteen years.

A psychiatrist quieted her mind enough to help her retain her job and face life more realistically. A chiropractor realigned her back enough for it to be diagnosed as normal. But the strange aches and pains in different parts of her body, particularly in her back, added still to her apparent age. Yet, these remained undiagnosable and nullified the benefits she should have gained from the treatments.

I taught Janice the Somo-Psychic Power to leap away from old age and "live young." She was astonished at how her fatigue seemed to vanish after she relaxed the energy giant intra-tension caused by her daily Life Force traumas, with the Myotomic Muscles Stimulator. With the Backward Push Off she counteracted the falling of her shoulders and at once *felt* much younger. Finally, she controlled her weight and appeared surprisingly younger by climaxing it all with one Somo-Psychic Thought.

Janice quickly became a new person. Her career interested her profoundly once more, and life grew full of interests. She went to an agency and adopted a baby. By the end of the year a handsome, wealthy bachelor whose mother had recently passed away was courting her seriously.

How Roland D. Regained His Lost Youth—and Controlled His Wife

Roland D. was exuberant when he retired at 60. He moved, with his wife, to Southern California, ready to enjoy the warm climate and live the life of leisure. But his wife, Bernice, was restless and could settle down nowhere for long. They were in Southern California only four months before she was finding serious fault with the region. But Roland remembered that she had found fault with the Midwest all the time that they had lived and worked there.

But he gave in to please her, and they moved to Mexico. Months later, she was dissatisfied with Mexico, too, and persuaded him to settle in Europe. Europe displeased her also after a while, and they returned to America and settled in Florida. In four years time they had settled in so many different "perfect spots," and then moved from them because of Bernice's condemnations that Roland wished that he had remained working. With their constant changing of locations, they had met and kept no lasting friends, and they had come to know no one intimately. Roland, furthermore, was exhausted from the repeated packing and unpacking, from the periodic leaving and resettling and trying to adjust to each new place, and from the general disinterest of the permanent residents everywhere, who viewed them as "old" tourists or "foreigners rolling with money." His psychiatrist advised him to come to terms with his restless wife. But Roland threw up his hands in despair. Since retiring, he looked and felt "twice" as old.

I taught him the Somo-Psychic Power to leap away from old age and "live young." He did the Myotomic Muscles Stimulator, and his back felt as though a great weight had fallen off it. He counteracted his shoulder falling, and his brain became much clearer. Infused with new energy, he opposed Bernice when she demanded that they move again. Bursting with fury, she packed her "light" things and left.

Roland was panic-stricken at first. But he realized that he would gain little by pursuing her. So he accepted a bachelor-like existence. With the health-longevity pineapple elixir his whole system surged youthfully. Even his complexion took on a rejuvenated glow, and his torso felt lifted up high, like a teenager's. Other women started paying him unusual attention.

Bernice returned to him two months later. She begged him

to take her back and agreed to settle down wherever he wished.

SUMMARY

See how you can leap away from old age and "live young" again! Just follow these few, easy steps:

Step 1. Relax the energy gland intra-tension caused by your daily Life force traumas with the Myotomic Muscles Stimulator. (This simple movement fills your mind with more needed oxygen and banishes the accumulating fatigue of creeping up "old age").

Step 2. With the Backward Push Off, counteract the falling of shoulders and prevent the return of your undiagnosable imbalance.

Step 3. To "live young" again, control your weight and look young again with one Somo-Psychic Thought.

You will now possess the magic secret to stimulate your vacillating Somo-Psychic Power and leap back into your more youthful years.

LESSON 15

HOW TO GET IMMEDIATE POWER TO PERFORM A NEW SKILL EXPERTLY

There is no such thing as a positive, unchanging career. There is no certainty that any career will remain profitable for the length of your life. When yours changes due to different needs, inventions or demands, varying times or even bad times, your age or what not, you must have to master another branch of your own skill, or even a new technique to continue with the skill you already have—or be "out in the cold." Having grown used to one skill for some time, however, it is not easy to discard it and learn another. You have adapted your mind, your nerve impulses, your muscular movements and your gland reactions to fit the old skill.

To uproot it and learn another over-compels you to change your whole make-up—including your instinctive Somo-Psychic Power. And yet, you have no other choice because a new skill may enable you to continue living at the level you have grown accustomed to.

Although you also prefer to master a new skill which fits you, it might not be easy to find work with it. It might belong to a tightly unionized occupation, be saturated with applicants, etc. You may be compelled to prepare for a job that is not exactly to your liking, but which offers more opportunity. That makes it harder for you to learn it. Moreover, you have to master it quickly, or its openings might dwindle. Your best bet is to master the Somo-Psychic Power to leap into performing a new skill expertly.

THE FANTASTIC PROFITS PEOPLE HAVE MADE BY PERFORMING NEW SKILLS EXPERTLY

Different people have made fantastic profits by performing new skills expertly. Highly-paid, middle-aged executives who had been fired because of mergers learned new skills in entirely different callings and made remarkable comebacks. Working people rose much faster and reaped more benefits in absolutely different callings from that which they had before. People who had their fill of big city life gave up their highly paid positions, moved to much healthier, less populated regions, and earned enough to enjoy the lives they sought. Retired people who were stifled with boredom filled their lives with exciting and profitable hobbies. Individuals who had specialized in one branch of an occupation mastered a totally different branch and did much better.

People who had learned certain phases of their own skills poorly now mastered them and turned into experts. Others changed careers, but incorporated into them what they had learned from their first ones, and turned into much sought after specialists. "Outdated" workers mastered the application of new discoveries and returned in the market of specialized skills. Many who were laid off permanently in bad times swiftly learned new skills. Others studied different ventures on their own, left their own easy jobs, and grew wealthy. Study this secret Somo-Psychic Power *carefully* for you never know when you will need it desperately!

A WORD OF WARNING

Your having learned how to do something is no indication that you can do it to the best of your capacity. Once you learn how to do it, of course, you lose the feeling of inferiority which "freezes" the novice, and replace it with an attitude of confidence. When you try to better your speed and accuracy in it to overcome the unavoidable competition in it, you "freeze" again like the novice.

But, bear this in mind. You won't better your speed and accuracy simply by doing it faster and more accurately. You have to *alter* how you perform it. You have to eliminate surplus effort with economy of movement and make every step you take advance you without backtracking. *Never forget that.*

YOUR OWN OBSTACLES AGAINST PERFORMING A NEW SKILL EXPERTLY

Great obstacles prevent you from performing a new skill expertly. For one thing, psychologically you are "thrown back" into the position of a novice, student, or apprentice. Then the self-assurance and confidence you enjoyed in the old skill vanishes. You don't approach the new skill with calm eyes, firm hands, and a positive mind. Instead, you hesitate before making a move; you hold your breath as you read, study or receive directions; you are on the verge of trembling as you anticipate making one mistake after another. Your timing is poor, for you can't direct your muscles with ease and efficiency in the new movements. Nervous tension aggravates your plight and fills you with worry. You can no longer control your fellow-employees or your superior because you feel too insignificant. The new physical positions you have to assume in the skill are strange to you and strain your eyes, arms, back, legs, or some other part of you, and may curse you with nagging aches. If continued long enough these may lead to simulations of lumbago, backache, eyeache, headache, torturing arches, and other intractable agonies.

All this leaves your tremulous Somo-Psychic Power dominated by your dread sympathetics. Your heart beats hysterically with thready pulse, and you are terrified of making an "idiot" of yourself before others. Your overtensed muscles hold far more blood than they need to, leaving your brain with not enough fresh blood to think straight. The new strains and discomforts flash their pain signals into your conscious mind which, in response, stimulates your adrenals to fight back. You are converted into a physical and mental "stumble bum." You are wound up in a gland "cramp" intra-tension. You have to relax it first before you can begin to master the new skill.

HOW TO RELAX YOUR GLAND CRAMP INTRA-TENSION WITH THE EFFICIENT THREE-WAY PATTERN FOR LEARNING

You learn how to do anything, quickly and easily by understanding, first of all, what the technique consists of as a whole and then by mastering it through a series of increasingly complex steps. Once you learn one step and start on another, your effort in trying to learn the second one banishes the first into your subconscious mind, and you perform the first step "instinctively" thereafter. After you learn *all* the steps, your performance rounds off into a smooth whole.

Here is the efficient three-way pattern for learning, evolved from the thorough research of the techniques of those who have mastered this secret Somo-Psychic Power:

1. Break the new skill down into steps.
2. Master each step individually.
3. Fuse all the steps together, like parts fitting smoothly into a whole.

In brief, master the new technique *from the whole to the part*, and *from the part to the whole* again.

THE SECRET OF THE MAGIC TRANSFER OF SKILLS

There is an advantage, too, in your already having mastered another skill. Your training in one skill helps you master other skills, except when the other skills require absolutely different reflex reactions, such as the difference between boxing and weight-lifting, or basketball and golf. There is even bilateral transfer of learning. Teach your left hand a skill (if you are right-handed), and your right hand can, in most cases, automatically perform that skill without practice. Either hand, in other words, is under the control of the same mind-body mechanism and therefore operates under the same instinctive Somo-Psychic Power when performing that skill.

You don't learn to memorize faster by practicing memorizing, however. The power of retention is not affected by practice.

You improve it merely by improving the way you record the facts in your head. The quality of your brain does not improve. What improves is your ability to use your faculties. But you develop this ability by relaxing your gland cramp intra-tension regularly with every skill you practice. Relaxing it enables your instinctive Somo-Psychic Power to function effectively and efficiently in the new skill, and to throw your whole body and mind easier into the appropriate united rhythm.

Note: But it never pays to rush too quickly when learning anything new. The skills or principles you have already learned in the first skill *won't automatically* transfer themselves to the new skill. You still have to master the new skill *as a new skill*. But you can *automatically trigger* this transfer of learning from a mastered skill to a new skill with the Somo-Psychic Power Stimulator.

HOW TO AUTOMATICALLY TRIGGER YOUR TRANSFER OF LEARNING WITH THE SOMO-PSYCHIC POWER STIMULATOR

Apply the Somo-Psychic Power Stimulator each time *just before* you start practicing a new skill, and it will alter your mind and body into those of a person who *can* master the new skill easily. The Somo-Psychic Power Stimulator achieves this by ridding your conscious mind of the nervousness and anxiety and your body of the excess awkwardness that grips you at such a time.

Your Somo-Psychic Power Stimulator is also composed of a Somo and a Psychic half. The Somo half consists of the simple movement *The Spinal Snap*. Practice it now as shown in Figure 23.

ADDITIONAL BENEFITS OF THE SOMO HALF OF THE SOMO-PSYCHIC POWER STIMULATOR

The Spinal Snap stretches the lower half of your back. That alleviates the squeezing weight of your vertebrae upon your spinal nerves as these branch away from your spinal cord into the different parts of your body. The circulation to your

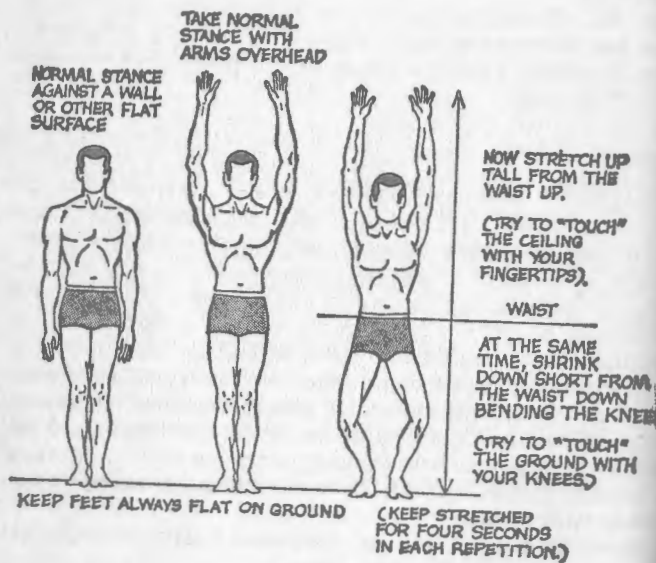


Figure 23
THE SPINAL SNAP

mind and body is immediately stimulated, thereby refreshing them. All your muscles, as a result, feel more limber and more ready to adapt themselves to any new combination of movements. That's why The Spinal Snap switches on the Somo-half of your Somo-Psychic Power Stimulator.

THE PSYCHIC-HALF OF YOUR SOMO-PSYCHIC POWER STIMULATOR

Sit alone in your room and picture your normal, hesitant self trying to learn a new, complicated skill. Reproduce a similar traumatic experience in your life, if need be. If you picture it realistically enough your heart beats faster but weaker, your breathing gets faster but more shallow, your body turns restless and jumpy, your fingers move nervously, your stomach flutters and feels cold. Even your bowels may feel like moving, as if you are running away from the fearful ordeal. (Your adrenals are OVER-AROUSSED). Hold this picture in your mind for five seconds.

Now, visualize yourself changing completely into someone who can learn *any* new skill at the snap of a finger. To do so, first of all, let your arms hang loosely by your sides and stretch out your fingers "to the hilt" for an instant. That muscular action suggests to your brain your casting off of everything you detest. In this instance you are casting off your nervousness, anxiety, hesitancy, awkwardness, fear of making mistakes, and difficulty of ready comprehension. (You are casting off your adrenal OVER-AROUSSED state).

Take a deep breath to normalize your heartbeat and breathing and to steady the flutter of your stomach and diaphragm. Then fill yourself with joy at the prospect of learning a new skill and with a childish longing to "try it out." Cast off all do-or-die attitudes toward the new skill and approach it with a secret air of amusement. Your muscles will relax, and your hands will steady—without your even trying. Maintain that vision for four seconds.

Repeat the entire, simple procedure three times. Intensify it each time so that you actually visualize and feel yourself change into a person brimming with confidence to master that new skill quickly. Practice this metamorphosis until you need to visualize the change just once, in two seconds, for your Somo-Psychic Power to be altered into that of such a person. You will leap into the power to perform a new skill, to learn a new way of making money, to master ESP, or whatever else you seek from the magic of this Somo-Psychic Power.

Learn, next, the ritual-routines to extract the best results from this magic.

THE FOUR MAGIC RULES TO QUICKLY TURN YOU INTO AN EXPERT IN ANY NEW SKILL

As suggested before, the performance of the expert is by no means simply the performance of the beginner done more rapidly. The expert *eliminates* many of the beginner's *unnecessary* steps or movements. That's why much of his advanced technique extends beyond the comprehension of the beginner. So, to develop into an expert in any skill (whether it be physical, mental, or psychic), follow these four secret rules:

1. Eliminate any surplus steps, movements, and needless mistakes by maintaining an easy, steady, flowing pace or economy of rhythm.
2. Acquire precision by paying close attention to details.
3. Steadily and smoothly do *just as much* "work" as possible with either hand *at the same time*.
4. Look increasingly farther ahead at what you are doing (like reading farther ahead when you type) in order to be prepared for anything novel or unexpectedly complex coming up.

Now, practice these four rules with the following simple exercises.

THE FOUR MAGIC EXERCISES TO TURN YOU INTO AN EXPERT SWIFTLY WITH ANY SKILL

Exercise 1. Take a magazine and turn the pages (individually) as quickly as you can. You soon run into difficulties, because many of the pages stick together or are difficult to separate from others. Time yourself to see how long it takes you to thumb through the whole magazine. (You might prefer to use a book).

Exercise 2. Repeat Exercise 1, but do it, now, with an easy flowing rhythm. That is, do it unhurriedly, but without wasting time. And time yourself again.

Note: Turning pages quickly and individually is difficult. It is also exasperating. By forcing yourself to do so with calm and rhythm is fine nerve discipline, too.

Exercise 3. Pile three stacks of paper (such as stacks of typing paper) on the table before you, one beside the other. Pick up, in assembly-line fashion, one sheet from each pad, and pile these up, in layers of three's, into *one* big pad.

Exercise 4. Repeat Exercise 3 faster and faster, not by trying to do it more quickly, but by applying the four rules outlined in the previous section.

These four rules and magic exercises will convert you into an expert swiftly in *any* skill you learn, because they calm your frantic Somo-Psychic Power and enable you to perform the skill with economy rhythm.

THE GLOBAL GRASP—THE MIRACLE METHOD TO LEARN VERBAL SKILLS

The Global Method of learning was discussed by Woodford in his *Experimental Psychology*. School practice, he wrote, tends toward the maxim of, "One thing at a time, and that done well," (Bit-by-Bit learning, in other words). But, Woodford added, there are famous actors and musicians who prefer the global method of learning.

Others before Woodford experimented on the Global Method. Lottie Stevens (1910) concluded from her work that the global method took less time to learn anything. At first, she explained, the advantage of using it was not always obvious. You had to practice for a while before you could use this method successfully, but it was the better learning method because it kept each item of the skill or subject being learned in its proper place and relation all the time. Langer des Bancelles (1902) found that poems learned globally were remembered better over a period of days than those learned part by part.

The procedure of the Global Method, authorities have noted, has never been described. But I studied and experimented with it for over ten years and I lifted the veil of mystery from it as early as 1954. I taught it successfully to

thousands. As I announced then, it required full use of your Hidden Powers.

My secret Somo-Psychic Power laboratories added Somo-Psychic Power to the Global Method and transformed it into the Global Grasp Method—the miracle method to learn verbal skills. Now, at last, the secret will be revealed to you.

THE SECRET OF THE MIRACLE GLOBAL-GRASP METHOD OF LEARNING VERBAL SKILLS

The Global-Grasp Method of learning requires the full use of your instinctive Somo-Psychic Power. These are its secret steps:

1. Pick up the written material that you wish to memorize and read it *carefully* all the way through. (Make sure you understand *every sentence* in it, but not necessarily every word. It is possible to grasp the meaning of a sentence without being able to define its words accurately).
2. Start from the beginning again and scan through the whole material. Note carefully its main divisions and subdivisions. Try to understand it still more thoroughly now. Seek to extract every bit of meaning out of it, rather than to try to memorize it word for word.
3. As you do so, look away from the material occasionally and repeat, to yourself, what you just read, using your own words to aid you whenever necessary.

Gradually, the author's own words find their way into your own thinking or speech rhythm. Before long, you actually "become" him and fall into *his* Somo-Psychic Power. For all practical purposes, you yourself are then *the* author of the material, and the words in his creation become *yours*. Whenever you try to remember them thereafter, your Somo-Psychic Power alters to be like *his* and transforms you mentally into *him*. Master the miracle Global Grasp Method in the three following magic exercises.

THE THREE MAGIC EXERCISES TO MASTER THE GLOBAL-GRASP METHOD FOR VERBAL LEARNING

Exercise 1. Pick up a Shakespeare play, say, *Hamlet*. Try to learn, with the Global Grasp, any of its famous passages.

Exercise 2. Do likewise with *Julius Caesar* and *Macbeth*.

Exercise 3. Repeat Exercise 1, but with a section from a technical book instead.

When you are trying to memorize a long list or a passage, the Global Grasp Method is the most effective. It immediately puts each item of the material in its right place and establishes all the necessary connections between them in your brain. That facilitates your close attention to important details. It also breaks up the task of memorization into a series of intermediate smaller tasks and lets you master one step at a time. It snaps the awe out of the subject matter, and encourages you to proceed and master all of it.

Below are case histories of people who leaped into the power to perform a new skill expertly. The names and places have been changed.

How Laid-Off George B. Easily Regained His Financial Independence

George B. had recovered from the shock of his lay off. At 53 he had been dismissed after working 25 years for the same company and figured that he'd never be eligible for a full pension anywhere. With so many out of work and low on funds, his home was hard to sell. George had taken some temporary small jobs, but his future looked bleak.

His only alternative was to learn another skill. At his age, even then, it would not be easy to find a job in it. But it would improve his chances if times got better, and that could happen any time. Should he be lucky enough to get his old job back, too, he would have a new skill to fall back on, whenever he had to.

George selected a skill that was seemingly depression-proof because it was constantly in demand, even on a part-time basis. But he had trouble learning it, for it was so different

from what he had done before. He gave up in despair and went from bad to worse. His wife grew frantic.

I taught George how to leap into the power to perform a new skill expertly. He relaxed his gland cramp intra-tension with the efficient three-way pattern for learning. It also broke down his new skill into steps and took the mystery out of it. George mastered each step individually and grouped them like parts fitting into a whole. He was no longer discouraged when his progress in the new skill was not regular, for he understood now the meaning of "periods of arrested progress in the acquisition of a skill."

George soon landed a job in that field, and it paid him a comfortable living wage. A few months later he received a raise and lost his dread of the bad times, even if the standard of living for himself and his family had been considerably reduced. Soon after, he was recalled to his old job. But he was now prepared to meet another lay off, should it come.

How Louisa D. Promptly Became an Expert in a New and More Lucrative Branch of Her Occupation

Louisa was not satisfied with the wages of her comparatively hard work. Women with no more qualifications than she had learned a new branch of her occupation and were being paid decidedly more than she, plus receiving better benefits, better paid vacations, and better working conditions. These women were even more respected. Louisa determined to master that new branch, too.

She learned it, but was not hired because she was not expert enough in it. To her it was a confusing, bewildering skill which required speed, rhythm, and careful application to details. She tightened up when performing it.

I taught Louisa how to leap into the power to perform a new skill expertly. With the efficient three-way pattern of learning she relaxed her gland cramp intra-tension. It rid her conscious mind of its feeling of nervousness and anxiety, and her body of the awkwardness and slowness that overcame her at times in that skill. Then she easily transferred her learning from her old skill into this new skill. That eliminated her surplus steps and needless mistakes by maintaining an easy, steady, flowing pace or economy rhythm. And she acquired precision by paying close, but relaxed, attention to details.

Not only that, but now she smoothly did just as much work with either hand at the same time. She also looked ahead of

what she was doing at the moment, so that she was thoroughly prepared for any surprises coming up.

Louisa was soon hired and promptly became an expert in the new branch of her occupation. She demanded a good raise—and got it!

How Emil Z. Remained an Expert in His Rapidly-Changing Calling

Emil was an expert in his profession and provided his wife and family with extraordinary comforts. He was proud (without vanity) of himself and was satisfied that he had applied himself so closely to his studies and to practicing its skills that he had leaped quickly to success after graduation. His envied income was so certain that he had borrowed extensively (including buying stocks on margin) to get rich quick on several different fronts.

But the tide turned. New needs arose in his profession, and new techniques and technology were replacing his own. His patronage dwindled steadily, for the new graduates were trained in the "new advances." Emil was alarmed! He could no longer pay for huge debts he had contracted on his investments! He would even have to sell his gorgeous home in an exclusive suburb and move his shocked family into an old apartment in the crowded city neighborhood. What a come-down in life! To top it all, he would be forcibly "retired" because his practice was "folding up!"

In a frenzy, Emil tried to learn the new techniques in his profession and invest in its new technology. He even took post-graduate courses. But he fumed as he watched the younger people apply the new skill, while he himself groped. Instead of being in his prime now, he thought with terror, he was a "has-been!"

I explained to Emil how his tremulous Somo-Psychic Power stood in his way and taught him how to leap into the power to perform a new skill expertly. After relaxing his gland cramp intra-tension with the efficient three-way pattern for learning, he automatically triggered his transfer of learning from the old skill to the new skill with the Somo-Psychic Power Stimulator. It swiftly cast out his do-or-die attitude, and he approached the new skill now with a secret air of amusement. His muscles lost their tightness, and his hands steadied *without his even trying!* To maintain this winning attitude, he practiced the new skill by spacing it along, instead of crowding it. He

effected this by practicing a different phase whenever he grew bored with the one he was practicing. This brought him variety.

Emil made big strides. As the end of his post-graduate course he enthusiastically invested in the new technology. He then resumed his practice and "out-competed" the young "at doing their thing."

SUMMARY

See how you can leap into the power to perform a new skill expertly! Just follow these few, easy steps:

Step 1. Relax the gland cramp intra-tension, caused by difficulties in mastering a new skill, with the efficient three-way pattern for learning.

Step 2. Transfer your knowledge into the new skill you are trying to master with the Somo-Psychic Power Stimulator. (This simple movement also refreshes your mind and body and limbers up your muscles).

Step 3. Turn into an expert fastest in any new skill with the four magic rules.

Step 4. Learn a verbal skill miraculously with the Global Grasp Method.

You will now possess the magic power to alter your tremendous Somo-Psychic Power and perform a new skill expertly in record time, be it mental, physical, verbal, or psychic.

Lesson 16

HOW TO ACQUIRE REWARDING CREATIVE AND INVENTIVE POWERS

Most everything significant you do in life, from your hobbies to your utmost achievements, depend directly upon how creative or inventive you are. But don't misunderstand the meanings of these terms. You don't have to be published to be creative, or to hold patents to be inventive. An executive could flash an idea that lifts his company from mediocrity to a giant corporation, and never get that thought published. But it may multiply his income and his stock options into tens of millions of dollars. Another person could greatly desire someone with whom he (or she) had absolutely no chance. Yet, he (or she) may "invent" a new approach to interesting that person which could absolutely bewitch him (or her) and change the whole course of his own life. And yet, he never even dreams of getting that "invention" patented. The most ordinary people of both sexes, and of all adult ages, have invented ways to bewitch the most desired mates, despite all the barriers in their way.

Such a power is equivalent to casting a spell over another person, or upon the future of a business. *Only, it uses Somo-Psychic Power instead of witchcraft.* Since the effects may be the same, nonetheless, Somo-Psychic Power is equivalent to a mind-body witchcraft. To master leaping into rewarding creative and inventive powers with Somo-Psychic Power, therefore, is a way to acquire the witch-like power without resorting to the aid of spirits. You acquire it, rather, by mobilizing and detonating in full blast the scattered packets of nerve-energy which float idly in your brain, your nervous system and your muscles.

HOW DISCOURAGED PEOPLE SUDDENLY DID THE SEEMINGLY IMPOSSIBLE

People just like you who were utterly discouraged by the seeming impossibility to achieve their most cherished goals have suddenly turned an about-face, to the amazement of all, and attained them by taking a slightly different approach. Their acquaintances and associates were left gaping, wondering why they themselves had not conceived of such an approach. Other people extricated themselves from the grave situations with an ease that left their awed observers comparing their actions with magic or witchcraft. Still others, against overwhelming odds, "foxed" their way to the front of their occupations, despite the fiercest competition. Individuals who entered crowded fields monopolized them instead of starved in them. Persons whose hobbies did not sufficiently satisfy them altered them to please themselves and, without even trying to, were mobbed by others for the secret, and went on to become millionaires. People who were literally dying of loneliness evolved unique ways to make friends and were soon being overwhelmed by companions. Many with failing businesses or unpromising positions effected minor changes in them which catapulted them into the midst of unsuspected profit or promotion. There is no end of goals which people have reached by leaping into rewarding creative and inventive powers.

THE IMPORTANCE OF THE SOMO AND THE PSYCHIC FOR CREATING AND INVENTING

You create or invent not with your brain alone (the Psychic), but also with your muscles, your visceral organs, and your glands (or the Somo). With the Somo, even when you create or invent, you either tighten your jaw, rub your fingers together, frown deeply, press down with your toes, move your knees rapidly, draw aimlessly with a pencil, or do a number of other seemingly minor things. Creating or inventing is accompanied by and cemented with the aid of such usually unnoticed, even unexpected, muscle response. However, when

your muscles are fatigued (even if subchronically so, due to the intra-tension in your spinal cord nerve spaces) they fail to contract firmly enough in their unique patterns when you try to create or invent.

And yet, as has been established in the experimental laboratory, the attitudes that your muscles assume when you originate or invent (their subtle changes of muscle tone, as well as their changed positions) are most important for you in triggering new and continuing mental flashes into hitherto untapped mental combinations. Your thyroids assist by plunging you into speed-thinking, sending your thoughts racing through the different mental codes stored up in your brain and impelling them to hook up in entirely different ways. When you fail to create or invent, it means that your thyroids have failed to speed up your thinking enough to achieve that flash thought level. The spinal cord nerve space intra-tension built up daily plagues you with muscle fatigue and causes your thyroids to fail to speed up your thinking. Learn how to relax this handicapping intra-tension at once.

HOW TO RELAX THE SPINAL-CORD NERVE SPACE INTRA-TENSION WOUND UP IN YOU BY REGULAR MUSCLE AND BRAIN FATIGUE

Muscle fatigue (such as that which you feel when you are weary at the end of the day) slows down the speed with which your muscle responds to the commands from your mind. It is a difference greater than 100 percent, and can be shown in the laboratory with the drug curare. This response is flashed back to your conscious and subconscious minds, slowing down *their* thinking speeds (reflexly) and annihilating the churning creative and inventive activity going on, for all your thinking is tightly bound up with your muscular activity. Avoid this catastrophe with the Somo Spinal Cord Massager.

THE SOMO SPINAL CORD MASSAGER

To massage your spinal cord, you have to alter your natural back curves up and down the length of your spine by inhaling and straightening, and exhaling and bending your back.

The position to assume (Figure 24A, and Figure 24B).

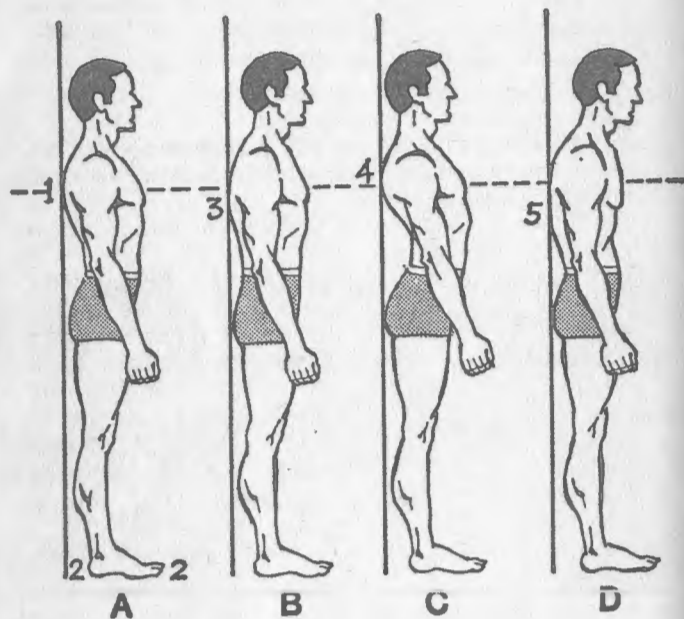


Figure 24
THE SOMO SPINAL CORD MASSAGER

1. Stand with your back against a wall. (Your spinal curve peak is now at this point).
2. Set your feet about four inches from the wall, about five inches apart, and parallel to each other.
3. Relax and let your body sag restfully against the wall.

(Figure 24B). (Your spinal curve peak is now at this lower point).

How to do this simple movement (Figure 24C):

4. Take a deep breath with normal breathing speed (Figure 24B). Your spine will straighten more-and-more as your natural back curve rises higher and higher until your lungs are "bursting" with air. (Your spinal curve peak rises to this highest point).
5. Now exhale with normal breathing speed (Figure 24D). Your back will bend more and more as your normal back curves fall lower and lower until your lungs are "emptied." (Your spinal peak falls to this lowest point).

Frequency: Five to seven times a day.

That is the Somo-Psychic secret of brain-massage through massaging your spinal cord. Since your spine (your vertebral column) houses your spinal cord, when your spine is straightened or bent your spinal cord is also straightened or bent—and therefore, massaged vigorously.

Note: Creativity and inventiveness depend also upon the amount of rest you allow your brain between periods of deep concentration. Sleep is the best kind of rest for it. How long you sleep, too, is as important as how deeply you sleep. Light concentration requires short periods of sleep, but deep concentration requires a longer period of sleep. Sleep or rest allows the products of nerve fatigue to be carried out of your brain and nervous system quite thoroughly and lets these regain their normal nerve-electricity energy.

You are ready now to pour rewarding creative and inventive powers into your mind. Do so by intensifying your magic-making Delta waves.

THE MIRACLE ACTION OF YOUR INTENSIFIED DELTA WAVES

By flashing a super-amount of nerve-electricity in your brain you can bring together or awaken, "forgotten" knowledge, experiences, or observations which rest in a "half waking" state in your mind, and let them automatically join up in new and different ways, as occurs during dreams. You then dream

while awake, so to speak. That's how you will regularly come up with new creations or inventions.

This is true because when the tissues of the brain or nervous system are studied under the microscope, their normal tissue composition is found to be more or less identical in everyone. Their "texture," as some have called it, is not "finer" in the genius, and "coarser" in the normal person. When tested, too, in the laboratory, the nerves of every frog (since those of human beings cannot be used legally) conduct their nerve-electricity at the same measured speed and intensity. In actual life, of course, the speed and intensity with which a nerve transmits its electricity varies with the health of the individual and acidity of his blood. But that does not alter his basic tissue. So, you just need the Somo-Psychic Power to flash a super-amount of nerve-electricity in your brain, and your brain will let loose the miracle action of your intensified Delta Waves.

THE SECRET OF YOUR DELTA WAVES

As far back as 1966, when the scientific world still recognized only the conscious and subconscious minds, I had *already published* my teachings of the functions of the different brain waves for mental and psychic powers and how to develop each. (As far back as 1956-1957, in fact I had already published a much condensed version. And yet, it was not until 1966 that the *first discoveries* of those functions were made by others. In that year Japanese physiologists found, in the laboratory, that veteran Zen Masters had brain-wave rhythms which were predominantly Alpha during meditation. Bio-feedbacks and other research followed later. But I had, by then, again gone ahead much faster and taught the secret of the Delta Waves, the magic brain waves of creative and inventive powers.

A small portion of these teachings appeared in my book *Cyclomancy*, as far back as 1966. The beginning read:

Your Delta waves emanate from your Psychic Power Center. They have a frequency of one to five cycles per second.

Their voltage, though, is very high, being 20-200 microvolts. Your psychic power brain waves are consequently VERY POWERFUL.

They originate from the Silent Area of your brain, which gives out waves at the rate of from 3-8 per second. Your Delta waves are therefore unquestionably the waves of your Psychic Power Center.¹

Since the Silent Area of your brain (your forehead and temples area) is your creative, inventive, and reasoning center, intensifying your Delta Waves multiplies the results of your creative and inventive efforts. That's why you may *concentrate deeply* one day, but *can't create or invent*. If you rest your mind then instead of forcing it, it regains its normal nerve-electricity and creates or invents for you *of its own accord*! That does not mean that you have suddenly grown more intelligent, for you still possess the same basic brain tissue. Yet, all you did was to rest your brain and let it *regain* its normal nerve-electricity. So, see how much more you can accomplish by merely intensifying your Delta Waves?

THE "MYSTERIOUS" MENTAL INFLUENCE THAT CAN CONVERT YOU INTO A GENIUS

About fifteen years ahead of science I also taught concerning Delta Waves, and published in 1966 in my book, *Cyclomancy*, the following:

The Delta waves can be recorded rarely from the average adult when he is awake, but they appear normally when he is asleep or during the waking hours of a young child. This is not surprising because during sleep is the only time when the average adult uses any considerable portion of his psychic power Such a finding really means that his [the average adult's] conscious mind is *not* fully in control of some other "mysterious" mental influence which possesses staggering electrical potential The Delta waves, however, are NOT affected by your opening or closing your eyes. This indicates that your Psychic Power Center *can* function whether you are asleep or awake.²

¹Frank R. Young, *Cyclomancy: The Secret of Psychic Power Control* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1966), p. 84.

²Young, p. 84.

That's how the mind of genius works. When he creates, his conscious mind is *not* fully in control of him, for he can pass you on the street and stare at you but be hardly aware of you—or of anybody else, for that matter. And yet, he crosses the street carefully enough, proving that he is not asleep. And he is not merged in his subconscious mind, for he is not hypnotized. He *would* feel pain or hear normally, in other words, without previous suggestion. He is simply under the control of some other “mysterious” mental influence which possesses a staggering electrical potential, for in such a state of mind he can invent, compose, prophesy, participate spontaneously in ESP phenomena, or cast irresistible “witch spells” with superhuman (paranormal) power. This “mysterious” mental influence is simply the fantastic intensification of his Delta Waves. Once the genius leaves the state of “reverie,” his Delta Waves return to their normal intensity and leave him no sharper at creating, inventing, at ESP or at casting irresistible “witch spells” than the average person.

To stimulate this “reverie Delta Wave power” of genius you merely intensify your own Delta Wave rhythm to the degree which the genius attains in that state. His “mysterious” mental influence will then seize possession of you and gather together the packets of nerve-energy which drift around in your brain, nervous system, and muscles, and detonate them together in your Psychic Power Center (your forehead and temples area). The resulting alteration will turn you “absent-minded” and into the mind of a genius. Thus, learn how to intensify your Delta Waves and attain this miracle of mental transformation.

THE DELTA WAVE INTENSIFIER—TO BRING YOU INSTANTLY THE MIND OF A GENIUS

Necessity, as the old saying goes, is the mother of invention. Necessity, however, over-arouses your adrenal glands by causing your discomfort, fear, or terror. When you are cast into that frame of mind you create or invent nothing. You have to calm yourself and face a situation objectively before you perceive it clearly and meet it sensibly. You have to harness your adrenals and free yourself of the paralysis of fear, letting your thyroids fill your mind with the power of speedy thinking. The more thoroughly you do this, the more the Delta Waves of the Silent Area of your brain (your Psy-

chic Power Center) intensify and throw you into the reverie of the genius. Achieve this miracle state with the Delta Wave Intensifier.

How to practice and master the Delta Wave Intensifier (Two Somo-Psychic Exercises)

Exercise 1. If you are a man, describe the most attractive woman you ever saw or met. What about her held your interest most? Describe her features in detail—in writing. Don't merely jot down the commonplace about her: she had a straight nose, dark eyes, white, even teeth, shiny black hair and so forth.

Such an unimaginative description will not throw you into thyroid gland reverie. Recall the woman like a poet or an artist would. Recreate about her what held you speechless. Here is an example which could intensify your Delta Waves:

I felt overwhelmingly lucky at the chance to stare at and admire her. Her every feature exuded sympathy and refinement. Her profile suggested the helpless and ultra-feminine; her eyes were dark jewels set in shimmering white; her teeth were like the purest pearls, and her hair cascaded down to her shoulders in terrace after terrace of glittering gold.

You don't have to wax that poetic or artistic, so long as you extract the points about the “most attractive woman” that intrigued you most about her. Endow her description with life and romance. Make it colorful and imaginative, not plain and realistic like a passport picture.

If you are a woman, do likewise with the most fascinating man you ever saw or met. Absorb yourself completely in selecting the most intriguing qualities about him. “See” him reappear right before your eyes.

Exercise 2. Describe a beautiful house, vista, or dress with which you are entranced. Don't describe it like a draftsman or a tailor, but imbue it with personality. See into it more than meets the eye, as the famous artist Vargas did with his female models for *Playboy* magazine. Vargas added the Fifth Dimension—Imagination—to them. He superimposed upon the contours of his models the images of the girls he would have liked to see in their places: the images of the girls which millions of other men also wished to see. The universal response to

such a creation in anything is stupendous. It can bring its creator (designer or inventor) fame and fortune. Perceive your product or goal (even if it is to win a lawsuit) with eyes that will select the "right chord" in the person whom you wish to impress. The potential "customer" will feel that *his* dream product is *at last* on the market.

Any time you need to strike "the right chord" in anyone or in anything (be it in business, romance, hobby, social life, important connections, or in any problem, project, or situation for which you are striving to create or invent) just repeat one of these two exercises swiftly in your mind and "fall into" the Delta Wave groove. You will promptly produce profitable results with the effectiveness of a genius.

Below are case histories of people who leaped into rewarding creative and inventive powers. The names and places have been changed.

How Grover N. Swept His Audience Off Its Feet Without Reading His Well-Prepared Speech

Grover N. had to give a lecture before the management of his firm—a lecture which could bring him the advancement of which he dreamed. Having seldom spoken before people he planned to stand up and read his speech. But Martha, his wife, told him that his personal appearance was not prepossessing enough to capture the audience easily, and that it would be less so if he added a "distance barrier" between it and himself by reading his speech. "Your most impressive quality," she confided to him, "is your frank simplicity. But you conceal it when you bury your eyes and read."

So, Grover tried to memorize his lecture. But it was an agonizing experience for him. The few lines which he *did* memorize, too, he repeated so flatly that Martha told him they failed to convince. Grover was desperate. He could not afford to miss this biggest opportunity for advancement.

He explained his dilemma to me. His best course, I concluded, was for him to combine his memorizing with inventiveness. For that, though, he needed a clear, refreshed mind. So I had him relax the spinal-cord nerve space intra-tension caused by his regular muscle and brain fatigue. Then I programmed him—

- (1) To do the Delta Brain-Wave Intensifier regularly *just before* practicing his speech in his room.

- (2) To read a small portion of his speech as if he were reading it *for the first time*.
- (3) To pause briefly then, and "massage" his brain with the Somo Spinal Cord Massager.
- (4) To proceed and read another portion of his speech as if for the first time, but with the eyes and frame of mind he had acquired for it with the Delta Brain-Wave Intensifier (See (1) above).
- (5) At the end of his speech, "massage" his brain again with the Somo Spinal Cord Massager.

When Grover followed those five but simple directions, he found that his mind was refreshed during his practice speech so that whenever he failed to remember the printed page word-for-word, his own mind spontaneously "dished out" something equally as good, or even better. Before long, he found himself resorting less and less to the printed page, even though he still followed its general trend, and relying increasingly upon whatever he happened to remember of it or upon his own off-hand reproductions.

At the lecture, Grover gave his speech *without reading any of it*. The keen activity of his mind as it freely and spontaneously substituted new or different expressions for those which he did not recall exactly from his written speech, impressed his listeners with his deep sincerity. He was far more effective than if he had memorized his lines and repeated them word for word. He held the audience intimately all the way and scored a hit. His rousing speech speeded him on the way to the much-cherished goal of a promotion.

How Arthur F. Easily Unravelled His Invention Deadlock

During his leisure time after work, Arthur F. searched to discover a practical invention to supply a common necessity. Once the gadget was developed he could price it modestly because its appeal would be wide. He could produce it himself in his basement and offer it by mail, or distribute it through dealers or stores. Eventually, he might even sell the patent to a leading manufacturer for an outstanding sum. Arthur had progressed remarkably towards the invention, but he suddenly reached an impasse. No matter how deeply he concentrated, he could get no further. He devoted long hours to it night-after-night, but ended up with his head bobbing on his chest.

"If you can't find a way to make it work," his wife scolded him, "at least forget about it at bedtime and relax! You worked hard enough already all day!"

Arthur was about to give up when his friend urged him to see me. With the Somo Spinal-Cord Massager he relaxed the spinal-cord nerve space intra-tension caused by the regular muscle and brain fatigue that was cramping his inventive powers.

Next, he tried the Delta Brain-Wave Intensifier. The second time he did it that night he felt, he said, like a "new-born baby." It threw his mind so wide awake that it filled with new angles about his invention—angles which he had never conceived of before. Within two hours he made a small but important advance in it and, the next day, his creative faculties raced along so fast that before midday he had designed the whole gadget in entirety.

In a few months, after marketing it part-time, Arthur was netting what would add up to several thousand dollars a year. He refused to expand his distribution faster because he dared not quit his regular job yet. He had four children growing up and approaching college age.

But he was ready to quit it by the time they were halfway through college. So quickly had his enterprise grown that he had little doubt of netting, full time, \$50,000 a year after taxes. Arthur was on the way to becoming a millionaire.

How Edward N. Stopped Buying Slow-Moving Stocks and Bought Fast-Moving Ones

Edward N. traded in common stocks for five years and enjoyed only mediocre success. Every time he bought them, it seemed, their price went down and stayed down, while the price of those he had bypassed went up. Edward, as a result, profitted little in the stock market. He was not interested in the long term, but in the fast profit! He hoped to add to his capital regularly and multiply his initial small investment into a modest fortune within a few years.

But he either lacked the ability or the "knack" to select the stocks that rose promptly enough after he bought them. He had missed the chance to procure over-the-counter issues when they were rock-bottom because he had read too much about their difficulties and the stiff competition they faced against each other.

Edward spent months comparing different groups of stocks, but couldn't decide which to procure. The strain jaded his mind and left him detesting the very word "stock." He begged me to "clear" his mind, so he could again think "straight."

I taught Edward the Somo Spinal-Cord Massager to relax the spinal-cord nerve space intra-tension caused by his regular muscle and brain fatigue. I instructed him to do it once in the morning, and sometimes, once at night.

The very first time he did it, his head "cleared" in seconds, and he searched for the "surest" stock to rise over the next few months. With the Delta Brain-Wave Intensifier he flashed a super-amount of nerve-electricity in his brain and awakened "forgotten" experiences or observations about different stocks and market movements and let them join up in new and different ways, as occurs in dreams. He dreamed while awake, proceeding as the psychic masters describe creative thinking.

With a bold certainty he had lacked before, Edward selected a low-priced stock. To his amazement, it rose markedly in a few weeks. He sold it and bought another. That one rose, too. He sold it and bought a third. It did not rise as fast at first, but then it started up, and he sold it and bought a fourth. The fourth gained several points before the week was out. Edward was so thrilled that he could hardly talk. He retired from his job a year later, and has been living off stock-trading ever since.

SUMMARY

See how you can leap into rewarding creative and inventive powers! Just follow these few, easy steps:

- Step 1.* Relax the spinal-cord nerve space intra-tension, caused by regular muscle and brain fatigue, with the Somo Spinal Cord Massager. (This miracle mind simple movement also massages your brain and your spinal cord).
- Step 2.* Pour rewarding creative and inventive powers into your mind by intensifying your magic-making Delta Brain-Waves. They bring you the "mysterious" mental influence that can convert you into a genius.

You will now possess the witchcraft-like power to cast a "spell" (a Somo-Psychic Power spell) upon another person, upon the future of a business, or upon an idea which you want to convert into an unequalled success.

Lesson 17

HOW TO USE YOUR DORMANT ANCESTOR POWERS FOR IMMEDIATE BENEFITS

The greatest gifts of your ancestors lie within your tissues and genes, for you are but a product of them. Their worst handicaps also lie within your tissues. But you *can* skip their worst handicaps and leap into their greatest gifts! With these at your command you can achieve *anything* you desire with the ease and speed of a genius. Everybody has geniuses of different sorts in his family background. Family after family who were "nothing" during one generation have given birth to inventors and millionaires in the next. The descendants of these people, however, could end up unsuccessful themselves should they fail to use *their* dormant powers.

To make your life as easy and ecstatic as you wish it to be, leap into your fabulous unsuspected dormant powers—riches and security.

HOW FRUSTRATED PEOPLE USED THE DORMANT POWERS OF THEIR GIFTED ANCESTORS TO ACQUIRE ANYTHING THEY WANTED

People just like you have leaped into the fabulous, unsuspected dormant powers of their ancestors for riches and security by controlling their "grooved" Somo-Psychic Power. With that magic tool, individuals who had been pitifully poor in all their lives quickly became financial tycoons. Unknown authors wrote sensational best sellers (and seldom repeated them because they didn't know how to again tap the fantastic "gift" to write them). Despairing inventors hit the jackpot with the most wanted invention. Athletes broke records. In-

vestors made unbelievably profitable trades. Mediocre generals scored historic victories. Disillusioned prospectors made stunning strikes. Average surgeons performed unbelievable operations. Mediocre natural healers effected miraculous cures. Struggling concert musicians exhibited unforgettable skills. "Born failures" sprang from total obscurity into the bigtime of their dreams. Person after person who was getting nowhere fast, attained, with amazing speed and ease, what took others their lifetimes to achieve.

Note: It is much easier to leap into your dormant powers for whatever you want after you have mastered the previous lessons. So master them, to a satisfactory degree at least, before adding to them the miracle power of your fabulous dormant ancestor powers. Study and practice this lesson *now*, nevertheless, to facilitate still more your mastering the previous ones.

THE MAGIC POWER YOU CAN ACQUIRE FROM YOUR DORMANT ANCESTOR POWERS

There are about 100,000 genes in every cell of your body. Each one consists of the hereditary material known as DNA (deoxyribonucleic acid), your body's building blocks. Scientists have already decoded the structure of DNA and the chemical code which enables genes to direct human growth.¹ And now they are altering these genes, these tiny packets of hereditary material which determine mental and physical endowments, by introducing new functional genes into certain cells. If the scientists can do that in hopes of discovering the causes of many diseases, such as cancer, diabetes and arteriosclerosis, which are influenced by *heredity*, the mind can do even more, for visitors to Lourdes and other shrines who believed in miracles have actually been healed of such diseases and worse ones *instantly*.

With their blind faith in the power of the shrine, the visitors, physiologically, over-arouse their pineal glands—their miracle-making glands—into total domination over their hereditary genes, and thereby integrate their bodies and minds (their Somo-Psychic Power) into a state of Unity. With it they

¹Mascona, Gaber, Moscona, University of Chicago, 1972.

arouse their dormant "déjà vu phenomenon," or their mental impressions of seeing again something which they have seen before, including that of a previous lifetime, or of another world! With that Extra-Physical Unity (as differentiated from Extra-Sensory Perception) they (and so can you) bring to life and put under their domination, the most unusual powers which their most gifted ancestors for centuries back possessed and cause them at will to make their fondest dreams come true as if they themselves were their gifted ancestors.

HOW SUBCLINICAL MUSCLE SPASM ROBS YOUR PINEAL GLAND OF ITS DORMANT POWERS

When your back acquires a wrong curve (which it does from long continued, habitual bad posture), the muscles adjoining the curve go into spasm to help support the resulting weakened vertebral alignment much in the manner of a splint. This happens even when your wrong back curve is so minor as to be clinically accepted as "normal for your age or occupation."

The muscle spasm itself, however, no matter how minute, is a major cause of pain and disability. It wastes your body energy alarmingly, even when it is so slight as to be evident only upon finger diagnosis. It produces tension on the nerves passing through that muscle from your spinal cord, and causes an imbalance between your thyroid and adrenal glands which is reflected in your pineal gland.

An insidious, subliminal (subconscious) pain results which rarely flashes into your conscious mind. Even then, it might manifest itself only imperceptibly reflexly, such as in some other area of your body, like that of the pit of your stomach, the inside of your knee, the back of your heel, your little finger. It disturbs your natural gland balance, nonetheless, and triggers enough intra-tension in your pineal gland to blunt its Extra-Physical Power. Your pineal gland is a tiny structure in your head. It is exceedingly rich in sympathetic nerve fibers which originate from networks in your neck. Excitation of these nerves have been shown to secrete norepinephrine (a principle in your adrenal gland associated with adrenalin). So, your pineal gland can *increase* your mental and sexual powers for it can do what your adrenalin does.

This is how it works.

1. There is a magical circadian (near 24-hour) rhythm in the storage of epinephrine in your pineal gland. Here is the cycle of the rhythm:
2. Norepinephrine is stored in its highest concentration in your pineal gland *at the end of a dark period.*
3. The initial event that synchronizes this circadian rhythm is the "Zeitgeber," or a dark-induced release of norepinephrine from the sympathetic nerves in your pineal gland.
4. The norepinephrine released from these nerves stimulates, in turn, the formation of melatonin, your pineal gland hormone.
5. Melatonin is a major constituent of your pineal gland, and it affects many of your other glands.
6. Indeed, it can *modify the function* of your central nervous system (which includes your brain) and modulate your *whole behavior.*
7. In other words, it can make you act as if you actually WERE using the dormant genes of your ancestors.
8. And it is believed to accomplish this by *altering* the speed and effectiveness with which impulses leap across the spaces (synapses) of the individual nerves.

That is the magical circadian rhythm of your pineal gland—the rhythm which can be controlled to change your mental and sexual powers, and awaken the dormant genes of your ancestors.

Muscle spasm can impede your pineal gland from synchronizing this instinctive magical circadian rhythm in you. It can cause the melatonin produced in your pineal gland to be "retained" in it and leave you suffering from pineal gland intra-tension.

Your first step for leaping into your fabulous unsuspected dormant powers is to relax the blocking pineal gland intra-tension of your subclinical muscle spasm. Learn it next as follows:

HOW TO RELAX YOUR BLOCKING PINEAL GLAND INTRA-TENSION WITH THE MYOSPASM ELIMINATOR

The Myospasm Eliminator is the magic, simple movement with which to unknot the subclinical muscle spasms which rob your miracle-working pineal gland of its dormant powers.

THE MYOSPASM ELIMINATOR (Follow Figure 25)

The position to assume (See Figure 25A).

1. Stand with your back against a solid table, bench, bedstead, platform, strong, firmly planted sink, or anything similar.
2. Draw shoulders downward. (NOT inward).
3. Draw and bend elbows far backward. But keep shoulders downward.
4. Keep elbows close to the body.
5. Rest your palms on the support, shoulder width apart, with fingers pointing backward.
6. Bend knees to drop body several inches.

How to do this simple movement (Figure 25B).

1. Inhale deeply and
2. Straighten your elbows and knees, and go up on your toes.
3. ARCH your back enough to tense your lower back muscles. This is safe, beneficial back arching.

Frequency: Seven to ten repetitions. Three sets (groups of repetitions). Three times a week.

Note: A slightly opened dresser drawer, as high as a table, could also serve as a solid support because you actually throw only a fraction of your whole body weight on the support. Whatever support you use, let it be no higher, nor lower than your wrists when you stand straight with your arms hanging by your sides.

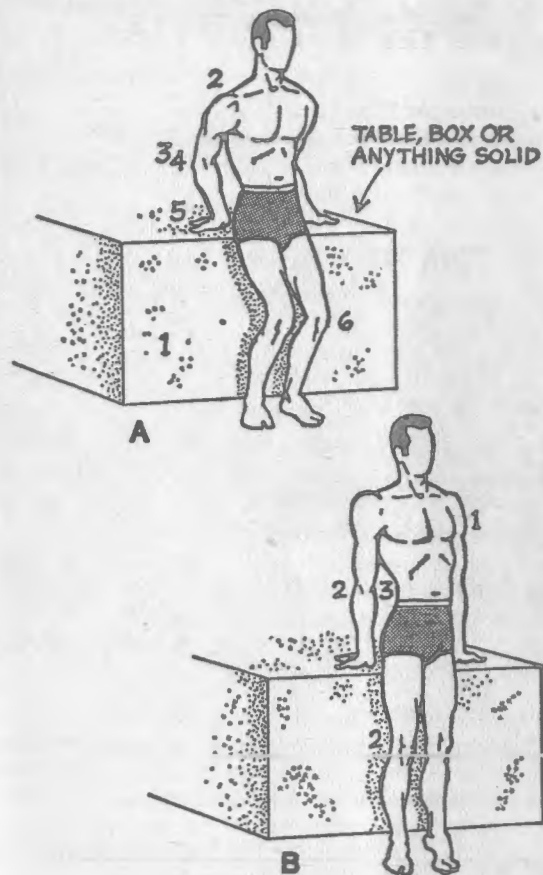


Figure 25
THE MYOSPASM ELIMINATOR

This simple movement develops or beautifies:

1. Posterior deltoid (backs of your shoulders).
2. Trapezius (Second part) (the upper part of your back).
3. Rhomboids (the middle of the upper half of your back).
4. Teres major (the regions of your upper back beneath your armpits).
5. Latissimus dorsi (body of, or lower part) (the lower V-shaped part of your back).
6. Sacrospinalis (the middle of your lower back).
7. Inner triceps when done with fingers pointing backward (the inner portion of your arms).
8. Medium and lateral triceps when done with fingers pointed forward (the backs and outer profiles of your arms).
9. Muscles of back of forearm.
10. Levator scapulae and other muscles of back of neck (your neck-shoulder line).
11. Stretches and stimulates the myotomic muscles (the muscles of the individual vertebrae); which maintain them straight and flexible.

The subclinical muscle spasms which rob your miracle-working pineal gland of its dormant powers are now un-knotted by this deep stretching and contracting.

You are now ready for the pineal-gland trance, described below.

THE MIRACLE-GENE PINEAL GLAND TRANCE

Now, the miracle. Your final step for leaping into your fabulous unsuspected dormant powers is to multiply the power of the circadian (near 24-hour) rhythm of your pineal gland and awaken the dormant power of your ancestors. Do so with the miracle-gene pineal gland trance.

But you have to understand, first, the mystery of the miracle-gene. It is the secret key to the trance.

You commence life with a single cell in the embryo. By the time you are born, this cell has multiplied into billions of cells making up many complex organs.

But how did these multiplying cells know with which other cells to join up to form your complex organs? Scientists are discovering that your cells possess a recognition code. They also produce a "linking," a specific glue material which en-

ables them to adhere to each other. (This linkage can be broken up with trypsin, a protein-splitting ferment or enzyme found in pancreatic and pineapple juice—an enzyme which digests the meat you eat).

There is increasing proof that each animal cell contains the seeds of cancer. There are messages in every cell, it is believed, which, when unlocked, turn the cells cancerous and cause them to manufacture cancer virus particles. These particles proceed to infect other cells and pass along the generic "information" to make them cancerous, too. These particles, in brief, *alter the genes* of the other cells.

Your pineal gland can do likewise to you, for it *can* alter your behavior. With a secret power you *can* trigger its hormones to seep into the cells of your conscious and subconscious minds and activate their dormant, inherited powers. With a secret power it leads you swiftly through various different psychic states, such as through the states of perception, sensitivity, and mystic rapture. In this trance the **NORMAL YOU** disappears through a flood of inner sensations, until the outside world retreats "out of you," and you enter into the microscopic eye of your miracle-making pineal gland world. Learn this secret power now: the power of how to fall into the miracle-gene pineal gland trance.

HOW TO FALL INTO THE MIRACLE-GENE PINEAL GLAND TRANCE

You fall into this miracle-making trance in two halves: the Somo Half, and the Psychic Half. This is how to execute them:

A. THE SOMO HALF

1. Lie still in bed, flat on your back, with your eyes shut to block out visual distractions. (See Figure 26A).

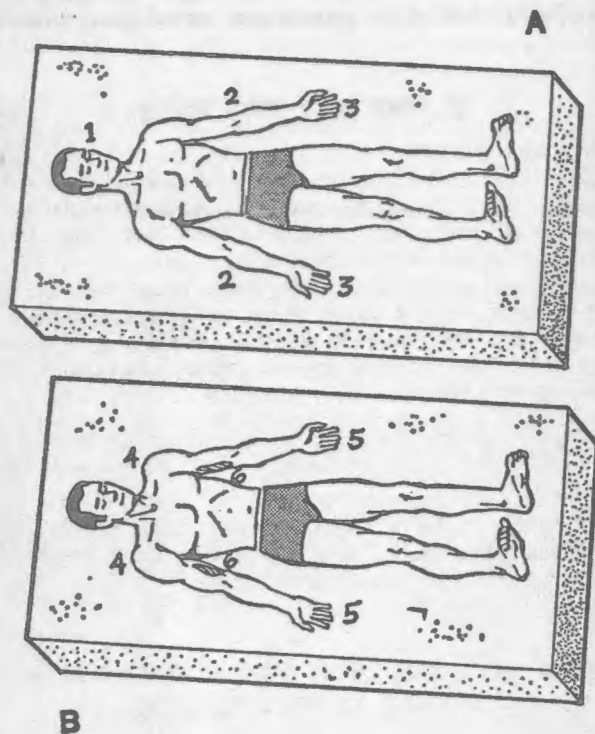


Figure 26
THE SOMO HALF

2. Extend your arms somewhat at the sides, at hip level.
3. Place the backs of your palms against the bed.
4. Now, draw your arms *upward and inward* INTO your shoulders, (Figure 26B), and, at the same time
5. Press down strongly with the backs of your palms against the bed, until your
6. Inner triceps contract fully.

This intense, acute contraction of that massive, aggressive muscle (your hitting, pushing, shoving, overpowering triceps) incites your adrenals to secrete most dominantly. Your sympathetic nerves are immediately triggered to release norepinephrine to stimulate your pineal gland to alter your mental

(and sexual) behavior into all-conquering action. (This is the somo (body) half of the miracle-gene pineal gland trance).

B. THE PSYCHIC HALF

7. Now, keenly visualize—and feel with *thorough conviction*—your whole body alter into that of a Hercules. Feel yourself acquire the power to *move walls*! “Fool yourself” into thinking so, if need be. *Leave no element of doubt in your mind that you can.* Should any doubt creep back into your mind, contract your inner triceps again and drive out the doubt instantly! Contract your inner triceps again because it will feel still stronger and intensify still more both halves of your miracle-gene pineal gland trance.

You are now in the trance! Your pineal gland hormone seeps through your every tissue, including your genes, and “fuses” into them.

With a little practice, master-power yourself into this trance, so that you feel like a charge of dynamite exploding off your bed. Do it with *absolute concentration and conviction*. Once you do it strongly and fast, you will leap into an all-conquering Somo-Psychic High.

HOW TO EXTRACT THE FABULOUS DORMANT POWER YOU SEEK

Once you master the miracle-gene pineal gland trance, use it to extract, from your miracle-making genes, the particular dormant power you desire.

Suppose you wish to get rich. Visualize yourself possessing the power to do so *in full* BEFORE you fall into the trance. BE THOROUGHLY CONVINCED that you possess it BEFOREHAND in order to establish rapport between your NORMAL CONSCIOUS MIND and your dormant genes. Lie in bed BEFORE FALLING INTO THE TRANCE, and visualize yourself possessing the ability to amass staggering wealth. Fill your every body cell with this conviction. You DO possess such an ability in your genes, inherited from some past

gifted ancestor. You are really NOT deceiving yourself into believing that you do.

THEN fall into the miracle-gene pineal gland trance. With *one-pointedness* your Somo-Psychic Power will fuse into the recognition codes in your genes which harbor this ability, and extract it and disseminate it through your whole body. The shock of the changed character into which it transforms you will drive you out of the trance, and you will "leap alive" with the desired dormant power of your gifted ancestor pulsing all through you.

Retain it after you arise, because your normal conscious mind will try to snap you back into your "old," average self. To counteract that possibility any time that day, subtly contract your inner triceps again (to drive out the incoming doubts), and remain the NEW, PINEAL-RULED YOU.

Below are true case histories of people who completely altered their lives by leaping into their fabulous unsuspected dormant powers.

How Justin L. Anticipated—And Escaped—An Annihilating Business Disaster

As an executive, Justin L. carried the full burden of his company's success—or failure. If he kept the firm in the profit column, he would retain his position. If he didn't, he would join the many jobless middle-aged executives.

But he had numerous problems in saving his job when all businesses, from small to big, faced severe challenges and hard decisions. The higher cost of money, the increased price of labor and material, and a number of other reasons were squeezing his company dry. He had no time left to sit on information and pick his timing. He had to do something with whatever he could discover, be it good or bad. He needed instinct, or an "ability" to foresee whole things where others could see nothing. He could not pass the buck and do nothing at all, for that was even riskier than doing something, even if whatever he did was wrong. He was in a quandary. If he made the wrong decision he would bear the full responsibility for it and be finished, despite all his years of study, preparation, and lifetime devotion to his career.

I taught Justin the Somo-Psychic Power to leap into his fabulous unsuspected dormant capabilities and advised him to extract the one he wanted most. With the Myo-Spasm Eliminator he swiftly relaxed his blocking pineal gland intra-tension

sion and regained a feeling of warmth and circulatory ease in the spinal region which, reflexly, eased the burdens off his conscious mind.

He then practiced and fell into the miracle-gene pineal gland trance, trying to extract any fabulous power of foresight some gifted ancestor of his must have possessed.

The next day, to Justin's amazement, not only did he feel thoroughly adequate to handle the desperate problem he faced, but he perceived far more clearly and objectively. He now had a "sure instinct," as he put it, of what to do, or what not to do, to save his company—and himself. He understood more sharply than ever the severe challenges and hard decisions his business faced.

He raced through facts and research for just one thing: company activities which were not producing or were too much of a drain. He decided to expand only the well-paying ones—putting into practice his new philosophy that opportunity lay only in the present and the future—not in the intoxicating, failure-doomed plans of the past.

With his gifted ancestor's dormant power Justin acted boldly at once, to the dismay of the company directors and the investors. But it was not too soon. Several months later, his firm sailed safely through the problems to higher profits.

How Jobless Bradley C. "Found Out" Exactly Where to Migrate—And Was Soon Very Well-Fixed

Bradley C. was fed up with life. He had lost his job some two years ago and had spent most of his savings. There was little prospect of getting his job back, for the plant was still struggling to get out of the red. And Bradley was now 53. His only hope was to relocate. But where? There were so many places to migrate to, but most of them were no better than where he was, from the standpoint of finding work. His capital, besides, had dwindled to as little as \$6,500. If he could only know beforehand where to go to, he pleaded with me.

I taught him the Somo-Psychic Power to leap into his fabulous unsuspected dormant powers. With the Myospasm Eliminator, Bradley relaxed his blocking pineal gland intra-tension which prevented the gland from pursuing its instinctive function and modulating his whole behavior into the one he wished he had. His thinking immediately turned so much clearer that he considered more calmly where to go to, and

narrowed it down to five places. But he could not make up his mind which one to choose, for the wrong one could prove disastrous to him.

So Bradley practiced and fell, next, into the miracle-gene pineal gland trance and sought to extract from his tissues the fabulous dormant power he needed. The trance threw him into an entirely different world of sensitivity and sensation. When he came out of it he seemed to be changed into a completely different, and far more capable person. He felt, indeed, as if *possessed* by a gifted ancestor. (But he was *not*, for I had *not* taught him the technique revealed in my book, *The Secret of Spirit-Thought Magic*¹.) He was transformed, nonetheless.

Again he tried to select the best of the five places for migration. It wasn't long before he was seized with the "uncontrollable feeling" that a particular section of a certain state was the right one. His conscious mind tried to "talk" him out of it, but he contracted his inner triceps and fell back into the trance.

Tremulously, he obeyed the "uncontrollable feeling" and went to where it drew him. There he put down his remaining \$6,000 or so on a piece of rental property, with the balance of the price on mortgage. From the rent he eked out a living. A few months later, however, his area was singled out as the site of a planned gigantic amusement place, and huge parcels of land were snatched up for it. Land values in the area soared. By the end of the year Bradley was offered—but he refused—30 times the sum he had paid for the property. In a few weeks he sold his real estate for closer to 40 times the purchase price!

How Maynard T. Swiftly Awakened His Sleeping ESP Powers

Maynard T. was fascinated by ESP. But, he complained, no matter how much he practiced, no matter how many EEG machines and alpha high feed-backs he tried, he could feel no ESP contact. I had been researching with people since 1937 in my individual-type of physiological laboratory and had discovered that some people seemed to need an extra lift from a gifted ancestor to trigger that dormant power in them into action.

¹Frank R. Young, *The Secret of Spirit-Thought Magic* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1970).

I taught Maynard the Somo-Psychic Power to leap into his fabulous dormant powers. The Myospasm Eliminator relaxed his blocking pineal gland intra-tension which prevented his conscious mind from uniting flexibly with his subconscious mind and releasing his shackled psychic power. At once he felt more confident, parapsychologically speaking. But he still could not release his hidden occult powers.

Bursting with enthusiasm, however, he practiced and fell into the miracle-gene pineal gland trance. The pineal gland is the ESP gland. Maynard's very flesh crept as he grew aware of a peculiar quality, like a thin, gauze-like substance, creep out of his "bones" and enclose him like a sheathe. Then it spread slowly all through his every tissue, as if hypersensitizing him to the least impression from another world.

When Maynard "came out" of it he felt, at first, like a stranger to the world he knew. Nothing looked to him as he had known it before. He detected peculiar colors streaming from everything now, with bizarre, vibratory sounds emanating from them. When people spoke to him, he not only heard what they said, but also "heard" frequently *entirely different words* bubbling in their thoughts.

The astounding power vanished swiftly. But Maynard knew now how to trigger it. He did so at will, thereafter, and possessed a surprising amount of ESP ability, as well as the power to develop it into a mystic's if he so wished.

SUMMARY

See how you can leap swiftly into your fabulous unsuspected dormant powers! Just follow these few, easy steps:

- Step 1.* Relax the blocking pineal gland intra-tension, caused by your inability to cope with desperate problems in life, with the Myospasm Eliminator. (This simple movement also adds massive muscles to your arms, if you are a man. It wears the fat off the inner and back sides of your arms, if you are a woman and don't contract your arms with all your might. It does likewise to your whole back.)
- Step 2.* Fall, next, into the miracle-gene pineal gland trance and extract the fabulous dormant power you seek from one of your gifted ancestors.
- Step 3.* You will be filled with that power and can trigger it at will.

You will possess the magic power to alter your average self into the one possessing the "unusual gifts" you seek.

Lesson 18

THE SECRET OF THE SOMO-PSYCHIC FUSER FOR INSTANT ACTION

The Somo-Psychic Fuser is the ready key to instantly unlock the magic of any Somo-Psychic Power you have studied and practiced. With it you can "switch on" the power of any gland necessary to alter you into the miracle-making person you can be, and drive it into action with your conscious mind. It eliminates the different steps required to "pitch you" into each Power by converting your Somo-Psychic creation into a Somo-Psychic combine. By combining the Somo half with the Psychic half of your Somo-Psychic Power *instantly* instead of one after the other, you transform your self faster, easier, and more completely into the miracle self you wish to be. Achieve this miracle combine with the Somo-Psychic Fuser.

THE SECRET OF THE SOMO-PSYCHIC FUSER

The basic operation of the Somo-Psychic Fuser consists in turning yourself into a temporary pseudo-humanoid.¹ Without even suspecting it, actors train themselves to acquire a similar ability to "fling" themselves into their different roles. Turning yourself into a pseudo-humanoid also happens to be an incomparable mind-body relaxer because with it you can "explode" profitably. Also, it adds delightful variety to your everyday life.

The ultimate effect of any trance, be it adrenal or thyroid ecstatic or samadhi yoga, is the same. As you fall into any of them and shift from the Somo to the Psychic state (or from

¹According to the *American Heritage Dictionary of the English Language* (1970), a humanoid: resembles a human being in appearance; a synthetic man. Humanoid is a term coined by Paracelsus, the famous alchemist, who tried to create the first humanoid in the laboratory nearly 500 years ago.

the physical to the mental dimension), chronological time grows less and less important, for the trance state is timeless and spaceless. Any trance causes you to depart from your NORMAL SELF into either an AROUSED or an UNDER-AROUSSED SELF, and ultimately into a TRANCE SELF.

This TRANCE SELF of yours, no matter how triggered, is one and the same because your mind and body, in order to protect you from the extremes of any trance, always automatically reverse the trance process and adjust you into a pseudo-humanoid self. In the pseudo-humanoid self you are your *normal self*, but, like an actor playing a role, you are actually *another person altogether*. You have been converted into a *miracle-making other person* who can leap into any Somo-Psychic Power in an instant.

So, master how to turn into a temporary Pseudo-humanoid. Then you can turn into one every morning, and remain one all day and have any miracle-making Somo-Psychic Power at your beck and call.

HOW TO CONVERT YOURSELF EASILY INTO A TEMPORARY PSEUDO-HUMANOID EVERY MORNING

When you awaken in the morning you may feel more rested, but you are your usual, everyday self again. You are readily seized again with griefs, frustrations, doubts and expect failures. You have little control again over your instinctive Somo-Psychic Power. End that plight by changing yourself at once in the morning into a self who has *absolute control* over your instinctive Somo-Psychic Power. Do so by converting yourself into a temporary pseudo-humanoid the easy way. This is how to do it.

The position to assume (Figure 27A).

1. Get up and put on your bathrobe to keep warm, if it is still cold.
2. Stand straight, with your arms at your sides (Figure 27A).
3. Now, draw your arms behind you (Figure 27B) . . . with your
4. Elbows slightly bent . . . and with your

5. Palms turned forward. Next, (Figure 27C)
6. Take a deep breath, and
7. Straighten your back, and stick out your chest.

How to do this magic movement (Figures 27D and 27E).

8. Exhale slowly now. At the same time,
9. Round your shoulders, and
10. Press hard forward with your hands, as if pushing a pile of heavy stones.
11. Bend forward slightly and completely tighten your chest muscles. (Indeed, just doing this magic movement right, will tighten them to the peak). Now follow Figure 27E.
12. Keep pushing as forcefully as you can physically and mentally, bending your knee slightly and pressing, with your arms forward and opened.
13. Imagine the pile to be heavy garbage of all your troubles, doubts, frustrations, and inferiority feelings.
14. Tighten your abdominal muscles acutely, too, as you push your arms higher and higher, so that your back rounds when these and your chest muscles contract.
15. Contract your arms muscles to their peak by visualizing the "garbage" you are pushing as being very heavy and bulky.
16. Keep pushing up your arms close to shoulder level. At that point, imagine that you have pushed the pile of "garbage" so violently that it rolls off the earth—out of your life forever. (Figure 27F.)
17. Relax and straighten now. Your chest, waist and arms will feel solid, being toned up from their "fierce" contraction. And your mind will be bursting with the suggestion that you have cast off your inferior self entirely and are free now to be any superior self you wish for the rest of the day.
18. Walk off now and take your bath. Your body-mind power (your Somo-Psychic Power) will then be ready to be triggered into miracle action any time that day.
19. If, by some chance, that feeling vanishes during the day, get away privately somewhere and recharge yourself with the magical Somo-Psychic Fuser.

Frequency: Three to five times. Three sets (groups of repetitions). Four times a week.

Additional benefits of the Somo-Psychic Fuser: It develops (or glamorizes) your:

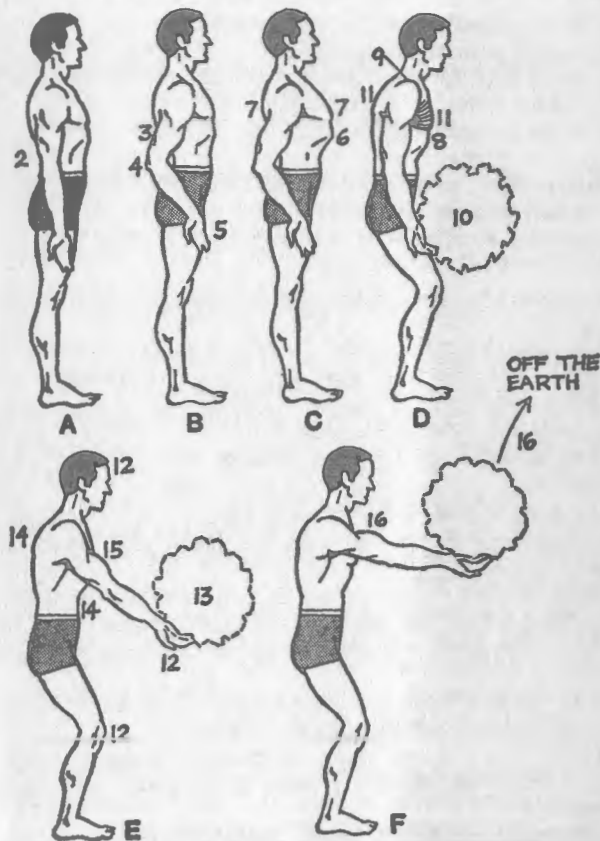


Figure 27

If you are a man, it gives you a feeling of conquering aggressiveness. If you are a woman, it gives you a feeling of fuller, more alluring breasts, particularly when undressed or bra-less.

1. Chest muscles (or breasts) and deepens their middle groove.
2. Flattens and firms your waist.
3. Strengthens (or shapes) your arms, shoulders and hands.

STEP-BY-STEP METHOD FOR USING THE NEW SOMO-PYSCHIC POWERED YOU

Here, step by step, with the page numbers, is how to use miracle-making Somo-Psychic Power in your everyday life to alter your body-mind into that of the person who can achieve all your different goals easily and swiftly. Use this power daily to:

Conquer a handicap with a power like magic (pages 31-32, 145-46).

Squeeze all dread out of you (pages 43-44).

Tear loose daily from failure (pages 36-37, 57-58).

Acquire irresistible control over others and turn into a leader overnight (pages 3-4, 68-69).

Always keep cool (pages 57, 96-97).

Overcome any emergency (pages 77, 82).

Achieve total self-control (page 81).

Concentrate and create with the body-mind power of a genius (pages 185-86).

Turn into an expert for test in a new skill (page 176).

Be liked instantly by everybody you meet (pages 105-8, 188).

Be worshipped romantically by the opposite sex (pages 119-22).

Keep feeling fit all day long (pages 57, 80-82, 137-38).

Regulate your bowels naturally (page 145).

Control your weight and look younger (pages 159-60).

Awaken your psychic powers and double your income (page 60).

Overcome bad habits (pages 31-32, 145-46).

Acquire ESP power (pages 204-5).

Perform new Skills (pages 174-75).

Become a great boss (page 147-48).

Escape disaster (pages 202-3).

Become irresistible (page 47).

Enjoy your job (pages 37-38).

Capture romantically (page 73).

Overwhelm giant bullies (page 73-74).

Acquire a conqueror's aggressiveness (pages 69-70, 81, 90-91, 122, 209).

Sweep audiences off their feet (page 188).

Limber your muscles (pages 169-70, 198).

Relieve your panic (page 78).

Stimulate your sex powers (pages 117, 119-21).

Foods to fortify your nerves and glands (pages 82-83).

Develop a tremendous body (man). See **MUSCLES, FOR MEN**, in Index.

Acquire a ravishing shape (woman). See **MUSCLES FOR WOMEN**, in Index.

Discourage gallstones (page 43).

EPILOGUE

Perform enthusiastically the different simple movements described in each Somo-Psychic lesson, both to acquire the miracle-making power, as well as to do marvels to your health and appearance. These simple movements alone are worth many times the price of this book, for you can do them every day, anywhere, even when you travel. They will keep you fit and looking young and shapely, or develop fantastic muscles too, if you desire them.

They can also slenderize any part of your body. They fill you with body tone, stimulate your digestion, dissipate excess cholesterol, strengthen your heart, massage your liver and intestines, and reward you with a youthful waistline.

You will feel like leaping out of bed in the mornings. You will outlast others at work or in games, and impress your boss, customers, or clients. Your triggered glands will dilate your blood vessels faster also when you exert yourself, and see the extra load on your heart. You will be a *truly new person*.

And, of course, when you add the Psychic intensification to these simple, but fantastic, Somo movements, you will convert yourself into exactly the individual you have to be each time to gain your different goals. Your mind alters as magically as your body. You are transformed into a **SOMO-PSYCHIC POWERED YOU . . .** into a being exploding with *miracle-making power*.

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About The Author

Frank Rudolph Young, one of the nation's best-known occult scientists, spent many years gathering the material for this book, and methodically searched out, investigated, and tested every technique it contains. His studies ranged over several continents, colleges, and universities, and he spent years in his unique, body-psychic laboratory. He reports that he was preceded in this work by both his father and his granduncle, a long-lived Yoga from India.