**Desire, Belief, Expectancy, Faith**

1 to 10 days-

**Morning meditation** - Close your eyes and look upward, behind your eyelids, at a 20-degree angle. For reasons not fully understood, this position of the eyes alone will trigger the brain to produce Alpha. Now, slowly, at about two-second intervals, count backward from one hundred to one. As you do this, keep your mind on it, and you will be in Alpha the very first time.

Right from the beginning, from the very first moment you reach your meditative level, practice visualization. This is central to Mind Control. The better you learn to visualize, the more powerful will be your experience with Mind Control.

The first step is to create a tool for visualization, a mental screen. It should be like a large movie screen but should not quite fill your mental vision. Feel Good Picture - Imagine it not behind your eyelids but about six feet in front of you. You will project onto this screen whatever you choose to concentrate on. Later there will be other uses for it. Instead of concentrating on a visual image, you can concentrate on a sound, such as OM, uttered aloud or mentally, or tide feeling of your breathing. **I** prefer counting backward to get you there, because at first it takes some concentration, and concentration ***is*** the key to success. Once you have reached your level several times with this method, the method will be associated in your mind with the successful result and the process will become more automatic. Choose a real problem that you face, one that has not yet resolved itself. As an illustration, let us say that your boss has been ill-tempered lately. There are three steps to go through once you reach your level:

**Step 1** is On your mental screen, thoroughly re-create **a** recent event which involved the problem. Relive it for **a** moment.

**Step 2** is Gently push this scene off the screen to the ***right.*** Slide onto the screen another scene that will take place tomorrow. In this scene everyone around the boss **is** cheerful and the boss is on the receiving end of good news. He is clearly in **a** better mood now. You know specifically what was causing the problem, visualize the solution at work. Visualize it **as** vividly **as** you did the problem.

**Step 3** is Now push this scene off the screen to the right and replace it with another from the left The boss is happy now, fully as pleasant as you know he can be. Experience this scene as vividly **as** if it had actually happened. Stay with it for a while, get the full feel of it.

I placed so much emphasis on your learning true-to-life visualization at deep levels of mind. If you spur your imagination with belief, desire, and expectancy, and train it to visualize your goals so that you see, feel, hear, taste, and touch them, you will get what you want.

If you think you want to give up a bad habit, chances are you are deceiving yourself. If you really wanted to give it up, it would fade away on its own. What you should want more than the habit itself is the benefit of giving it up. Once you learn to want that benefit strongly enough, you will become free of the "unwanted" habit.

Five senses and emotions

**To come out of meditation** - Now, at the count of five you willbe wide awake feeling better than before. You can be confident that you have just put forces to work for you inthe direction of creating the event you want. The method we use in Mind Control is to say mentally,***"I will slowly come out as I count from one to five, feeling wide awake and better than before. One,two—prepare to open your eyes—three—-open eyes —four*—*five—eyes open, wide awake, feeling better than before."***

10 to 50 days-

Even though you will be in Alpha on the very first try **if** you concentrate, you still need seven weeks **of** practice to go to lower levels of Alpha. Use the hundred-to-one method for ten mornings. Then count only from fifty **to** one, twenty-five **to** one, then ten **to** one, and finally five to one, ten mornings each.

In Mind Control classes we have a special visualization exercise. In this exercise the lecturer writes numbers from one to thirty on a blackboard, then the students call out the names of objects—snowball, roller skate, ear plug—whatever comes to mind. He writes each word opposite **a** number, turns away from the blackboard, and recites them in order. Students call out any word and the lecturer gives the corresponding number. This is not a parlor trick but **a** lesson in visualization. The lecturer has already memorized a word for each number; thus each number evokes **a** visual image of its corresponding word. We call these images "memory pegs." When **a** student calls out **a** word, the lecturer combines it in some meaningful or fanciful way with the image he has associated with, the word's number.

The memory peg for ten is "toes"; if **a** student offers "snowball" as the tenth word, the resulting image may be **a** snowball on your toes. The students begin to learn the Memory Pegs by being at their level while the lecturer slowly repeats them.

50th to 80 days -

Once you have learned to reach your level with the five-to-one method in the morning you are ready to enter your level any time of day that you choose. All you need is ten or fifteen minutes to spare. Because you will be entering your level from Beta rather than the light level of Alpha, a little extra training will be needed. Sit in a comfortable chair or on a bed with your feet flat on the floor. Let your hands lie loosely in your lap. If you prefer, sit cross-legged, in the lotus position. Hold your head well balanced, not slumped. Now concentrate on first one part of the body, then another, to consciously relax it. Start with your left foot, then the left leg, then the right foot, and so on, until you reach the throat, the face, the eyes, and finally the scalp. You will be amazed the first time you do this at how tense your body was.

Now pick a spot about **45** degrees above eye level on the ceiling or the wall opposite you. Gaze at this spot until your eyelids begin to feel a little heavy and let them close. Start your countdown from fifty to one. Do this for ten days, then ten to one for another ten days, then five to one from then on. Since you will no longer be limited to the mornings for this practice, establish a routine of meditating two or three times a day, about fifteen minutes a session.

As you work on each problem, begin by briefly reliving your best previous successful experience. When an even better successful experience comes along, drop the earlier one and use the better one as your reference point. This way you will become "better and better,".

***Improve Memory***

Emergency method - which will take you instantly to a level of mind where recall of information will be easier. This method involves a simple triggering mechanism which, once it becomes really yours, improves in effectiveness as you use it. Making it yours will require several meditation sessions to thoroughly internalize the procedure. Here is how simple it is: Just bring together the thumb and first two fingers of either hand and your mind will instantly adjust to a deeper level. Try it now and nothing will happen; it is not yet a triggering mechanism. To make it one, go to your level and say to yourself (silently or aloud), "Whenever I join my fingers together like this"—now join them—"for a serious purpose I will instantly reach this level of mind to accomplish whatever I desire."

Do this daily for about a week, always using the same words. Soon there will be a firm association in your mind between joining the thumb and two fingers and instantly reaching an effective meditation level.

**Self-Healing**

At Alpha and Theta levels we say, "Every day, in every way, I am getting better, better, and better." We say it only once during meditation. We also say—and this too is Dr. Cou6's influence—"Negative thoughts, negative suggestions, have no influence over me at any level of mind."

In self-healing, there are six fairly easy steps to take.

The first is to begin—in Beta—to feel yourself becoming a loving (and therefore a forgiving) person, and to consider love as an end in itself."Every day, in every way, I am getting better, better, and better." We say it only once during meditation. We also say—and this too is Dr. Cou6's influence—"Negative thoughts, negative suggestions, have no influence over me at any level of mind."

Second, go to your level. This alone is a major step toward self-healing because, as I mentioned much earlier, at this level the negative work of the mind—all its guilts and angers—is neutralized, and the body is set free to do what nature designed it to do: repair itself. You may, of course, have very real feelings of guilt and anger, but we have found that these will be experienced only at the outer, or Beta, level and they tend to disappear as you practice Mind Control. Third, mentally speak to yourself about step one: Express your desire to achieve a thorough mental housecleaning—to use positive words, to think positively, to become a loving, forgiving person.

Fourth, mentally experience the illness that is troubling you. Use the mental screen and see and feel the illness. This should be brief; its purpose is simply to focus your healing energies where they are needed. Fifth, quickly erase this image of your illness and experience yourself as completely cured. Feel the freedom and happiness of being in perfect health. Hold on to this image, linger over it, enjoy it, and know that you deserve it—-know that now in this healthy state you are fully in tune with nature's intentions for you. Sixth, reinforce your mental housecleaning once again, and end by saying to yourself, "Every day in every way I am getting better, better, and better."

**SPEED LEARNING**

The Three Fingers Technique, once it is so thoroughly mastered that you can instantly reach your level and operate consciously there, can be used while you listen to a lecture or read a book. This will vastly improve concentration, and information will be implanted more firmly. Later you will be able to recall it more easily at the Beta level and more easily still at the Alpha level. A student writing an exam with his three fingers together can almost see the textbook he read, almost hear the instructor as he discussed the lesson **in** class.