

Magic Simplified

A series of practical exercises for developing the neophyte magician

Draja Mickaharic

CONTENTS

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*A series of practical exercises
for developing
the neophyte magician*

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CONTENTS

About Desire	9
Introduction	11
Relaxation	19
Breathing	26
Paying Attention	30
Gaining Control of Your Mind	35
Projection of the Non-Physical Body	44
Visualization	58
Thought Transference	63
Identifying Thoughts	67
More Out Of The Body Work	70
The Invisible Hand	76
Manipulation of Physical Objects	80
Applying Concentration and Focus of the Mind	83
Mastering Your Voice	87
Listening and Awareness	91
Applying the Result	94
Doing Rituals or Spells	97
Summoning Spirits	99
Summoning the Human Dead	102
Non-Physical Entities	106
Other magical operations	109
The results of your hard work	111
Other Books By Draja Mickaharic	113

ABOUT DESIRE

If Wishes were horses, Beggars
would ride.

Desire is the first step to
manifestation. But it is only the first
step. The steps that come after
desire are always far more
important than the first

ABOUT DESIRE

It is when you desire things
that you are not
that you are not
that you are not
that you are not
that you are not
that you are not
that you are not

INTRODUCTION

To be quite honest, there is no simple way to master the practice of magic. Becoming a real magician takes work, dedication, and will power. This small book deals with introducing and explaining the exercises that will allow someone who has these prerequisite characteristics, as well as the strong desire to become a magician, to train themselves in this art. No book, and no teacher can promise either a short cut or a royal road to becoming a practicing magician. On the other hand, there are few royal roads in any of the many other fields of human endeavor either.

The great interest in magic, the occult, cults

of various kinds, strange religions, and even the very odd that typified the public scene of thirty or forty years ago has now passed away. This is but one example to us of how much things change in the universe. The ever changing universe of human interests, desires, drives, and demands, is fascinating to those who have witnessed it. Unfortunately, having witnessed this broad sweep of change indicates one's advanced age, as well as their desire to be an open minded spectator to all of the many changes that mankind passes through.

These changes involve something that is known as the Human Intention, which theoretically shows what human beings are supposed to concern themselves with at a particular time, or in a particular place. Naturally, and as might well be expected, we humans concern ourselves with the most emotionally laden facets of whatever it is that we are exposed to of this ever changing kaleidoscope of human activities. We all feel that in satisfying, or at least in stimulating our emotions, we will gain some benefit from these ever changing experiences. Perhaps we do gain some benefit, but I am certain that the benefit that we receive from these changing emotions is never so great as we might wish it to be.

Hollywood has brought magic to the screen in a way that cannot ever be replicated in the real world, even by the most talented or powerful magician. The movies and television have presented us with a standard of magical practice that no real magician can ever equal. As a result, people become bored with the kind of magical the slim results that they see in the real world. Hollywood and its associates in the other facets of the entertainment industry are far more interesting, as well as being far more appealing to our natural human desire to have power over our immediate surroundings.

Our minds review the spectacular, supposed magical, work that we see on the motion picture screen and the television and apply it to us in the realm of magical practice. Unfortunately, as magicians, we can never replicate these technical achievements of the entertainers' art. These fantasies remain only in the dreams of those who wish for the power that the fantasies of these entertainments of supposed magic implied. Having these dreams, we may still seek in vain to have these fantasies manifest for us in our daily life.

Real magical work requires dedication, practice, and the conscious disciplined

development of the magician them self. This is something that is never either shown, or even mentioned in the Hollywood epics that treat magic in such an appealing and interesting manner. The work required to manifest even the simplest magical spell into reality on this earth is beyond the desire of the undedicated to even attempt.

Were there a real 'Hogwarts,' or a real 'Harry Potter,' I assure you that his training would be quite different from what is mentioned in those interesting books, or shown in the excellently made motion picture. Whatever it may be, real magic is never simply an academic study. Magical training is always a matter of difficult and willed self-development. The primary purpose of the true magician is to develop themselves, mentally and in their ability to deal with the non-physical universe.

It is my desire in this book to prepare the student to undertake some magical training on his or her own. It is a guide to self-development for the aspiring magician. If the student has dedication and follows these instructions, they can go quite a long way toward achieving the goal of becoming a magician.

While I taught classes in magic and the occult arts for over twenty years, I no longer do so. At my rather advanced age, I know that I shall not be teaching classes in the future either. I am now too old to do anything but write on the subject, and that only as my age and health permit.

A few people have written me concerning the progress they have made in developing themselves from the information given in my previous book, '*Practice of Magic*.' However, that book was intended to give only some introduction to magical work, not to reveal the method of training oneself to become a magician. This book gives that information.

Of course, for most people, taking a few steps on the road of real self-development will so alter their life experience that they will often decide that no further steps need be taken. For others, a vista opens and the desire to proceed further stirs their spirit. This is quite alright, as it is not intended that every human being master the art of magic, just as it is certainly not intended that every human being become a physician, an attorney, or a chef, for that matter. We all have our place, our great good fortune is to find and accept the place in our world that best suits us.

All magical studies begin in approximately the same way, mastering the art of physical relaxation and learning to pay attention to the universe around you. Once these abilities have been learned, and made a part of the student's life, it is possible for the sincere student to go on from there. If they are not learned, the person who wished to practice magic will have to struggle through having most of their magical efforts fail, or they will soon enter into the self-delusion so often found among many of those who only think that they have magical abilities, and who pleasantly delude themselves in this way of their supposed magical powers.

You should read this book through first. Then you should consciously decide within yourself to begin mastering the exercises, starting with the first chapter. Save for a few instances, which you will note as you read through the book, each chapter of this book is to be mastered by the student before the exercise in the next chapter is seriously entered into. If this is done, by the time the book is finished the person who has accomplished this process of self-development will be able to be at least fairly accomplished in the arts of a practicing magician. I might also point out that they will not be the devotees of any particular specialized school of magical practice.

There are no instructions given herein for practicing Cabalistic magic, Enochian magic, or Kaos magic. Those who master these exercises are free to go into any of these they might wish. Many other books cover these specialized studies.

The question of magical schools, arcane mystical organizations, occult lodges, and secret orders, are one that I have always avoided. In my youth I was directed to set myself to mastering a series of exercises very much like those given here, save only that I had an instructor who taught me, guiding me each step of the way. He had a poor opinion of magical lodges, and other similar organizations, and I am afraid that his poor opinion of them has carried over to me.

There are quite probably a number of these organizations in the world which are of great benefit, and which adequately prepare their members to practice magic. However, I must admit that I do not know of any of them. On the other hand, as I do not know them at all, I do not criticize or condemn any of them either. I simply say that I am not a member of any of them, nor do I seek to affiliate myself with others in any kind of magical work.

I sincerely believe that becoming a magician

is one step in the progress of the soul toward their creator. I do not believe that it is to be treated as an end in itself. The exercises that take someone on that path always seem to have a beneficial result on the person who masters them, whether they actually complete the work of becoming a magician or not. It is for this reason that I make this information available to those who desire to have it. If you have the will and dedication to follow these exercises to their conclusion, you will find that there are many other rewards than only becoming a competent practicing magician that are in store for you.

Draja Mickaharic

RELAXATION

Mastering the relaxation of your physical body and learning to pay attention to all of your surroundings are always the first steps in becoming a magician. Most people live in an introspective state of physical tension. This may be observed in them by looking at the way that they hold tension in their mouths, where physical tension often first reveals itself in people.

Physical tension is so common among us that it is almost an accepted part of the average person's life. The psychoanalyst may call this tendency toward tension body armor, as by maintaining a state of physical tension, many

people believe that they are protecting themselves from the random assaults of daily life. In fact, what physical tension actually does is alienate people from the world in which they live. Their physical tension makes it difficult for them to sense and observe what is actually happening around them.

The person who is physically relaxed is open to experience life in its fullness. The person who is tense is attempting to control their life, and thus has placed him or herself in a position in which they can only respond to those events that they wish to admit into themselves. In this way, they may well lose much of the value of their real life experience.

Thus it first becomes necessary to master the art of physical relaxation, and gradually remove these often ingrained internal physical tensions from one's being. Only as these physical tensions fade and disappear is it possible for the individual to begin to make progress in sensing the non-physical universe around them. Mastering the art of relaxation of the physical body is always the first step in mastering the disciplined self-control that is required for anyone to eventually become a real magician.

There are any numbers of methods that may

be used to promote physical relaxation. It does not matter which method anyone uses, so long as it is one that is comfortable for the person using it. It is the goal of mastering the art of living your life in a physically relaxed state that is being sought; the means of reaching that goal is actually rather unimportant, so long as the goal is achieved.

Daily practice of the physical relaxation exercise is another thing that is most important. This practice must be achieved by exerting conscious self-discipline on oneself to actually do the work required to bring physical relaxation into their daily life. Developing the self-discipline required to daily physically relax ones self is another thing that assists in self-development. In this case, it builds the development of the discipline required to perform the daily relaxation exercise. So improving your self-discipline, and your willpower, is always a side goal of the relaxation exercise.

Some methods of physical relaxation include:

The Yoga 'Death Posture,' in which the person lays down on a comfortable surface and places themselves in a state of complete physical

relaxation by imagining that they are dead. The hands are alongside the body, the legs extended straight out, and the eyes are closed. In this position the goal is to consciously rid oneself of all tensions and physical feelings that are not indicative of perfect physical relaxation. The conscious mind continually explores the physical body, gently commanding any tense part of the body to relax. With sufficient daily practice of this, or of any other relaxation exercise, it is quite soon possible to enter into a state of complete physical relaxation at will.

Another method of mastering physical relaxation is through tensing and relaxing the muscles of the body. In this method, one muscle group is tensed and then relaxed, then another group of muscles are tensed and relaxed, until the whole body has been tensed and relaxed in this manner. For example, the right leg is first tensed and relaxed, and then the left leg is tensed and relaxed. The right arm, the left arm, the back and so forth follow this tension and relaxation in order. Many people have found this to be an excellent method of mastering the relaxation process.

A third method is telling yourself mentally to relax a part of your body, and then moving on to relax another part of your body. In this method,

as you lie or sit passively, you mentally command, say, your right hand to relax. Then you command your wrist to relax, and so on, gradually working your way up your body, until your entire body is completely physically relaxed.

Attaining the state of physical relaxation is the first step. Once you have attained that state you should maintain yourself in that relaxed state for at least ten or fifteen minutes each day. It is this timed period of physical relaxation that demonstrates to your body that it is no longer necessary to live a life of tension.

Specific areas where tension often afflicts people negatively are their abdomen, their face, their neck, their shoulders, and their spinal column. The person who is mastering the art of physical relaxation should pay particular attention to relaxing these areas as they relax themselves in each of their daily relaxation sessions. All parts of the body are sensitive to tension, but in my experience, these are the parts that it is most difficult for the average person to thoroughly relax. This is why I suggest that special attention be paid them in learning and practicing the relaxation exercise.

As with any other exercise, it is impossible to

master the physical relaxation exercise perfectly without constant daily repetition. The world's greatest musicians practice their musical instrument for hours every day. The world's greatest athletes practice their sport for hours every day. If you wish to become proficient in any field, practice in that field is always essential. This is as true of the exercises leading to magical development as it is of the exercises leading to attaining any other state of proficiency.

You must practice all of your exercises until you have mastered them so completely that they have become automatic responses welling up from deep within your being. This perfection cannot ever be accomplished in a short time. Even this deceptively simple relaxation exercise will require at least a year of daily work to really master. Do not be impatient—the time will pass you by in any event. If you master the exercise you will gain something from the passage of time. If you do not master the exercises, you will have lived through the time, but you may well have gained nothing of permanent value to your real being from having done so.

Persevere and develop the self-discipline required to master the relaxation exercise. As you become more proficient in performing it, however

you relax yourself, you will see that its real value to you will slowly increase. More difficult exercises are always ahead, and until you master the art of physical relaxation you will be unprepared for them, and unfortunately, you will be unable to master them.

Persevere, remembering that the mastery of physically relaxing yourself is the key to all else that follows.

BREATHING

This is as good a place as any to mention proper breathing. The proper way to breath is with the motive power of your diaphragm. This is the way that singers and good public speakers breathe. When you breath like this, you are breathing as nature intended you to breath.

If you are breathing with chest expansion rather than with your diaphragm you are not getting as much air, or as much oxygen, as you really need. There are any number of scientific tests and researches reports that have been written dealing with the advantages of diaphragm breathing. However, many people still insist on

breathing by expanding their chest. No matter how common, this is an incorrect, abnormal, and self-limiting way for people to breath.

To learn if you are breathing correctly, simply place your hand on your abdomen. Now take a deep breath. If your hand moves and your abdomen expands when you inhale, you are breathing correctly. If not, practice breathing with your diaphragm until you have mastered it, and made it the normal manner of your breathing from now on. Once you habitually breathe with your diaphragm you will discover that there are additional benefits to your doing so. Most people who change from breathing with their chest to breathing with their diaphragm find that their speaking voice stabilizes in a better and more pleasing manner as well.

Please note that you should be breathing through your nose, not your mouth. Not many people breath through their mouths any more, but some people do. Breathing through your mouth is another way of limiting the non-physical energy that you are taking into your system. Once you begin breathing through your nose, the non-physical energy that you are accumulating with each breath will be greater. If you breath with your diaphragm, and through your nose, you will

soon find that you will have a great deal more non-physical energy to deal with. This will make it easier for you to relax your physical body, as well as to master any of the other exercises given in this small book.

Many people prefer to inhale through their nose and exhale through their mouths. There is nothing at all wrong with this practice, and in fact it is an excellent way to habitually breathe, although this method is less common in our society than it is in some others. You might try breathing in this way to see if it is a manner of breathing that you might wish to adopt. So long as you are breathing with your diaphragm, and inhaling through your nose, you will be getting both the oxygen and the vital non-physical energy that you need in your daily life.

Breathing is so very important to us as living beings on the earth that we tend to take it for granted. We should never do so, as proper breathing is what provides us the very real, although non-physical, energy that we need for success in our daily life. It is possible for a person to live for days without water, for weeks without food, and for months or even years without any human companionship at all. However, we cannot live for a half an hour without air. Proper

breathing will also assist us greatly in maintaining our general level of physical and mental health. Diaphragm breathing always produces great benefits in all who use it.

When you breathe with your diaphragm, you must avoid straining yourself. The breaths you take should be relaxed, even, rhythmical, and easy. Breathing easily, without strain or tension, assists in calming your normal tensions, as well as in relaxing your physical body.

Interestingly enough, the more relaxed you are, the more you will find that breathing with your diaphragm is easily accomplished, while the more you breathe with your diaphragm, the easier it will be for you to relax your physical body. This is why you should breathe with your diaphragm when you practice the relaxation exercise. These two effects work together quite harmoniously, so practice them together until breathing with your diaphragm becomes the way you ordinarily breathe. Once you have developed the habit of diaphragm breathing, I am sure that you will notice some of the other beneficial effects of this practice entering into your life as well.

PAYING ATTENTION

Learning to pay attention is another exercise that has hidden values in it for those who master it. Of course, we all believe that we pay attention, but in fact, only a few of us really do so. Attention is something of the nature of a commodity, in that there is always an exchange of attention present, whether the attention passes between two people, or between a person and any physical object. When we pay attention, by really focusing our attention on something external to ourselves, we always receive attention in return.

Attention has another commodity like quality as well, if we lack attention, we may feel needy and uncomfortable, often not knowing what it is that we need. If we have received sufficient attention, we feel satisfied and comfortable. Once we have mastered the art of paying attention to people and things outside of ourselves, we shall never lack for attention again. We shall be considerably more comfortable in our daily lives, and we will not present ourselves to others as one who has more needs than they can ever possibly be expected to fill.

This gives us an insight into those who lack the ability to pay attention; they usually present themselves as being needy. When you see someone who is either needy, over talkative, or disruptive, it is quite likely that what he or she actually needs is attention from someone else. When you feel in that state yourself, it is quite likely that you also need attention. In this case, you will find that you seek out attention, and usually obtain the attention you need, in either a positive or negative manner.

The urge to talk, or speak excessively is another sign that you, or another person who is displaying that tendency, is in need of attention. In time, you will find that by concentrating on

the person and 'focusing all of your attention' on them, you can speak with them for a while and quickly fill their attention needs. This is something that those who handle complaints in retail stores often learn during the course of their work. Many people complain about something, or return a purchase, when they actually are only seeking to receive attention. Other people may go shopping for the same reason, seeking to gain attention from their favorable interaction with the sales clerk.

Once you have mastered the technique of paying attention to others, people will find you more pleasant and satisfying to be around, and quite amazingly, most of them will not know why. Most people are completely unaware of their own attention needs. They usually blame their inner feelings of discomfort on something else. Once you learn about your own attention needs, you can easily master them by closely paying attention to others.

Learning to pay attention is actually a rather simple thing, although like all of these exercises it is usually far more difficult to put into daily practice than we might wish it to be. I used to tell my students to begin to do the attention exercise when they were washing their dishes, as it

guarantees cleaner dishes as well as indicating to the student that this exercise may be done rather briefly any number of times each day. Like all of the other exercises in this book, the attention exercise takes a great deal of time to master. Nonetheless, even a slight improvement in the amount of attention that you pay to others, as well as to your physical surroundings, is very likely to immediately result in some direct benefits to you in your daily life.

When you are doing any task at all, such as washing the dishes, simply focus all of your attention and concentration on doing exactly what you are doing. Do not allow your mind to wander, but instead, deliberately and willfully concentrate exclusively on the task immediately before you. Treat the task at hand if it were the most important thing in the world to you. You should not criticize yourself for any failures or slips of your attention either. Simply ignore any slip-ups you might make, and carefully watch what you are doing. Then return to paying close and exclusive attention to the task at hand.

You will soon discover that this exercise is actually far more difficult than it might appear to be at first glance. As soon as you begin to find this exercise difficult to do, you are beginning to

do it correctly. Persevere, and you will eventually master this exercise as well.

Like all of these exercises, it will take you quite some time to actually master it. When you finally master the exercise, you will discover that you have been essentially ignoring most of the things that impinge upon your daily life. You will also find that you are now able to do more than you have been able to do previously. You will also probably note that you are accomplishing more with considerably less effort. Learning to pay attention is a pleasant example of how the exercises that are used to develop someone in terms of mastering magical operations also develops them as living human beings on the earth.

GAINING CONTROL OF YOUR MIND

As most human beings believe that they are the sole possessors of their mind, they usually believe that all of their thoughts originate entirely within themselves. Later on we shall eventually learn that this is something that gives the practicing magician a very great edge in their daily dealings with other people. However, before we may take advantage of this fact, we must first postulate that this commonly accepted belief is simply not true.

We must first gain real control of our mind,

so that we can eventually recognize just where the thoughts in our mind actually do originate. To do this, we shall first have to learn to blank our mind. Later on we must learn to arrange ourselves mentally so that we can recognize our own thoughts, and distinguish them from those other thoughts coming into our mind from some other source.

We must accept that this entire process will take us quite some time. Until we have mastered the art of completely relaxing our physical bodies, and have made some progress in the art of paying attention, any efforts we make in learning to control our minds will generally be a wasted effort. This is why I recommend that you master the first two exercises before going forward with the exercises in this chapter. Doing so will make the following increasingly difficult exercises more easily learned. Although I must assure you that no matter how well prepared you may be, these exercises are still quite difficult for anyone to actually master. This is why dedication and perseverance are so necessary in becoming a magician. However, even attempting to master these difficult exercises will assist you in strengthening your will power. A strong will has benefits of its own, which always brings good things into the life of the one who has it.

If we are to identify stray thoughts in our mind, we must first be able to pay total attention to our own thoughts. We can do this only if we are living in a state of complete physical relaxation, and are able to consciously focus our attention on our thoughts.

Being able to do this successfully implies that we live in a state in which we are completely unconcerned about the opinions of other people, and can yet maintain the necessary social niceties and courtesies that are required of us in our daily life. It also means that we are unconcerned about our immediate physical environment, and yet are able to make our own way in the world as productive members of the society in which we have found ourselves.

Further, this condition also implies that we are unconcerned or indifferent to any other forces around us, especially those physical forces, the forces of nature, and the actions of other people, over which we really have no control at all. Learning to be unconcerned about the criticism of others, whether expressed or implied, is often quite difficult for us. We always want other people to hold a good opinion of us. In fact, it is always impossible for all other people to like us, so if we can just accept that some people will like us, and

some other people will not, we will do far better for ourselves over the course of our life. The desire to have everyone like and respect us is never a practical one anyway.

To some people, this state of indifference may seem to be a negative condition. It is not. To other people, this is a state in which they are able to act without being limited by externals, particularly by those external pressures of the physical and social universe that surround us to attempt to influence us in various ways. These forces are actually completely beyond our conscious control. We had best realize this, and just accept that it is so. This is another reason why becoming indifferent to all of the things we have no control over at all is ultimately very important to our personal development.

Once we have reached the state where we are able to begin to meet these goals, we can start making the effort to control our mind. We must begin this effort by consciously deciding that it will be all right if we cease the internal chatter of our mind for five minutes each day. Having consciously, thoughtfully, and willfully, made that decision, we will now move a step further and begin to implement it. We shall do this by using our will power.

Learning to blank your mind is not ever a first step in mastering magic. There is a well-known training manual for magicians that give as one of its first exercises holding the mind in a completely blank state for ten minutes each day. This is all very well if the student has reached that point, but most people who desire to become magicians find this to be quite impossible for them to accomplish. I thought it to be impossible myself when I first began this exercise. Having managed to attain that point, after striving for it for some years, I assure you that it is not impossible at all.

Learning to blank your mind begins with completely relaxing your physical body and focusing all of your attention on your breathing, while ignoring everything else around you, or internal to you. Hopefully, by this time you have become accustomed to breathing with your diaphragm.

While you are focusing your attention on your breathing, should any thought come into your mind you should just ignore it. Do not deliberately try and push the thought out of your mind, just pay no attention at all to that thought, and focus all of your attention on your breathing. The thought will eventually go away. Keep the focus

of all of your attention on your breathing, and just completely ignore everything else.

Practice this exercise for five minutes each day, after reminding yourself before you begin that you have agreed with yourself to eliminate all of the random chatter from your mind for five minutes each day. Then just relax your physical body, and breath slowly and evenly as you focus all of your attention on your breathing. If you have really mastered the attention and relaxation exercises, you will find that within a few weeks time you will be able to blank your mind completely for brief periods of time, say for ten to thirty seconds or so at a time.

One successful session with this or any other exercise proves nothing. It is being able to do these exercises day after day, week after week, and month after month, that really counts. Naturally doing these exercises regularly increases your self-discipline, and to some extent, it increases your will power. Again, if you do not do these exercises, the time will pass by for you anyway.

It is not unusual for people to practice these exercises once or twice and decide that they have mastered them. I once had a student who thought that they were blanking their mind by repeating,

“My mind is blank, my mind is blank,” as they did the exercise. Of course, this is not at all what is required. To master this exercise you must do it exactly as described, focusing all of your attention on your breathing, ignoring everything else, after having completely relaxed your physical body.

Once you have accomplished this for periods of a few seconds to a minute, you must now continue to practice the exercise until you can achieve total concentration on your breathing for as much as five minutes. Generally speaking this will take you at least three or four times as long as it did for you to reach absolute concentration on you're breathing for thirty seconds or so. Perseverance and self-discipline is the real key to success with this exercise. There is no easy road to this very real attainment.

Once you are able to completely concentrate your attention on your breathing for ten minutes each day, and have done so for several weeks, you are ready to begin another stage of this exercise. Focus all of your attention directly on the emptiness of your mind. Avoid trying to feel any external sensation, just focus all of your attention on your mind, and its lack of thought of any kind.

You will know that you have achieved success with this part of the exercise when you find that you are unaware of anything other than your empty mind, free of any thought, free of any sensation. In the ideal case, someone, or something, will have to recall you from this state, as you will not easily hear the sound of a timer, or any other subtle reminder of the end of your meditation period. On the other hand, you will soon discover why mystics of all ages have loved to spend considerable time in this blank and empty meditative state.

Now before you go into this state, remind yourself that you are only to stay in the empty mind state for approximately ten minutes. You should find that you will come out of the state by yourself when that time has elapsed.

Once you have achieved this state, you will find that you have been making real progress in relaxation, paying attention, self-discipline, and mental control. At this point, you should begin to pay attention to your thoughts, questioning their origin. Some of these thoughts, as you may find, are not original with you. These thoughts may be dismissed. It is not necessary for you to search out their origin. Just dismiss them as you would dismiss any other interloper in your life,

turning your attention from them. At this time, attempting to search out the origin of these thoughts is just a waste of time. Later it may well be worthwhile, but by then you will not be deceived as you learn to do this. At this stage, self-deception is too easy for you to fall into. It is the problem of self-deception that is always the greatest trap for the developing magician.

Practice this exercise, paying attention to your thoughts, and completely blanking your mind for ten minutes each day for another three months. If by that time you are absolutely certain of yourself, and of your ability to control your mind, you will be ready to go on to the next step in your training.

PROJECTION OF THE NON-PHYSICAL BODY

An easy technique for projection of the non-physical body has been long sought, but has never been found. There is really no royal road to the projection of the non-physical body, or anything else in the field of magic for that matter. Once you have mastered the previous exercises, you are ready to attempt this next step. However, another caution is required, some people find that

projecting the non physical body is very easy to accomplish, while others find it to be quite difficult, or even almost impossible for them. Whichever you may find it to be, it is vitally important that you follow the directions given here.

I once knew a commercial artist who made a very good living at his craft. He told me about his experiences when attending art school. He mentioned to me how those with natural talent in the entering class made him feel quite discouraged at the possibility of his ever being able to become a practicing artist. However, after four years of study at his art school, he found that he was now more than able to hold his own with those whose natural talent he had originally so envied.

His secret was that he had followed the directions of the instructor, and had practiced his art just as he had been instructed to do. In time, he had mastered his craft, while many of those who had originally displayed greater natural talent had fallen by the wayside. In many cases, their failure was due to their desire to do things in the incorrect way that they had taught themselves. In other cases, it was because they did not have the self-discipline

that was required to master each step of the process that the art school taught them.

The following instructions will seem a great bore to those who find that they have natural talent in astral projection. However, if they are followed precisely, they will teach anyone who has mastered the previous exercises to project out of their physical bodies and eventually to become quite competent at projecting their non-physical bodies into the real physical world. Once again, these instructions presuppose that the previous exercises have been mastered, and the student has the ability to completely relax their physical body, focus their attention, and blank their mind. All of these abilities are required to successfully deliberately and consciously project out of the physical body, and into the physical world.

Your consciousness is what you think you are, it is not what you really are. When you project yourself out of your physical body you are projecting your consciousness, in the form of an invisible non-physical body. Some people call this the astral, or starry body. I shall refer to this as the non-physical body, as that is a better definition of the effect.

Your invisible non-physical body will have

many of the characteristics of your physical body. Those few people who can see or sense it will perceive it as if it were the physical you in a non-physical form. Your non-physical body will have many of the physical senses that you enjoy in your physical body.

However, in practice, these characteristics and senses that your non physical and physical bodies share will be considerably different in your non-physical body than they are in your physical body. Before you begin adventuring in the non-physical or astral realms, you must first get used to these differences. You accomplish this by mastering the many differences between the physical and the non-physical realms as found in your body.

Should you decide not to do this, you will end up trapped in some of the many charming and distracting glamour's and snares of the non-physical realm. Falling into self-delusion is quite easy to experience in the non-physical realm. This is the greatest danger in projecting the non-physical body. Projecting into this land of dreams and fantasy is of no real value to anyone at all. You must master the art of projecting your non-physical body into the physical or 'physically real' world if you are to become a true magician.

The steps to astral projection are quite simple; accomplishing these simple steps is something else again.

First, relax yourself completely while laying prone on a bed or couch. Relax your physical body and quiet your mind, closing your eyes. Now focus your attention on your body, and see it lift out of the physical shell of your body, sitting up on the edge of the bed or couch upon which you are relaxed.

Realize that you may be entirely successful at this the first time you try it, or you may not be. In either case, see yourself returning to your physical body, and once again relax your physical body completely. Now sit up again in your non-physical body, and then return to your physical body once again. During all of this, feel any of the sensations that may be present, but keep your eyes closed.

Do this several times, not to simply practice this as an exercise, but to master the art of leaving and entering your physical body. This too takes a great deal of repetitive practice. It is a learned ability—and you must learn it well.

Once you have accomplished this, and know that ‘something’ has taken place, open your eyes

in your non-physical body as you sit on the edge of the bed or couch on which your body is laying. Look around you. You may see the room you are in as it is, or you may see it in a slightly different arrangement. Recall the room, as you actually know it to be. Impress what you know this room to actually look like over any differences that you may see in the room with your non-physical eyes.

Now close your eyes again, and re enter your physical body. Next, sit up again, this time in your physical body, and open your eyes. Study the room, noting any differences from what you saw when you were in your non-physical body. Place these differences into your mind, and try and ‘memorize’ the picture that you see of the room. Once you have the view or picture of the room memorized, lie down again, relax yourself, and sit up in your non-physical body. Open the eyes of your non-physical body and look at the room, willing the picture you remember of the physical appearance of the room over any discrepancies you may notice with your non-physical senses.

It is impossible to stress too much to the novice at projecting the non-physical body how easy it is for them to become lost in the allure of the non-physical world. Becoming lost, they will probably see all kinds of wonders and marvels. In

most cases they will become literally enchanted. Unfortunately this often leads the projector to believe that they have achieved great powers. In fact, they have only become lost in self-deception. They have limited themselves, and their developing abilities, severely restricting them, often permanently.

The only way to prevent this deception, which is essentially self-deception, is to practice mastering the projection of the non-physical body into the physical world. This is why you must limit your practice of the projection of your non-physical body to your room for quite some time. It is vitally necessary for you to master the art of projecting your non-physical body into the physical world. Then you must learn to navigate your non-physical body in the physical world if you are going to master the art of projection as a real magician. The alternative is to become only a tourist, one who is attracted to the pretty sights and glimmering objects that will present themselves to you over the course of time.

For at least a month, you should practice projecting yourself out of your physical body by sitting on the edge of the bed or pallet, and then returning to it. With each projection you must also master the art of seeing the room you are

projecting in, as it physically exists. In time you will find that the small changes and deviances from physical reality you first noticed will gradually disappear. This is an indication of progress on your part, and it will tell you that after a few more sessions with the same good result you will be ready to take the next step.

Every human child who can do so learns to walk by first learning how to crawl. It takes a great deal of time for the child to progress from crawling to walking, and a great deal more time to progress from walking to running, and then playing soccer. Magicians in training must be both patient and determined. They must consider themselves to be aiming toward an attainable goal. It is much as if a child first began crawling with the goal firmly placed in their mind of eventually becoming a professional soccer player.

Master each step of this exercise and you will succeed. Jump toward the conclusion, and you will ultimately deceive yourself, and ultimately fail.

Now that you are ready to do so, project yourself out of your body by sitting on the edge of the bed or pallet, open your eyes, and then stand up. You must be aware that you are likely to either fall into the floor, or rise a bit toward the ceiling.

Your non-physical body is not affected either by gravity, or by what ever it is that may appear to be solid in the physical world.

Should you find that you are not standing firmly on what you know to be the floor, focus your attention on standing firmly on the floor, just as you would stand on a physical floor. Once you are able to do this, take a step toward the wall opposite your bed or couch, being certain to neither rise in the air nor sink into the floor.

This is usually far trickier than it seems, so you will have to practice doing this for quite some time. Keep working on it, as learning to walk in your non-physical body, while maintaining yourself on physical surfaces, is at least as difficult as was learning to walk in your physical body. Practice walking for a while, then re-enter your physical body and get up and move around the room.

You must repeat this exercise for at least a few weeks until you have mastered it. Then continue for a week or two more, to be certain that you really have mastered this very different art.

Once you are able to walk around your room without difficulty, and have done this for three

or four weeks, you are ready for the next step. You will now leave your room for the first time. Begin by projecting from your physical body and walking up close to the door of your room. Now carefully extend your non-physical arm through the door. You should take some time to assure yourself that you can do this without any difficulty.

Do this with first one arm, and then with another. Now do it with both hands. When you are sure that you are ready, simply step through the door. Take a step away from the door, and look back at it. This is to assure yourself that you have not damaged either the door or yourself. Once you realize that you have come through the door safely, walk back through the door once again.

You have just demonstrated to yourself that solid objects in the physical world are not at all solid in the non-physical world. I suggest that you practice this exercise for several of your exercise session before going any further.

Next, look out any exterior wall in your room. Look out of the wall just as you would look out of an open window. Do not be concerned about what you see. This is only to demonstrate to you that it is possible for you to do so. Under no

circumstances should you attempt to walk through the wall. Just look through it. Fancy moves will come later, once you are more accustomed to moving around the physical world in your non-physical body.

Once you have practiced this exercise several times, you can walk out of your room, going through the door, and walk down the hallway, being certain that you are walking on what you recognize to be the physical floor. You should then continue to the front door of your house, but do not leave the house just as yet. Instead, turn around and come back, impressing what you know of the physical reality of what you are seeing upon the images that present themselves to you in your non-physical body.

It is not unusual to find extra doorways, strange corridors, and other such things present in the non-physical universe that have no physical reality at all. You must learn to just ignore these apparitions, and to be aware of just what is actually physically present. Until you are able to master the art of projecting your non-physical body into the 'physically real' universe, you are at grave risk in dealing with the non-physical realms.

It is not unusual to find people, sometimes

those who are long dead, in the non-physical universe. At present, you must just ignore them, although that is sometimes very difficult to do, especially if you are emotionally connected to these people in some way. Harden your heart and ignore them for now, knowing that in the future you will be able to have a real reunion with those whom you may have lost. Rushing things at this point will ultimately lead to an unsatisfactory conclusion to your ultimate development. Be patient and continue to be determined to succeed at this task.

Keep working on these exercises, mastering the projection of your non-physical body into all of the rooms of the building or apartment in which you live. You can never have enough practice before taking the next step. Impatience leads ultimately to failure.

One of the things that you will soon learn is that you are invisible to almost all people. While a few people will be able to see you, most people cannot. Look at people and see if they see you or not. If anyone does see you, leave the room immediately. You are not ready to deal with those who can see you as yet.

Another early lesson is that you apparently

have no physical strength in your non-physical body. You must continue to project yourself and travel in the building in which you live, being constantly aware of the physical reality, and ignoring the non physical images that will constantly present themselves to you. Spend at least a month, or better two or three months, on this exercise before you go any further. It is important that you master this before you leave the building in which you live.

Once you believe you are ready to leave the building in which you, live, first allow yourself to float up to the roof of the building. Then walk around the roof, looking down at the street or grounds below. Take note of anything that you know is not physically present. Realize that these things are present only in the non-physical universe, and have no physical reality. This is quite important, as it is these non-physical images that can easily become quite negative distractions for you.

Buildings that were once present, emotional scenes, and items to which strong emotions are attached can be located in the non-physical universe for many years after they have physically disappeared. It is possible for someone who is projecting into the non-physical universe to see

these things, and seeing them, to believe in their reality. These perceptions may not only cloud your judgment, it can cause you to make decisions that are quite incorrect. This is just another reason why you must first learn to master the subtle differences between the physical and non-physical universe before you go further in your explorations.

You must practice floating to the roof of your building and observing the area around you, differentiating between the physically real and the not physically real for some time before you go any further. There are also several other things that you must master before you are really ready to take to the streets.

Practice brings success, and in this art, continual comparison between what you know of the physical reality and the non-physical is of the utmost importance to your ultimate ability to become a master of both realms. Continue to work and practice with your non-physical body, although you may now restrict your practice sessions to three days a week while you go on to the following exercise.

VISUALIZATION

While you are mastering the art of projecting your non-physical body, you are also ready to begin learning a few simple magical processes. The most important of these processes is visualization, so we will begin with this. Later on we will return to more work concerning projecting the astral body, as that is probably the most important of the magician's arts. That being said, I must also add that visualization is certainly a close second to projection in importance.

The idea of visualization is quite simple. You are to learn to be able to hold a perfect image of something in your mind. The more accurately you

hold this perfect image, and the longer time, you can hold this perfect image, the better you are at visualizing. Sounds simple, does it not?

The well-known nineteenth and early twentieth century magician Aliester Crowley mastered this exercise, and used it successfully until the day he died. He did not learn about it from any of the many magical orders and societies in which he was a member either, he learned about it from a fellow mountain climber, with whom he spent some time on a sea voyage to Mexico. Education often comes dressed in strange garbs, and the intelligent person learns to accept whatever education is offered to them, no matter what garb it is presented to them in.

Like most magical exercises, the instructions for the visualization exercise are quite simple. Look at any common everyday object, and memorize exactly and perfectly what it actually looks like. Then close your eyes and recreate a perfect image of that common everyday object in your mind.

Aliester Crowley supposedly started out with a lead pencil, a good choice. He studied the pencil intently, and then attempted to recreate an image of that pencil in his mind, holding it fixed in his mind without any change at all. Just as the

physical pencil did not change in the physical world, its image did not change in his mind. According to the story of this experience that I heard, Crowley required two weeks to make satisfactory progress with this exercise. On the other hand, when he began doing it, he had probably not mastered the relaxation exercises or the other previous exercises that were given to you earlier in this book.

If you have already attained mastery of these previous exercises, this exercise should be somewhat easier for you. You should be able to make satisfactory progress with it in about a week or ten days. Practice this exercise until you have mastered the idea of creating and holding in your mind the image of several common objects. Pick simple physical objects, not pictures. Pencils, pens, paperclips, and other such simple things are far easier to master visualizing in the beginning than anything more complex.

Once you have mastered visualizing simple objects you will see that your ability to navigate in the physical world while out of your physical body will improve dramatically. Your memory of what you see both physically and non-physically will have improved as well. Once you have reached this point, you may begin mastering the

visualization of geometric shapes and simple diagrams. You can draw these shapes if you wish, but you must be able to recall all of their details, including any imperfections in either the drawing or the printed page.

Once you believe that you have mastered this exercise, it's time for a test. Take a reasonably new paper bill, preferably a twenty-dollar bill, and visualize it. Now hold the image of that bill in your mind, concentrating on it and nothing else for at least five minutes. Then visualize that bill coming to you, and entering your billfold or purse.

Now go out of your room and physically walk around town a bit, holding in your mind the thought that the bill you have visualized, or its kin, is coming toward you. Assuming that it is at all possible for it to do so, you should either find or be given a twenty-dollar bill during your excursion.

Of course, if you are far out in the country with no one around, it's considerably less likely. If you are in the downtown area of a city during working hours, it's far more likely that you will find such a bill. Once you can call money to you, you may tell yourself that you have begun the mastery of the art of visualization. It was in this

way that Aliester Crowley supported himself during his last years, according to Ms. Susan Roberts, one of his many biographers.

Let me remind you that even though you have begun the mastery of this art, it is still necessary for you to continue to practice the visualization exercise and hone your skills. One can never be to good at this, or any other of these exercises.

THOUGHT TRANSFERENCE

Once you have mastered the technique of visualization, its time to go on to more prosaic things. One of the interesting things that you can use your newly developed abilities for is to have people place telephone calls to you. Of course, they have to have your phone number, but unless it's a long lost love, they probably have it or they can probably find it. To accomplish this fete, simply visualize the person, as you recall them. Of course if you have a picture of them it's better, but even without a picture, it's usually quite possible to visualize the person. There is always

an image of every one you have met in your memory, you just have to recall that image with perfect clarity, and then hold it in your mind while you do this work.

Now when you send someone a message, you must make the message very short. Long messages, more than three or four words just don't work nearly as well as a short message. If you wish to send someone a message, it had best be on the order of "Call George Smith." Once they contact you, whatever long message must be given them may be communicated over the telephone anyway.

While visualizing the person who is to receive the message, form the message consciously as a thought on your forehead. Visualize that thought as though it were an object, a non-physical object, but an object non the less. Once the message is formed, move it over the top of your head and down to the back of your neck, directly under your skull. Then, with the image of the person who is to receive the message clearly held in your mind, release the thought. Now put this entire operation out of your mind, recalling it only when the person actually calls you.

It may not seem to be too obvious, but this

should be done only during the hours when the person is normally awake. If you do this while the person is asleep it may cause them to awaken suddenly with the idea that they should call you immediately. So practice this with exercise, dealing with one person at a time. Only do this exercise with another person after the first person has actually called you, and you have seen that you can get results with it.

The reason for practicing this exercise slowly is the same as the reason for going slowly with all of the other exercises in this book. You are trying to master a magical technique, not learning to perform a parlor trick. This means that you work slowly, mastering each step in the technique, and finally mastering the entire technique, so that you may easily do it at will.

If you remember when you first learned to drive an automobile, you went quite slowly at first, until you got the hang of it, so to speak. Do the same with these exercises. In that way you will master the technique, and be able to eventually perform it quite rapidly when you desire to use it.

As you are learning this technique, you will soon find that some people are far better at receiving thoughts than others. In time, you

should begin working only with those whom you discover difficult receiving your thoughts. In this way, you will eventually be able to send your thoughts even to those people that might have great difficulty in receiving them. If you keep working with those who are easy receivers, you will never develop your mental muscles. This is the best reason for your working harder with these more difficult cases.

IDENTIFYING THOUGHTS

By this time you should be able to identify which of the many thoughts that come into your mind are yours and which are not. Your mind should normally be quiet, unless you decide to think of something. When any thought enters your mind, examine casually, it without giving it any emotion or value. If it is not a thought that you wish to consider, reject it by just turning away from it and ignoring it, just as you did when you were learning to control your mind. Learn to ignore any thoughts that you do not wish to consider.

Attempting to learn the source of these intrusive thoughts is usually a waste of time. Rather than wasting your time with them, simply turn away from these thoughts, ignoring them. Few of the random thoughts that enter into people's minds are truly malicious. Even the most malicious thoughts are better dealt with by simply turning away from them. The alternative is adding your own energy to them, by trying to conquer them, or even worse, by attempting to trace the thoughts back to their origin.

Fighting or actively opposing thoughts always places your own energy into them. Adding this energy, quite naturally, makes the intruding thoughts much stronger. This is the best reason why you should not fight intrusive thoughts. The best way of dealing with these thoughts is just to ignore them and just let them drop away from you.

If you have been continuing your astral projection exercises to this point, you will have seen them gradually become better as you have mastered each of these later exercises. You will also have found that you have become better able to differentiate between the physical world and the non-physical world while searching out your neighborhood from the rooftop of your building.

Once all of these exercises are mastered, you will be able to begin entering consciously into the physical world in your non-physical body. That is the subject of our next exercise in the gradual process of your becoming a practicing magician.

MORE OUT OF THE BODY WORK

Once you've mastered walking around inside your building, and have carefully learned on the rooftop of your building the differences between the non-physical and the physical world that you can see, it's time to begin going out on the street around your immediate neighborhood. First, I must warn you that walking on the street in your non-physical body is not all that pleasant an experience. Among other things, you will be seeing many people who are no longer living, as well as seeing those who are still alive. You will also be seeing highly emotionally charged scenes,

and 'visions' of incidents that are either the emotionally formed thoughts of others, or are emotionally charged incidents that are long past. You may even see entire buildings, as well as their occupants, that are no longer physically present.

So before you begin this adventure, you must learn more details about the true physical condition of your immediate neighborhood. To do this, walk out of your building in your physical body, turning right at the doorway. Then walk around your city block, making a right turn at each corner. Closely observe both the details of the buildings and their physical appearance from the street, taking in all of the details. If you have mastered the visualization exercises given previously, you will have little or no trouble doing this. This is the course that you are to follow for your first non-physical exploration of the physical world. This simple walk around the city block you live on will be your introduction to learning to discriminate between the day-to-day physical world of your environment, and the non-physical world, which contains all kinds of fantasy and illusion.

Later that night, project out of your physical body, and leaving the building in the way you would normally do so in your physical body, walk

around the block as you did earlier in your physical body. As you make this walk, impress what you know of the physical reality of the area over any distortions or illusions that might present themselves to you. Make only one circuit of the block, and then return to your home, just as you would in your physical body, and then enter into your physical body.

Now get up and wash your face or do something else that is fairly prosaic. You must now bring yourself fully back into the physical world. I have always found that washing my face with a warm washcloth has this effect. Other people do other familiar tasks. The purpose of this task is to break any connection still remaining between the non-physical reality and the physical reality in which you live your day to day life.

This exercise should be repeated at least three or four times each week for the next month or two. Do not vary from it, as you will see that while your ability to impress scenes of physical reality on the non-physical world will gradually improve, you will also gradually be exposed to more scenes of the non physical world, some of which can be quite revolting, shocking, or even very disgusting in nature. These scenes should simply be ignored, do not ever actively decide to oppose them.

Fighting astral demons is hardly your task, as should you decide to do so, others will quickly present themselves to you. There is literally no end to the delusions that can encompass you in these explorations.

Eventually, things will settle down on your walks, and the non-physical scene you have imposed the reality of the physical on will stabilize. You will now have to continue these walks, to see if you can find anything there in the non-physical universe that you might be able to make use of. Usually there is not much useful material that is present, but sometimes there is. Just continue the walks and keep looking, to see what you can see. As you continue to do this, you will also develop your abilities in this area.

At this point, the possibility of your deceased relatives appearing to you presents itself. You should pray a brief prayer that they have peace, and move on. Do not indulge yourself in entering into conversation with them. It is entirely possible that these apparently deceased people are actually phantasms created from your sub conscious mind. At this time you will not be able to clearly differentiate between the fantasy of your own projection and the reality of actually seeing the shade of a departed relative. Eventually you will

be able to tell the difference, but that all comes later, as you slowly gain more experience dealing with the non-physical world.

You may observe the non-physical phenomena that seems to be most stable, but do not allow yourself to become drawn into it, or decide that you should 'do something' about whatever it is that you may see. Just observe what it is, and upon your return to your physical body, think about why such phenomena is long lasting. It is not the task of magicians to 'clean up' any non-physical phenomena that has decided to occupy a particular space for some reason of its own.

Sometimes you may see non physical beings, usually beings that look far from human in shape or form, but occasionally you will see very human looking beings. Ignore all of these, as you are not prepared to deal with any of them as yet. You may also see other human astral travelers, most of whom will not be at all aware that they are traveling in their non-physical bodies. You must ignore these as well. In most cases, these will be people who are comfortably asleep, and have no idea that they are projecting out of their physical bodies.

Continue your walks, and familiarize yourself with the non-physical nature of your block. After a few months of walking around the block two or three times a week you will find that things will usually settle down for you. Then you can easily distinguish between the 'physically real' and the non-physical illusion. This is another sign that you are making real progress. Now it is time for you to go even further in learning about the non physical world.

THE INVISIBLE HAND

Obtain a felt tip marker, preferably one that has washable or easily removable ink. Art supply stores usually carry these markers. You will only need one of them. The color of the marker you purchase is not important at all.

In the privacy of your room, expose your abdomen and place the knuckle of the thumb of the hand you use to write with right at the base of your navel, with your thumb pointing directly downwards toward your groin. Using the felt tipped marker, mark a spot on your abdomen at

the tip of your thumb, directly below the center of your navel. Sitting comfortably in a chair, relax your physical body and concentrate on this spot, directing all of your attention to it.

Breathe slowly and regularly with your diaphragm, and focus all of your attention on this spot on your abdomen. Once you have identified the location, and can sense it consciously, it will no longer be necessary for you to actually look at the spot. When you have done this, visualize yourself extending an appendage from this location, something like a flexible arm with a hand, but usually without any fingers on the end. This appendage more often looks and feels like a tentacle projecting from this point on your abdomen.

Once you have extended this non-physical appendage flex it, getting yourself used to manipulating it. See this appendage in its non-physical form, but realize that it has a purpose for you in your magical work, as well as in your life. Now call this appendage back into yourself and put this exercise out of your mind until the next time that you practice it.

Do not become discouraged if you are not able to do this exercise the first time you attempt it.

Keep working on it, and continue to persevere at the exercise until you are successful. In time, you will be able to master this exercise, just as you have mastered all of the others. With the conscious activation of this appendage, often known as 'the invisible hand,' you are developing another useful magical ability.

Practice this exercise every day for a week, about five minutes each time, once you have been able to locate and extend the appendage. The second week practice this exercise every other day for about ten minutes each time. Continue practicing this exercise every other day for a month or more, until you believe that you have gained the ability to successfully manipulate your invisible hand.

You should begin to do this exercise with your invisible hand as you continue performing the exercise of projecting your non-physical body walking around the block that you live on. Once you are certain that you have mastered walking around your block, you may expand your walk, but do so by walking around two blocks physically before you begin walking around them in your non-physical body. Each time you expand your non-physical journeys, you must expand your physical journey first so that you can learn the

true physical reality of the area. It is always necessary that you are able to maintain yourself in the 'physically real' world while you are out on your non-physical travels.

You must go very slowly as you learn to deal with the physical universe in your non-physical body. The non-physical universe has many surprises in it for those who simply barge into things. Some streets that are very nice in the physical universe are very dark and quite ugly in the non-physical world. You should avoid traveling on any of those streets that you see in your non-physical body as being dark and ugly. You will have to avoid them until you have gained a great deal more experience in traveling out of your physical body.

Be cautious, but as you perfect yourself, you should gradually expand the area you travel three nights a week in your non-physical body. At the same time, you should remain in or quite near the physical neighborhood in which you live. In time, you will master this art, but practice and experience is very important in gaining your ultimate development as a magician. This may only be accomplished through the constant repetition of these exercises.

MANIPULATION OF PHYSICAL OBJECTS

This exercise is one that only a few people may actually ever become truly accomplished at performing. Do not worry if you practice this exercise for several months without having any success at all. Your desire to perform this exercise will slowly and gradually open up the possibility of your being able to do it. For some people, it takes at least six months of continual practice to accomplish. Other people never master this exercise at all. I place this exercise here, in the hope that some people may eventually master it,

not because it is considered something that may easily be accomplished by anyone.

As with most of these exercises, the instructions are deceptively simple.

Balance a playing card, or something similar, on a surface in your room so the card is half on, and half off of a small height like a child's block, a book, or something similar. Now in your non-physical body, attempt to unbalance the playing card; knocking it off of the slight height that you have placed it on. When you attempt to unbalance the card, in addition to attempting to unbalance it with your non-physical body, you must also consciously will the card to become unbalanced and fall.

Spend no more than three or four minutes a day on this exercise. You may practice this exercise on your return from your walk around your neighborhood. Make the attempt to unbalance the card, but you must be completely unconcerned as to whether you actually accomplish this task or not. The effort of will that you make to unbalance the card is as much mental development for you as actually unbalancing it, having it fall from the place you have set it.

Now returning to your physical body, stand near the card and attempt to knock the card off of the height you have placed it on using the 'invisible hand' you located and learned to manipulate in the last exercise. You should again consciously will the card to fall as you push it with your 'invisible hand.' Again, be completely unconcerned about your success or failure with this exercise. Some people can do this, while others can't.

If you are successful with this exercise you have made real progress working with your non-physical body. If you are not successful, you will still be developing your will power, as well as developing your abilities in working outside of your physical body. So you see, you will certainly gain something from practicing this exercise either way.

APPLYING CONCENTRATION AND FOCUS OF THE MIND

This exercise may well seem to be something simple, but it is being added here to assist you in developing a habit that will benefit you in many ways in your everyday life, as well as in your work as a magician. If you have mastered the previous exercises, you have developed your mind to a sharp edge. Your mind is now a tool that will work well for you, doing what you ask of it without

any difficulty. It is now time to apply your well-honed mind to your daily affairs, as well as to any magical work you may be doing.

Whenever you are speaking with someone, concentrate intently on listening to him or her, deliberately paying close attention to them. The idea is to be actively listening intently to what they say. Focus your conscious mind and attention on them, as if it were a spotlight that you were aiming directly at them.

In the pauses that always come between your speech and their reply, listen intently, as if what they were about to say were the most important words that you will ever hear. Once the other person finishes speaking, slowly and carefully formulate your reply in the pause that follows their speech, thinking carefully about what you will say, and wording your reply so it will have the greatest possible effect on the person you are speaking to. You should always speak softly, but speak while paying extremely close attention to the other person, treating them as if they were the only other person on the face of the earth.

In the course of time, as you gradually master this exercise, you will find that other people will begin to hold you in a state of higher regard. Some

people may almost hold you in awe when you speak to them. When you begin to notice this, it is time to soften your approach a bit. You should do so in such a way that people are not as consciously aware of the intensity you are focusing on them as you listen to them or speak to them. You can moderate this intensity by displaying a sincere social interest in the other person, as demonstrated to them by your facial expression as well as by the words and manner of your speaking to them.

Many outstandingly successful people have mastered this art, and not a few credit their success in the world to it. When you interrelate with people in this way, they feel flattered, and are usually quite pleased with you when you have finished speaking to them, regardless of the subject of the conversation. Once you have mastered this technique, you will find that people will give you far more respect and attention than you have previously received from them. The use of this technique is one of the reasons why magicians are usually looked at as being really extraordinary people.

This technique is necessary in magical work, as when you speak to any non-physical entity, or to the spirit of any physical object, your full

attention and concentration must be applied to them. They will easily sense if you are distracted, and will then believe that you are not serious in your request to them. However, should you speak with them in this way, they will accept your words as being meant, and intended to be followed. They will not only be more amiable to your requests, but will also take these requests far more seriously.

MASTERING YOUR VOICE

I was sitting in a small restaurant in New York City one evening. There were four of us, all magicians, just finishing our dinner. The waitress came up to us and complimented us all on our voices. She said that we “all had such nice speaking voices.” Then she inquired if we were singers. Considering the usual rather blasé and crass nature of waitresses in inexpensive restaurants in New York City, that was a rare compliment indeed.

Magicians usually do have very nice voices,

but these voices are developed through training, those who become magicians are not usually born with them. Magicians also have very flexible voices. They are able to project the sound of their speech to fill a large room, as well as being able to speak in the soft and gentle whisper of strict confidentiality. Again, these abilities, like all of their abilities, are developed through training; they are not usually natural to those who become magicians.

The exercise given below has been used for many years to develop the voice of magicians. I am aware that there are other exercises that may be used for the same purpose, but I do not know what they are, so I give below the exercise that I was given in my own training. Like most of these exercises, the instructions are simplicity itself. While sitting in a crouch, with your back erect, speak aloud the vowels of your native language, making them resonate to fill the room in which you are speaking.

You should sit on a low chair or stool when doing this exercise. I first used a firm cushion, about four inches high. My legs were bent, my feet aimed away from my body, so that my feet were flat on the floor beside the cushion. In that initially uncomfortable position I spoke the vowels

for about five or ten minutes, twice a day for several months.

In the English language, the vowels are taken as being A, E, I, O, and U. For this exercise, the semi vowels, Y and W are added. Speaking them in alphabetical order, you would say:

A, E, I, O, U, W, Y

Repeating these vowels can quickly become just as boring as any of the other repetitive exercises. However, the ultimate results from this exercise are quite worthwhile, as the goal is not just repeating these vowels, but projecting them out from your mouth as if they were living things, or even commands to be heeded by others. As you do this, you must breath with your diaphragm, and concentrate all of your attention on your speaking these vowels to fill the room.

In a few weeks time, with regular practice, you will find that your voice will subtly change. After several months of this practice, you will find that you have developed what is known as a voice of command. You will find that people you speak to will now be paying more attention to what you say than they formerly did. This is one of the natural results of this exercise.

Once you find that you have developed this commanding voice, you should begin practicing an art known to singers the world over. This is saying the musical scale, do, re, me, fa, so, la, ti, do. You do this using the musical tones of each of the notes of the scale. Now you should divide your exercise time so that you spend about half of your time saying the vowels, and the other half of your time saying the notes of the musical scale. Three months good work at this exercise, and you should have well begun developing a powerful magician's voice. Use this voice in your daily life. It is another asset that you may use successfully for everyday purposes. You will discover that people will respond to you better when you speak to them, regardless of the subject of your conversation.

You should also master the control of the volume as well as the modulation of your speech. You need to be able to softly whisper, as well as to bellow out in the kind of over loud voice that drill sergeants use to drill troops. Both variations in tone and volume have their uses, and in time you can develop good control over both.

LISTENING AND AWARENESS

You are probably well aware that most people do not listen to what other people are saying. Instead of listening to what others say, most people are busy formulating an answer to what they believe that they are hearing, or have heard. As you develop yourself, this unfortunate fact will soon become painfully obvious to you. The more intently you pay attention to someone, the more you will begin to hear and understand both what they are actually saying, and subtly begin to hear what they are proposing to say.

Having taken the trouble to master the art of clearing your mind of clutter, you should be well aware that for almost all people, there is a continual conversation going on in the background of their mind. If you listen to other people intently, while holding your own mind blank, you can often begin to hear this internal conversation. Initially it is heard not so much in words, as received in impressions and feelings that you receive from the one you are speaking to.

The simple act of pausing before you speak, as you consciously begin to formulate your answer to someone, will allow you to begin to listen to the impressions you receive concerning what the other person's internal mental chatter is all about. From these impressions you can usually formulate a more definite and valid answer to the person, answering not only their spoken, but also their unspoken words.

Being aware that there are usually two or more conversations going on in most people's minds at the same time gives you the advantage of being able to understand exactly what it is that they require, and whether or not it will actually be possible for them to accept what you propose to them. This is a function of your listening intently to them. You should practice listening intently

3

to other people in your everyday conversations with them, as well as when you are in a position to overhear conversations between people. It will always be to your benefit to take the opportunity to gain practice in this art. Naturally, you will discover that this practice in listening to others is of great benefit to you in your daily life as well.

3

APPLYING THE RESULT

Having completed all of these exercises, you have probably discovered that you can now see, hear, and even infrequently smell, the non-physical world while you are still in your physical body. The slight mental shift required to do this usually presents itself to you without any difficulty before you reach the voice exercise in chapter XIII. If it has not, stand looking out a window, and will yourself to see the non-physical image, then will yourself to see the physical image. You will soon discover that you have developed a

willed control over which of the two images you may see at any time.

In some cases, you may wish to switch rapidly from seeing one image to another. This takes some practice, but it may be also accomplished. If you walk in your physical body around the city block or area that you live on, you can soon learn to make the change from seeing the physical to seeing the non-physical rather rapidly. Like all else, this takes practice to develop and perfect, but it is another talent well worth developing.

The path of developing yourself as a magician has been long, and probably quite difficult for you. Once you have completed these exercises, you have attained, and that is what actually matters. Now you have developed some really useful magical abilities, what can you do with them? Well, for one thing, it will now be extremely difficult for anyone to tell you an untruth. You can tell if someone is lying to you or not based on what you perceive of their internal conversation as they speak to you. When lying, the internal conversation always widely conflicts with the spoken words.

Of course, as pointed out all through the text,

mastering these exercises will have had a valuable effect on your life in general. I know no magician of trained talent who is not well regarded at his or her daily employment, whatever it may be. Naturally, magicians make progress in their work, receiving promotions because of their real demonstrated ability, rather than because of any spells or magical work that they may do. Magicians are usually successful people, in their working life, and in their private life as well.

DOING RITUALS OR SPELLS

Ah, but of course that is not enough for you. You became a magician because you wanted to do magical rituals or spells, controlling your life and surroundings in some way. This is the usual motivation for one to become a magician. While it is not the best motivation, it is the most common one, so we shall follow that urge, and discover that we are now prepared to do what we will.

Fine, take any spell book in hand and look at it, thinking the spell or ritual you are interested in through carefully in your mind as you read it.

You should read and think through the spell or ritual just exactly as you might wish to perform it, concentrating your attention on it in the same way. By the time you have reached the conclusion of the spell or ritual, you will immediately be able to see if that spell or ritual will actually have the effect that you want it to have. If it does, you can use that spell or ritual however you may wish to do so.

Now when you actually perform any spell or ritual of your choosing, concentrate all of your attention on doing it, performing it with single mindedness of purpose and without wavering at all from what you are doing. When you have completed the spell or ritual, release the work out into the universe, turning away from thinking about it all together. In this way, the spell can now be freed to do its work. This release of the spell is the one fault of most amateur magicians, who keep mulling the idea or the result of the spell over in their heads, blocking it from actually manifesting physically on the earth.

When you perform spells or rituals in this focused but somewhat indifferent way, you will find that your spells and rituals are now far more effective than any similar spells or rituals you might have done before you went through the long self development learning process that is required in really mastering the principals of magic.

SUMMONING SPIRITS

Should you want to summon spirits, or any other non-physical entities, you may now do so. Just call upon the spirit or entity you wish to summon using your voice of command. I suggest that you carefully re-write most of the spells found in the old spell books, after reviewing them as I have mentioned above. I especially recommend doing this for those spells and rituals originating in the middle ages and during the reformation, which are the majority of them. The summoning of spirits, as presented in these books, are usually

too complicated, and too difficult to use in the world of today.

Most spirits will actually come to a magician when they are called, especially when summoned with the voice of command. On the other hand, the spirit may not wish to communicate with you, or may be uninterested in assisting you in any way at all. The inhabitants of the non-physical world seem to be just as curious as any other being, so when they are respectfully invited to attend something, they will usually do so. However, they prefer to work for pay, a trait that I am sure that we all share.

In this regard, I might further suggest that if you desire these spirits to appear visibly to your physical sight, its best if you use a great deal of myrrh incense in your summoning. The smoke of Myrrh assists the spirit to build the body of smoke that it needs to come to visible appearance. Few other types of incense do this, and some of them make it impossible for the spirit to show itself at all.

Telling a spirit that you will curse it, or have the saints, apostles, or Christ, punish them if they misbehave, only works if you are truly a believing Christian. Even then, most spirits think that the

threats that the amateur sorcerer or trained magician may make to them are far out of proportion to what these people can actually do to them. The spirits are quite right in this. This is another reason for re writing these ancient spells into something that is more suited to the practical reality of today. Remove the threats and you will have better results.

SUMMONING THE HUMAN DEAD

Do you wish to practice necromancy and summon the dead? Similar rules apply to necromancy as apply to dealing with other non-physical spirits or beings. You should call on the dead using your voice of command, and speak with them in their invisible non-physical forms. Spirits of the dead are usually quite happy to be called, assuming that they are still energetic enough to answer your call and that they wish to speak with you. I will point out that you must have some valid reason for calling upon any of the spirits of the human dead, especially those

who were not related to you in life. Deceased parents and close relatives are usually the most eager to appear at your call. Now, in their non-physical forms you may speak with them at some length, hopefully satisfactorily clarifying your relationship with them. Celebrities, politicians, and other varieties of famous personages are considerably less interested in being summoned; especially when they are summoned by someone they did not know when they were alive. Historical personages, dead less than fifty years, are also difficult to summon, for the same reason as other celebrities. Those who have been dead more than fifty years are often impossible to summon, mostly because they have no vitality left in them. I will point out that necromancy is a very specialized field of magical practice, and that if you intend to work in that area you should study it in detail.

Candle magic spells and similar work

Candle magic, or any other form of magical practice that you might wish to use is now also at your command. Your ability to concentrate and visualize will make any magical work that you might wish to do far more effective than that which most people attempt. In fact, you will find that most of the magical practices that may have

been difficult for you to perform in the past have opened themselves up fully, and are now available for your use.

I have often stated that prayer is the most effective form of magic. Through mastering the training you have undertaken, you are now able to pray successfully, in that your prayers may now be productive of a physical result. You will find that by simply focusing and concentrating your mind, and then praying with sincerity directly to the creator, you will realize more results than could be obtained in most of the magical spells that are undertaken by others, using any other system or technique of magic. Sincere prayer is communication directly with the creator, and such prayers never go unheard.

Natural and elemental magic

You will find that your efforts in performing natural magic have been greatly expanded as well. Should you wish to know what any natural item might be used for, simply take a sample of the item in your hand and question it. In your inner, or non-physical, ear you will hear the natural item speak to you, revealing to you its useful non-physical properties and uses, in answer to your sincere inquiry of it.

Speaking to elementals is also possible, but here you must remember that they expect to be treated with respect by those who come to them to make appeals for assistance. In many of the old magical texts the commanding of elemental forces is encouraged. This is not only a dangerous idea, it is a very stupid one. The elemental forces are the rulers of their world, just as humans are the rulers of this physical reality in which we live. The elementals are the forces that make manifest the physical reality in which we humans live, which gives them some control over our environment, if not our spirits. Winning their enthusiastic cooperation is the only way to really influence them to assist you in attaining any goals you may have for them. As with another human being, this is accomplished only through showing them respect and using persuasion to gain their cooperation. Trying to command or force any of the powerful beings of the non-physical world to do your bidding will always result in failure.

NON-PHYSICAL ENTITIES

There are any numbers of inhabitants of the non-physical world. Just as in our world, this non-physical world has many kinds of inhabitants, as well as levels or territories. In this way, it is similar to our world, which has different species, as well as continents, oceans, and nations. Once you have spent some time walking around the streets or by ways of the city or area in which you live, you will undoubtedly find that you have encountered any number of these very many non physical entities.

While these entities are not all friendly to human beings, they are not necessarily all unfriendly to them either. Most of these entities are quite indifferent to humans, and only wish to keep from being annoyed by them. Some of these entities will assume frightful appearances and disgusting shapes in their attempt to dissuade humans from even communicating with them. For the most part, these appearances and shapes are drawn from the mind of the human who perceives them. Taken from the person's deep subconscious, they can be very frightening to those who view them in fear. If you ignore these non-physical entities, but are always quite courteous and polite to them, they will leave you alone.

Other non-physical entities may attempt to lure you into their particular venue, often through emotional lures of some kind. Avoid these as well, again with unfailing courtesy, and a polite turning away from their lure. In time, your indifference and good manners will attract one of the higher entities that will personally guide you through these realms. Until the time comes that these higher entities are convinced of your sincerity and lack of desire to control them, you had best be courteous, polite, and indifferent to all of them. This attitude will pay off for you quite handsomely

in time. You must realize that these entities are quite shy, and as uninterested in being used by humans, as you should be uninterested in being used by them.

Those entities that will allow humans to use them always have a price to extract from those who do so. In my own opinion, their price is never worth what they can actually do for you. Most of these entities are great braggarts concerning their supposed powers. However, the price they ask is never your immortal soul, the price so beloved of those who write on these subjects for the movies, books, and television.

Should you decide to succumb to the lure of one of these entities, you had best discuss the price being asked quite fully in advance, being certain that you believe it to be worth what they say they will do for you. You should also get them to agree that the price is to be paid only after the work has been completed to your satisfaction, spelling out in detail just what satisfaction on your part entails. In many cases, this will cause the entity to demure, a sure and certain sign that they know that they could not do what you ask.

OTHER MAGICAL OPERATIONS

Considering the abilities that you have developed, I do not think it necessary to further explain what you might be able to do should you wish to do so. You will find that you can transport yourself to any place on the earth should you desire, and once there deal with the physical world as if it were yours to explore. In fact, the world is now open to you, and it can hold few secrets from you. I do encourage you to be cautious in your experimentation, as the fact of self-delusion will always present itself to you, and it is very easy to become caught up in it, always

to your detriment. I suggest flying in your nonphysical body to these new locations, rather than instantly transporting your non-physical body there. This makes self-delusion only slightly less likely, but it does provide a margin of safety, albeit a rather small one.

THE RESULTS OF YOUR HARD WORK

These many new abilities that you have achieved are the result of your hard effort at self-discipline and dedicated work. A beautiful result it is, because you now are far more able than most people to fit yourself into the real life of the world, which you can now prove to yourself has both physical and non-physical constituents. You will now fully realize that the world operates quite well, both physically and non-physically, on the path that its creator has set it on.

There is no more room for fear or resentment

within you. Inwardly you find that you are far more content. This is what the old Rosicrucian saying, Living in the Peace Profound actually means. This is living the kind of calm, relaxed and purposeful life that you have now found for yourself.

I extend my sincere congratulations to you for your achievement, and I welcome you to the fraternity of those who are real magicians. Keep up working on yourself and you will continue developing. I have never found there to be any end to this learning in sight.

OTHER BOOKS BY DRAJA MICKAHARIC

All of my previous books were originally

Published by

Samuel Weiser, Inc.

P. O. BOX 612

York Beach, Maine 03910

They are now published by

Red Wheel / Weiser

368 Congress Street

Boston, MA 02210

Spiritual Cleansing—A Handbook of Psychic Protection

First published in 1982

A Century Of Spells—

A collection of over a hundred useful spells

First published in 1988

Practice of Magic—An introductory guide to the art

First published in 1995

These books are all available from your local bookstore or the publisher. If not easily available, they may be purchased on the Internet from Amazon.com, the Internet bookseller.

Naturally, I would be quite pleased if you should decide to purchase all of them. I do however suggest that you purchase *Practice of Magic*, should you not already own it. This book will give you some further insights into some of the many varieties of practical magic that I believe you may find useful in your continued studies of magical work.

As I have said previously, there is no end to this process of self-development, and mastering magical practice is just another stage in the long road toward spiritual perfection upon which we are all engaged, either knowingly or unknowingly.

Magic Simplified is a complete course in the development of magical abilities, designed to be an instruction manual for those who wish to develop their abilities to perform magical operations and cast spells. Unlike books containing only spells, this book instructs those who wish to perfect their magical abilities in a non-systemic framework. It deals with such things as mental concentration, the projection of the non-physical body, and visualization. As the author states, development as a magician only enhances a persons normal human abilities. He cautions that self-development also takes work, dedication, and self-discipline to gain the results desired.

Draja Mickaharic was born in rural Bosnia shortly before the First World War. Immigrating to the United States in 1939, he arrived in New York City where he has made his home. He practiced as a magician and counselor, serving the ethnic population of the lower east side of New York for forty five years. Now retired from active practice, he devotes himself to writing. He is the author of three other books dealing with magic, all published by Samuel Weiser, Inc.

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