



A
Special Report
from
The Institute for Hermetic Studies



How to Develop Your Psychic Abilities

By
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Sincerely,

Mark Stavish
Director of Studies

How to Develop Your Psychic Abilities

By Mark Stavish

“...I will assume that science will in time accept ESP and PK and that psi is a normal capacity, nonphysical in nature. We now need to inquire where ESP and PK fit into the struggle for existence and what part they play in meeting the practical needs of life.”

J.B. Rhine, *The Reach of the Mind* (1947)

Report Overview

- What is psychic development?
- Psychic development through prayer, meditation, and ritual
- Practical methods for increasing your psychic power

Developing your psychic abilities is less a matter of innate talent than a matter of perseverance and dedication. Anyone can increase his or her natural psychic talents simply through regular practice for 10 to 20 minutes, once or twice a day. In short, the more effort you put into developing your psychic abilities, the more psychic you will become.

There are three major “Practices” in Western Esotericism: Mystical, Magical, and Occult, or Gnosticⁱ. The Mystical Path emphasizes the development and use of the emotions through devotion to an ideal. The Magical Path emphasizes the development and application of the will, or focused energy and power, through ritual or alchemical practicesⁱⁱ. The Occultⁱⁱⁱ, or Gnostic Path emphasizes the apprehension of knowledge, and can be either through intellectual study of arcane and hidden (‘occult’) subjects, or through practices designed to give direct knowledge, or ‘gnosis’ of trans-corporeal realities. These are called “Practices” because there are definite things associated with them that are done in order to progress.

There are three major Paths: Alchemy, Qabala, and Astrology. In general, Alchemy is aligned to the Magical Path in that it requires direct experience and manipulation of matter and energy to expand consciousness. Qabala can be practiced magically (through ritual), mystically (through devotion and prayer), or as an occult or gnostic study, through reading, study, analysis, in the effort to use the intellect as a gateway to higher knowledge. Astrology is related to occultism, in that it seeks to understand the hidden nature of cycles on human and terrestrial events; however, its operations are devoid of any personal interaction, such as devotion or will, they simply act. These are called Paths because they have a definite beginning, middle, end, a goal that is sought, adepts, masters, and teachers who have traveled the road before, and who are looked to for advice and assistance.

Each of these Paths and Practices interrelate and overlap, and together form the nucleus of what is called Hermeticism in Traditional Western Esotericism. Hermeticism derives its name from the Hellenized name of Thoth (Tahuti) the Egyptian God of

Wisdom, who is said to be the father of Egyptian, and hence Western esotericism.

All existing magical, mystical, and occult, systems; all practices of alchemy, astrology, and even Qabala, can trace their lines back to Egypt and if carefully examined, demonstrate either origin there, or Egyptian influence or inspiration at some point in their development.

The fundamental purpose of all of these systems, paths, and practices is to assist humanity in experiencing the source of creation. In Qabala this is the Ain Soph Aur, or Limitless Light; in Alchemy, it is Chaos or Hyle; in Gnosticism it is the First Cause. Regardless of the name, the idea is the same: that through our own efforts and work, each of us can awaken and develop the Divine Seed within us, and grow into mature spiritual beings in the universe. In doing this, we come to know ourselves, and in knowing ourselves, we know what is commonly referred to as 'God.'

To fully benefit from the natural hardware our bodies are built with, we need to use the right software, such as programs that are consistently rooted in ancient and time tested spiritual practices and traditions in which prayer and meditation form the core. For this reason, specialized techniques of psychic development, until recently, were not taught outside the constructs of an esoteric system. Orders, societies, and various traditions, many dating in content, if not lineal connection, to older streams of ancient teachings, continued these practices from the collapse of the classical world, through the Middle Ages, into the Renaissance, to the present day. These teachings were preserved, and even expanded, at great risk to the individuals involved. It is important that we pay homage and respect to our forbearers who under pain of imprisonment, torture, and death, kept the light of Wisdom alive, so that we could live and exist in a society that allows access to the same material through a simple computer download.

Modern psychic research is barely over a century old, and despite tremendous amounts of time, energy, and resources poured into it by private and government sources around the world, the average person is still quite ignorant regarding some of these discoveries. Among the best known of these researchers is J.B. Rhine, founder of the Rhine Institute, located on the campus of Duke University, Durham, North Carolina.

In quoting one of Dr. Rhine's books we see that mass telepathy experiments were held in the United States on several occasions in the 1920s and 1930s, sponsored by the Zenith Radio Corporation.

“The nineteen-twenties, however, saw a marked rise of interest in telepathy. It was paralleled by a similar increase of public interest in spiritualism and was doubtless affected by it. The tremendous loss of life and the widespread bereavement which took place during the First World War, together with the ensuing uncertainties and shifting values, undoubtedly had the effect of turning men's thoughts towards the possibility of forces beyond the knowledge of science. Countless men and women felt the need of something more than purely physical explanations of life and death. A mass telepathy experiment was conducted by radio over the Zenith Broadcasting Station in Chicago in

1923, and a little later by the British Broadcasting Corporation conducted another. Later still the Scientific American magazine carried out a self-testing program in telepathy, and there were numerous other manifestations of popular interest.”^{iv}

In a booklet, *What Well Known Scientists Say about Telepathy*, published in March 1938, E.F. McDonald, Jr., President, Zenith Radio Corporation, made the following statement:

“This booklet is intended as a preliminary report from the Zenith Foundation to its partners in this great adventure of exploration. Necessarily incomplete, it nevertheless sets down in permanent form some of the best and most scientific contemporary thought on this subject. Even more important that its contributions to the scientific fund of information on the subject of mental phenomena is the fact that this radio series has lifted the entire subject out the dungeon of prejudice into the white light of serious discussion by millions of people.

I want to thank the many scientists, educators, and other speakers who appeared on the Zenith programs, for permission to reprint their interviews. I want to express my appreciation to the hundreds of thousands who participated in the Zenith telepathy tests and to the many thousands of listeners who sent in their experiences.”

Preliminary conclusions of the experiments, which lasted for thirty weeks, were compiled and listed in the booklet. They stated:

- Telepathy functions best when strong emotions are involved.
- Telepathic ability varies in individuals, as well as at certain times.
- Physical distance has no effect on telepathic communication.
- Telepathic communication is most often experienced between people with blood or love relationships.
- Time is not a factor.
- Age is not a factor in expressing or experiencing telepathy.

Statistical results were based upon a quarter of a million responses, with preliminary results showing that the odds of some of the test results being left to chance of being 1 to 10,000,000,000,000,000,000.

The report further went on to state:

“Of greater importance than cold statistics, however, is the repeated testimony of Zenith Foundation programs of the successful men and women who attributed their success to the conscious or unconscious use of little known mental powers...we do not have to wait until science can explain these powers, but we can use them now in our daily lives merely by heeding the premonitions and impulses which add to success and happiness.”

The Institute for Hermetic Studies has in its possession several copies of the

original 'Zener' cards used in those studies, including a list of participating radio stations and times. The cards were given away by Zenith Radio dealers for promotional purposes and were not sold. Dr. Rhine's books, including *New Frontiers of the Mind* and others are listed on the instruction card along with participating radio stations, date, and time.

His work is intentionally quoted here because his research has made him one of, if not the only, household name for psychic research; and secondly, because his research was done well over half a century ago. This point is brought up to demonstrate, that despite extensive evidence of psychic phenomena and ability, the general public believes in it not because of 'science' or statistical reports, but because of *personal experience*.

Yet, in spite of the massive amount of research since these public experiments over half a century ago, the scientific community as a whole fails to demonstrate any significant interest in parapsychology, or even confidence in the research its own members produce. Thereby demonstrating that psychic phenomenon, at least as of now, is a predominantly intimate and personal experience, and any scientist involved in psychic research, despite Dr. Rhine's optimistic views, still places their professional reputation and career in danger.

What is Psychic Ability?

When we develop ourselves as a person, we expand out consciousness or awareness of different things; as our awareness expands, our psychic ability develops naturally.

Psychic ability brought to fruition in this manner is a result of our spiritual maturity, in the same fashion that good health is the result of good food, exercise, and healthy thoughts.

Consciousness is the phenomena of awareness. If we are aware of something, someone, or even of ourselves, then we know that it exists. If we are not conscious of it, then while the object, person, or event may have an impact on us, we will be either unaware of the degree of influence this unknown source is having on us, or we may be aware of external influences, but unaware of where they are coming from or why.

The same is true within our psyche as without. The subtle or psychic stream of our consciousness is always seeking to communicate with the denser material world. However, it is the object or materially oriented aspect of our awareness that holds the key.

Only when we withdraw our consciousness from the material world, can we open ourselves up to the interior or psychic world. For many, this only occurs while asleep, or under the influences of drugs, alcohol, or intense emotional experience. However, each of these methods has its limitations. Drugs and alcohol can be addictive, as well as take a toll on the nervous system. Intense emotional experiences can also be addicting and

disruptive to normal human relationships if there is not a social structure that understands their use. Sleep, or in this case, the artificial sleep of hypnosis, is the least destructive, but often requires surrendering, even temporarily, one's self to some degree, to another, unless self-hypnosis (autosuggestion) is used instead.

Psychic skills in and of themselves are of questionable value. It may be nice to be telekinetic, but what do you do with it? The same goes for clairvoyance and telepathy. We need an avenue, an outlet for them, be it out professional, creative, or spiritual life. We need to look at psychic skills as tools. Bringing the wrong tool to the job may be impressive at first, but it simply makes the job harder to complete, or worse, ruins all the work previously completed.

Time and space are material constructs and only the material world is concerned with them.

The spiritual or psychic world does not experience 'time' or 'space' as all things exist there in the 'present' tense, and can be experienced instantly with a change in consciousness. Space does not exist, one may seem to experience it in psychic phenomena, but in truth it is a change of vibration, not of location. The ideas of time and space remain with us in certain psychic realms so that we can integrate the experiences upon returning to earthly consciousness. However, our concepts of time and space are tied to our culture, as well as our physiology.

This is easily tested by remembering a time when we were bored. Time seemed to move slowly and events took 'forever' to be completed. The opposite is true of when we were engaged and excited. Time seemed to move quickly and everything 'ended too soon'.

Space is made up of three distinct dimensions of length, height, and width. Time is how we organize our experiences according to their order of occurrence. Since the mind does not know time or space, being able to construct images and travel great distances instantly, our consciousness has the potential to use this imaginative ability to transcend time and space as well. However, this is not limited to the present. Just as we can imagine events which took place in the past, and construct possible scenarios of the future, our consciousness can also enter into a 'fourth dimension' that allows us to actually experience what occurred in the past, and what *might happen* in the future.

It is this ability to visualize and create in a 'fourth dimension' of mind, where ideas, images, and emotions combine to form an alternate reality or fantasy, that allows us to use our innate psychic powers to manifest a new life for ourselves in the material world or to contact the highest spiritual realities.

As a rule, the experiences of 'timelessness' and 'eternity' associated with the highest levels of mystical and esoteric experiences are rooted in the hypothalamus. From experiences like this we learn, or better come to know, that in reality there is no 'objective consciousness,' 'subconscious' or 'cosmic consciousness,' there is only

consciousness and what we are aware of at any particular moment. Furthermore, we realize that the idea of labeling and identifying psychic phenomena according to its psychical counterparts, such as clairvoyance (vision), clairaudience (hearing), etc., is simply a convention. There is only one psychic experience, and how our unconscious organizes the information for transfer to consciousness is a personal matter. The subconscious takes the path of least resistance for the information to be 'realized' as well as the most 'dramatic' manner so that information is set apart from other brain/mind activity and given attention.

Psychic Experiences and the Brain

When we experience deep relaxation, we go from normal consciousness (alpha waves) into theta waves. Our frontal lobe, responsible for reasoning, planning, and self-conscious awareness, shuts down, and gets some needed rest. Other areas of the brain that reduce their activity include the parietal lobe, the reticular formation, and the thalamus. Information flow to the brain is controlled and reduced, thereby creating a feeling of greater 'oneness' and sense of 'expansion'.

These benefits of reducing the amount of activity in the frontal lobes are derived when in a state of deep relaxation that only prayer, meditation, and certain stages of sleep, can provide.

What You Need

The skills needed in order to experience increased psychic ability are:

Relaxation - Concentration - Visualization - Meditation - Ethics

Relaxation

Relaxation is best achieved in a seated posture, back straight but not stiff, shoulders down, palms flat on your thighs, close to your hips to take any strain off the shoulders and elbows, with the chin slightly tilted forward and tucked in, to prevent the head from wobbling. Feet should be flat on the floor, a few inches to shoulder width apart.

Breathe deeply through your nose. Hold it for as long as is comfortable. Exhale SLOWLY. Pause for as long as is comfortable. Inhale again, and repeat the cycle. Do this for three to five minutes, focusing your mind only on your breathing. If your attention wanders, bring it back to your breath. After you have developed some skill in this fundamental and critical technique, you may add in the idea that as you exhale, any tension, anxiety, or illness you may be experiencing is leaving you with the out breath, and that vitality, life, and clarity enter into you with each inhalation.

This exercise is critical to future success, and should be diligently practiced. Careful attention must be paid to the breathing, as breathing as outlined above increases our psychic energy.

Concentration

The mind should be focused on your breathing until additional steps are taken. These might include meditations on specific themes, or concentration exercises. Essentially EVERYTHING has the potential to be a concentration exercise.

Sound

Pick a sound that you hear outside your window, or an instrument in a piece of music. Concentrate on it to the point of isolating it from all other sounds.

Color

Study a color, shade, or lighting experience in your room, or outside, and isolate the various shades and textures.

Texture

Find a rough or smooth surface, such as burlap, canvas, a stone, or a glass, and notice its details and what makes it unique.

Taste

Close your eyes while eating, and concentrate on the taste of our food. See if you can identify it when eating without looking at it first.

Smell

Chose several incense, perfumes, or flowers, and with eyes closed, concentrate on the fragrance.

Emotions

List seven positive and seven negative emotions you have felt. Be specific. Can you recreate these feelings? Which ones are stronger?

Visualization

Visualization is better termed 'imagination' in that it involves all aspects of our physical senses, and not just vision, in the creation of imaginary landscapes and events through the invoking and recombining of actual sensory input and memories. In the act of imagination, we draw upon actual sensory input and experiences that are stored in memory, bring them to the surface of consciousness, and create something new and distinct with them.

An example would be a pink elephant. We know what an elephant looks like, as well as pink as a color, so that is no problem. We visualize the elephant and color it pink. However, we may have never touched an elephant, so the texture of its skin is a problem. We do know what tough leather is like, so we remember that, and imagine its texture, surface, and feel as we project it onto the elephant. An elephant is solid, and as a child we remember touching a large cow at a dairy farm when on a school field trip, so we imagine the solidity of the cow when we imagine our pink elephant. The same continues with the sound, smell, and movements of the elephant. When it moves its tail to swat flies, or its

trunk to spray itself, we imagine the feel of the breeze or coolness of the water.

This is what creative imagination or visualization is all about. We draw upon our senses to create a 'sixth sense' environment. This environment acts as a conduit for the intangible psychic forces of our subconscious to take form in, as such, our daily awareness experiences them as concrete, and can make sense of them.

Always remember this point: we are what we identify with, and imagination is the chief method of creating inner attunement or sympathy. The *Corpus Hermeticum* states:

“Think of a thing and you are it; think of a place and you are there.”

In the realm of the psychic, we literally are who or whatever we think of, if only for a split second, so as to establish an inner realization in the form of a psychic contact. This is the key to ALL psychic, mystical, magical, and occult operations.

Visualization is used mostly in meditation exercises.

Meditation

The Inner Temple

A core technique of most esoteric and occult societies interested in developing the psychic abilities of their members is meditation. Meditation is a composite process that requires the combined use of relaxation, concentration, and visualization. Through this steady, dedicated, and regular use of the active imagination, the forces latent in depths of consciousness can be constructively and purposefully released.

Through a regular practice of meditation within the framework of an established school or system of self-development, such as Qabala, Alchemy, Hermeticism, etc., an adept can bring constructive order to the seemingly chaotic forces of the spiritual world. This is the meaning behind the motto of Scottish Rite Freemasonry, 'Ordo ab Chao,' or, 'Order out of Chaos. From the mass of possibilities, a new being is created in the image of its creator.

The most common technique is the creation of an Inner Temple, and the application of this process has even been expanded to more mundane concerns in such works as *Think and Grow Rich* by Napoleon Hill (1937), and *Superlearning* by Sheila Ostrander and Lynn Schroeder (1979), where inner domains are created that allow one to enter into communion with their subconscious, the subconscious of others, and the cosmic, thereby receiving solutions to problems, creative insight, improve health, sports performance, and experience spiritual illumination.

The following description can be used as a guide, or you can pick anything that appeal's to your higher spiritual impulses. An ancient Egyptian theme has been chosen here because Egypt is the traditional home of Western esotericism and most people feel some kind of affinity for it, even if it is just artistic.^v

Part One - Entering the Holy of Holies

1. Relax as you have been previously instructed. Pay attention to your breathing for several minutes.
2. Imagine that you are standing on a dirt road lined with palm trees. It is night and you can feel the cool desert breeze blowing.
3. Directly in front of you, maybe a hundred yards or so is a large square building, Egyptian in design, with large double doors that seem to be made of brass. They shine in the moonlight. Above them, on the portal, is a winged solar disk, with two serpents facing outwards from the sun towards the wingtips. This is the sign of Horus of Edfu, the sign of spiritual and material victory. The full moon is directly above the temple before you. It hangs low in the sky, and shines like a mirror of brilliant silver-white.
4. Walk towards the doors, and as you do, hear them open, and continue walking into the temple.
5. See the light enter in behind you, casting your shadow forward. Continue walking and as you get about half-way into the temple, you hear the doors close behind you. The temple is lit by oil lamps hanging on the large lotus column pillars that support the roof and line the temple. It is cool inside, and silent. You can hear your own footsteps.
6. Before you is a large altar. On it is a golden statue of Thoth, the Egyptian god of magic and wisdom. You pause, pay your respects, and invoke the presence of your own higher wisdom, so that you may know and express the inner powers of Light.
7. Turn and enter into a side chamber. It is here, in this side chamber, that you will construct a room for your own meditations, meetings with the various parts of your psyche, and receive guidance and information.

Part Two - The Side Temple

8. The room you enter is small, simple, and orderly. There are scrolls, books, and other things that line shelves on the walls, as well as writing instruments, a desk, chair etc. There is an additional door that leads to another part of the Temple, and one that leads outside into a courtyard which you can explore later. Take your time designing this room, do it in any fashion you are comfortable with, and from any single, or collection of time periods. Simple however, works best.

Ethics

The word psyche is Greek for soul, and means consciousness. In Western culture, courtesy of the last fifteen hundred years of near monolithic religious domination, we have lost the true meaning of the idea of 'soul' and act as if it is something we own like a piece of property. One hears the idea of 'losing' one's soul, or having their 'soul damned' or 'blessed.' In truth, we do not have, nor own a soul - we are soul - because we are consciousness. Next time you hear reference to the word soul, repeat the phrase replacing the word soul with consciousness, and you will hear how it suddenly makes sense.

With that, the idea of psychic development is more than just the development of skills or tricks, it is the expansion and development of our consciousness, of the part of us that is immortal, spiritual, and what we truly are, and will be across time. For this reason,

after a certain point, psychic development is strongly linked to character. How we will use these abilities as we develop them is more important than their development, otherwise, it is like handing a loaded gun to a small child.

It is also for this reason that the methods of psychic development, quite simple and easy in their own right, for millennia were kept secret and as part of larger more encompassing spiritual traditions. While it is difficult to prescribe a mode of conduct that is universal to all people at all times, we do have some guidelines in the moral codes set forth in the great religions and philosophies, such as the Ten Commandments, The Negative Confessions (also known as the Confession to Maat, the Egyptian Goddess of Truth), and the simple commandment given by Jesus, "Love the Lord your God with all your heart and all your soul, and love your neighbor as yourself."

If we keep the above advice in mind, we will never utilize any skill or power that may come from our psychic development in a manner that would be intentionally harmful to others. Be patient, persistent, loving, generous, and confident, and your psychic progress will be guaranteed.

Easiest Places to Get Started

Lucid Dreaming

Lucid dreaming is an easy way to begin stimulating psychic development, especially if you are interested in psychic projection, astral travel, and out-of-body experiences. Lucid dreaming requires no extra time out of our day since we must sleep every night and is done while we sleep.

Each night as you fall asleep imagine that you are standing near your bed looking down at yourself, or in a pleasant environment that you know well, such as your living room, or a park. Repeat the following affirmation, or one like it, to yourself several times as you hold this image: "As I sleep I dream, and as I dream, I realize that I am dreaming. I am awake in my dreams."

Another method is to review your dreams each night as you go to sleep, and imagine yourself picking up in the dream where it left off, in an effort to continue the dream.

These may take a few weeks to get going, but it is well worth your effort, especially if you want to make better use of your sleep time. By increasing your dream life, and your memories of your dreams, you will slowly and progressively decrease the friction between the levels of consciousness and increase your internal communication.

Utilize the Inner Temple you have created, and each night imagine that you are entering it, and 'waking up' in your personal sanctum. This can be off a bed or cot, or to simply imagine yourself already there, walking through the doors, in the main temple, or simply seated at your desk, or in whatever manner appeals to you.

Spagyric Tinctures

In alchemy, spagyric and mineral products are produced that allow the alchemist to reduce the friction between the levels of consciousness and to experience interior initiations. These initiations are permanent changes in consciousness that bring with them an increased degree of psychic integration, and as such, ability and power.

These products are made under strict conditions, and are not hallucinogenic or psychoactive substances. Often they are made from common ingredients, but prepared in such a manner as to release greater quantities of refined energy into the system of the alchemist. It is common to prepare and ingest spagyric or plant products as a means of inducing lucid dreams, cleaning the psychic channels, and preparing for interior initiation.

Meditation

Symbols can be used to move consciousness, or more aptly focus it, to various levels. Rituals are 'orchestrated' uses of symbols in a progressive and coherent manner, like forming a psychic cord or sentence, and can allow the operator to increase as well as focus their emotional energy and mental receptivity for psychic work.

Planetary Influences

Astrology is concerned with the cycles of energy and their impact on matter and consciousness. Astrological timing of experiments and rituals is common, and can even be done on a daily basis using the occult system known as *planetary hours*, as a means of picking the best time for psychic experiments. As a rule, Monday, particularly in the morning at sunrise, or late at night, after midnight, with 2-3am being ideal, are considered favorable times for psychic experiments.

Times of the Day

The best time to do psychic experiments is either immediately prior to going to sleep, or first thing upon awakening in the morning. Since the mind is tired in the evening, and refreshed in the morning, it is easier to bypass conscious thought. These are also the preferred times for meditation or remembering dreams to increase lucid dreaming experiences.

Distraction: The Trick of the Trade

Stage magicians, or prestidigitators, those skilled in slight of hand, know that distraction is the key to deception. Without skillful distraction of the audience's attention, the trick would never work. The same is true with psychic experiments; only the audience being distracted is our objective consciousness so that the 'trick' of receiving or rather, perceiving information, from other levels of consciousness may take place.

To distract our attention, a variety of tools are used: mirrors, spoons, ink pools, crystal balls, bowls of water, pendulums, and fire. Doreen Valiente states a means of inducing a hypnotic trance used by witches was to get their patient to gaze steadily at the bright blade of a sword or a knife.^{vi} Emmanuel Swedenborg and Jacobe Boehme, two of

Europe's greatest mystics and seers both had visions as a result of seeing sunlight reflect off of silver. Each technique has its advantage and disadvantage, but all have one thing in common, they allow the operator a reflective surface upon which to focus their gaze, and in doing so their mind, in a steady, relaxed, and regular manner.

It is in these times of relaxation, with the mind at ease, or focused naturally, without stress, on a single idea, image, or point, that information is transferred from the subconscious to the conscious mind, and actively realized.

Another way to approach it is, more simply, in relaxed states the information moves from the domain of the 'unknown' to the 'known', and 'gnosis' and 'knowing' is experienced.

Hypnosis and Psychic Ability

Hypnosis^{vii}, can be used to induce psychic states, and even increase one's psychic ability. Unfortunately, the idea of hypnosis is too attached to stage tricks and entertainment, than to what it really is - the power of suggestion. A hypnotist, like a magician, knows that the subconscious mind *is* power.

That is, the subconscious does not possess power, like a person who has money in their pocket and can choose to spend it or not. The subconscious does not have choice. Choice is the function of the objective mind, or the part of you that you are using to read this Special Report.

To make it easier to understand, you chose to focus on this paper, to eat an apple rather than a pear, or whatever it is that happens across the day. While these choices are taking place, there is a reservoir of power that exists behind all of these choices that allows them to manifest in reality. This power is purely emotional, and flows along well established channels and patterns. Because these patterns are so well established, we do not notice the flow of energy, but accept it as natural. Only when new patterns are being established, do we feel or sense a change, or some resistance to the new direction of our emotional force.

It is this resistance that the hypnotist seeks to circumvent. The hypnotist seeks to move around this inner resistance through distraction and subtlety rather than direct commands; whereas the magician uses symbols, rituals, and emotionally evocative experiences to bring the subconscious power further out of the background and into the full light of day through drama and exaggeration. One practical experimenter, a member of a European esoteric society stated that in his experiments with clairvoyance, it was advantageous to have a candle lit in the room, or an adjoining room, and a little bit of incense burning; and that when these conditions were met, the visions were clearer, and increased the manifestation of phenomena. In addition, he stated:

“After practicing certain rites, the possibility of obtaining interesting visions is increased by the ritualistic environment; the visions, then are much more frequent, and they also manifest more rapidly, are clearer and more colored.”

Adding:

“When a prayer is said before the experience, the manifestation is easier and I perceive immediately the effect of some help: or when I am in a depressed condition, if I say my prayers, I feel at once the same sensation of an invisible presence and at times I also see the Power which is manifesting.”^{viii}

Both means are effective and rely on the same thing - suggestion.

A traditional method of hypnosis that can be used on oneself or another is known as the “Braid Method” and is extremely simple to follow, and is the core of all hypnotic techniques.

“Take any bright object (I usually use my lancet case) between the thumb and fore and middle fingers of the left hand; hold it from about eight to fifteen inches from the eyes, at such a position above the forehead as may be necessary to produce the greatest possible strain upon the eyes and the eyelids, and enable to the patient to maintain a fixed stare at the object. The patient must be made to understand that he must keep the eyes fixed on the object. It will be observed that, owing to the consensual adjustment of the eyes, the pupils will be at first contracted, they will shortly begin to dilate, and after they have done so to a considerable extent, and have assumed a very wary position, if the fore and middle fingers of the right hand, extended and a little separated, are carried from the object towards the eyes, most likely the eyelid will close voluntarily, with a vibratory motion. If this is not the case, or the patient allows the *eyeballs to move*, desire him to begin again, giving him to understand that his is to allow the eyelids to close when the fingers are again carried to the eyes, but that the eyeballs *must* be kept fixed on the same position, and the mind riveted to the *one idea* of the object held above the eyes.”^{ix}

When doing this for oneself, as a form of self-hypnosis, the hands are not moved, and instead a simple mental command is given after few minutes, when the strain on the eyes is felt, to close the eyes.

Psychic Experiments

Pick a time when you will be undisturbed for 10 to 20 minutes. Prepare yourself with the relaxation technique described, deep breathing, some prayer or positive affirmation, and soft lighting, possibly a candle and a little incense. Pick an exercise from the list below and practice it daily, if possible, for two weeks. Take notes of your results, and after the time period is up, pick another exercise to practice for two weeks, and continue until you have worked your way through all of the exercises listed.

1. Playing Cards - Take a deck of regular playing cards, shuffle them and place them face down. Take one card at a time off the top, place it in front of you and ‘sense’ what color it is - black or red. You can even ask yourself the question “Is this card black or red?” Try placing your left, right, and both hands on the card to see if that helps. Increase

the complexity by progress on to discerning suites, and then entire card descriptions of suites and numbers or court.

2. **Man on the Street** - When walking down the street or in a crowded room, pick someone who is in front of you and facing away. Focus your gaze on the back of their neck, and mentally suggest to them to 'turn around.' Be relaxed and focused as you do it. You can also try adding to your gaze a 'telepathic visualization' of the person turning around.

3. **Telephone/Mail** - When the phone rings, be still and see if you can 'guess' who is calling before you answer. Try this with mail as well, or see if you can ascertain the time a package or delivery will occur.

4. **"Call Me"** - Pick someone you want to telephone you. Image them, preferable at a time they are relaxed or distracted, such as before sleep, upon awakening, or when eating dinner, and mentally image them picking up the telephone and calling you. If there is a specific reason, include that in the visualization. As you progress, suggest a time of day for them to call.

5. **Candle Flame** - Use a candle flame in a dark room, in the same way you would use a pendulum, shiny surface, or other reflection. Focus your gaze in a relaxed yet concentrated manner upon the center of the candle. See if you can sense the outer rim of its aura. Simply allow images to rise up, or ask a single question and relax as you await the answer.

6. **Dice** - Take a simple six-sided die and as you throw it, imagine a specific number to come up.

7. **Photographs** - Take a photograph of a place or event that has an emotional charge for you. Visualize the event. If the picture is in black and white, add color to your visualization of it. Make the picture completely three-dimensional, with texture, smell, sound, and move from being an observer, to the various characters that may be a part of your chosen scene. Note your responses and dreams during this period.

8. **Creating the Future** - Pick a goal you would like to achieve. Imagine it in complete detail, just as you did in the experiment with the picture. Start with something small, like accomplishing an annoying, but important task; visiting a club or restaurant that might be a little out of your normal circle; or a taking a weekend vacation to somewhere special. Imagine it in complete detail. See yourself in the first person participating in the event in the present tense, as if it were happening right now. Continue with this for several minutes, always keeping the image in the present, vital, and alive. When done, simply dismiss the image, with the joyous feeling of confidence that 'it is done.' Meaning, that by opening your eyes, and going about your daily business, events are underway to make the image a reality, and within a short period of time, it will be realized materially. Since some goals will happen more quickly than others, it is acceptable to continue with the same goal, imagining it exactly as before, or changing it only so that it is more clear, precise, and emotionally engaging, each day for the two week period.

9. **The Inner Note** - Sit or stand in a relaxed position. Inhale deeply, exhale, toning the sound of the vowel 'ahh.' Move from a very low pitch to high one. Do this several times paying attention to where the sound vibrates in your body. The pitch that causes the root of your nose to vibrate the strongest is your psychic key note. Prior to any experiments, vibrate the sound 'ah' several times causing the bridge of your nose to vibrate. You will also find a pitch that causes your solar plexus to vibrate as well. This is also a useful note for psychic experiences, particularly lucid dreaming and astral projection.

10. **Universal Consciousness** - Sit in meditation and focus on your heart. Allow the beating to slow down. Remember a time in your life when you experienced perfect peace, happiness, love, and contentment. Take those emotions and allow them to grow, free of any specific image or event, in the present. Allow them to fill you, overflow from you, and to fill your house, neighborhood, city, country, the world, even the universe into the heart of God, with this sense of Universal Love. Let your consciousness rest in this feeling of Universal Love. Feel your connection to everyone and everything. God is omniscient, omnipotent, and omnipresent, and through Universal Love you are as well.

Six Keys to Success in Psychic Experiments

Success in psychic experiments and demonstrations of psychic skill are based on the following.

- **Need.** Psychic 'ability' is deeply rooted in your subconscious, and therefore your survival mechanisms. It is always there when you need it.
- **Emotions.** Psychic skill is more about how you feel than what you do.
- **Attitude.** The mental and emotional congruence (agreement) that success is expected, and will occur, is the cornerstone that all efforts at consciously directed and controlled phenomena are built upon. "Dare to do, and you will be given the power to do."^x
- **Simplicity.** Successful exercises and techniques are simple and direct. The less you have to think about the process, the easier it is to bypass the rational mind and access the subconscious.
- **Humility.** Boasting about your abilities and experiences, or discussing them too casually strengthens the ego, thereby cutting you off from your inherent spiritual connection with others. It is this connection that allows psychic contacts to occur between people. In psychic work, the greatest virtue is Silence.
- **Detachment.** The paradox of psychic work is that you must focus all of your energies upon a single idea, and yet, be detached from the outcome. One author stated that 'lusting after results' killed the very success one was looking for. Another stated it this way: "The iron rule is...that what power one gets he must himself acquire...He must not even desire too earnestly or passionately the object he would reach; else the very wish will prevent the possibility of its fulfillment."^{xi}

The Three Challenges

The first challenge is laziness.

The greatest challenge to individuals wishing to develop their psychic ability is first their own inertia. Regular, daily practice is essential, as with any noble undertaking or goal, effort must be put into it if it is to be realized.

Laziness is overcome by setting a schedule and a goal and sticking to it. By being inspired in your research, enthusiastic about your desires for undertaking it and being confident that your work is bearing fruit, and will bear even greater fruit, as your efforts continue.

The second challenge is superstition and fear.

Fear is dissolved through a constructive use of analysis, remembering that 'as above, so below.' The universe is orderly, constructive, and you are a part of it, and it of you. According to an ancient Greco-Egyptian papyrus, there is no part of you that is not of the gods!

The third challenge is selfishness, or ego.

Selfishness is solved by meeting with others, dedication to an ideal greater than self and regular practice of meditation exercises dedicated to helping others.^{xii}

Conclusion

The importance of developing your psychic abilities to assist in solving life's problems, or to have greater confidence in the reality of spiritual domains because of your direct experience of them, can not be underestimated. The time, energy, and resources put forth to better understand your place in the universe and relationship to others is a key component of health, happiness, and success. Thank you for taking the time to read this Special Report on *How to Develop Your Psychic Abilities* prepared by the **Institute for Hermetic Studies**. We look forward to hearing from you regarding your experiences, and hope that this paper becomes a tool whereby you can better experience the richness of life.

For information on additional Special Reports, publications, classes, seminars, and workshops, contact the **Institute for Hermetic Studies** at: info@hermeticinstitute.org or (570) 693-1731.

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Summary

1. Psychic development is best undertaken as part of a spiritual tradition or framework. In the West, the major areas of study are Alchemy, Qabala, and Astrology, often referred to as the Hermetic Arts and Science.
2. Ancient Egypt is often looked to as the source of all things magical in the ancient world, from the Classical period through the Middle Ages, to the Renaissance.
3. Only ten or twenty minutes a day of meditation and/or psychic experiments is needed to increase your psychic abilities.
4. Psychic power is emotional power and resides in the subconscious.
5. Dreams are an important part of subconscious communication and beneficial to psychic development.
6. Lucid Dreaming, spagyric tinctures, meditation, hypnosis, using daily cycles, and planetary influences can all assist in increasing our psychic experiences.
7. An Inner Temple is key to increasing inner contacts.
8. Simple experiments work best, as they most easily bypass the objective or analytical function of our mind.
9. The Six Keys to Success in Psychic Experiments are: Need, Emotion, Attitude, Simplicity, Humility, and Detachment.
10. The Three Challenges are: laziness, fear, and ego.
11. A little work daily is the best way to proceed.
12. Psychic experiences can help us find greater peace, happiness, courage, and success in our material and spiritual lives.

ⁱ Dion Fortune and William Butler give a slightly different variation of this theme in their works, and instead refer to it as the 'Rays', referring to the influences of the various spheres of the Tree of Life. Emphasis is on the first three non-physical spheres or Yesod, Hod, and Netzach, as Mystical, Magical, and Nature oriented. See: *The Ritual Magic Workbook* by Dolores Ashcroft-Nowicki; P. 201.

ⁱⁱ The real power of course, is a by-product of highly developed concentration and visualization skills.

ⁱⁱⁱ The word *occult* is derived from Latin, and means 'to be hidden from view' or 'cut off.'

^{iv} *The Reach of the Mind* by J.B. Rhine, William Sloane Associates, Inc., NY. 1947. P. 21.

^v See the Institute's *Special Report - Open the Vault: Rosicrucianism for the 21st Century* for a Rosicrucian variation on this theme.

^{vi} *An ABC of Witchcraft* by Doreen Valiente, Phoenix Publishing, Custer (WA), 1973. P. 189

^{vii} Dr. James Braid was the first person to use the word 'hypnosis' (1843).

^{viii} "The Technique of Clairvoyance - The Practical Notes of an Experimenter" by Sar Skia. *The FUDOSI Journal*, No. 1, Vol. 1. November 1946. P. 11. This *Journal* was published by the Rosicrucian Order, AMORC, San Jose, California. Only one issue was produced. Sar Skia is the initiatic name of a member of the author and indicates that he was also a member of the Martinist Order, and a Free Initiator (4th Degree).

^{ix} Valiente, *ibid*

^x A Rosicrucian aphorism.

^{xi} *The Technique of the Master* by Raymond Andrea. Rosicrucian Order (AMORC), San Jose, California. 1932. P. 107-8.

^{xii} Taking the *Vow of the Adeptus Exemptus*, and performing the practices associated with it, as outlined in the Institute's *Special Report - The Tree of Life and the Path of Perfection* will assist in overcoming the obstacle of selfishness.