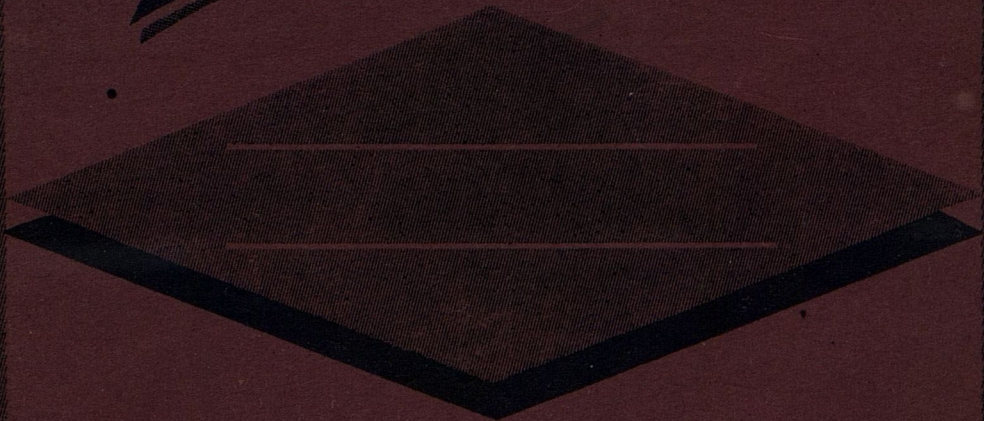


VICTOR

Exercise Book



Solar Plexus

2

As the Sun is the center of life in Solar System, thus the nerve of the Solar plexus is the center of life in the body of a man.

The force which sleeps in the Sol plex could act's the force of the spirit which resides in ^{the} Sol. Center of man.

The nucleus of all T nerve centers is the Sol plex. The serpent of T Sol plex helps to master the confusion of T centers.

Therefore T serpent has always been the symbol of living when ^{the} coils of the serpent begin uncoil T organism

begins to be exceedingly sensitive. - Agni Yoga para 399 ³⁴⁻⁴¹

The Sol plex is T most important transmitting center. It is T field of action of all subtle astral forces. Sol plex ^{transmits} every energy that is sent to it & consciously feeds the center. - The center of T Sol plex is T-focus of T radiation of fire. As all higher functions of cosmic act from within outwards, thus the fire of T Sol plex is intensified (strained) - in the core of T Sol plex. - The center of T Sol plex gives balance to all T ^{subtle} bodies (envelopes) & its radiation ^{saturates} includes also T double, sometimes called etheric double.

which nourishes his astral body.

The interweaving of all centers & all bodies is compared to T coils of a spiral which are united in the Sol play - ^{center of the} ^{in space} Each planet, each fiery center, has its Sol play. The Divine fire of life & connection of Macrocosm & Microcosm will be an apparent fiery truth. The Sol play has its radiation which radiates from T core to T protecting net. These powerful currents bring to T heart all ^(sendings) reflections from space. Then fire when the cosmic manifestations are intensified then T Sol play begins to vibrate ^(quivers) (trouble). T protecting net can be intensified only when the centers are transmuted. T transmutation of T centers by fire is T unification of all T centers, Spiritual as well as physical. T Spiritualization of T which being takes place. T ^{ascending} path to man is indicated in the path of ascent. T path of ascent is shown to man when the centers become aflame. Of course the Sol play is T most important. Since it feeds the entire nervous system & psychic energy.

Tsol plex is divided in 2 parts. One is called Thevenly
axis which is near T stomach just above T navel.

And the other one called Kundalini is on T level of T navel.

And both these plexuses are united ^{by} subtle threads of nerves.

T most important plexuses Sol plex & T nerve Vagus.

Which have their ramifications & connection \in T heart

Sol plex & Kundalini. Also \in T spinal cord & is connected

\in T middle brain. One must pay attention to Sol plex &

Vagus. T Sol plex is much more complicated than T lobes

of the brain. Verily T Sol plex is manifested as T symbol

of T life giver. But also of a destructive force. - Because

T Sol plex is T ^{force} power of a ^{spatial} fire which destroys
everything which does not correspond ^(chemical compound) construction

& its Rhythm. But it destroys not only all that is not assimilated

by it but it regenerates in itself psychic energy.

The Vagus is generated in the Medulla Oblongata

Beginning & end of Vagus is Medulla Oblongata ^(gland at back of skull)

Vagus is T most important among T nerves of T heart.

One may observe T contraction of Vagus or its
calmness under T action of T X-Ray - According to T
contraction in T heart one may define T strength of T heart.
+ Sol play. X-Ray are T condensed Ray of T sun & there
must be a great caution is needed while applying them
to T heart. This Ray can applied not more than a
few seconds, not more than five%. The power of the
Ray can be subdued by a shield of blue glass.
T danger of a burn can be lessened by letting the
Ray pass through T blue glass & a plate of lithium
For this fusion one should take $\frac{1}{3}$ lithium $\frac{1}{3}$ ^{pure} Silver
 $\frac{1}{3}$ sulphureous iron (?) using this fusion in a Rod
of thin plate one may avoid a dangerous burn & T
destruction of the tissues. T several many types of
protection by oily or a crude application. T nearest
protection to T Rays is thin plate of metal & T second
is T blue glass (1st plate - 2-glass) Strophantus is urgent
when the Sol play is i.e. & strengthens T nerve Vagus.

One must discover the cause for diagnosing a healthy Sol plex
 + Vagus from their sickly condition. A refered organism
 may manifest pains in T Sol plex but T plexes by itself
 will be healthy. A dose of Soda + Valerian may relieve these
 pains - The healing of Sol plexes can consist in doses of Soda
 + Valerian 3x per day - If Soda will not subdue T pain
 in a short time after taking - It means T solar plex is sick
 And one should apply T massage of T X-Ray -
 If Sol plex does not respond by tension + pains from T
 massage of X-Ray then after a second ^(time) application
 if any results, the message must be stopped.

Vagus is T most powerful nerve in our nerve system
 Its ramifications ^{exist} are everywhere in our ^{entire} organism

Vagus is T ^{most} powerful plex after Sol plex. Vagus is T
 regulated of T heart + Sol plex. T ~~is~~ nerve of
 consciousness is T so called nerve of Vague. This nerve
 of consciousness has many ramifications which unite
 Sol plex + heart + spleen. It is united in spinal cord

* In T sexual centers, T Vagus Ner. has a connection
in middle brain. Samadhi ^{begins} starts after T ascent
of T psychic along T Vag. Ner. - into T middle brain
Sushumna also partakes & helps Vagus.

(Sushumna nerve current in middle of spinal cord)
T nerve Vagus is manifested as T most important
ner. of Agni Yoga process (condition of organisms).

Vagus is T nerve plex in many currents. Its main
nerve leads towards T heart from T right side.

Vagus protects T sol plex from all cosmic currents
& rays which are coming from T top of head along T channel
of T spinal cord into T sexual region of Kundalini. During
the high ^{stage} condition of yoga T separation of Sol plex from
T channels of T spinal cord which are carrying T cosmic
R + currents, is needed in order to give to T Sol. plex
its independent activity.

Solar Plexus & Vagus -

Vagus & its ramifications goes through all plexuses in
 human man, It is better to call Vagus & splanchnic co-
 workers of Cosmic forces & are working in human man.
 T solar plex is T most important because it leads all ^{nervous} T psychic ^{systemic}
 energy - psychic energy is being generated in T lotus heart
 center (Chakra) - T sacred psychic energy is manifested
 as fluid going into T pituitary gland in T brain. T solar
 nerve (of solar plex) co-op. & T highest nerve centers in T brain.
 T psychic energy of a yogi purified by T highest currents
 through vagus goes through the heart, a medium can't
 have his centers opened because of the impossibility
 to feed them from his solar plex & can't attain the
 transmutation of T finer centers because of ^{for this} that T solar plex
 should be strained. Much is told about raising ^{of} the sexual
 energy to T middle brain but they do not know in which
 plex it is gathered (condensed) before being raised to T middle
 brain this force accumulated in T solar plex, and T yogi
 experiences many painful manifestations during this
 accumulation in T solar plex, this condition can be

allocated in co-op. in the process of giving out this
psychic energy by channel of Sushumna into
the middle brain & there it will strain (intensify)
the manifested cosmic receptacles of wisdom &
knowledge - These vessels are pineal & pituitary glands
but they are completely different from one another.

The play Kundalini lays a little higher than
the base of the spine on ^{little on} ~~right~~ side, currents fall
by channels of ^{left} Ida & ^{right} Pingala & they regulate
the magnetism which attracts spirit to earth.

The nerve channels (Ida & Pingala) of the spine are
filled with cosmic electricity & are terrifically strained
when the sacred force of Kundalini is being raised - But
the play regulates (holds back) this terrific tension
of cosmic forces coming from the region of Kundalini.
The condensed activity of the brain centers & channels
of Ida & Pingala & Sushumna is the conductor
of a powerful force called the Guardian or Serpent of
Wisdom & Knowledge - This power is manifested

through T raising of T sexual energy from Kundalini to
 T middle brain, T channel Sushumna is ^{located} manifested
 in T middle of T cord of T spine & is protected from all
 other nerves. This Sushumna begins at the ^{first} root lot
 of Kundalini but this nerve co. of a TSB, p.p. It is
 connected to T Sol play & T nerve Vagus which is coming
 out of Sol play & going to T middle brain along T Sda
 channel & carries these intensified fluid into T pituitary
 gland. ^{First} Sushumna when it comes thro' T ping
 Sushumna is connected is connected to T nerve Vagus
 which through its ramifications is connected to T
 solar play. T Sol play is terribly strained ^{the fluid in} when Sushumna
 is raised to T middle brain. Nerve Sushumna is as fine as
 a spider web comes from T center Kundalini into T middle
 channel of T spinal brain (cord). T nerve Sushumna is
 raised in T middle channel of T spinal cord into T sphere of T
 middle brain. All T five finest emotions, transport, enlighten,
 ecstasy, realization of Cosmic Right are transmitted by
 this finest thread. This thread is impossible to find in T

channel of Sushuman ^{after} ~~the~~ death because it
immediately ~~decomposes~~ ^{dissolves}. This thread reaches T gland
at T top of T head T center of Brahmarastra -
& another center of ^{called T completed circle of} ~~full~~ immortality. When man
reaches this stage he is a full (what) T nerve Vagus
which is ~~found~~ ^{attached} ~~to~~ T spinal cord in cases of mediums is not
connected = T sol plex but proceeds as a special nerve
thread to T lowest sphere of Kundalini & the base of T
channel of Sushumna remains free from action of Vagus.
But in case of a Yogi lies Vagus also in T channel
of Sushumna - through T sol plex & T heart, Vagus
raises T sacred energy to T middle brain, Vagus ^{in case of a} Yogi
is always attached to T spinal cord but in T sol plex and T
Vagus is torn away from T spinal cord in T sol plex.
But T thread which ^{connected} ~~attached~~ him in T nerve thread
Sushumna remains unharmed. T Yogi thread
is a special one. This thread is manifested as a thread
coming out of T sol plex. T thread of T sol plex is interwoven

2. The head Vagus & is inseparable from it becomes T
 conductors of T Masters Lute (seedlings). But T Sol play must
 (tear itself away)
 become fiery & accomplish T separation from Ida & Pingla -
 in order to concentrate on T middle channel of Sushuma.
 T Sol play must become intensified & begin to radiate (as a sun)
 & these radiations are as Cosmic Arrows. T difference between
 Yogi & Arhat is in T difference in their tasks. While a
 Yogi is manifested as T planetary task an Arhat as T
 Cosmic task. T fiery chakra in T human structure
 looks like T constellation in T Sol System. T Sol play feeds
 all T centers & its fiery centers. T Sol play is a conscious
 giver of energy. T sacred energy is stored in T Sol play
 & also in ^{a special} treasury in T middle brain. T store of sacred
 energy is manifested from T Kundalini when it is being
 raised into T Sol play & after going along T new Vagus
 into T middle brain & then into T pineal gland. T Sol
 play unites & keeps together all T 3 bodies of man,
 T nerve threads which are coming out of T Sol play are
 attached to T spinal cord. But T Sol play ^{also} is attached by

(manifestations)

nerve threads to T nerve Vagus, When T separation of T 3 bodies, physical, astral & mental is going on they in this process T threads which attach T Sol play to T spinal cord are being dissolved. Vagus is attached to T heart, therefore T heart should be so protected,

The Sol play T most important center & conductor of all Cosmic forces & all T energies in our organism. One must understand thoroughly the great importance of T Sol play for all the Yogic processes & also for all T ailments in our body. Each illness reacts upon T Sol play & each manifestation of T Sol play reacts upon T entire organism. Our Organism depends fully on T Sol play. Understand T Cosmic meaning of T Sol play. It is manifested as T ~~Sun~~ reflection of T Sun in our organism. T Sol play is

indispensable for all Yogic, Cosmic & physical
 manifestations. T process of T dissolution of T thread & T
 separation of T bodies takes place under T action of T fiery
 Transmutation of T sol. plex. T nerve Vagus is also
 attached to T spinal cord. And T nerve Thread from T sol. plex.
 is bound to T spinal cord. And it impedes ⁽¹²²²²²⁾ T sol. plex -
 from becoming a free conductor of T energy coming
 from Kundalini - A Medium has no such Thread
 to bind the sol. plex to T spinal cord. therefore his subtle
 bodies are separated from T physical body.

Mediumism does not give any possibilities for T subtle
 bodies to manifest on T higher planes & by T same
 can't receive food from T store of highest psychic energy.
 T subtle bodies receive T food of psychic energy from
 space, ~~but~~ through T agency of T sol. plex. T fiery
 of transmutation takes place in T sol. plex. Medium
 can't nurture his subtle bodies from T sol. plex.
 And he feeds them from T lowest spheres of
 Kundalini. But T force of Kundalini in T lowest

sphere has no conscious manifestation & being raised
to T highest centers & therefore T medium can
manifest himself only as T lowest spheres -
He can't feed his subtle bodies through T sol. plex.
But T subtle bodies of a yogi after T dissolution of T thread
after T separation of T subtle bodies are fed from T
psychic energy coming from T sol. plex. towards
the heart & through Vagus -

T Sol. plex is most important & is directly
connected to T region of Kien - (Mooladhara).

The "So Called" Sacked Pains -

9

You know that the so called Sacked Pains, do not ^{physically} differ from the usual ailments. The physician will find the most [^]correct (every day) - definition for them. You know the 2 great Thales of Greece, who died, one from Cancer of the Throat, the other from diabetes - What can such sicknesses have in common - T Sacked Pains, thus will say physicians. But both examples show that ^{Self Sacrifice} giving out of psychic energy can give ^{bring} most unexpected results, (consequences). You also know about T Sacked Pains of H & B. But the physician would never acknowledge the cause & consequence of Self sacrifice. They will say, why such a lawlessness of giving out of psychic energy. But it is fair to put such a question, after that ^{also} you can [^]doubt whether the activity of Our Sisters in Spain & Italy has been useful. Both of them remained as the highest examples of labor for the General Good.

They struggled against unjusted ignorance
Both of them endured many slanders & deformations
Both of them manifested unflinching patience.
Both of them suffered from sacred pains. No
one could depict their various ailments
which brought & started ~~there~~ expectably &
ended likewise. No one could think
what was the cause of these pains - Especially
those for the sake of whom their energy
was sent to. But the manifestation of self
sacrifice builds the shining steps of ascent
A Greek philosopher feeling himself so
heavily was very worried, thinking "is it possible
my strength can ~~gather~~ where it is required" - Thus
by many examples ^{it can be shown that} the great service is not in
the earthly health as we understand it. Also
it can be proved that some ~~richly~~ people
live much longer than ^{supposed} the healthy ones

Understand that the germ out of the energy is the highest generosity & generosity. The thinker used to say "It is good that everyone has in himself the Invisible Treasure."

Especially now we should pay attention ^{the natural development of} to psychic energy. It should not only be studied (investigated) but it is urgent to apply it to life. Of course psychic energy acts independently. But now I'm speaking of its conscious application. Don't be tired to repeat that each one possesses these treasures & can with thought attract these treasures in all domains of life. But for ^{that} we should first of all realize the process of thinking. The matter is in that man thinks relessly - in dream & waking state. But one thought is reflected by the brain the other one process in the depths of consciousness. Usually man does not know about this depth

He does not know that perhaps the most
precise accumulations take place out side of
the brain. They flow out side the brain. Let people
realize the continuous ^{non stopping of} thinking. It works as
a pulse & generates good rhythm (effective).
Such a differentiation is very demonstrative. It
shows that healthy thinking is also a good one.
Such an ^(thinking) indispensable quality will give a
beneficial error free. You know that in the
twilight of the subtle world one may bring the
healing fire. ~~The~~ subtle body is as a chalice
of phosphores - One may take from it (derive) -
the inexhaustible fire. This is also a good
rhythm. We love to visit ^{the} spheres which are
in need of light & to throw ^{earth} their sparks of
fire. Thus each man can also in any of
his ~~state~~ ^{become} ~~of~~ ^{be} the source of light. The
Thinker used to say - "Godness is light" -

I

Dignity Supermundane ¹¹

Mr. Ernest Tower Chung, Mr. Know ^{outwardly} how the
Tower resembles a natural rock. It is not
difficult to stop (block) the access ~~to~~ the
Tower. A small, insignificant landslide can
cover the structure below. A small dam ^{bay} could
change (turn) the torrent into a lake. These are
also ^{can} ~~could~~ immediately transform the locality
if ^{the} time comes (at the necessary time) (or in time of need)
People may smile, thinking that the expeditions
which are sent ^{out} ^{well} sooner or later ~~will~~ (eventually)
penetrate into all the gorges (canyons) ravines.
But let it not be forgotten that before the
location is transformed the power of the
thought will direct any caravan. Also, the
chemical actions will not let the curious ones
in. Thus is Our Brotherhood, ~~is~~ protected. The
most perfected airplanes can't ^{to} (find/locate)
Scholar ^{Our place}, and the ^{hermits} ^{ancients} who live in the
neighboring caves are ~~of~~ vigilant guards.

Light from the Tower. She has seen Our Co workers who were gathering useful plants. Many details of these paths, Our Sister has remembered. Such Land marks are unforgettable. They will give ^{add} coverage on all the paths. Our Treasurers, which are deep in the earth (Mr. Our sister has also seen, Our most deeply hidden Treasurers.) One should see all the materials (objects) of knowledge which have been gathered in order to understand how the activity of Our Abode proceeds. One should hear the singing in order to understand the life of Our Ashram. Thus, We shall relate about Our life & Our Labor -

If Mr. has seen many of Our Apparitions. Their do not differ too much in appearance from the ^{similar} existing ones. But their application is different, psychic energy is added, & there

Since long it has long been known that
some apparatuses can work ^{only during} ~~if only~~
in presence of a certain man - I don't know
there exist many people ^{who ~~beginner~~ can} who may replace
the whole complicated apparatus. Thus
humanity is being accustomed to the energies
that are concealed in themselves. But
we since long have accepted ^{the} principal
that each apparatus can be re-energized
by man. The transformation of an ordinary
life can be achieved only by the realization
of this primal life giving energy. Since
centuries we have been accustomed
to ^{the} thought that the concentrated energy can
be directed to any domain. Energy as
lightening connects in its ^{discharges} ~~explosion~~ the
accumulated forces upon the same
principal are founded ^{the} manifestations
called magic.

But in reality such differentiation leads only
 into errors. Any electric machine can be called
 a magic apparatus. You yourselves, when
 you have ^{taken part in} producing levitation & transference
 of objects you did not do this by magic.
 But you simply did not ^{impe-} resist (parted
 against) this energy. You accepted the
 manifested (sent) energy ^{you} gave it out & that
 energy act. The energy acted & connected
 itself to the Cosmos Energy & acted ^{thus}.

Our mirrors can^{nt} be called magical
 ones. They simply help Our energy which
 is (at) working. Many adaptations can
 exist (be found) to increase the action
 of energy. The powerful magnets, can they
 be called magic, had their actions
 remarkable. The subtle body & all the
 experiments around it will belong to

Science but not to magic. Thus one
should destroy all superstitions which
is connected with the term Magic ^{as that} which
is so little understood. The Man is always
apprehensive of everything which is mysterious
forgetting the Sanskrit Key is in himself.
One must should liberate oneself
from all obstructive condition (or circumstances)
which are individual for every man,
Our ^{achievement} progress depends upon our free will
which is directed towards the good, &
power of goodness forces even the machines
to work not for themselves but for
humanity. Thus Our apparatuses
are acting (collaboration) with Our
participation. & people can smile
(deride) but ideas rule the world.
These words ^{are} in (are put in) the Code (States

of Our Brotherhood.

138 - "Community". About replenishing the enemy. The teaching of the Community has very solicitously in mind the replenishment of enemies. For this, one should hold hands with the enemies with direct proposals. But personal asperation towards world tasks can attain such tension that inevitably the enemy is drawn in the same direction. We must not forget that the enemy by his very enmity is already connected with us. In this bond lies the weakness of the enemy. Hating us, the enemy begins to feel his being with a picture of us. The enemy shares his consciousness to us & often ends up as a simple imitator, & which fact indeed he will never confess. The enemy will imitate first in an external way, & then when his hatred has led him to this point, the cosmic grandeur of the Task may enter him inwardly.

When we know the enemy is attached to

us we can look upon him as a foolish
member of the house-hold. Thus penetrate
into the essential nature of the enemies &
you will find a place for them. They may
serve beautifully as the legs of your work-
bench. Out of the obstinacy of ignorance they
they intensify their forces in order to
stick to you. But you have nothing to
complain because you work for humanity,
& the enemy must become an imitator or
else perish. This perishing, indeed, is not
by your hand, but is from a spark of the
world apparatus. Therefore I insist upon
fiery striving.

139 - One should expel all words of
negation. He who denies is poor; he who
affirms is rich. He who denies is constantly
wrong; he who affirms is always right.

He who affirms can be relatively right in place & time; he who denies is absolute in deadliness. Ignorance is the Mother of negation. Expelling negation, the Teaching enslaves no one. The denier is already a slave holder, for he does not wish to let his interlocutor go free from his circle. The teaching of the Community must be active in the opening of all paths.

143 — You are beginning to do a great deal correctly. You abolish hand-shaking & thus recognize the potency of contact. You avoid hand writing & thus recognize the stratification of living energy. You abbreviate the language & thus recognize the need of Cosmic conservation. You establish Societies of Mutual Aid & thus recognize Community. You begin

a reestimate of transitory values & thus
recognize evolution. You abolish com-
pulsion & thus recognize the Teacher.
You abolish foul language & thus
recognize the value of sound. You
abolish vulgar dancing & thus
recognize the significance of Rhythms.
You abolish vulgar spectacles & thus
recognize the importance of color. You
abolish sloth & thus recognize the
power of energy. You abolish tardiness
& thus recognize the will. If the
scientific significance of your actions
is not always clear to you, still, in
manifesting the inevitability of evolution,
you are comporting yourselves properly.

"Community"
para - 171 -

17

To some it may seem that much of what has been said here is widely known. It is necessary to affirm concepts of different order; only thus occurs assimilation in the consciousness. One may picture two conversationalists of approximately the same level of mind who yet do not understand each other, perhaps between their consciousnesses only a few small links are missing, yet this small difference forces the cog-wheels of thinking to turn differently, with the result that altogether different levels are set into motion. Best to bring a matter over into the fullest will not harm anyone. After all, we are proposing no revelation, nor are we preaching. We simply are arriving at the condition under which the consciousness can assimilate united labor. In this way, into the field of vision enter various details already pondered upon by someone, but which for strengthening the chain must be affirmed in their present moment's state.

Indeed, it is necessary to cleanse the channel of thinking. One should remain all solicited for successful progress of co-operation time, in the continual consciousness there is no offense, but by untimely formulations of thought it is possible to inflame one's companion so as to bring harm to the work; therefore, we watch over the gradual growth of consciousness. It is not our task simply to inflate the dimensions of consciousness. Only organic development & diversity of intellect determines the actual capacity of the treasury.

While sitting on the bank of the brook, picture to your self and remember our discourses. Not one of its waves can be repeated, yet to the eyes they all appear ^{alike.}

177- Is it possible to acquire psycho-technics without a teacher? It is impossible. This technique is accompanied by dangerous processes. Do you send your children into a physical

laboratory without a guide?

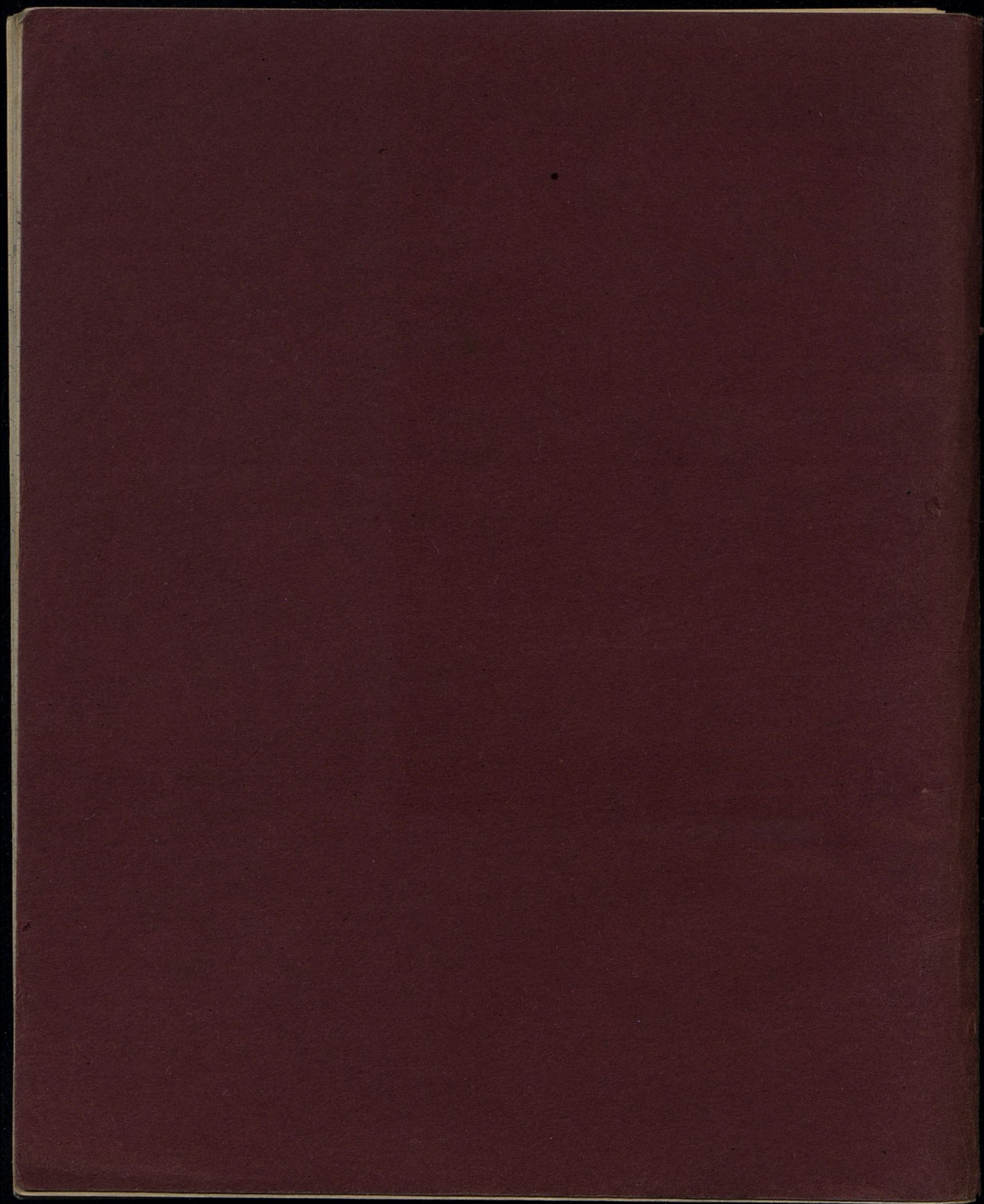
How to find the Teacher? Let us not forget that the laws of the will possess the property of attracting the attention of whomsoever they can concern. One's Teacher is not necessarily discovered in a neighbor's house; it is possible to guide at a distance. But moments occur when an experienced forewarning is unavoidable.

A series of psychic manifestations is closely connected with atmospheric and astrochemical events. There exist invisible but perceptibly deadly magnetic storms; the physical guide would give useful advice on how to avoid the danger contained in each metal. There are psychic storms in which the hand of the Teacher becomes indispensable.

You know that physical manifestations react on large groups of people. This cannot be called

insanity, but is a particular manifestation
of collective unity. One may visualize the reaction
of subterranean gases and the dust of atmospheric
bodies. Some paralyze psychic actions, but on the
other hand there are such expecters that the pilot
must take urgent measures. Speaking about
the possibilities of psycho-technics, we have
no intention of destroying anyone's apparatuses.
We, as Members of the Community, pursue the
tasks of their economy, & each psychic
apparatus must be safeguarded. Carefulness
is the more needed because often the potential
of psychic energy does not coincide with
intellect, and it is necessary to determine the
quality of psychic possibilities. Forcing
psychic energy into ~~the~~ a direction foreign
to it would be a most dangerous aspect of
compulsion.

precipitations of luminous matter and
astrochemical rays commensurate of psychic
energy an unusual sensitivity and activities
of periodically with rays. Indeed, the quality
of the consciousness will provide the determining
factor, therefore let us treat psychic energy
with solicitude.



It is not the so-called psychometric^(?), but the science
of radiations. ~~As you can observe~~.

Exactly in the same manner as you can observe

the usefulness of fruit & plants We can compare the
language of T objects according to their radiations. Thus
one can observe that only a small part of sacred objects
have beautiful radiations. To often they are created

& self-interest (only for money) - & they fall into still more
mercenary hands. ^{in sale} ~~As for~~ ^{like} ~~in~~ ^{significance}

Similarly ~~are~~ ^(also) collections of
inventions ~~are~~ ^{very significant}, instructive. The psychology
in which has affirmed the inventions puts its seal
on it. Such number of properties ~~react~~ ^{follow} harmfully
~~positively~~ - or beneficially follow the invention. Let the
hands of the inventor be clean - We observe ^{follow} keenly
the inventor - We rejoice but more often we sorrow
Thus Our Tower is open for everything new. It
is a special joy ^{when} ~~that~~ ^{thought} which has been sent
has been assimilated by a worthy worker -

IV

F.

21

"David must remember two Advises that have been given to him, To study the Inner Man, the actions and the secretions of the glands in relation to his nerve system with his age. He should also study the relation that exists between Man and Cosmic perturbances (disturbances) and the changes of currents."

"David could become a fine heart specialist as he possesses a very fine ear; he can discern (detect) rhythms of definite contractions of the heart. The study of the heart-action is more necessary than that of infectious diseases which it is better to leave to the specialists."

The next interesting study would be that of the Solar-plexus. But the study of the Solar-plexus is more complicated (difficult) than that of the heart. The heart clearly shows deficiency (its defect) in its action by the rhythm of its beat, but the Solar-plexus cannot give such a clear indication of its deficiency, being concealed behind the walls of the stomach. Its pulsation cannot be caught by the ear or sensed by the touch.

The Solar-plexus has independent pulsations which co-operate with the heart and influence (affect) its action.

The Solar-plexus is the organ which concentrates or focuses the nerve (action) or psychic energy. Therefore its healthy condition is so important. You know how important is the cooperation of the heart with the Solar-plexus during the Yogic-processes.

The heart is the most important organ for the rejuvenation and control of the organism, also for the preservation of one's memory.

The cosmic conditions of longevity depend on a healthy heart, but science neglects the heart, this regulator

of the whole human organism is the best indicator of the health in a man.

The physicians take the pulse during fever, but the beat (pulse) should be observed during the healthy condition of the heart. Then only will the heart show its peculiarities. It should be observed in the morning, at day-time, in the evening & during sleep. The pulse taken during sleep will show all the peculiarities of the heart.

● New apparatus will soon be introduced and physicians will carefully study the hearts of their patients before any operation. The operations will be more secure (safe) and successful if the heart is studied and strengthened before the operation. The treatment of the heart will consist in the strengthening of the nerve Vagus. The operation will be almost secure (safe) if the nerve Vagus is strong.

When studying the heart it is necessary to observe it during its healthy, normal condition.

● Soon many changes in Cosmic rhythms and all fields of science and knowledge will impel people to pay more attention to their sensations and health. People will understand how to discern the healthy condition of their heart and will apply prophylaxis against many diseases. Prophylaxis against the cancer and ulcers will be the most important. The prophylaxis against cancer (1) and against ulcers (2) in the stomach.

- ① a teaspoon of soda-bicarbonate in a tumbler of water daily.
 - ② A soup-spoon of Lithium Salts in a tumbler of water on an empty stomach. Of course Lithium Salts may also help in the case of Cancer but Soda is better as a preventive.
- The Catarrh of the stomach may be treated with Lithium-Salts and by lavage (irrigation) of the stomach.

Salts of Lithium are the best remedy from all tumors in the organism, also the stones in the liver, gall bladder or urine bladder are dissolved or broken up by Lithium Salts, but the process may be slow, then one may add a tea-spoon of soda-bicarbonate in a tumbler of water with the Lithium-Salts. Best only once a day.

In case of an ulcer in the stomach one may add one tea-spoon of Soda-bi. in a tumbler of water with one soup-spoon of Lithium salts, even twice a day on an empty stomach and during the day.

The best remedy from consumption is tar- (birch-tar) One should give this refined rectified birch-tar inside in cases of many diseases, together with milk on an empty stomach. Birch-tar is a life giver. In case of intestinal troubles and in case of respiratory organs, one should take a soup-spoon of (this) tar in a cup of milk. One may begin with a smaller dose. Do not be afraid to apply it in case of a bloody flux or dysentery. The birch-tar may cure an external cancer — The birch-tar does not irritate the mucous membrane, but (the pure tar does)