

The Short Cut—
**REGENERATION
THROUGH FASTING**

By JULIA SETON, M. D.

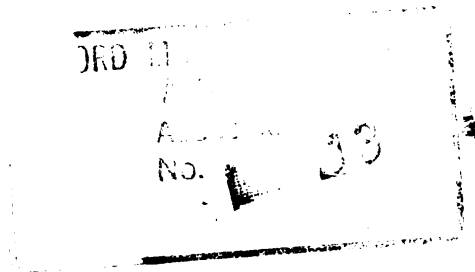
G 13.24
5e



To Mr. Henry Ford:

Yours for truth.

Julia Seton, M. D.



117

**THE SHORT CUT TO
REGENERATION THROUGH FASTING**

THE SHORT CUT—

REGENERATION THROUGH FASTING

By

JULIA SETON, M. D.



C H I C A G O
OCCULT PUBLISHING COMPANY

1929

**THE SHORT CUT—REGENERATION THROUGH FASTING;
COPYRIGHT, 1928, BY OCCULT PUBLISHING COMPANY,
CHICAGO; ALL RIGHTS RESERVED. PRINTED IN U. S. A.**

613.5A
Se

**SECOND EDITION
PRINTED BY OCCULT PRESS (CHICAGO)**

THE DOUBLE FORTRESS

BY ALFRED NOYES

*Time, would'st thou hurt us? Never
shall we grow old.*

*Break as thou wilt these bodies of
blind clay,*

*Thou canst not touch us here, in our
stronghold,*

*Where two, made one, laugh all thy
powers away.*

*Though ramparts crumble and rusty
gates grow thin,*

*And our brave fortress dwine to a
hollow shell,*

*Thou shalt hear heavenly laughter, far
within;*

*Where, young as Love, two hidden
lovers dwell.*

*We shall go clambering up our twisted
stairs*

*To watch the moon through rifts in
our grey towers.*

*Thou shalt hear whispers, kisses, and
sweet prayers*

*Creeping through all our creviced
walls like flowers.*

*Would'st wreck us, Time? When thy
dull leaguer brings*

*The last wall down, look heavenward.
We have wings.*

INTRODUCTION

WHAT IS THE SHORT CUT?

THE *Short Cut* is the immediate possession of your heart's desire; not next year, not next month, nor tomorrow, but *NOW*.

The promissory side of the New Psychology is so great that it comes with an almost staggering suddenness to the *old* mind imbued with the old thought ideas.

"There is nothing we cannot have," says the new seer "if you want any thing, why don't you have it?" This is the only really potent question of the day.

The *new* Psychologist goes deeply to the root of human desire and sees that all humanity wants the same things, only in varying degrees, and knows that all human endeavor is directed toward the attainment of the heart's desire.

No matter how frail the method, no matter how fraught with superstition, tradition, or weakness, through everything there runs the slender thread of human desire, calling insatiably for its own.

The new seer says, "You want health, wealth, love and usefulness. So do I, so does the whole world;—well, you can have them. If it is health you are calling for, bring it to yourself

INTRODUCTION

and cease to drag around a body that shrieks with pain. Is it wealth you want? Then get it, and stop your soul-sickened cry for liberty from your limitations. Is it love you seek? Then call it to you, to have and hold till the want grows cold, or links your soul with your "other soul" to the edge of the grave and on beyond into the dream to come. Are you tired of idleness? Then get busy. Why should your soul stand dumb and useless amid the great world throng? What do you want to do? Go do it. There is no one who says *no* to you but yourself; the great Universal Supply of all these things stands waiting to be acted upon. You are the actor. No one will give to you but yourself, no one can take away from you but yourself; the Universal Supply is willing,—what is the matter with *you?*"

The New Psychology explains all of the laws of attainment. It explains them in a way that can be understood and practiced, but after the last word has been said and the last lesson absorbed, there comes from the questioning students this never failing question and these statements:—
"Is there no *short* cut? I believe if I follow the new laws laid down this higher revelation of our day and hour, I shall eventually send myself into possession of all that makes life whole and complete; but these methods take time, this kingdom of conquest is not born overnight.

"I do not want to wait. If these things are law—and all things are accomplished through the law of the thing itself—is there no way by

INTRODUCTION

which we can transcend the slower action and become one with the finer actions of the same law, as the motor car transcends the ox cart in the law of transportation?

"I cannot wait. There is nothing I will not do to get wealth at once, there is no personal test I will not stand to free myself from the galling chains of poverty; I will lay down some part of my own life for the love that loves me; I will spare no effort of personal giving to be able to be of great use to my day and age. Tell me, is there no *short cut*?"

In answer to the thousands who ask these questions this book is written.

Yes, there *is* a short cut to REGENERATION OF OUR WHOLE BEING. It is a short, steep climb out onto the mountain tops where life's finer forces do the super-work, and the method is simple: just fast and breathe, control eating, exercise, think, feel, and *act* in unison with the Higher Law and Regeneration will be *yours*.

"Strait is the gate and narrow is the way—and few there be who walk therein." Many are called but few are chosen, but to the one who falters not, the *promises are all fulfilled at once*, because he sets the *law* of the promises in action by his own extended *consciousness*.

JULIA SETON, M. D.

CONTENTS

CHAPTER	PAGE
INTRODUCTION - - - - -	vii
I. WHY WE FAST - - - - -	3
II. HOW TO FAST - - - - -	11
III. THE PHYSICAL FAST - - - - -	18
IV. THE MENTAL FAST - - - - -	28
V. THE EMOTIONAL FAST - - - - -	36
VI. THE ILLUMINATI FAST - - - - -	44
VII. THE VISION (CREATING IN CONSCIOUSNESS) - - - - -	56
VIII. THE PSYCHOLOGY OF THE BREATH	60
IX. SPECIAL DIRECTIONS FOR FASTING	65
X. EXERCISES—MUSCLE TENSING— BREATH AS FORCE - - - - -	67
XI. THE MYSTICAL BREATH— INSTRUCTIONS FOR BREATHING	71
XII. THE SUPRA—CONSCIOUSNESS -	75
XIII. THE SUPER-MAN - - - - -	79

**THE SHORT CUT TO
REGENERATION THROUGH FASTING**

CHAPTER I

WHY WE FAST

WE fast primarily because we have found out that through fasting we can outstrip the laws of evolution and find the human pathway of transmutation. Evolution is the long way; transmutation is the Short Cut to higher human attainment.

There are four distinct human reasons *why* we fast. We fast for *purification*, first of all. If there were no other reasons, this would be sufficient cause to entice us to this method of unfoldment. It is an unwritten law that Nature must unload the old as it passes on in its processes. There is no place in any of Nature's schemes where the old is retained longer than necessary to make a fitting protection for the new.

The physical body must unload its waste products or the bloated, discolored flesh is its reward. There is no mistaking the signals Nature sets on the face of the ordinary individual. It speaks its message in tones too plain to be overlooked. One has only to look at the great crowd of disease-laden folk,—just go to the rest-homes, or the hospitals, or homes. All over our own land and abroad, stalk the crowd

THE SHORT CUT TO

who tell in every line of their faces how far they have violated this first holy law.

Every bit of food taken into the body must be thrown out again. It is the Divine Law of the physical cell. Nature does not use any of the crude food consumed by individuals for anything except fuel. It is used to set in operation the activity of the cells of the body, and these secrete their own substance,—much too fine a product to be taken from any of the badly cooked, mixed and mal-digested food stuffs. This is the latest discovery in nutrition; we must know, once and for all, that the cells of the body are the divine producers, and all food taken into the body must be thrown out as soon as it has served the purpose of stimulating the cell into generation, secretion and excretion of the finer food substance within it.

The coarser substance of the food is thrown out from the gastro-intestinal tract, the finer through the kidneys, others through the perspiratory tract, and the still finer particles through the breath in respiration. But no matter through which channel it is done, there are millions of cells of intelligence in the body working ceaselessly, night and day, in the gigantic plan of excretion and elimination, absorption and nutrition. As long as the normal unloading process is maintained, the physical body retains its normal health; break this balance, and disease begins to be apparent in the flesh.

When the elimination is not equal to the incoming substance, it has to be taken care of in

REGENERATION THROUGH FASTING

the flesh body of the individual and it is stored up as fat or deposits. Then the individual becomes the unsanitary receptacle of his own waste products. This substance is often dissolved into fine solutions and finds its way into the circulation, poisoning the blood, overweighting it and congesting it in many different parts of the body.

Every pain that racks the flesh is the voice of Nature saying "Unload, purify, *purify*, PURIFY!" With purification comes peace.

There is only one real cause of disease in the world and that is *congestion*; there is only one cure and that is *circulation*. Circulation cannot be normal when the blood current of the body is a heavy stream loaded down with the waste products of the naturally changing flesh.

Purification is, too, a matter of the mind. After we have paid attention to the purification of the body, we have yet the mind and the emotions to unload and, beyond these, the higher part of the mind which, like a dusty mirror, shuts us out from the full light of the higher registration of the Celestial light.

The second reason for Fasting is *discipline*. No one can ever hope to outstrip the evolutionary laws of life while he sets for himself only the tasks of the *ordinary* human. Only to the breathless runner up life's hill who, spent and dust covered, beats his breast against the tape of wisdom, will higher Truth reveal or Mystery explain.

The price of the better part is understanding,

THE SHORT CUT TO

and understanding of life's finer forces can only come when one holds his whole being subject to the discipline of higher laws.

There are those who long to possess the very last gifts that life can hand them, yet want to gain them without *self-conquest* or comradeship with the things which are a part of the larger gain. They want fame, power, strength, wealth, love;—great recognition without the needed spiritual exertion to win it.

There are many who never set any kind of test for themselves. They are weaklings in body, mind and soul. When asked to give up anything,—from a doughnut to a dollar,—they whine, and sulk, and are perpetually sorry for themselves.

“What shall a man give in exchange for his soul?” was the question of the old seer. The *new seer* says “What shall a man give in exchange for his soul's *desire*?” The answer is,—“Everything that will fulfill the law of that desire.” And there are seven planes of consciousness on which he has to make the exchange and fulfill the law.

Throughout all time the short cut for *exchange* has been *fasting* and *celibacy*. Whenever the ordinary race man wanted anything more than his own human indulgences, and was willing to put up the proofs by fulfilling the higher law of discipline, he made himself—through *self control*—a magnet attracting to him, from out the Infinite Supply, the things he desired.

REGENERATION THROUGH FASTING

When a man can look at a tempting dinner and not eat, when no one says *no* to him but himself, or when he can face the mad urge of a strong radiant passion and curb it—not because he must but because he *will*, knowing that he wants something a thousand times more than he wants his own natural satisfaction, *then* he is on the short cut to higher possessions and neither deep nor high can keep his own away from him. High stakes are hard to win, and the short cut is not the pathway of the weakling or the coward, but it belongs to the strong heart and resolute mind.

The third reason for fasting is attainment. There are those who never get what they want, never get it when they want it, nor how they want it; never keep it if they get it and often, when they have gotten it and grown tired of it, they cannot cast it aside and go on into union with their next desires.

So we fast for attainment on all planes of being and for attainment which will fulfill and accomplish our selfhood. We have learned that we may have *what* we want, *when* we want it and *how* and *where*, and that when we have lived up our desires we must unload them and eliminate just as we did on the physical plane. Mental, emotional or spiritual stagnation is just as dangerous as plethora in the flesh. We fast to displace the old things and attain the new quickly and harmoniously.

There is no use dragging on year after year with hope dead in our breasts. Life is joy

THE SHORT CUT TO

through love and service. God has not given us a spirit of fear, but of love, joy and a sound mind. People put up with things and places and other people that, in the true scheme of life, should have been unloaded long ago.

Old thought teachings, traditions, lack of discipline and a consciousness born from these teachings bind and enslave the mind of the evolving crowd; but the transmutation man, on the short cut, knows that as he climbs he must displace the old things of one level by the incoming things of the next, and, as he fasts and mentally unloads, he stands out—stripped to the spiritual skin, ready to call around himself all the things of this newfound kingdom. These things are fashioned through the fresh desires of his own mind.

Physical, mental and emotional baggage must be laid down, and new, fresh, unpolluted desires made ready for fulfillment.

When one has decided what he wishes to unload, planned carefully what he desires to attain, fasted and breathed for it, it can no more escape him than the budding flowers can escape the warm penetrating rays of the sun which, by natural law, drive them on into a wild burst of bloom.

The fourth reason for fasting is manifestation. There are so many who live, move and have being in a world of realization and never get farther than that in their unfoldment.

It is not enough to possess anything in thought that does not fulfill. We want to "kiss the lips

REGENERATION THROUGH FASTING

of our desires". There are many who feel rich in their being, yet are ever counting pennies; many who feel strong as a gaint inside, yet falter when needed to lift a pound, the spirit is willing but the flesh is weak; there are many who have a constant well-spring of love and usefulness in consciousness but who never find an outlet to their deep wells. They ask "Why is it that I seem always just about to accomplish and yet all that makes life really worth while passes me by?" The new seer says "When you have had enough, you can quit. Have you waited long enough? Then stop. Who makes you wait? *Yoursel!*"

When we are ready to step out from the law of relay into the larger one of *manifested conditions* we can turn on the stronger light of higher wisdom and Burbank ourself out of the old law and, through fasting, produce a new realization in a new form. We can unknow a thing ourself, with the power we realize into being.

"The thing we seek is seeking us." There is nothing the matter with the law, there is only something the matter with our manipulation of it. "God has provided some better things for us that, without us, cannot be made perfect."

When once we have taken our desires firmly into our minds and come to the moment where we will not wait another hour, then fasted, our realization must pass, by natural cosmic law, into manifestation.

Thought, feeling, form, these are the Trinity

THE SHORT CUT TO REGENERATION

of Creation, and the *thought* must become a *thing*, just in that moment that we make it do so.

Purification, discipline, attainment, manifestation, illumination,—these are the cornerstone of the supra-man. His old heaven and his old earth have passed away, for he is one with the new laws which make for perfection through transmutation here and now.

Standing then firmly on this foundation, he passes step by step, building the supra-structure of the new Self. He wants perfection more than he wants self-indulgence. He takes body, mind, emotion, intuition and accomplishes the perfect fulfillment of them all. His own master consciousness becomes the architect of his new being,—the plan is himself, in himself and outside of *himself*, and he proceeds through higher self discipline to manifest the *Grand Man*.

CHAPTER II

HOW TO FAST

THIS "Fast" will need to be divided into instructions for physical, mental, emotional and Illuminati fasting.

There are not many things to be said; the methods, on all planes, are simple to tell, yet not so simple to do. All the written words on earth could not cover everything that the Initiate will want to know. Each faster presents a new problem, as each one will react to the Fast in his own particular way.

After years of careful scientific and psychical study, these instructions have been chosen as fundamental principles for all, which, if followed, will lead the Initiate on in perfectly normal development. It is impossible for any one to have malicious reactions in either body or mind if he follows these instructions.

There are those who have fasted outside of instructions, with just a little learning, never acquainting themselves with the real meaning of the Fast, then when they have come upon some unexplainable phenomena in mind and body they have laid the blame on fasting, when in fact it was only their own ignorant use of a great Cosmic Law.

THE SHORT CUT TO

“The first law of a Novitiate or an Initiate is to OBEY”, and unless we want to do this and obey faithfully the teachings to those who *know*, we had better let things alone and take our chances with the great evolving masses who take life as it comes—easy, safe and slow.

There is not a single symptom of body, mind, emotion or revelation which cannot at once be reduced to normal by a single cup of coffee or tea. After one has fasted a while he will be disgusted with his own weakness and at the “hold” a little food has upon him. It will fire his spiritual pride when he finds that the very slough of despair and the valley of physical prostration, a little like a cup of coffee, tea or milk will make him feel a normal man, which without, he had not the soul power to be. The real divinity within us comes to laugh at our frail dust “damning us ever to decay and death, when at our center burns the flame of *God*.”

The method of the physical fast is very simple. Just stop eating: Eat one meal every other day for ten days. In the last two days of the fast do not drink any water, or at least only enough to keep from real thirst. The Fast is not penance,—it is a joy, and thirst that one can easily combat will do the work of emptying the blood vessels. Get a big thirst, but do *not* push it to the point of suffering.

Why do we eat one meal every other day instead of fasting continuously? Because this is the way to fast and not destroy any of the normal functions of the body. Thus the destruc-

REGENERATION THROUGH FASTING

tive changes do not out-run the constructive. In this manner the gastro-intestinal tract is kept normal, and, when the FAST is ended, the faster can resume his normal meals, without discomfort, the blood current is relieved of all its waste substance, the blood cell itself exhausted without affecting the nucleus of the cell. In an uninterrupted fast the whole cell is oftentimes destroyed and a long time is needed for the reconstruction of the blood current. One meal every other day comes in time to save the life of the cell but does not interfere with its reconstruction.

When should this meal be eaten? Between eleven and two every other day. The midday meal comes just when the energies are fagging and it restores the equilibrium of the body again. After the meal there comes into the body a great influx of vital energy, and this energy will make for wakefulness if the meal is taken at night or late in the day. Sleeplessness is a part of the normal reaction after a week of fasting and does not need accentuation with food.

What should be eaten at this meal? Everything and anything agreeable to the appetite and as much as one wants. Eat a mixed diet; the system needs all kinds of food from which to select the new fuel for its new release of interior substance, and a single diet will not satisfy the demands of the physical cells.

Shall we drink water with meals? If you like,—it does not matter. Do JUST as you would if you were not fasting (unless you are a hospital case under the care of a trained nurse

THE SHORT CUT TO

and doctor, then they will know what is right for your particular case.)

The ordinary individual, fasting for a short cut to health, freedom, liberty, success, love and truth, can be just as happy and normal in his one meal as he knows how to be.

Common sense demands that he eat slowly, Fletcherizing his food. It will give him a sense of uncomfortable distension of the stomach and sometimes bloating and gas if he does not. When one feels worse after eating than before, it is because he has eaten too fast and not taken time to masticate his food.

During these ten days of abstinence from food, the body tissues will fall away; the muscles will become flabby and soft and it is here that physical exercise, breathing, massage, walking, dancing, electricity and all attention to the flesh should be given. One must break up all his old flesh tracts and lay the foundation for a new body. If he does not like his face he can change it; if he does not like his form he can give himself a new one just as easily as he can order a new suit of clothes.

All old age is in the food body. The life body is young, fresh, unwrinkled; not fat or flabby nor skinny, but just whole. When one gets his misfit food body out of the way by fasting, breathing and exercise, he gives the life cells a chance to make him a new flesh suit, and this flesh suit can be of any type that he himself decides. Our life cells are creators and they create just what we determine they shall create;

REGENERATION THROUGH FASTING

when they have finished it, it is not their fault if we do not like ourselves. They cannot refuse to build the pattern we give them and our personality is a picture of our own thoughts of God (Good).

We know that all fever diseases kill off the food body and we have all seen instances where, after a prolonged fever, the patient lost hair, was reduced to skin and bone. When he recovered and took on flesh, he was a new creature, plus a new crop of shining hair.

We know now that fasting does just this rearrangement of the flesh, and does it without the penance of fever, pain and disease. So we just stop eating and break up our old flesh body in every way that we can; we get back to normal posture, stand erect with all our bony structure held as it should be, so that when our new body comes on it will be draped with grace over our bones and all errors of physical angles be lost.

A beautiful figure is the birthright of every one, be he tall or short, and it takes only a little conscious thought to have it so.

The face is set in lines and wrinkles or squints by habit and has grown that way. While fasting we change our expression, break up every line and wrinkle, free the muscles from the bones and set up the true circulation to the facial muscles and the throat.

A double chin is a tragedy and tells of gross neglect in diet and facial massage. It need not be, more than flesh in any other place of the body need be. When it has grown loose and flabby

THE SHORT CUT TO

with fasting, it can be massaged and pinched away and the muscles will contract so that it will never return.

Wrinkles under the chin are caused by sagging muscles on the back of the neck. When these are tightened by fasting and massage and the new body comes on, they act as a strong guard against future looseness. Hollow cheeks and skinny faces, bones and hollow chests are all set free by the Fast, massage and exercise. When the new food body appears, the hollows are normally filled and a soft contour takes the place of the old ugliness.

Mental states and mental pressure set their stamp in the physical form and face; "As a man thinketh, so is he" and every person thirty years old wears the stigmata of his own thoughts. There is also an occupation personality,—we say "He looks like a farmer, or a preacher, or a professional man, or a business man" and this tells us something, without seeing the person, of his personality.

There is nothing so pitiful as a retired business man trying to be an idle gentleman with marks of his old business all over him. A working woman's face does not fit well the get-rich-quick situation. Child-birth leaves its mark on the faces and forms of most mothers, but there is no reason why the grandmother should bear yet upon her face and form the traces of conditions which have ceased fifteen or twenty years ago.

All such impressions are set in the food body and when this is changed, the whole personality

REGENERATION THROUGH FASTING

takes on a new impression.

The way, then, to fast for physical change is just to stop eating, eat only one meal *every other day* for *ten days*, and with breathing exercise, massage and change of thought, the old body is destroyed and a new one is allowed to grow, embodying the image and likeness of the vision one carries of his choice of personalities.

The picture of just what you wish to look like must be held in the mind while the old body is being torn down and replaced, and the full explanation will be found further on in the chapter on the "VISION".

SPECIAL DIRECTIONS

1. Eat only one meal every other day for ten days.
2. Eat a mixed diet—eat of all kinds of foods—and eat between the hours of 11 a. m. and 2 p. m.
3. Drink all the water possible until the 8th day then quit drinking to the point of a hard thirst.
4. Empty the gastrointestinal tract every fast day—any watery cathartic will answer the need.
5. Bathe, swim, exercise—walk—dance—climb, all things that cause rapid respiration and muscular action.
6. Sleep all you want to for the first three nights; after that keep awake,—cultivate awareness. Four hours sleep nightly during fasting is sufficient.

CHAPTER III

THE PHYSICAL FAST

THE Physical Fast is directed to the correction of all physical errors. The ordinary human has any number of faults in his physical body. Neglect in posture has given him errors of physical angles by throwing the bony skeleton out of its normal relationships. The shoulders are stooped, the backbone out of plumb, the chest sunken, the hip bones protruding or twisted from a parallel, the facial muscles are wrinkled and the eyes squinted out of all normal balance. Hardly one person in a hundred is true to the type nature intended him to be; not one in a hundred but might be the image and likeness of God if he had the spiritual backbone and knowledge enough to take himself in hand.

One meets real flesh-pots creeping along the human pathway. They have eaten themselves out of shape—filled full of fatty deposits, all harmony of flesh lost in the deformity of too much food and lack of purification of the flesh body.

The great flesh-pots who call themselves men and women are really not so at all, they are simply walking sanitary vats into which appetite and self-indulgence have poured too big a stream

THE SHORT CUT TO REGENERATION

of waste materials. When one looks at the purple circulation, under-aerated, under-eliminated, one cannot help but think "Ye suffer from yourselves, none others bind ye that ye bloat and die."

The hospitals and sanatoriums are full of this over-fed, unpurified lot. The doctors' and healers' offices are crowded with them. Their only desire is to be rid of the effects of their ignorance, *not of the real ignorance itself*. They really do want to be well and healthy, but most of them want more to be undisturbed in the old habits of thought, feeling and action that have made them what they are.

Try to knock out their little god of appetite and see how they will defend him; try to tell them that a certain line of thinking is poisoning their blood or a certain sickly emotional stimulus is weakening their circulation, and that they must fast, breathe and change their thinking and actions,—they will turn away with the question "Oh, can't you cure me without all that trouble on my part?"

I have offered for five years to take any woman from fifty to seventy years of age and if she will obey all the orders of a complete fast,—body, mind and spirit,—I will remodel her so that she will look, act, feel and be in the possession of the gifts of a girl of eighteen.

Why do you suppose my time is not all employed in the care of these people? Surely old age is a tragedy—not age, but *old age*. One hates to sit and see the years creep on with their evolutionary marks, loss of form, hair, and teeth, and

THE SHORT CUT TO

then come slowly to the tottering edge of a grave which the spirit in us has no desire to welcome.

The answer to why they do not come is simple. First, they do not believe that it can be done, they have never seen it done and the old race teachers are wedded loyally to eating. They have made food their god instead of the God of energy in man himself. They are afraid, they think they will die if they do not eat, that man lives physically by food alone; while the whole truth is, he lives by the great burning electrons of his being and very little food is enough to make a carbon through which the passing currents can break into energy. "Man is not flesh, he's fire: and at his undiscovered center is the flame from whence he came."

Then again, by the time old age comes on, they have have an old *old age consciousness* and they hug to themselves the cozy corners; they hate exercise; they are fond of all the little hypnotic creature comforts. They like the things which have made them what they are, better than the things which will unmake them and give them a new lease on life and youth. They think the laws laid down for their regeneration will kill them, when the fact has always been that whatever any one thinks will kill him, is exactly the thing he needs to cure him.

Again, those who need this new transmutation process the very worst are always surrounded by a bevy of old thought doctors who are signed, sealed and delivered to their old idea of food as a necessity; and these caution the patient seri-

REGENERATION THROUGH FASTING

ously against fasting. Or they are just as completely bound by friends and relatives who will watch the green and yellow colors of the dying flesh,—which is bound to appear during the first few days of fasting—and they will worry and fret at every change in the lustre of the eye or the color of the skin. No matter how near death they may be, even given up by their doctors and friends, they still hesitate to allow the fast test.

If I had a sanatorium today, with money enough behind it to make me free to do anything I wanted to do and registered medically in any state, and I should go to the country infirmary or to the insane asylums and ask them to give me for experimentation the so-called hopelessly insane or incurably diseased, do you think I would be allowed the opportunity? No, indeed; no more than the insane wards will lend themselves today to an exorcist who knows insanity as *astral hypnosis* and treats it by the laws of obsession.

But there are individuals who are listening and lending themselves to the new psychology and using it as scientifically as a scientist works in a laboratory, and in a few more years the first and only cure for mental or physical diseases will be found in *fasting* and *breathing*.

The physical body is made up of two kinds of cells and these cells, by their intelligence, build and rebuild flesh. Every tissue, bone or muscle has its own particular intelligence and works under the master intelligence of its own kind.

THE SHORT CUT TO

You could not make a bone cell build brain substance, nor a skin cell make a muscle. One must realize first the tremendous importance of his physical body. It is wonderfully made up by an army of skilled workmen, all of whom are under his own master mind. Left to themselves, the cells will obey the master cell consciousness, but when consciously linked with the mind of the individual, every master cell in the body will take the command of a higher thought.

One great army of intelligence is called the "permanent atom" electrons—mentoids—but psychologically and preferably, the "life cells"; these cells are embryonic and are first and last in the scheme of creation of the flesh. These know nothing of age or pain, decay or disease; they are *life*, nothing but *life*, expressed in unceasing construction and reconstruction.

The other cells are the food cells and these are the cells which proliferate, build and change. The food body is put off and on; it is only the insulator of the life body and the food cells change every thirty days. We are changed even to the marrow of our bones in something less than thirty days, and we can grow a new food body just as a lobster grows a new claw.

All old age, all disease, all abnormalities are in the food body and all change can be established through simply discontinuing the old food body. In disease the patient is walled in with a food body whose every cell intelligence is stamped with the belief in the disease. He may be a mass of corrupt food cells which refuse to break, and

REGENERATION THROUGH FASTING

re-establish a normal insulation throughout the physical self.

There are those who are really dead in their shell of food cells; no matter what they eat or what they do, they cannot bring any effect to bear on their flesh. It is just as much a sign of error to have a body that never responds to food, never puts on a pound of flesh, as to have one which calls for food continually and builds it all into excess flesh.

Our first step, then, in the physical fast, is just to stop eating long enough wholly to rearrange the food body. We must want to fast more than we want to eat and have spiritual discipline enough to set the law for our own cell calls. All appetite is in the food body and as it lives by the stimulation of food, it must die if it does not receive it.

There are several different degrees of vitality in the food cells. In the first day's fast, millions of soft cells will perish but there are others which will still persist. We must fast until, from every organ of the physical body, the food body has died out, leaving just the one natural layer which nature gave in the beginning as insulation of the life cells.

The thirst of the drunkard and the habit of the drug fiend is in his food body. It is the appetite of the cell that calls for its continual satisfaction, which keeps them both returning to the drink and the dope long after the mind has weakly determined that they will reform. The united call of the cell intelligence for their

THE SHORT CUT TO

food is stronger than the will power which the mind sets up in opposition,—in spite of resolutions the cell hunger conquers them.

The first real aid to a degenerate of drink or drugs is to fast off his saturated food body and let him grow a new one under the vibrations of a new thought impulse; after a while his body has a new cell consciousness and it has become his helper instead of his destroyer.

All one needs to do in order to determine the truth of this statement is to look at the flesh body of the drunkard before fasting and after fasting. No will power on earth is strong enough to break the chains of a saturated, whiskey-sodden flesh desire unless it is linked with a method that helps conquer through a higher law.

All physical disease is due to abnormal tissue changes, beginning with function and ending with change of structure. All kidney trouble begins in change of tissue and all change of tissue is food-cell change. The kidneys break down through proliferation of the food cells giving soft walls, linings, etc.

All heart trouble is from the same cause. The wonderful walls of the heart, which must remain nearly perfect in life cells, become fatty in change and the softened valvular tissue sags and the walls are no longer taut and strong to do the occult work of regulating the circulation in harmony with the brain and breath, or they become too thin from lack of normal food cells.

All nervous diseases are caused by some error

REGENERATION THROUGH FASTING

in the food body. Back of all nervous diseases are food cell adhesions; adhesions are unknown in the life cells. If all paralytics and nervous patients were placed in a hospital under the care of psychologists and nurses, then fasted until they were skin and bone, then fed until they had put on a reasonable food body, then fasted again and yet again, the adhesions and malnutrition of their nervous systems would disappear and a new, strong readjustment of food-cells and life-cells would obtain. No fear that any patient will die of fasting—the starvation cure is the safest—and newest psychological discovery.

This new method calls for super-vision by those who are perfectly familiar with all the symptoms, changes in flesh, mind and emotion which a fast brings on. The new sanatorium for reconstruction of the patient will not be in the hands of a sleek, fat, indulgent group of men and women who never gave themselves a moment's real discipline.

No man or woman should be allowed to put a patient through a fast who has himself always yielded to the slightest weakness of his own mind and flesh, but the new psychology will be in the hands of Initiates who have themselves been over every step of the transmutation path. Then there will be a true understanding of a patient's needs and a true sympathy with his mental moods. The new sanatorium will no more accept the uninitiated, than will the new asylum for mental diseases accept, for managers and directors, those who have no knowledge of

THE SHORT CUT TO

their own extended states of mind and those to whom clairvoyance, trance and transcendentalism are unknown.

No one who does not even know that he has an astral body—much less has ever seen it—will be acceptable in the new management. The only one acceptable will be the real, true modern mystic having all the extended states of mind found in the asylum, but who, instead of becoming insane, has correlated them all into a perfect relationship—in other words a supraman who is enabled by his own enlarged consciousness to understand the disorganized states of mind in the wards.

The new world will be in the hands of its higher masters who, with insight keen, will direct them over a larger path.

Fasting, directed and controlled, is the cure, and the only cure, of all the so-called incurable diseases on earth. Locomotor ataxia may be easily overcome by one who has the strength and purpose to cure himself by the simple method of reconstruction through fasting, breathing and thinking.

Epilepsy is a disease of obsession, and the obsessing entity can be permanently displaced through fasting. There will come a day, and soon, when men will learn that when they really have enough of anything, they can quit, and quit through establishing a conscious union with the finer laws of the flesh.

Just to fast or simply stop eating until body, mind and soul and spiritual consciousness have

REGENERATION THROUGH FASTING

changed, then we have put off the old man of limitations and put on the new, through intelligent use of our finer forces.

Through fasting, the body becomes like a new glove which we can draw on over the real man within. After we have understood the changes which the physical body undergoes, in order to build it into a new and durable type of perfect harmony and strength and beauty, we must go on and study the man within. There is nothing in our earth (body) but thinking makes it so, and our next step is to think the right, creative, master thoughts. This naturally leads to states of mind within us, and those states consciously induced during our periods of self-discipline.

CHAPTER IV

THE MENTAL FAST

BEFORE one can understand the influence of thoughts upon the physical body he must learn the occult relationship between Cosmic Mind as expressed in the man, and atomic mind as expressed in his flesh.

Every atom of our flesh is intelligence and it is under the influence of every thought we think. Thoughts establish a force or action in our tissues and upon our own thought force depends the quality of our physical flesh.

The medium through which all action is transferred from mind to flesh is the blood current; the life of the body is the blood. The blood carries thought-force as waves of vibration and these waves of vibration establish action and reaction in the tissues.

We say without a chance for contradiction, that all disease of the flesh is the result of disordered states of mind; that back of all disease is the long, discordant line of thinking which has produced it and that as the disease of the flesh begins in mind, it is to the mind we must look for its cure. Back of all disease in the flesh is lack of circulation, back of circulation is mental pressure, back of mental pressure is crooked

THE SHORT CUT TO REGENERATION

thinking, back of crooked thinking are false ideas of God, man, life, people, situations and things.

We are asked every day "How do the mental states affect the body, and how is it possible for mind to be the author of disease of flesh or environment?" The answer is easy: all mental states affect the breathing, and breath is primarily the source of circulation; without breath there would be no force from behind which would keep the blood flowing through the body. All mental states act directly upon the blood circulation through the breath, and there are distinct lines of thinking which act at once upon the circulation. There is only one way by which disease can be established in the flesh, and that is through congestion of the blood—only as this congestion is released can normal action be reestablished.

All discordant states of mind such as worry, fear, anxiety, hate, resistance, unrest, strife, contention, etc., act directly on the circulation through the breath and thought force. It is impossible to find a normal breath where there is fear or any of these states of mind. The mental state prevents the blood from circulating normally, some organ is congested, and pain results.

Think of the fine mechanism of the brain-like the works of the finest watch. Through worry or fear, some prolonged abnormal attitude of mind, some part of the brain is deluged with more blood than is needed in normal action and a low, prolonged headache is the result. Get

THE SHORT CUT TO

the kidneys congested and nephritis is sure; take all the blood away from the stomach by some big mental strain and indigestion is the result; indigestion and lack of normal blood pressure will eventually give ulcers and complete changes in the mucous membranes of the body.

Yet the old world turned to every local relief without once getting back of the thing created—to the cause which created the disease. Increased action of any organs means an increased determination of blood to that organ; an increased determination of blood to any organ means increased action of that organ, hence we have a vicious circle established, which at first causes functional disturbances and later anatomical change. Then we cut the organ out in the old way, letting the patient go on in his error until he gorges some other organ and his last state is worse than his first, when he is finally reduced to that hopeless situation, "a confirmed invalid," although all the processes of regeneration are lying latent within himself.

Back of the disease body is the blood; back of the blood is interrupted blood pressure; back of this is the mental pressure persistently establishing and reestablishing its own destruction.

Fasting quickly and permanently changes the circulation; it allows the blood current to release first, even before the patient begins consciously to direct it; then when he adheres steadfastly to the mental law of his fast, he has a new power and can determine his own circulation.

REGENERATION THROUGH FASTING

“A man is as old as his arteries” has been well said; and hardening of the arteries is the result of congestion of the blood vessels with deposits of dead food cells in the arterial walls. Through fasting all this deposit is carried away, and through understanding, it is not allowed to form.

The one who takes his body along with him from the beginning will have no reconstruction process to follow, but his life cells will keep constantly up to their original plan. “Nature is a great restorer”.

MENTAL EXCLUSION

The mental fast is to cast out of the mind, while fasting, any thought that links us with anything that we do not want. We learn never to let a thought escape that does not link us with joy, peace, rest, happiness, harmony and success. There is a whole world of joy thoughts and joy words. We learn to think the perfect thought, to speak the perfect language; we are destroying our old cell consciousness now, and building a new food body. The intelligence of this new body will become our benefactor as the years go on, so we refrain from thinking or speaking a thought that would give the food cells the intelligence of weakness.

We want health, wealth, happiness, freedom, love and usefulness, and, since this is so, it is folly to stamp upon the mind of the new body anything less than our heart's best desires.

While we fast we set the mental task for our-

THE SHORT CUT TO

self of thinking about the things for which we are fasting; we refuse to think of anything else. We train ourself into fixed thinking and induce the state of mind in which we want to fast. We know that when thinking has passed into a fixed form we are able to stamp the atomic mind of the intelligence of our body and environment. So we clean up our mind; unload our mental rubbish, just as we are unloading our physical. There are very few thoughts worth thinking; we seek them out and resolutely refrain from thinking any thought that is below a true standard of selection.

We lift ourself away from our old miasma-laden thought swamp onto the hill tops of inspired thinking, and here we persistently dwell. What is it that we want more than we want to eat? We take this desire or desires firmly into our mind and when our flesh tempts us, or the old call of the mind would drag us back to memory, we go again in thought to the new, the whole, the true. We may want to eat, the hunger of our body may overpower us, or the old habit of memory creep upon us, but we are alive with a new awareness. And while we do want to eat,—think the old destructive thoughts, we want a thousands times more than all else, the new freedom of the body, mind and spirit, and the possession of the dear desires of our soul. So we turn away and walk on, pledged over and over to the higher law of conquest *in all and through all*.

After a while a new thought form body is

REGENERATION THROUGH FASTING

built and we have created the habit of right breathing, speaking and thinking; our mind is as clear as a crystal, and our blood current runs bounding through our veins, fresh, pure, carrying to every tissue in our body, the right amount of vital blood. Our flesh is renewed through the renewing of our mind; we find that the things we sought are seeking us and that, through fasting, we have made ourself a higher *magnet* to attract to us from out the universal the things we so desired. We have "tuned up the fine, strong instruments of our being to chord with our dear hope" and suddenly, without strain or effort, we are face to face with our own.

Then, standing with this freedom as a spiritual springboard, we leap again into conscious mastery over a still finer law of being, and we begin the dominion of our emotional self. Subjecting feeling into a finer force, we mingle it with the stream of higher thought force and pour a new inspiration into life.

MENTAL TECHNIQUE

The instructions for mental fasting are all summed up in a few words, "Change your mind." Mental ruts make physical ones and these ruts run more deeply than the flesh—even they pass out into the environment. The flesh is the first form, the environment the second, and the mental picture is the molding of both.

"There is nothing in all the world but thinking makes it so", hence all one needs to do is to set a watch on his thought world and clean up

THE SHORT CUT TO

his mental house, throwing away the thoughts that have destroyed him in the past and which will destroy him again.

Until the mental plate is changed the body and environment will reprint the old pictures, no matter how often we fast, for there is always an insulation of cells from which the new cells build and these will keep the old registrations if they are not changed by new mentation.

The cell intelligence is extended through cell continuity and cell contiguity, and the cells are changed every month to the marrow of the bones. In fasting, the new cell must be charged with the new intelligence or it can only repeat the old law.

CONCENTRATION first, last and all the time is the slogan for the faster. "I am the divine thinker of my own thoughts" and these thoughts must be swung around the vision of the things or thing which you want more than you want to eat.

For what are you fasting? Know beyond all doubt; build every thought to run in direct power to this thing and from an unfaltering thought world build the perfect mental picture of your heart's desire.

What shall a man give in exchange for his soul? Ask this question of yourself and then answer it by giving steadfast allegiance to the thought, words, and vision of that desire.

There can be no changing base for the consciousness that wants to outstrip the old limiting things of our flesh and our material world.

REGENERATION THROUGH FASTING

It takes some mental force to displace a hovel, a weak flesh body, a broken heart, or a long line of saturated failure atmosphere.

Think! Think of the thing you desire; think of the way you desire it; think of the time you want it; think of how, when and where. Take out from your mind the thought that does not make you a new, strong, altogether lovely creature, then passing all these things into a perfect vision, fast on and turn the attention to your emotions.

SUMMARY FOR MENTAL IMAGE

Think the perfect thoughts
Speak the perfect language—
See the perfect vision—
Know only the All Good—
Believe that the Great Creative
Spark is burning brightly
Within you—reducing
all the old things to
ashes—making way for the new.

CHAPTER V

THE EMOTIONAL FAST

THERE are two sides to the Emotional Fast and each faster must determine for himself on just which side is his particular need.

There are those who need the fast for emotional discipline and still others who need it for complete and perfect self-expression. There are many who have never in their lives done the things which they really wanted to do; they have shut out all sentiment, all softness, all sweetness,—never loafed with their souls: “They have starved their heart; walked where beauty was a thing apart; sought to face in straitened bounds the soul which should be free,—treading the dusty road of common sense while all the forests sang of liberty”.

These are longing with a mighty desire to be fed just once from the hand of self-satisfaction and to do, say and be just what they would love to be. To those we say “Go have they will, whatever it be, and though there lie at last but wrecks along the shore of thy tempestuous sea, yet thou shalt know that thou hast lived thyself, and peace will come to thee”.

We need have no fear in sending these timid creatures out to seek that thing of things for

THE SHORT CUT TO REGENERATION

which their souls long. They never want anything that will harm them, sometimes it is the simplest thing which will make them happy; their innate timidity, which has kept them repressed all their lives, has at the same time kept them from developing their biggest selfhood; they need a larger fling into experience, and fasting opens the door to larger opportunities. What they call liberty will be to the really free people simply a smaller form of bondage.

If you belong to their class, then while you fast whatever it is that will make you altogether happy, madly inspired, sweet, tender and loving, seek that thing and build into your consciousness all the life more abundant that you can. Pour a world of sentiment into the old dwarfed, thwarted selfhood which you are fasting to displace. *Sentiment is the food of the soul.*

The one who cannot thrill with the rapture of being alive and who does not have the passion of his selfhood, is dead before he starts. It takes warm, pulsing life, inflowing through every channel and outflowing over many lines, before the body, mind and environment will become one.

“It is something to have been the best beloved for a little while, to have walked hand in hand with Love and to have seen his purple wing flit once across your smile” and it is something more than a mere passing self-indulgence to stand where we take our wants masterfully in our hands and declare for freedom, self-satisfaction

THE SHORT CUT TO

and delight in life.

Through this new level of human living we get a new contact with power. We cease to block the spiritual channels in our own being, through which we may not only have life but have it more abundantly.

The other side of these instructions are for the sentimental emotionalist who has so saturated his inner senses with indulgence that he knows nothing of a strong emotional control. Sex belongs to the emotional side of nature much more than to the physical or the mind.

Celibacy is the first step for fixed emotional control. The celibate learns not to yield to the erotic sensations either of mind or body. There are many who have been so long slaves to their slightest emotions that unless all the fine sensual sides are consciously satisfied, they are unhappy and morose.

Weakness is no part of the real plan of emotion, only the softness that is flexible so as to give a normal response to every situation. Whenever one enters an office where heavy perfumes, burning incense, luxurious couches, cozy exotic corners and alluring pillows are a part of the business scheme, he can know that he is in the presence of a sensualist whose greatest weakness is his over-stimulation of his emotional senses.

This individual, when he fasts, should hunt the lonely mystic cell where bread and water, hard floors to sleep upon and all things unlovely and unpleasant in appearance are his daily com-

REGENERATION THROUGH FASTING

panions; these would offset his naturally over-intensified emotions and give him spiritual backbone.

It was the false interpretation of this part of man's being that brought out the penance system of the past, the hair shirt, the self-floggings,—the utter self-negation became the *letter* of the law.

There is just as much need of emotional control today as in the past, perhaps more, for the present age is rather one of more than less self-indulgence, but seeing the spirit of the law, man need only go as far as he finds it necessary to fulfill his true spiritual being.

The true growth of the soul is painless and there is no pain when discipline is made to become a *conscious selection* and not a hard, brutal correction.

The Emotional Fast, then, is for complete emotional satisfaction or for complete emotional denial and control. There are no diseases in the world harder to displace from the flesh than those brought on by abnormal emotional states.

We get a list of neurasthenics from a mental plethora, but we get a great multitude of mental and nervous diseases and psychasthenics from the depolarized emotional multitude. The power of the body is in the things of the body. The power of the mind is in the things of the mind, and the power of the emotions is in the things of the emotions. Thought demands that it shall have legitimate and normal expres-

THE SHORT CUT TO

sion, so does emotion; *feeling* must pass to outward *manifestation* and that which is outwardly expressed must pass inward into something too deep for words.

Through fasting we may established a normal balance and come back into that place of exquisite emotional sensation, where every moment of our life is full of a sort of unexplained exaltation, which the mystics call "bliss."

Under this new power, the flesh body takes on a new radiance; it becomes beautiful with some subtle, occult radiance half-defined. *Beauty is a perfect balance in the flesh of all of life's finer forces.* Without this one may have points of beauty but not a real physical radiance. It is this balance which gives one a "striking," "attractive," or "magnetic" personality. It is powerless to try to win one's way with a physical body cold as ice, void of magnetic currents. Life must speak to life on all planes and it demands a rapturous response, whether it be from a physical, mental or emotional embrace.

The question of "Why do I not attract?" is answered; magnetize yourself with the warm glow of true emotion; live it *in all things and through all things*; not trashy sentimental gush, but that *true, gentle sense of* understanding and appreciation; then *fast*, holding this concept, and slowly you become a magnet attracting to yourself whatever you fling your desire around. It is the heart that wins and all the practised arts of cold mentality and the

REGENERATION THROUGH FASTING

force of physical power, become as nothing before the warm, true flush of an inspired soul.

“God measures souls, by their capacity of entertaining His best Angel—LOVE. Who loveth most, is nearest kin to God.”

EMOTIONAL TECHNIQUE

One entertains a thought and it passes into the imagination and reacts upon the feelings. The emotional fast demands that we clean up our moods. Induce the state of mind and feeling we want to live in and come away from all dark, gloomy feelings, forebodings or melancholy. Cultivate joy; laugh, leap, dance, run, smile, sing and be happy. “Except ye become as a little child ye can in no wise enter into the Kingdom of Heaven” is just as true today as it was when the Master said it. Return again to the light heart of youth, if you do it with tears in your eyes and a smile that you cultivate. Come out from under your load of responsibility; slip it onto the universal shoulders. Often after a true fast we will find that it has slipped off forever.

There is no use worrying over anything, no use carrying such heavy burdens. Life may be easy and the first place to make it so is in the mind and emotions. You may have to fast more than once to arrange your whole universe, but just for the fast time as if it really existed and take all the emotional rapture you can out of it.

What if you do live in a fool's paradise?

THE SHORT CUT TO

Just live in it long enough and it will be true. The "Land of Make Believe" is the only real world anyway, and whenever we are supra-human enough in the face of apparently overwhelming conditions to idealize the real, we must come by the very law of ideality itself to realize the ideal.

So while we fast we build for ourselves a new world made beautiful by our own inspired thinking and feeling and we let go of the sober, settled human lines of distress which have seared the brand of poverty, lack and pain into our flesh and our environment.

Like a stag at bay in a jungle way
We turn on our human life;
We will be free or no longer be,
With courage our hearts are rife.
The trophies of Hate and the rags of Fate,
We fling in the face of Time;
We have worn them through, they will not do
For the soul that is born to climb.
A new day is here and we have no fear
Of the path, be it gold or dust;
We have paid the cost for the battles lost
And the spoils belong to us.
We will have and hold till the want grows cold
Our hearts' divine desire;—
If the sun goes down in a crimson frown,
Let it light our funeral pyre.

This is the unswerving emotional attitude for the initiate and when we fast, magnetizing ourself again and again with the rapture of being alive, the emotional body swings free into the divine law of finer functioning and body, mind and emotion receive the great magnetic, electric, radiant currents flowing through our centers.

REGENERATION THROUGH FASTING

We are a new mold around which the higher intelligence of a higher world swings into order. We can say "Peace be still" and at our command the wild emotions or the unexpressed sea of our urging soul—beats its waves into repose. The Peace that passeth all understanding is our own.

CHAPTER VI

THE ILLUMINATI FAST

THERE are grades of fasting which one must recognize when he begins his short cut to at-one-ment with finer forces.

The one who is taking the fast for the first time cannot expect to take the same kind of fast as those who have done the fast for several months or years. After we have established the habit of fasting, we can go as far as we like in experimenting with occult laws; but in the beginning we should take the Novitiate instructions and follow them faithfully; through these we reach the point of mental and psychical endurance and discipline which enables us to take up the Initiates' fast or the fast of the Illuminati.

After one has taken many fasts, our several bodies become accustomed to the new action and reaction, and the new demands made upon them cannot throw them out of harmony or allow them to over-intensify in any of their sensations.

The Illuminati Fast is a fast from *food, water, emotional stimulus (sex) and sleep.*

There are many who learn to fast from food more easily than from drink or sleep. It is as

THE SHORT CUT TO REGENERATION

important to fast from drinking as it is to fast from food. All the fluids of the body must be withdrawn and the blood current depleted as far as possible.

In the olden days the masters used to bleed the patients, understanding even then that the life of the body is in the blood and that a new blood current would bring about great changes in the body, and also that the blood current is the carrier of poisonous debris, and the serum of the blood is often only a stagnate pool of substance, breeding disease in the body, as a stagnant, malaria-laden pool of water poisons the air. When the infected blood was spilled, the blood current rebuilt itself and bleeding was a short cut to regeneration, sometimes to *reincarnation* as it was, like many of the old methods, too strenuous a process for the already depleted patient, and it is much too strenuous for the soft consciousness of this day and age.

In the new method of fasting, the same effect as bleeding is secured, with none of its limitations; the blood current is drained to the lowest ebb, and when eating is begun again, a clear, sparkling stream of oxygenized blood is ready to carry the substance which Nature intended it should carry.

To fast from drinking until the flesh is thoroughly drained of all serum, is a part of the Illuminati test. It is easily done and the rewards come quickly to the Initiate. A new blood stream quickens every state of consciousness, while good, rich, red blood exerts a new

THE SHORT CUT TO

influence on body, mind and heart.

Many can readily fast from food and water, but not from sleep. The fast from sleep is to some the greatest discipline. The world is full of "sleepy-heads" who are nodding if they go an hour over their bedtime, and are cross, depressed and out of all harmony if they are obliged to rise before their regular hour. The loss of one night's sleep makes perfect wrecks and cranks of them, and to have a night of broken rest renders them inert the whole of the next day.

There are thousands of people who say "I must be regular in my habits or I am perfectly worthless." Yes, these must be until they learn a new form of regularity; some form of regularity persisted in leads to stagnation and slow unfoldment. Ruts are not valuable on any plane,—even the common race man in the wagon avoids them on his way.

"Early to bed and early to rise makes a man healthy, wealthy and wise" was written by one of those nodders who believed in it, while "Early to bed and early to rise may do very well for sick folks and guys" was written by one who had passed the time when sleep as a habit conquered him.

Sleep as a *restorer*, *educator* and *revelator* is the truth of sleep, but sleep as a *habit* is the consciousness that has not yet come to the power of the "short cut".

Those who do not know the mysteries of night (night, in which the long vigil of the

REGENERATION THROUGH FASTING

human mind lets in the higher forces of the higher mind) have lived but half of life. There is something born from a solitary vigil that is not found in the glare and activity of the daylight world.

Every hour differs from the last. There is a time just between three o'clock and five when all the vibrations of the earth change. It seems the good-bye of the night and the awakening of the day. Day holds night in some subtle, lingering embrace that will not let go until the very gray of the dawn drives the reluctant darkness from the earth.

It is at the hour of three that egos who are just lingering for the silver cord to break, will slip away. This is the death hour of the planet,—here is where the balance is most often cast, and those who fight death may well take their place at the bedside. Whether they see their ghostly visitor or not, they may know he is there, and only a strong, enduring recognition of *life* will hold the sick friend or loved one on this side of the veil.

No one really needs to die if he deeply cares to live, but it takes a conscious choice of the ego-man to extend his own life orbit, and, with this, a strong centralizing power on this side of the veil. Those who feel the chill of this hour creep into the room and over them, will do well to understand that "The river widens as it nears the sea," and they must fling their minds with no uncertain desire for *life*, and *more* and *more* *life*. Then when the gray dawn comes in, the

THE SHORT CUT TO

watcher can lie down to sleep in peace and the patient turn with new rest to his pillow, and all will rejoice because "he is better in the morning."

To the Illuminatus who watches these hours through for increased vibration and wider revelation, there will come the same consciousness of the ebbing tide of life,—the whole sea of power is gone and all the gray rocks and mud covered valleys of his life will stand revealed, all weakness, all regrets, all remorse, all failures, all loss, will take mental form again and mock him,—the light of hope will burn low.

Empty of normal physical food, alone with the haunting memories of his past of millions of years, facing all the unrevealed adventures of a million years to come, he thinks in eternities as well as in time, and often here the *Initiate* turns back; the load of revelation is too heavy and he turns shudderingly away, seeking eagerly the fleshpots and the path of evolution, rather than meet himself in the karmic precipitate of his own transmutation short-cut.

The daylight is powerful, beautiful and complete, but it is filled only with objective calls and rampant, active, surging force; it is an insistent energy that does not mean to let the mind of man rest. It is induced action on every plane, and that thing which does not move into radiant life it kills by the force of its own surging rays.

The *moonlight*, *starlight* and *midnight* are the great receptive forces and in their passive action something falls like a soft mantle over the tired

REGENERATION THROUGH FASTING

life of the world,—no work at night can take on the wear and tear of the day to those who are in harmony with the forces of the hours. The stillness, the lack of noises that fret the nerves and brain, the soft, slow turning of the table of time, the changing vibrations of the hours themselves,—the white light of the midnight hours,—the dull gray of the coming dawn—all bring their own subtleties and weave them into the life substance of those who have the strength of character to seek and find.

Fasting, breathing, meditation, concentration, and sleeplessness, this is the discipline whereby the race man opens the doors to higher power and perfected perception. "He who puts his hand to the plow and turns back, is not fit for the kingdom of God," the olden mystics said.

There are seven bodies, with their own existing states of consciousness, which are at all times in action in the physical one, and when one fasts from sleep he intensifies the second, or astral body, and through this he can register all the wisdom of the Akashic records of his physical brain.

One part of the brain is for registration—a form of thought higher than mental thinking. In this part of mind one does not think—the thoughts think *him*. His own mind is a receiving radio center and not a generator of thought force; he receives a stream of thought force so big that he does not need to translate it into thought, form or speech. It flashes into his idea centers and the ideas, words and all are

THE SHORT CUT TO

registered at once, like sight reading as compared to the old tiresome way of spelling and pronouncing.

This registration part of the mind is the "flash consciousness" used by seers, prophets and revelators.

"Before ye call, I hear" the masters said of old, and this is the part of man's divine mind which IS and only needs to be contracted to know. Back of the knowing and the thing known stands the KNOWER, which is ever ready to flash all wisdom into the human idea centers when the human himself will get the wireless machine of his own mind in perfect accord with the within.

The Illuminati Fast subordinates the *flesh*, it stills the discordant thinking, it hushes the emotional call and *clears the field of consciousness for the flash lights of the higher self*.

Sometimes the bodily senses become a thousand times more acute, but this acuteness only serves as a springboard for the higher bodies; the mind then becomes equally alert, all five senses over-intensified, the emotions quickened, until joy can be so intense it almost becomes pain; or pain so sweet that it becomes a pleasure to match it against the ever widening reaches of the self conscious attainment.

One often has to go far on in extended sensation before he will understand how pleasure is pain and pain is pleasure, but there is a spot where they blend, just as there is a change of normal sensation in the body in which one can-

REGENERATION THROUGH FASTING

not distinguish between heat and cold when applied to the skin. In the old world this is called disease, but in the new world, where men act naturally with so-called abnormal laws, it becomes only a place in consciousness which holds in its unrevealed crypts some revelations of the self, unguessed by the *normal* dwellers of the world of normal *sense*.

In the flights of illumination which come to the Illuminati, many things are revealed which before were sealed. "He that lacketh wisdom, let him ask of God" was the admonition of the masters of the past, and here in this illumined place in our own human mind, we are in direct contact with the universal mind and all things being written on the records of the Infinite become our personal possessions.

There are many great kingdoms of consciousness awaiting our discovery, and as the higher race mind has found new levels of the physical air and with the aeroplane is carrying his physical body far beyond the level of the path of the common man, and with the submarine is seeking out the plan of the lower kingdoms, just so the Illuminatus rises into the transcendental kingdom of his inner selfhood and discovers there new spheres of intelligence waiting for his conquest.

There is a table-land of the self, and those who seek it find it, and those who do not find it can only go on pushing themselves into a fuller realization and a higher coordination until, in some inspired moment, they too will plunge

THE SHORT CUT TO

headlong into a new world of beauty and delight.

And then—there is no darkness in life's skies,
No night, dear God, no night,
For listening ever to life's glorious song,
All earth is light—light—light.

He who fasts and goes only as far as the Novitiate Fast does well and he need not be condemned by his own mind, nor hurry to force himself on into the Illuminati Fast; Eternity is a long time and the race need not hurry. It may take an even pace and still short cut a million years of experience, expression and inclusion; but to the one who is ready and who comes with an unfaltering determination to go on up the steps of the highest experiences, willing even to short cut those who are on the Novitiate's short cut, these can come into the Illuminati Fast with fearless hearts. The past, the present and the future are one, and they must be made one in every consciousness sometime, somewhere. Somewhere we must face ourselves and all the actions and reactions of our many desires.

Through the mighty years, with a million fears,
We have waited silently so,
It must bring our own when the night is flown,—
It must let the dawn come through.

There is nothing in all the mighty past of which we need be afraid. After all, we cannot face anything but our own desires; why should we fear in the *now* the things which our souls loved in the forgotten past? The brave soul longs for freedom, balance, more than for any-

REGENERATION THROUGH FASTING

thing else; and he will stand with uncovered head, or kneel in silent consecration, commanding from out of the Infinite the precipitate of all that is less than freedom for his evolving soul. There is nothing that can have any power over a soul victorious; all the elemental consciousness of many millions of years will sink into oblivion before the calm determination of an illumined life.

So, in the wisdom born from on high, the Illuminatus takes his place in his own universal setting, he calls from all the past behind him and from all the future before him, the balance sheet of his own soul. Then he says in the voice of the Mighty Silence "By the power that is vested in me by Thee, Oh God, I command the elements to fall before my will. God of all the hosts of heaven, God of angels, God of men, the light of Thy benediction covers me."

INSTRUCTIONS FOR THE ILLUMINATI FAST

When taking the Illuminati Fast, *never* take more than two days and nights at first; when taking the simple fast for illumination and prophecy it is well to begin with one night without sleep; after a while, if this leaves you normal, you may take two nights, only the *real mystic* can take three nights. There is never anything gained by straining for revelation.

Two days and nights is the limit for the Novitiate of the spiritual discipline; after that, sleep and eat to your heart's content. The Illuminati fast should come at the end of the ten-

THE SHORT CUT TO

day fast. If it is taken alone without preparation, it will not do the work that is done at the close of an ordinary fast. Eat at night on the eighth day and then neither eat, sleep nor drink until twelve or three o'clock the morning of the eleventh day. Twelve o'clock is for those who feel unable to go farther.

Should this fast seem too hard you should use you own common sense and stop anywhere that the strain seems too great. A glass of milk, then off to bed will cure any sensation you may contact.

In this fast one often has extended vision and hearing. Clairvoyance, clairaudience, trance conditions, suspended animation, are all a part of the plan. The *fast* takes the dimness of the Soul away.

Do not try this fast unless you are *not* bound by the old race superstition and fear of the things of the other world. There are many new fields of discovery before the one who knows and is not afraid. There is no danger to the one who is afraid, for his own fear will send him to the table or to bed long before anyone is *anxious* but *himself*.

It is in this fast that we became adept with the mystic mirror and it is in this fast that we can discover, and after a while interpret, the Akashic records, and here is where we learn the true power of our wireless mind and catch messages too high to translate into speech.

It is in this fast that we see the White Light of Reality and can commune, not with the

REGENERATION THROUGH FASTING

familiar spirits of the earth plane, but with the Heavenly hosts and masters of the spheres, and more than this, through our own transcendency we become aware of the elemental consciousness of nature, the masters, the Solar system and the Solar gods. Forces of earth, air, fire and water obey our command, for through this Cosmic awareness they know and love us.

The world is only a mirror in which is reflected the other worlds and their inhabitants, and when we are transcendental enough we see the reflected worlds of many universes and take our place, a whirling center of divine intelligence, in accord with the mighty master minds.

From these illumined heights we return to the normal vibrations of our every day world, but our soul is filled with the infinite and the joy of things supernal; our wisdom is not the wisdom of the human, but the wisdom born of our intimacy with what men call God. We can trust our human mind in our human affairs to the uttermost because it is God Himself enshrined.

The ILLUMINATI FAST is the *short cut* of the "Short Cut", and we may rise to this consciousness and "be as one who walks a pathway fashioned from the stars and sheds his light about him as he goes."

CHAPTER VII

THE VISION

(Creating In Consciousness)

THERE *is no use fasting without the VISION* and this begins on the Mental plane,—it is built by thought. All the fasting of the past was, to a certain extent, futile just because those who fasted never knew that they had to destroy completely the mental picture, before they could set in a new one. They simply fasted off the flesh and made a feeble change in mental pressure without changing the mental *image*, often aggravating the old emotional conditions without destroying them.

“Without vision, the people perish” the masters of the past taught and true it is today. Without the vision of health the individual will perish away from health; with the vision of poverty he will build a hovel, with the vision of misery he attracts misery, for on the path of life like attracts like. “Whatever man sows, he reaps and with what measure he metes it is meted unto him.”

We know today that we never live for an hour without some sort of mental vision or or thought form; after we begin to find these mental forms or pictures we can have a moving

THE SHORT CUT TO REGENERATION

picture show of our own at any time or place.

When we fast we must become the true artist and conceive a new, original thought picture to paint into flesh and environment. The true artist strives always to produce the perfect thing and we, as artists, must strive to produce a perfect thing which is not put on canvas nor cut into stone, but is worked out in our own form. The expression of a beautiful, perfected selfhood is our new work and we must have the perfect conception and perception of this selfhood before the work can be done.

Is it health you want?

Then, when you fast, hold a mental image of yourself just as you want to be. Do you want to change your face or form? Then hold a changed vision, or the vision of a new type, while you fast and your friends will pass you on the street or take you for your younger brother or sister.

If you cannot build the vision yourself, then take some picture which in a way fulfills your idea of a perfect personality. You will not reproduce this in exact likeness, but in one year you can put the main characteristics into your own type.

“That which we see we must become, richer and richer, breath by breath; immortal gain immortal room.”

Just as the sculptor works on his marble, cutting away all unsightly turns, just so, with your mental tools—your thoughts—you must work on your own vision, shaping it to your

THE SHORT CUT TO

highest ideals.

Hold the vision and fast, then let your own *new body* tell the tale to the passerby. It will set in flesh, just what you have imaged mentally.

If it is in *environment* you desire a change, or if it is any other kind of change you desire, the method is the same. Just hold every day, all the time, the vision of yourself set in the situation and conditions which you desire—don't make them less in the vision than you really want. Hold this vision, do with your might what your hand finds to do; soon the old conditions will begin to change and you will be face to face with new opportunities and new privileges.

Any one who will fast once a month under full instructions, projecting the VISION powerfully from and in his mind, can, in one year, and often in less time than this, change his whole body and environment, bringing himself, out of impossible conditions, a world of beauty, freedom and peace.

The VISION is the beginning and the end of fasting, even after the fast is over, the one who lives constantly under the vision of health, wealth, love and service will find that his steps are led closely in these paths and as he thinks, he is.

The *vision* is built into our bodies and environment by the elemental intelligences of the universal life which our own recognition commands. Cosmic Intelligence is waiting to be acted upon. We are actors; intelligence must obey because it is mindless mind, it can only

REGENERATION THROUGH FASTING

obey as it is given direction through our own higher mind, then it gladly obeys our slightest wish. The way the command carries through to elemental mind is through the vision we set and project each day in unchanging creation.

Then *fast*; hold the vision of your heart's desire, *work, wait, serve, fast* again and again, project the *vision* with ceaseless realization, and one day you will stand face to face with your heart's desire in form. The very presence of your soul's command in visualized creation will turn nothing into something for you, for the law saith "Behold I come quickly and I make all things new."

CHAPTER VIII

THE PSYCHOLOGY OF THE BREATH

THE life of the body is the blood, and the life of the blood is the breath. "It is the breath of the Almighty which gives us Life."

There are many who seek to be one with all higher laws and who at the same time fail to connect with the first important law,—conscious breathing.

We all breathe involuntarily as well as voluntarily,—if it depended on our own consciousness to establish the rhythm of normal breathing, we would pass out very quickly. When we see the flagrant violations of nature's law of breath we cannot help wondering at the long suffering endurance of the defrauded body and the marvelous compensation nature laboriously makes.

We do not sin away our day of grace all at once. Disease of body, mind and soul is not a thing of a moment's birth, but is the inevitable reaction of a long violation of the natural adjustments of true being.

The overloaded vital centers, on all planes, stagger on under the increasing strain thrown on them through ignorance and actual spiritual stagnation.

It has taken centuries to know that the direct

THE SHORT CUT TO REGENERATION

road to excretion and nutrition is through the physical breath. It is a new light on the secrets of the self to find that there are two avenues of sustenance by which the race man feeds himself, on through food and the other through breathing. Until man knows how to awaken the nutrition centers with his breath and make the breath-call the stimulus to which his cells respond with their immediate release of vital energy, he must take the old man's method and waken them through food particles brought to their nuclei from food passed into his stomach.

With normal lungs we breathe naturally a certain number of breaths a moment, with definite inspiratory and expiratory rhythm. This air, coming from without, is laden with the new substance which is to be taken into the blood current through the exchange made in the blood-vessels of the lungs. The lungs release, in expiration, all the finer waste products of the body, they pass out in the form of carbon dioxide gas and are replaced by oxygen in the inspiratory act.

Inhalation and expiration are the tidal waves of the physical body and the tide rises, falls, falls and rises, just as regularly as the tide of the sea in its long, rhythmical roll.

When we shorten the beat between, or when our expiration and inspiration halt the normal pulse beat of our body, we gather debris so dense that after a while we have no space for incoming breath and no strength to empty our already overcharged physical spaces.

THE SHORT CUT TO

The blood is the carrier of life to the physical body and it is *breath*, not *food*, that keeps the blood flowing in our veins. It is *breath* not food, that *purifies* the blood streams and keeps new, fresh, red, oxygenated blood going the rounds of the human tide. The rise and fall of the body forms the suction power which sends it onward laden with its life giving force.

There is always a certain amount of residual air in the lungs which keeps them inflated and gives the individual a chance to call for more breath in emergencies, also a chance to let out more breath if the need is great.

The residual breath is often a source of disease and nearly always takes a part in the inharmony of the body. There are many who never really change the residual air in their lungs; this air remains like a stagnate pool over which the fresh air only passes in ineffectual ripples, while it creams over with the fetid, unexpelled carbon dioxide gas,—it becomes so completely saturated with gas that it is sometimes more gas than air and then we have the fetid breath, the coated tongue, the yellow biliousness, the “taste in the mouth” and all the things which have, in the past, been laid at the door of the intestinal tract but which really have their origin in the lungs.

The glutton, with his distended stomach full of food, does not take a normal breath—he cannot; the drunkard cannot breathe enough for elimination, while the sick, puny invalid, to whom every effort is painful turns wearily away from the physical effort which enforced breath-

REGENERATION THROUGH FASTING

ing entails. There are not ten persons out of twelve whom one can command to breathe the true vibratory breath, who can do it for ten minutes without giddiness, nausea or even a complete fainting collapse.

This residual air is, in our new understanding, the seat of all conquest and the source of all limitation. It must be emptied thoroughly if it has lost the normal law of exchange; there is no use trying to breathe on an already over-inflated lung space, it must be emptied consciously to the very last bit of breath which can be expelled, then inhalation will be easy and will bring results.

There are many persons who breathe and breathe, but do not get results in their flesh, simply because the normal exchange is not made within the pulmonary vessels; the cells in the passing blood stream in the lungs are so saturated with the narcotic of the carbon gas that they do not release in time to catch the oxygen as it enters, this is why long, deep respirations,—holding the inspired breath—is imperative in most cases. The new oxygenated breath, held long enough, will force the sluggish cells to release; and with the next exhalation, the gas is expelled and oxygen replaces it in the blood.

Twenty-five per cent more oxygen in the blood current will cure a headache, set indigestion at rest, prevent colds or weariness and give new inspiration and feeling to mind and body.

The union of *conscious breathing* and *fasting* makes the very quickest exchange possible.

THE SHORT CUT TO REGENERATION

When one fasts his respirations quicken naturally, because the muscles becoming weak demand more subjective force, and anything that calls for more energy in the blood will quicken the breath and, through this, the flow of the blood.

Through increased circulation there comes increased elimination, and through elimination there comes release of all congested parts; then from this, arises new nutrition, power and health.

With the new elixir of oxygenated air flowing into the blood as it passes through the ductless glands, and the minute occult centers of the brain and spinal cord, all the very fine activity of the body is reestablished. The kinetic fluid of the body is released and new vital life force immerses every cell of every tissue.

Cosmic Breath is inexhaustible—it is always waiting to pour into our blood stream. The ignorant multitude simply passes by all these gifts. We forget that our nostrils are open for the Breath of Life. To breathe is to give the body a chance for more life,—life that is full of exhilaration and strength.

CHAPTER IX

SPECIAL DIRECTIONS FOR FASTING

WHEN we are fasting we throw all our physical machinery out of normal action. We must therefore give it more attention than we would otherwise.

Assimilation—Nutrition—Digestion—Elimination, all struggle under an abnormal condition; for as soon as we cease eating we lose the stimulation which food gives the system and by which it takes care of these things.

Our physical food cells die by the thousands, and must be eliminated quickly or the blood stream will become filled with decaying substance which carries with it the touch of ptomain poisoning. There is no poison more deadly than ptomain and unless we throw out the waste of our own flesh we soon become saturated with it.

A systemic cathartic on the day we do not eat is imperative—there is no use saying “Oh I don’t need it.” “Yes! you do!” and a local enema will not do the work. This will only unload the lower bowel and the need of the system is for a cleansing of the blood stream, as well as the intestinal tract. There are plenty of cathartics which will do the work quietly without disturbing effects.

THE SHORT CUT TO REGENERATION

While fasting, the elimination through the pores of the skin is also most important—and hence good body massage and Turkish baths. Swimming, electrical baths are also good as they stimulate the molecular activity of the whole system.

Body massage loosens the muscles and helps in breaking up old adhesions and errors of physical angles—a muscle which is too long will shorten when released and a too short muscle can be stretched to its full length.

Hence the change in the shoulder muscles—round shoulders can be completely cured and flat chests filled in. Double chins can be obliterated, big, full, and sagging abdominal muscles shortened; and the body pulled into its normal shape.

CHAPTER X

EXERCISES

Breath as Force—Muscle Tensing, with Fasting.

WHEN we begin to fast, our first attention is to our flesh structure. We must tear down our old house of worn-out substances and gather new material for our new construction work. The body is always reconstructing itself but it is too slow a process to fit the whirlwind consciousness of the new Illuminatus.

Saint Paul said "I die daily" and this is true, but this death is in the form of a gradual change of which the individual is more or less unconscious; but with this new death of the flesh through fasting, the struggling cell consciousness must be helped out of its place by quick methods and these methods are *breathing and muscle tensing*.

Idle tissue atrophies, a breathless, airless blood stream putrefies and decays; while both together form a morgue for the half-dead ego man within the pulseless body.

As soon as a cell has outlived its usefulness, it should be cast out; as soon as air is thoroughly deoxygenized it should be exhaled from the body. There is no place in the true economy

THE SHORT CUT TO

of normal flesh for waste material.

It is the retained refuse in the form of urea and carbon dioxide gas that prematurely ages the flesh, dulls the mind and causes the whole being to mature too rapidly.

There is no doubt but that at the root of all old age of the flesh there are seeds of carbon products, while fresh air, perfect breath control, exercise, a limited amount of pure food and muscle education, is the open secret of rejuvenation.

Air and Fire, or Breath and Vibration, which form the fuel of the flesh, are the most potent forces of the Illuminatus. The conscious breath, passed over the lips in a rhythmical breathing, becomes like a bellows igniting the dry cells waiting for the spark of higher energy. This increased vibration of the cell body and circulation starts a violent conflagration in the body and burns out, like dead leaves, the lingering waste products.

This conscious control of the breath, with fasting and muscle tensing, were the mysteries of the temples of Lemuria and Atlantis over thirty thousand years ago, and those who knew the law continued their lives thousands of years in youthful, free, healthy bodies.

Greece caught something of this mystery many thousand years later as it was repeopled with the incarnate egos of ancient civilizations and it became a world of artistic wonder.

Under the new method of exercise we conserve all our energies, yet have results the old

REGENERATION THROUGH FASTING

methods never gave us. This new method is not alone the normal muscle function, but an almost abnormal action, brought about through tension and release. A muscle used and released will keep normal, an unused muscle atrophies and an overused muscle hypertrophies. There is a normal use and disease which must be maintained or a weak, dying flesh body results.

In the life of our modern civilization the ordinary individual does not use more than two-thirds of his muscular system, nor does he use one-third of his lung space. A few important muscles are made to do all the work, the rest lie dormant or, at the best, try to urge themselves upon the attention through lameness, weakness or stiffness.

Our flesh body is our personality, and our personality is our presentation card; and by it the world reads the story of our death or our abundant life.

Not many people are really proud of their personality; we outgrow the states of mind that build it; and, when we have outgrown anything, nothing connected with it is as beautiful as our new desire.

The old world never knew that we could change our personality just as fast as we can change our desires and that when we have outgrown a situation or an idea, we can take off the old face and form which fitted them, and grow new ones just as easily as a lobster grows a new claw.

With fasting, breathing, thinking, tensing we

THE SHORT CUT TO REGENERATION

take off the old food body, which has in it the lines of our past thinking and acting, and with our new wisdom, born from this higher revelation, we get out of Nature's way and let her forces order for us a new outfitting, and this may be of any style or texture we decide. We are the highest expression of intelligence on this planet. It is for us to command—all the elemental minds of nature must take our orders, they cannot choose but obey.

CHAPTER XI

THE MYSTICAL BREATH

Instructions For Breathing

STAND erect: Take a long, deep breath, inhale through the nostrils and exhale through the mouth. Pass the breath slowly over the lips while they are puckered as if for whistling but passing them without a sound. Continue this exercise for five or ten minutes.

Then empty the lungs completely through long exhalations getting rid of all the residual air possible. Take very shallow inspirations and continue emptying the lungs for five or ten minutes until there is a violent air hunger established; then slowly fill the lungs again to a tension capacity, inbreathing through the nostrils. Close the lips firmly, send the breath by conscious thought out through the top of the head; inhale again, send it out through the eyes; inhale, send it out through the back of the head, the throat, front and back; inhale again, send it through the Solar Center, then the Pelvic Center; then breathe it through each limb to the toes, then through each arm, then up and down the spine inside and out, like a spray, this is **BREATHE AS FORCE** and is the **MYSTICAL REGENERATOR**.

THE SHORT CUT TO

THE MENTAL ATTITUDE is a great factor in this part of the breath, "As a man thinketh in his heart, so is he." One must feel himself inside his own body, breathing his own breath out through his flesh just as he would if his face were covered and he was forced to breathe the breath through a thick veil. This is true Regenerative Power. "It is the breath of the Almighty that giveth us life." This breath gives us life because it fans to a radiant flame the latent fires within the being.

The Temple Fires of the Ancients were only this living fire from within, which is the fire which consumeth not, yet transmutes the baser metals into pure gold.

With this *divine alchemy*, the Illuminatus melts out the coarser substance and keeps the Temple fires forever burning beneath his caldron of immaculate flesh.

NOW TO SUMMARIZE QUICKLY: First the emptying of the chalice (the lungs); then long, deep physical breathe until the blood stream of the body carries a current of crimson substance charged with the radio-active energy of the higher vibration; then the breath held in, yet driven out through the body by an iron will-force from behind, which is one with the pressure of the universal Energy. When this exercise is correctly followed, there will come a moment when the muscle, bone, brain, spinal cord and every tissue of the body will glow and tingle with an energy before unknown, while the cell nuclei have changed into shimmering

REGENERATION THROUGH FASTING

electrons, holding in their centers the spark divine. Then, gathering together inside the pulsing dynamo called the body, sealing all escapes like a hermetically sealed casket, this mighty force will escape through the tiny apertures of the cell body. "Man is not flesh, he is fire, and at his center burns the flame from whence he came." And, as a smouldering fire burns its way beneath the surface of a field until at last it bursts forth in the blaze of a flaming heat, just so the flesh is *molten, cleansed, purified, exalted*.

Within this wall of flesh, like a fire in an iron vault, this conflagration burns itself to white ashes and expires in the intensity of its own heat taking with it the waste products in the flesh.

This is the Illuminati Law of REGENERATION and the physical body that is born from the funeral pyre of the dead flesh can never know a tomorrow of pain, its day of content and peace is eternal.

While the breath is being intensified, the muscular system must be kept *en rapport* with the rising vibration and this is accomplished through tensing.

There is just one instruction needed for the Initiate here and that is, TENSE, TENSE, TENSE,—RELEASE your muscles—as you release your breath;—and TENSE, TENSE,—again and again. The TENSE muscle is the vibrant one, and with this new activity, the flesh body keeps pace with the fires of the breath within; and the release floods the whole body

THE SHORT CUT TO REGENERATION

with the transmuted product of breath, which is *force*.

Bring every muscle in the body, deep and superficial, under the control of the will; twist—turn—breathe—tense, until like a contortionist every intelligence within your body springs spontaneously to your command.

The awakened, eager, muscular system casts off at once all that is clogging response. An used muscle cannot deposit fat, neither can it become bound and inert in its sheath.

With this call the muscle juice (myocine) reconstructs itself, lubricating the whole internal flesh, while the skin slips again over every muscle and becomes a normal excretory channel, covering, protecting and feeding the tissue beneath.

There is no exoteric exercise that will accomplish what this esoteric one of breath and tensing will; it frees the body, exalts the mind, restores healthy emotions, rejuvenates the whole being, while it lets the higher concept centers become unclouded to receive transcendental revelation.

Fasting, Breathing, Thinking, Tensing; this is the sunrise over our new world. It wipes the dullness of our old dead cells off our spiritual horizon like mists from glass and we look out, clear eyed, over a new kingdom which our own inspired wisdom has conquered.

CHAPTER XII

SUPRA—CONSCIOUSNESS

Sight—Hearing—Taste—Touch—Smell.

WHEN we take the *Short Cut* of Fasting we not only rearrange our whole being, but we rearrange our position in the great Universal Etheric Vibrations.

We give ourself a new place in our own firmament and throw around us new expressions of Cosmic Life with which we must again normally connect.

We find new gifts on our path toward rightness and these new gifts are *accentuation* and *intensification* of all our human senses. Sight, hearing, taste, touch and smell awaken with a new, thrilling sense of finer use, becoming merged into a vivid new sensation, which is a blend of all.

All senses are used, not *disused*, but used in a sort of overtone of function which perceives without contact and translates with the deeper perception of the essence-sense rather than the crude extracts of the old senses.

Where others see only empty space and hear no sound and find no perfume, the Illuminatus rarefied with his Fast, sees colors and visions, hears voices and merges himself with the music

THE SHORT CUT TO

of the spheres in entrancing sounds.

The faster does not go far in the search for the secrets of himself before he comes face to face with the unrevealed secrets of the world in which he lives—secrets sealed to the masses but revealed to him because he has pushed his mind behind the veil of matter in which the common senses had shut him.

In the very beginning in this search for wisdom, he comes to a world of color and sound; he finds these so wonderful that they bewitch his senses; the color sinks him into introspection while the sound either soothes him or jars him into more and more mystery. When fasting has opened his vision to the color scheme of the universe, and his ears to its wonderful harmony, he must then pass, by higher law, into the added peace, power and usefulness which these gifts bring him.

It is a perfectly natural thing for the Illuminati to see colors and hear the vibrations of their life song. Thousands are born just on the edge of these deep, etheric vibrations. Clairvoyance and Clairaudience are just natural expressions of these intensified states of mind and body. They are not the gifts of God to some especial saint or seer, but are the gifts man gives to himself through the normal use of the finer senses already in his possession.

Form, color, sound, this is the trinity of life; every blade of grass gives off its own keynote, or life song, as a tuning fork gives out its notes; every mineral, animal, or man, everything, sings

REGENERATION THROUGH FASTING

its own song of life.

The metaphysician only hears, but does not understand; the occultist hears, sees and studies all these laws, but they operate on him, not he on them. The Illuminatus sees, knows and operates all these laws, blending them into one grand whole, from which he writes the symphony of his own life.

Within this extension of vision and sense there comes the wonder of the sense of smell, and the Illuminatus detects everywhere the auric smell of all things: he can speak as one who speaks with authority even before he has either seen or heard; he can walk, blindfolded, in the most dangerous levels, be surrounded with the beasts of the human plane and yet, with an unerring subtlety, his finer sense of smell will open the truth for him and become the book of wisdom from which he can read the directions of the trail.

Every one carries with him, in his aura, the finer etheric vibrations of his life; and these, translated into smell, reveal his place in the scheme of all things. The drunkard, the prostitute, the thief, the liar, the glutton, the murderer, at heart, all have the odor of their own vibration, and no matter how beautiful they may appear externally, no matter how much they deceive the uninitiated, the Illuminatus can stand before them, or across the room, or even with a wall between, and by the almost imperceptible perception of his higher sense of smell can gain the truth of their soul position.

It has not entered into the heart of man to

THE SHORT CUT TO REGENERATION

conceive of the glories that are prepared for those who love the Lord (Law). The higher Law of Understanding is always a lamp to his feet, the wonderful senses of our physical body are linked with the wisdom of the universe; and through these, the higher consciousness leads, directs and inspires the human heart.

Sight, hearing, taste, touch, smell,—these together form the life line for the whole human race. Blest indeed is he who, turning inward for his light, finds that intensified union of all these senses which can lead him fearlessly along the sharpest precipices of life. Then thrice blessed is he when, turning into the world around him, he can use these to help humanity on to higher mastery of its environment and itself.

This consciousness attained by taking the Short Cut—makes for physical, mental, and emotional everlasting efficiency. Those who bring it to bear upon human conditions heal themselves and others, they change their environment and turn a lamp to the feet of the struggling, they help all to get health, wealth, love and success, not tomorrow nor next year but here and now. These are the real magicians, but men unthinkingly call them financiers, builders, promoters, et cetera. Their thoughts, wished out into form, make a fit place for the weaker multitude to live in and they are always the humanitarians, giving their life for the world.

CHAPTER XIII

THE SUPER-MAN

BEFORE we start to fast, we ask why we should fast, and after we have fulfilled all the laws for the Short Cut we have a right to demand that we shall have, as a permanent possession, some things that are worth while.

We have followed for an ultimate good and we demand that the end shall justify the means. The Human Mind is so constituted that no effort, sacrifice or endurance is too great if it brings the desired end and aim; so the Initiate may well ask "What is in all this for *me*? What is the complete reward? What do I get to recompense me for the many human indulgences I am obliged to pass up in my search for the Higher Good?"

There is pleasure in self-indulgence, that one cannot deny, and there is hard discipline in this ceaseless round of self-denial and self-education.

The Initiate will go on to accomplishment if he can have positive proof of the certainty of perfect fulfillment at the end. These proofs can be given and *are* given him. He can find them everywhere in song and story; history itself stands laden with the gifts of this new world.

The final gift to the one who faints not is

THE SHORT CUT TO

Divine Revelation. With this SHORT CUT one becomes a Revelator and he has the light of higher wisdom over his path. The master said "He that followeth me shall not walk in darkness; he shall have the light of life" and those who develop this consciousness *within*, escape the dark miasma-laden swamps of human ignorance and walk in a light that is not only over all but *in* all.

The mind of the Illuminatus is ever the open doorway between heaven and earth through which genius passes; his plus-consciousness contacts with planes of intelligence unknown to the simple multitudes; he moves upon the same levels as his kind, but is above and beyond them in thought and perception. He eludes, by his own revelation and greatness, the measuring power and the submerging pull of the common crowd. The common man can only catch glimpses of the true light of revelation, the plus man *lives* it, *is* it, and through being this he can help the whole world.

Through fasting, breathing, thinking, feeling, being, we become individualized gods on this planet and can enter the eternal Orders of Health, Wealth, Love and Service, then, like a mighty magnet, draw others into these Orders. Those who pay the price of purification, discipline—which the Short Cut demands, will find as their ultimate possession and reward a new consciousness which embodies in super-human powers.

Nothing in the common walks of life can

REGENERATION THROUGH FASTING

interfere with the progress of these Illuminati; limitation is unknown to them. They simply absorb or dissolve the puny human laws which bind and hold the ordinary race man by meeting them with a perception which finds the higher laws.

With the higher laws of life they enter naturally into a new order of possession so great, so limitless, so free, that it can only be called divine:

“They come to grief and bid it pass to joy,
Their touch unbinds the blinding bands of pain;
The soul finds happiness without alloy,
They turn all seeming loss to greater gain.”

This is the fulfillment of the promises, and by their deliberate appeal to the power of higher knowing and their unchanging response to higher discipline they command and accomplish all.

The plus man does not separate himself from his kind; he is only more closely identified with everything. His exiled human heart has only lost its life on a lower plane to find it on new levels of living. He is now at home on the bosom of reality; he can speak from the wisdom of the all, merged in the all, the parts made perfect in the whole.

The true growth of the human soul is painless, and, knowing this, he turns his transcendental consciousness upon his flesh and heals it. Purified by his long fast, the cell consciousness of his body accepts the new invitation to peace and freedom. Every cell intelligence awakens to the new call, and night and day, works out triumphantly, the plus body.

THE SHORT CUT TO

Then, standing in the midst of the world of intelligence, himself a creator, a receiver, a distributor and an unfolder, he builds his own material world and says—"let there be light over his new universe." He is universal intelligence, substance and force. He knows that he must manifest his own form, and that, in order to manifest it, he must command the Divine Intelligence around him.

By a conscious fling of *mentation*, then, he speaks his own desire into atomic mind of matter, and from empty, formless space, cosmic consciousness appears in forms of wealth, success, power, freedom,—anything he desires.

There is concerted action between the atomic mind of substance and the mind of the Illumined. They become the Supreme Creator and Director of their own pathway through life, and through contact with the higher levels of Intelligence, their revelation enables them to be a redeemer of the race.

Nations may come and go, wax strong and perish into nothingness but, still higher than the changing law of time and ignorance, there will always be the voice of the Eternal Truth speaking its message into the minds of Illumined men. Amid the world throng there will always be those, who, pushed by the power of a glorified conviction, will lift their life to the level of the universal life, so that, from the shores of infinite wisdom, great waves of truth, illumination and revelation will beat in upon them.

Above all the seeming limitations of our

REGENERATION THROUGH FASTING

human consciousness and our limited understanding, revelation and prophecy will sweep into the soul when we have fulfilled the law, and uplift our mind to a great endeavor.

The voice of the Infinite is calling us today, just as it has called to men of all races throughout all time, and as soon as the human mind looks up and seeks and asks, it finds. The answer is already written; waiting for that supreme crest in race consciousness when, like a mountain peak, the rising intelligence unites with its source.

In the everyday life, we must all pass between the world of sense and the world of revelation. The Novitiate and the Initiate are side by side, and each takes his place in, and works with, the power of his own kingdom, and through this reaches complete Illumination.

Whenever or wherever the soul awakens to a great thirst for higher wisdom, it overcomes the limitations of the finite laws and counts as naught the self culture which these higher possessions demand of it.

This, then, is the Short Cut, the pathway of the plus man, the new world of the Illuminati. It is filled with eternal possessions and any life, no matter where it may be in the lesser pathways or the broad, white ways of human ignorance, can find this straight and narrow path and build itself a way from the lowlands of human reality, into a new world of peace.

Crowned, then, with the joy of deeper conquest which we have won through unfaltering allegiance to the laws of the "Short Cut;" we

THE SHORT CUT TO REGENERATION

hold in our hands the key to the secrets of Absolute *Creation*.

The path began by awakening within the self an embryonic Consciousness of Divine Reality, and it ends with reality coming forth not from some strange, far-off outside world of conjecture, but gently and surely from the very heart of life within our own being. From our own center, life's perfect flower of Divine Realization has budded, bloomed and blossomed. We are no longer under the law of the race consciousness but under the grace of Divine potentialities and possibilities.



