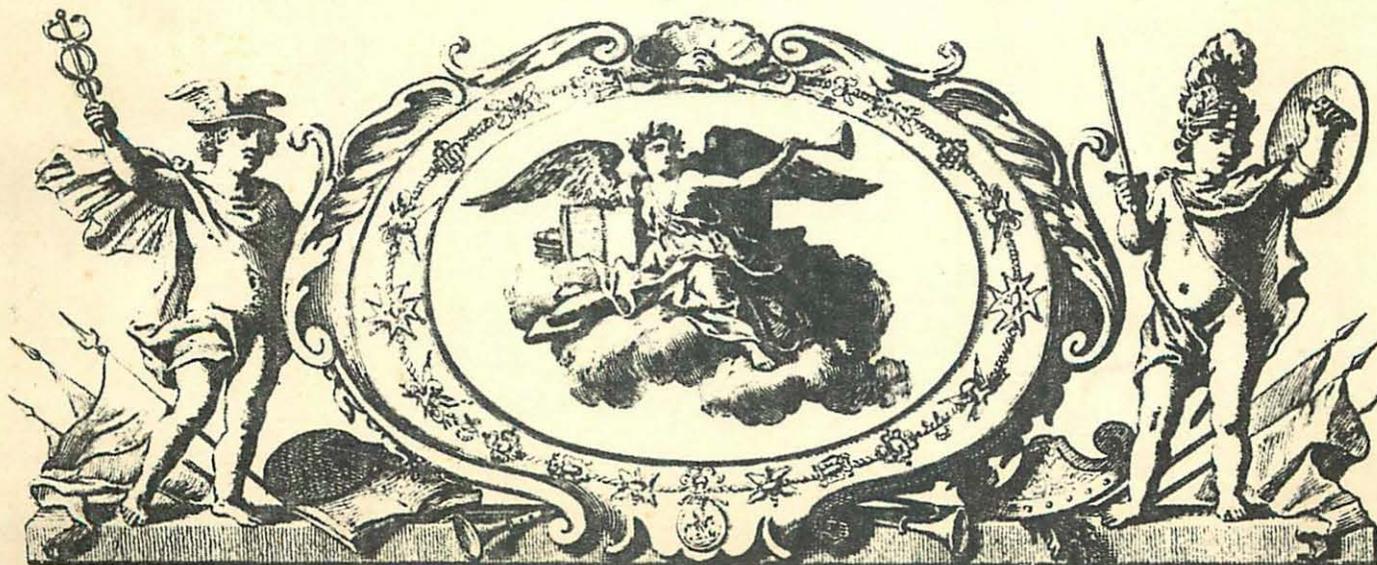


CARDIO-PSYCHIC THRUST

By
DR. MERLE E. PARKER

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LABORATORY REPORT

THE SCIENCE OF
PHYSICS AND CHEMISTRY

22

DR. JAMES H. CLARK

COMMITTEE FOR THE STUDY OF THE
TEACHING OF SCIENCE IN THE
SCHOOLS

THE NATIONAL ACADEMY OF SCIENCES

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LABORATORY REPORT

This report is prepared for the
National Academy of Sciences
and is intended to provide
information on the progress
of research in the field
of physics and chemistry.
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CARDIO-PSYCHIC THRUST

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Dr. Merle E. Parker

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THE PLAN BEHIND THE SCIENCE OF CARDIO-PSYCHIC THRUST

At the outset let every student of this Science understand that there will be changes required in the daily activities in which he is accustomed to engage. These changes will include virtually every phase of his life from how he thinks, talks and walks, to how he eats, drinks and amuses himself.

The TRUE MASTERS did not become True Masters overnight. They set a goal and never waivered from that goal, no matter what the temptation to do so may have been. This is not to say that True Masters cannot, do not, or did not enjoy every moment of their stay on this planet we call Earth. To the contrary, they extracted from their sojourn here far more thrills, joys, and excitement than ordinary mortals even dare to dream possible.

True Masters do not MIS-use their powers and they do not mis-use the elements placed on Earth for use in sustaining life. No Master would ever, for instance, take into his lungs any impure air, if he could possibly avoid doing so. On the contrary, the True Master daily cleanses his lungs with special methods which you shall learn in this document as you proceed.

The True Master never mis-uses food by subverting it to a means of achieving recreation, thus over-eating and acquiring excess flesh on his body in the form of fat. True Masters ALWAYS are lean, even to the point of being considered "skinny" by modern-day standards. The reason for this care in the use of food is two-fold: First, excess flesh throws unnecessary stress on the HEART and requires it to work harder just to carry the body from place to place. Second, excess food throws an added burden on the excretory functions of the body, in eliminating waste products produced when food is converted by the digestive system into cell-building and blood-building components, as well as energy-giving factors.

Even those persons who eat so-called "health foods" often eat far more than their bodies can use. A well-known publisher of a nationally famous health-oriented magazine died of a heart attack while speaking to an audience not so many months ago.(1975). One look at this man clearly showed that he ate much too much of the "health foods" he advocated! Yes, even "health foods" can be "DEATH FOODS" if taken in too great a quantity. You shall learn the MASTERS' WAY as you progress in your study of this Document. You shall learn how easy it is to

CARDIO-PSYCHIC ENERGY

by
Dr. Maria E. Parker

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THE WAY BEHIND THE SCIENCE OF
CARDIO-PSYCHIC ENERGY

At the outset let every student of this Science understand that
there will be changes required in the daily activities in which he
is accustomed to engage. These changes will include virtually every
phase of his life from how he thinks, talks and walks, to how he eats,
drinks and sleeps himself.

The THIRTY FACTORS did not become true Masters overnight. They
did a good and never wavered from that goal no matter what the
temptation to do so may have been. This is not to say that some
were easier, do not, or did not enjoy every moment of their stay on
this planet we call Earth. To the contrary, they experienced how their
existence here was a battle, joy, and excitement that ordinary mortals
even dare to dream possible.

Thus Masters do not wish use their powers and they do not mis-use
the elements of Earth for use in sustaining life. No Master
would ever, for instance, take into his lungs any fumes or air, if he
could possibly avoid doing so. On the contrary, the True Master daily
listens his lungs with special methods which you will learn in this
document as you proceed.

The True Master never mis-uses food by supervision is to a means
of achieving perfection, thus over-eating and adding an excess load
on the body in the form of fat. True Masters ALWAYS eat less, even
to the point of being considered "skinny" by modern-day standards.
The reason for this is in the use of food as a fuel. First, excess
food is unnecessary stress on the HEART and therefore is to be
avoided. Next, the body has to place a great deal of
energy just to carry the body load plus to place a great deal of
load on the body. The excess burden on the circulatory system of the body
load throws an extra burden on the circulatory system produced when food is converted by the
digestive system into cell-building and blood-building components,
as well as energy-giving factors.

Even those persons who are so-called "W-111" after the
word from their doctor can use a well-known publisher of a nationally
known health-oriented magazine died of a heart attack while speaking
to an audience for so many months ago (1975). One load of this man
clearly proved that he was not a "heart food" as he
voiced! Yes, even "heart food" can be "HEALTH FOOD" if taken in
too great a quantity. You should learn the MASTER'S WAY as you proceed
in your study of this movement. You will learn how easy it is to

completely avoid the temptation to over-eat or partake of things which destroy the body or disrupt its natural functions.

Virtually all people who indulge in self-destructive acts do so because they are bored! They have no vital goals. They have no planned direction for their energies, so they seek, by one means or another, to destroy those energies! How stupid!

In America there are three major self-destructive channels people use to unconsciously destroy health, and thus shorten life: First, and probably the most stupid is smoking tobacco of any kind, whether it is cigarette, pipe or cigar; second is alcohol, from the glass of beer while watching TV to the all-night fling where stupid drunkenness is the end result; and third is gorging the stomach with food "just because it tastes good!"

Sweet old ladies who never smoked or even drank a glass of weak beer in their lives have bellies that look like the Goodyear Blimp! They self-righteously proclaim their "temperance", never once recognizing they are no better than the town drunk who guzzles booze for days on end, every hour on the hour!

Then there is a fourth self-destructive factor, and this fourth factor consists of what people do NOT do, rather than what they do: In America, especially, people have become sickeningly LAZY! They will not walk to the corner drug store, if they can find a parking space for their car! In stores they insist upon having escalators and elevators. They would be horrified if someone suggested they WALK UP TWO FLIGHTS OF STAIRS!

THE TRUE MASTER NEVER RIDES IF HE CAN WALK OR RUN WHERE HE IS GOING! Only when time is of the essence, or the distance is very great does the Master turn to "modern transportation". With the BICYCLE coming into wider and wider use in America, Masters and Initiates who seek to become Masters have an easy alternative when they require some means of travel which is faster than walking, and which does not attract so much attention as running. They ride a bicycle -- and they ride VERY FAST!

Later you will learn how you keep increasing **CARDIO-PSYCHIC THRUST** as you go about your daily tasks, without interfering with your normal work or other duties. In fact, you do everything **FASTER AND BETTER** than before you began this amazing **SCIENCE OF CARDIO-PSYCHIC THRUST**.

At this point let us consider the extremely long lives recorded in the Christian Bible. Eight hundred and nine hundred years both are mentioned as the ages of some of the Old Testament prophets. BUT THE "COMMON PEOPLE" did not live that long! In fact, they did not reach the age which today is considered "average" in America -- somewhere above the sixty-five mark. The average age in those days was hardly over THIRTY! So WHY did these very few MASTERS live so long?

That was question which sparked the quest more than a QUARTER OF A CENTURY AGO which finally led to discovery of the **WHOLE SECRET OF CARDIO-PSYCHIC THRUST**. This science is **VERY DEMANDING**, yet it requires

...the ... of ...

only one MAIN INGREDIENT for success: TOTAL SELF-DISCIPLINE! This probably will be the hardest part for most persons who obtain this document, for as Dr. Kenneth H. Cooper points out in his book, AEROBICS, Copyright 1968, published by BANTAM BOOKS in paper-back, Americans are so self-willed and stubborn that they won't follow rules even when those rules are for their own best good!

Perhaps Americans are not different from the "common people" of Old Testament times. In fact, when we read about the plagues sent to punish the Hebrew people many centuries ago, we find statement after statement where, after one plague was lifted, the people went right back to their old ways -- wrongs ways -- and so another, and yet another "plague" was sent down from heaven to punish them. But they did it again -- and again -- and again -- and -----!!!!

So this may answer the question of why only a very few became MASTERS! It was because only a FEW had enough SELF-DISCIPLINE to do what they should do when they should do it, and NEVER do what they should not do when they knew they should not do it!

In the few paragraphs above it may sound simple, but in actual practice you probably will find it will take a lot of effort on your part to make ALL THE CHANGES required to master CARDIO-PSYCHIC THRUST and thus set the stage for adding 25, 50, 100 -- perhaps even 200 or more years to your own life.

CAN IT BE DONE? This was the question a quarter of a century of tireless effort was intended to answer. During this quarter of a century a number of important clues came to light: Persistent rumors of "lost civilizations" throughout the world, where women who looked like college coeds actually are grandmothers and great, great grandmothers! True? or False? And men, apparently forty to fifty at most, who have been on earth since before Columbus discovered America! IMPOSSIBLE???? We wonder!!!

If true, why do they not come out into the "civilized"(??) world and explain their "secret"? Think about that a moment, and you will have your own answer! They would be treated like side-show freaks, examined, thumped, bumped, probed, stuck with needles, and perhaps even subjected to VIVI-SECTION"! Such is the rank STUPIDITY of most modern people!

No, we do not suggest discarding these tales as fantasy just because the alleged long-lived people will not make their secrets known to "modern man". Modern Man is too vicious, cruel, inhuman and stupid to be trusted, and they know it! So they keep to themselves, and only by chance do some, if not all, of their methods and "secrets" reach what we so blythely call "the civilized world"!

These are the "SECRETS" this document will bring to you -- but what you do with them or about them is up to you! As for us, we shall use them, and test them, and continue to seek more wisdom from whatever source it may come, wherever and whenever it can be found! We urge you to do the same. We sincerely believe that if you will follow faithfully

the methods, teachings, techniques and formulæ set forth in the pages that follow, you will add years -- zestful, exciting years -- to your life. Whether you will make it past one hundred, on to two hundred years -- time alone can tell. We do not know the answer to that question. Only YOU can set in motion the mechanisms which may bring this seeming "miracle" into the realm of reality!

MAKE HASTE SLOWLY! Study each section carefully, and follow the instructions carefully. If you are now over 40 years old, and especially if you are over 60, do not expect overnight changes. Heed the admonitions along the way. Physical changes take time, and you cannot force them. If you try to go too fast, you will do damage, and possibly get discouraged and quit even before you get a good start.--- So take it step by step, realizing that you did not get to where you are now in a few days. Neither can you expect to "turn back the clock" in just a few days.

CARDIO-PSYCHIC THRUST, in the final analysis, is A WAY OF LIFE! It must be recognized as that. Otherwise, it will be little more than an exercise in futility to start! You cannot get results from this SECRET WAY OF LIFE in a few months, then go back to the "old ways" and expect to continue to reap the rewards of THE MASTERS! It does NOT work that way!

CARDIO-PSYCHIC THRUST goes far beyond the PHYSICAL! In fact, the truth is that the True Masters of Old Testament times did not set out to live long! LONG LIFE WAS A BY-PRODUCT OF THE TECHNIQUES NECESSARY TO BUILD SPIRITUAL POWER!

For this reason the final section of this document deals with the PSYCHIC IMPLICATIONS of Cardio-Psychic Thrust". But, before you can use CARDIO-PSYCHIC THRUST for any purpose at all, YOU MUST DEVELOP IT! So now we shall lead you into the "Secret Chambers of Divine Wisdom" and let you begin the exciting adventure of stopping the clock of Father Time, and slowly turning it backward, backward, backward, until youthful vigor begins to flow more freely through every nerve, every cell, every fibre of your being!

FIRST THINGS MUST COME FIRST!

We have already said that SELF-DISCIPLINE is a prime requisite in attaining the rewards of CARDIO-PSYCHIC THRUST. Therefore, you must prepare yourself to face truths which may run counter to what "everybody says". "Everybody", generally speaking, is in TERRIBLE HEALTH! So, obviously if you wanted to be like "everybody" you would not have requested this SECRET WISDOM OF THE ANCIENT MASTERS in the first place.

HOW YOU THINK is just as important as HOW YOU ACT in dealing with the various phases of Life. This shall become clear to you as you progress, step by step, with this SECRET WISDOM. WHAT YOU TAKE INTO YOUR MOUTH AND YOUR NOSTRILS (food and air) also is vital in developing CARDIO-PSYCHIC THRUST. All this, and much more now unfolds to you -----

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THE THREE CENTERS OF POWER IN CARDIO-PSYCHIC THRUST

There are three separate areas of power concentration used in developing and using Cardio-Psychic Thrust. These centers are located in the HEART, the SOLAR PLEXUS (mid-section) and in the BRAIN. The Ancient Masters used a combination of special techniques and special foods to stimulate and develop these Power Centers.

Modern medical science has begun to recognize at least ONE PHASE of the Ancient Secret, but to date no mention has been made of the importance of combining ALL PHASES in order to produce full and complete PHYSICAL AND PSYCHIC POWER. In fact, the MIND PHASE has hardly been recognized at all, except in Psycho-somatic medicine, and even there not enough emphasis has been placed upon the Mind-Part of the TRINITY.

"As a Man thinketh in his heart, so is he." So goes an ancient proverb. This is LITERALLY TRUE, for mind and heart work closely to produce fantastic results, but the power so generated acts through, and is supplemented by another power which is generated just below the mid-section or SOLAR PLEXUS.

Nearly everyone, at some time in his or her life, has had the unpleasant experience of being hit in the "pit of the stomach". No feeling on earth is quite like it! This is because a mass of nerve endings are located in that area. However, there is an even more important fact overlooked by "medical science", and that is that in addition to this nerve center there also is a POWER CENTER which can be trained to generate super-human physical power upward to ten to twenty times the normal strength of the human being!

Karate experts utilize this power to demonstrate fantastic feats of strength, such as breaking many boards or bricks with a strike of the hand, head or elbow. SPEED is that of a bullet, but it is speed created more by PHYSIO-PSYCHIC ENERGY than by "brute force". The Oriental teachers of the martial arts call this power "Ki" or "Chi". It is developed by meditation and extreme self-discipline.

Thus, they use TWO of the three centers, but so far as our research has been able to discover, they do not apply the THIRD CENTER OF POWER -- THE HEART.

We all know the Heart is the organ which pumps blood throughout our bodies, carrying life-giving oxygen which is taken into our lungs in the air we breathe. (Air is approximately 18 to 20 percent oxygen and about 79 to 81 percent nitrogen.) However, a little-known fact about the Heart is that it also contains a highly developed group of NERVE CELLS, which actually resemble BRAIN CELLS when examined under a microscope. Thus the expression, "As a man thinketh in his heart...etc..." may be literally true, if the "thinking" is EMOTIONALLY CHARGED!

To stimulate and activate these POWER CENTERS requires specific techniques. Some are primarily PHYSICAL while others combine the MENTAL with the PHYSICAL. We shall deal with the PHYSICAL first, and

THE PHYSIOLOGY OF THE HUMAN HEART

There are two separate kinds of power concerned with the development and growth of the heart. These are the heart's own power (the heart's own power) and the power of the blood (the blood's power). The heart's own power is the power of the heart muscle, and the blood's power is the power of the blood.

It is well known that the heart is a muscle, and as such it has the same properties as any other muscle. It contracts and relaxes, and it is capable of doing work. The heart's own power is the power of the heart muscle, and the blood's power is the power of the blood. The heart's own power is the power of the heart muscle, and the blood's power is the power of the blood.

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let you get started with the least demanding phase of Cardio-Psychic Thrust development. It is very important that you follow directions carefully, and that you do not attempt to "rush things" by increasing the amount of any given technique faster than recommended. To do so could result in physical damage to tendons, muscle structures, ligaments, and even the Heart itself. Do it THE MASTERS' WAY!

THE HEART COMES FIRST!

Since oxygenation of every nerve, cell and fibre of your body depends upon a powerful Heart, we shall begin by introducing you to this Amazing Powerhouse. It matters little if you are 25, 35, 45, 55, 65, or over 80 -- your Heart is still the most vital single working organ of your body. Second in importance for our purpose is your LUNGS, even though the lungs are not included in our list of the Three Sources of Power.

The lungs must supply PURE AIR (or as pure as you can find in today's pollution-ridden atmosphere), and your Heart must then deliver the oxygen portion of this air to the various parts of your body, INCLUDING THE BRAIN.

While it should not need to be mentioned, we feel we must mention that folks who smoke anything -- be it tobacco or marijuana or even tea leaves, -- has to be pretty stupid group of folks! There is no way a thinking, intelligent human being can believe he can escape drastic damage to the delicate air passages in the lungs if he deliberately inhales smoke -- ANY KIND OF SMOKE -- into his lungs! Enough said!

We mentioned earlier that the Heart contains a nerve center where cells similar to brain cells exist. It is this center we must stimulate and develop, and the only way to stimulate and develop this area is by stimulating the entire heart. A very few Masters can do this entirely by THOUGHT POWER, but most must combine PHYSICAL EXERTION, or "exercise" with thought power to achieve the desired results. Fortunately it is very easy to stimulate the heart, and it takes less than ten minutes a day -- only FIVE MINUTES A DAY at the beginning.

The exact method to use is not important, and there are many ways to do it. We shall give you several, and you can choose the one you find most convenient. The END RESULT is what counts, and that end result is to raise the heart beat from "resting normal" (around 65 to 75 beats a minute) to close to DOUBLE RESTING NORMAL. First you must obtain, and write down your "resting normal" heart beat or "pulse". If you have never taken your own pulse, you may have to experiment a little to find where your pulse is easiest to check.

If you ever have had a medical check-up, you already know that the nurse checks your pulse at the wrist, and you may find this is easiest. Some folks find it is more easily checked at a spot on the inside of the arm right at the elbow joint. Others can check it best in the neck. A few may prefer to check it in the chest area.

Locate your own best spot and check your pulse rate while resting.

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...the heart is the seat of the soul...

THE HEART

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To make it easy for you to keep a record, we have included below a place for you to record this Resting Pulse Rate:

My Resting Pulse Rate is: _____

Date recorded: _____

Do not take your resting pulse rate immediately after eating, because if you do, it probably will be from 5 to 15 beats above the normal resting rate. You should expect somewhere between 65 and 75, but lower or higher is not unusual. Much over 80 suggests that your heart is not strong enough to do a good job for you, and this should warn you to be extra careful during the first month or so of this Cardio-Psychic Thrust course.

If your heart is normally healthy, it will take you from one to two minutes to get it to build up to DOUBLE its normal rate. If it builds up TOO FAST (say in 20 to 30 seconds), discontinue the method, because this indicates that you may need a check-up before going further in this, or any program which requires PHYSICAL EXERTION.

A young, healthy athlete can run a fairly fast mile and never reach much over double his normal resting pulse rate, but don't you try that -- at least not at the beginning!

The way to begin is to decide on one of the methods given a little later and then start slowly, gradually increasing the speed of movement until you are breathing hard, but not to the point of exhaustion. Watch a clock or watch with a sweep second hand, if possible, to time accurately the period you use the technique you have chosen. KEEP THE TOTAL TO FIVE MINUTES, INCLUDING THE ONE OR TWO MINUTES OF BUILD-UP.

Here is the "What" and the "Why" behind this Heart stimulation: When you are at rest, or even when you are doing your daily tasks, your heart rarely is called upon to exert more than 15% to 25% of its potential power. IT NEVER GETS A CHANCE TO "STRETCH OUT" and rebuild itself! To stay healthy, the Heart must be pushed to within 10% of its MAXIMUM for about 5 to 10 minutes EVERY DAY OF YOUR LIFE! To put it another way, your Heart must be pushed to 90% or more of its total capacity once a day very much like a mechanic "races a motor" to clean out the carburetor! FIVE OR TEN MINUTES -- that is all!

As you will see on the next page, some techniques can be used while you are lying in bed, sitting on a chair, or standing in your bathroom, living room, or bed room. Even without the rest of the Cardio-Psychic Thrust development program, you can add from 10 to 20 years to your life, if you are under 55, and upward to 5 years if you are over 65, by using this Heart "Tune-up" daily.

IMPORTANT WARNING: If you ever have had a "heart attack" consult your doctor before beginning this, or any kind of program which requires strong heart exertion! A normal, healthy heart will never be damaged by physical exercise, but a heart which already is damaged may be injured further if over-exerted too soon after the original damage.

TECHNIQUES FOR HEART TONING

Techniques for Indoor Use:

1. Sit on edge of bed so that legs can swing freely. Begin raising legs up and down, fairly stiff, more and more rapidly. Watch clock or watch. Keep up until breathing hard, and try for full five minutes. Do NOT continue to point of exhaustion, however. IMMEDIATELY CHECK PULSE when you stop, counting heart beats for FIFTEEN SECONDS, and multiply by four to get rate. The reason for counting only fifteen seconds is that the heart should begin to slow down almost at once when you stop the exercise, and to get an accurate count of its rate DURING THE PEAK PERIOD of the exercise, you must get the rate as quickly as possible after you stop movement.

2. IF you are a fairly limber (and slender!) person, try this: Lie on a rug or exercise pad (if you have one) and raise your body back on your shoulders, lifting legs straight toward ceiling until you can balance comfortably with hands under hips. This may take some practice, unless you have studied and practiced Yoga exercises. The exercise is an upside down one using the "Bicycle" movement. Begin raising and lowering your legs, just as you would do if you were riding a bicycle very fast. Increase speed. Count cadence, trying to get to the rate of 75 "revolutions" per minute. (The equivalent of 150 to 160 paces in marching.) Keep it up for five minutes if you can, but again, do NOT do it to the point of exhaustion. Follow instructions above for recording pulse rate.

3. "Running in place" is fine if you will not disturb anyone by the thumping, or if you have a good exercise pad to absorb the shock. Lift knees high, and "run" for five minutes at a pace of 75 to 85 (counting only as left foot strikes floor -- the equivalent of 150 to 170 paces per minute, in military marching or "double time".)

4. For persons whose legs will not permit the above, try this one: Sit or stand and start swinging both arms around in circle at the shoulders. Or "thrust" forward and back rapidly. Keep up for five minutes or until breathing hard.

5. Starting with arms at sides, swing upward and backward, increasing speed of movement until moving as fast as possible. Keep up as indicated above.

Techniques for outdoor use:

Nothing quite equals "jogging" for overall heart toning, but if your legs will not stand the pounding, take it easy, and start with short distances, increasing gradually, until your legs are toughened up. A slow half-mile will do at the start, and should be done at cadence of 140 moderate steps, depending upon your height. Five minutes for half mile is o.k. to start. Increase distance after one month, and make a mile your goal after two months.

Bicycling, if you own and can ride a bicycle. Ride fast enough to bring pulse rate up, which means you should be breathing fairly hard

by the end of the first quarter mile. You should plan a five-mile course, and build up to a speed so you ride the five miles in 20 minutes or less. Take a month to build up if necessary.

WALKING: We cannot overlook walking, but we mean WALKING, not strolling! That means MINIMUM of military cadence of 120 steps per minute. Start with a half mile if you have not walked fast and far for a long time. Anything over ten minutes for half a mile is TOO SLOW! Increase to a mile after a month or six weeks, depending upon your leg strength, and the amount of time you can spend. Walking is NOT the best method, but for some it can be used more easily than other methods since they can walk instead of ride to work, by starting a little earlier.

WARNING: For any EXCEPT trained athletes we do not recommend doing any heavy exercise outdoors when air temperature is below 45 degrees! The impact on the lungs can be harmful to older people especially! Of course, if you happen to be the "outdoor type" and ski, or ice skate regularly, that is another matter. Be your own judge as to what you can handle! BUT WHATEVER YOU DO, "RACE YOUR MOTOR" FOR AT LEAST FIVE MINUTES DAILY FOR THE REST OF YOUR LIFE!

SPECIAL FOR ALL WHO LIKE "COMPETITION":

For those who would like to combine this phase of the course in developing CARDIO-PSYCHIC THRUST with competition, contact HEART POWER OLYMPICS, P. O. Box 1914, Sanford, Florida, and get involved in the only athletic competition in the world open to all ages from 14 to 109!)And later, on up to 200, if we find some of that age who want to compete!). Each age category competes only with others in that particular age category. Thus "grandpa" at 65 does not compete with grandson at 19!

THE PSYCHIC POWER THRUST CENTER

We now shall direct our attention to the SOLAR PLEXUS area where "Ki" or "Chi" is stored and can be released at will by those sufficiently trained in these matters to do "miracles". This may more difficult for some than the Heart Toning program, because so many Americans have allowed this area of their bodies to deteriorate to the point of disgrace.

For those who have layers of fat around the mid-section, this is going to be the real test of SELF-DISCIPLINE. It will take time -- perhaps up to a year or even longer. For those over 45, two years is not too long, if there is 50 pounds or more of excess "lard" to get rid of.

As a rule of thumb, use the following method to determine how much too large your waist is at present. Use an ordinary tape measure, and measure your chest. The method for women is different than the method for men, since BUST DEVELOPMENT is not the measurement we want. For some it may be necessary to estimate the exact chest girth, allowing for the fact the measurement must be taken slightly below the largest part of the chest box. FOR MEN: If there is LESS than 6 inches difference between your chest and waist measurement, your waist is TOO

by the end of the 1950s. The question arises: how should this be done? The answer is: by building up a strong and efficient five-year plan in 1950. This is the only way to build up the necessary...

WALSH: The second question is whether the proposed plan is realistic. The answer is: yes, it is. The plan is based on a realistic assessment of the country's resources and capabilities. It is a plan that is both ambitious and achievable. It is a plan that will lead to a strong and efficient five-year plan in 1950.

WALSH: For any party that is serious about the development of the country, the only way to build up a strong and efficient five-year plan in 1950 is to build up a strong and efficient five-year plan in 1950. This is the only way to build up the necessary...

SPECIAL REPORT ON THE COMPETITION

For those who would like to compare this phase of the course to a similar one in the past, the following table is provided. It shows the results of the competition in the past and the results of the competition in the present. The table shows that the results of the competition in the present are significantly better than the results of the competition in the past.

THE FUTURE OF THE COMPETITION

We now turn to the future of the competition. It is clear that the competition will continue to be an important part of the course. It will provide a valuable opportunity for students to compare their work with that of their classmates. It will also provide a valuable opportunity for students to learn from each other's work.

For those who are interested in the future of the competition, the following table is provided. It shows the results of the competition in the past and the results of the competition in the present. The table shows that the results of the competition in the present are significantly better than the results of the competition in the past.

It is clear that the competition will continue to be an important part of the course. It will provide a valuable opportunity for students to compare their work with that of their classmates. It will also provide a valuable opportunity for students to learn from each other's work. The results of the competition in the present are significantly better than the results of the competition in the past.

BIG. This may not be, and probably is not all fat. Part of the problem may be such poor muscle tone that you cannot hold the waistline in any more. Ideally there should be from 8 to 12 inches difference between your chest and waist. Thus if you have a 32 inch waist, you should have a 40 to 42 inch chest. If you have a 36 inch waist, you should have a 44 to 46 inch chest, etc.

For women: Measure just below the busts, and add two inches to get the approximate chest measure, exclusive of bust development. Women should have a waist measurement of at least 6 inches less than chest measurement. "Bathing beauty" measurements are of BUST DEVELOPMENT, not chest size as meant here, so the "38 - 22 - 36" formula has no bearing on this course.

WEIGHT ALSO IS A KEY:

For MEN: A Rule of Thumb guide (may vary up to 15%, depending upon bone structure):

Starting with 110 pounds at 5 feet, add 6 pounds PER INCH to 6 feet. This gives a SLENDER figure, ideal for HEART POWER and CARDIO-PSYCHIC THRUST. Much over 25% above this scale indicates need to use care in food intake, and over 50% above spells trouble!

For WOMEN: Starting with 100 pounds at 5 feet, add 5 pounds for each inch to 6 feet. Again, variations of 10% or 15% is O. K., but over 25% spells WARNING, and over 50% spells TROUBLE!

USUALLY overweight in both men and women will interfere with the SOLAR PLEXUS development so necessary to stimulate the PSYCHIC CENTER located there. Top quality muscle tone is essential. It is harder and it takes longer for overweight people to get the muscle tone required, but usually they can do it within 90 to 120 days, IF THEY HAVE THE SELF-DISCIPLINE NECESSARY.

FOR YOUR BENEFIT, WRITE DOWN YOUR HEIGHT AND WEIGHT BELOW AND THE DATE YOU STARTED THIS COURSE:

My height: _____ My weight: _____

Date Recorded: _____

We suggest you use the back of this page to record MONTHLY CHANGES if you need to lose weight and intend to work at it.

Techniques for Toning Psychic Center

The techniques given for Heart Toning have a little effect upon the Solar Plexus area too, but not enough to develop the full potential of PSYCHIC POWER which can be generated when this area is fully stimulated. Although muscle tone and strength will increase also, the primary goal is DEEP STIMULATION touching the Psychic Nerve Center itself. Follow the directions, and do NOT overdo these highly stimulating techniques! Just because a little is good does NOT mean more is better!

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1. This Technique is adapted from Yoga, and with a little practice anyone can become proficient in using it. You can sit in a chair, lie on the bed or stand when you do this: Slowly draw in the abdomen, sucking in harder and harder. Inhale slowly as you do so, but do NOT attempt to completely fill your lungs, as this will interfere with full power in sucking in the abdominal area. Then slowly let out the air and release the hold on the abdominal muscles, allowing them to sag forward. Do this five times, ONCE DAILY for the first week. At the beginning of the second week go to Step Two of this Technique: This time repeat the above exercise THREE TIMES, and then on the third time rapidly draw in and let out the abdominal area in a "pumping" type movement. Actually forcefully thrust outward as well as pull inward in rapid succession. Do each pumping three times from the Third full exercise to the TENTH. Thus you will do TWO WARM-UPS the old way, as you did the first week, then EIGHT movements, starting the old way, but adding the PUMPING MOVEMENT three times as you hold your breath after drawing in the abdominal area. Re-read the above several times until you are sure you get the picture of what you are supposed to do.

Third Week: Increase total number of repetitions to FIFTEEN, using two slow warm-ups, without "pumping" followed by remainder WITH the pumping. This exercise stimulates the deeply seated NERVE CENTER which later, when developed, will enable you to use PSYCHIC POWER for MIRACULOUS PURPOSES! Add five per week until you reach thirty repetitions.

2. In addition to the above Technique, use both of the following: FIRST: Regular "sit-ups" used by millions of people to strengthen abdominal muscles. Hook feet under some heavy object to prevent them from rising, and stretch out on floor or bed. Then rise at the waist and reach forward toward toes. It matters little whether you touch the toes, and it is not vital if you do or do not bend knees. The object is to strengthen and tone the abdominal area. FAT FOLKS will have problems here. Repeat FIVE TIMES ONCE DAILY for first week. Add five per week up to maximum of FIFTY. When you can easily do fifty sit-ups, your tone is excellent.

SECOND: About five or ten minutes after doing the above, lie flat on bed or floor and raise legs, keeping knees straight. Do this slowly, until legs are straight up, pointing at the ceiling. Lower slowly and repeat five times. Work up to 25 times, adding from three to five per week. For many, especially PEOPLE WITH HEAVY LEGS, this may be harder than the First Part above.

JUST THESE THREE TECHNIQUES will rapidly produce the NERVE STIMULATION so vital for developing CARDIO-PSYCHIC THRUST to its fullest potential.

A SPECIAL WORD OF CAUTION FOR ALL:

No matter how fast you learn, we suggest you read and re-read this entire Document several times before you start the program, since we must give it to you piece by piece, even though when you start using it, you must combine it all into one smooth integrated regimen. Do not be in a hurry to start, and thus miss an important

The first part of the document is a letter from the author to the editor. The letter discusses the author's interest in the subject matter and the reasons for writing the article. The author mentions that they have conducted extensive research and that the article provides a comprehensive overview of the topic. The author also expresses their hope that the article will be of interest to the readers of the journal. The letter concludes with a polite request for the editor's consideration and a thank you for the opportunity to submit the work.

The second part of the document is the main body of the article. It begins with an introduction that sets the context for the research. The author then presents a series of arguments and evidence to support their thesis. The article is divided into several sections, each focusing on a different aspect of the topic. The author uses a variety of sources, including books, articles, and interviews, to provide a well-rounded perspective. The article concludes with a summary of the findings and a final thought on the implications of the research.

The third part of the document is a list of references. The references are organized alphabetically and include a variety of sources, such as books, journal articles, and online resources. The author has provided full citations for each source, including the author's name, the title of the work, and the publication information. This section is essential for readers who wish to explore the topic further or verify the author's claims.

The fourth part of the document is a short note from the author. The author expresses their gratitude to the editor and the reviewers for their feedback and support. They also mention that they are available for any further questions or discussions related to the article. The note is a friendly and professional way to close the document.

point in your haste to get started. "Make haste slowly" applies in all vital teachings of the Masters. A Summary is given later in order to set forth in concise form the entire Regimen adapted for use by modern men and women from the original Techniques used by Masters of Wisdom of centuries ago -- and by those legendary people, presumably now living among us on Earth, but out of sight of so-called "civilized" society.

NOURISHMENT OF THE PSYCHIC CENTERS

The ignorant use food as a recreation because they do not have sufficient self-discipline to use it for its proper purpose which is to nourish and replenish the body. This Document is not written for the ignorant. It is written for intelligent men and women who have the ability to recognize Truth when they see it, and whose common sense will verify rational statements without requiring "expert" opinion. In short, this Document is for men and women who can think, reason and decide for themselves, not for the "brainwashed" masses!

Much of what is used as "food" throughout the world is Garbage! It hardly is fit for animal feed! Indeed, scientific farmers feed their livestock better food than they feed their families -- at least this is true in America.

Most Americans eat far too much of whatever they eat. They gulp food down, instead of chewing it and tasting it. This results in cutting off the warning signal built into the human anatomy for the purpose of shutting down the appetite when enough food has been taken into the stomach. Almost everyone is familiar with a nationally advertised product sold to help fat people lose weight. It contains no drugs. It is a candy, supposedly re-enforced with vitamins, and fat folks are directed to eat one or two of the little candies one-half hour before meal time! Thus a company has raked in MILLIONS OF DOLLARS, selling candy at twice what it is worth, because ANY FOOD eaten in very small quantity a half hour before the regular meal will shut down the appetite! The built-in warning device requires about fifteen to twenty minutes to operate. If you eat S-L-O-W-L-Y, it will have time to say "STOP" before your stomach is overloaded. But, if you GULP DOWN FOOD so rapidly that you are stuffed in ten minutes or less, this warning device never has a chance to "sound off"! And that is precisely why Americans WASTE UPWARD TO HALF OF ALL FOOD THEY EAT! Their bodies cannot use that much, but they keep shoveling it in anyhow!

So, Step one in this phase of your Regimen is: EAT SLOWLY ----= VERY, VERY, VERY SLOWLY, if it takes that much emphasis to get you out of the bad habit of GULPING DOWN FOOD. A meal should take from 35 to 45 minutes, AT LEAST! Enjoy every bite! You can only enjoy food while you are TASTING IT. You only TASTE food while it is in your mouth-- not after you swallow it! So slow down! Enjoy tasting your food. This, alone, will cause you to eat less .

WHAT YOU EAT, of course, is also very important. Americans and some European people eat far too much starch. Macaroni, and "pasta" of any kind, when eaten often, overloads the body with starch, and

DIFFERENTIATION OF THE SEXUAL CHANGES

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the person gets fat. Did you ever meet an Italian man or woman, over 40 years old, who was skinny? Perhaps, but this is the exception. Italian people are notorious for rich foods, and especially the many pasta dishes, made primarily with grain flour. Now, grain is not all bad. There is protein in grain as well as starch, but when used at almost every meal, as it is in Italy, the starch overload is obvious, and so are the number of fat people!

In America those considered to be in the "poverty" level of income very often are very fat. The reason, so claim our sociologists, is that starchy foods are cheaper than protein foods. Potatoes cost much less than meat, and corn meal is a standby in the South. Add to that the fact that a very full belly takes one's mind off his troubles, and we have the answer to why the poor often are fat, despite their poverty. The rate of disease is high and costly, too, all because nobody has the good sense to realize that even poverty could gradually be eliminated if folks were healthier!

But for this Document we shall concern ourselves with YOU, and how you are to change your eating habits, if you desire the full benefits which can be yours when you develop and use **CARDIO-PSYCHIC THRUST**.

During the quarter century of research to find the **WHOLE SECRET** of eight hundred and nine hundred year lives recorded in Old Testament times, many areas were explored. The exact ways in which the Ancient Masters lived cannot easily be duplicated today, but the **ESSENTIAL FOODS THEY USED CAN BE!** In fact, without knowing it, "health food" manufacturers have duplicated some of the very items used three to four thousand years ago!

All who are familiar with the Old Testament know that **SACRIFICES** were common in those days -- not of human beings, but of **CATTLE** and sheep, goats, etc. These "sacrifices" were taken to the Temples. What happened to the "sacrifices" is not recorded in the Bible! We wanted the answers, and by painstaking research found them! The Prophets knew much more than the "masses" about anatomy, and even understood the endocrine glandular system, how it functions, and what is required to **REJUVENATE IT!** Animal organs also were understood, and a product now widely sold in health food stores was well known to the Religious Leaders, or Prophets of those days.

They had no elaborate food processing machinery, but they did have clay ovens, lots of time on their hands, and they had stones to hammer and grind. So what is sold as "dessicated liver" (dried and powdered liver) was among the ancient **SECRET POTIONS** used four thousand years ago! We say "potions" because our research indicates these Prophets mixed dried and powdered organs, including liver, in various juices to disguise the flavor, which they apparently did not relish. Today the squeamish can pay a little more and get dessicated liver in tablets which can be swallowed without tasting it.

They also knew of a product which floats in the air, ready to act wherever the proper conditions are created for its reproduction. Today "health food" stores sell this product as brewers' yeast!

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Four thousand years ago, and longer, Prophets collected this very potent form of protein food from the clay vats in which wine was fermented. In fact, there is evidence indicating they knew that any liquid containing starch or sugar could be fermented, and that the residue left in the bottom of the container was alive and active and a vital food -- but only for the chosen few! They placed great value upon this "NECTAR OF ETERNAL LIFE"!

Some claims may be exaggerated, but it appears that when used in abundance(*), food-yeast may well be able to prolong human life by several hundred years! (*)WARNING: The human body will not tolerate any sudden change in diet! Therefore, anyone deciding to test the idea of using large amounts of yeast as food must proceed with caution, and gradually make the change or dire results may follow!

YEAST USED AS FOOD MUST ALWAYS BE "KILLED"! If this sounds strange to you, please understand that yeast is alive when it is in a fermenting liquid. It does not die, even when dried, but it does die when heated beyond 165%. That is the way yeast powder sold in health food stores is processed. The "live" yeast cells must not be taken into the body, because they will continue to grow and multiply and they use up vital VITAMINS, robbing the body of their benefit. If you choose to use yeast, ALWAYS BUY PROCESSED YEAST -- OR IF YOU WANT TO MAKE YOUR OWN, HEAT IT TO 165% for about 15 minutes.

Our research indicates the Prophets made "cakes" of this material and baked it in ovens. They ate it like crackers or cakes, nibbling at it from time to time. It also appears they may have added other ingredients, more for flavor than for special effects, however. Some do not like the flavor of yeast cakes. Again, this product also is available in tablet form, at a higher price per pound than powder form.

Let us remind you here that Masters are highly developed people. Taste usually is of little or no concern to them, because by MIND POWER they can alter or blank out any disagreeable taste of almost anything. You, too, can do this, as you gain proficiency in the THIRD AREA of this Regimen which follows this section: MENTAL CREATIVE POWER.

We still have not touched upon VITAMINS and MINERALS. Our research into the past shows that mineral value also was well known, but it was no problem due to the inland seas where the water was loaded with all minerals natural to the earth and needed by the human body. Some prophets did, it appears, drink small quantities of the sea water from time to time, and our information is that some of the present-day "hidden civilizations" also use sea water to supply all minerals which the human body can use. Again, there is a substitute for this source of minerals, and is not expensive. A full source list is at the end of this Document.

Americans lack several very important minerals, including iron, calcium, magnesium and potassium. All are readily available, and if any person desiring to gain the most from this Regimen says he can't find them, he just hasn't tried looking! (We'll give sources later.)

Vitamins apparently were not a concern of the Ancient Masters.

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It is easy to understand why when we recall that in those days everybody lived off the land, Vegetables were widely used, as were fruits, both domestic and wild. There were no highly processed foods from which most of the vitamins had been removed, so there was little if any need for "vitamin supplements". However, there is evidence of MEGAVITAMIN USE by the Ancient Masters, although they probably did not think of it in that way.

For example, YEAST contains very large amounts of VITAMIN B COMPLEX (All elements of the B-vitamin compounds), and especially NIACIN. Niacin is the compound which creates a reaction known as the "Niacin flush". A dose of 50 to 100 milligrams taken before a meal will usually produce a mild itching and reddening of the skin all over the body due to the sudden rush of blood to all parts of the body. This vitamin was used by the Russians in the 1972 Olympic games, along with caffeine (the drug found in tea, coffee, colas and chocolate). It was claimed that this flush aided the athletes in performing during competition, and there was some objection at the time.

For persons with ARTHRITIS, HIGH BLOOD PRESSURE and HEART AILMENTS aggravated by clogged arteries, NIACIN appears to be a big help, since it temporarily enlarges the vascular system (all veins and arteries in the body). To date there has been no medical research in the United States to verify this claim, so it is given here as a point for further research by those so inclined.

Since the Ancient Masters ate large quantities of Yeast, it is obvious that they consumed many times the "recommended daily allowance" of Vitamin B compounds. Since Vitamin B complex is today recognized as an aid if not a cure in many kinds of ailments, the implications should be obvious. Medical Science may at last be catching up -- FOUR OR FIVE THOUSAND YEARS LATE, but at least catching up!!

At least one of the "lost civilizations" checked into during the twenty-five years of searching also uses yeast in abundance, and may have developed an even more potent strain than is generally known in the Western world. Yeast sold as "primary grown" in health food stores may be close to that reported from this "lost civilization". Basically it is yeast grown in a liquid other than beer, and is grown exclusively for itself, and is not a by-product of a liquor or beer. Presumably the liquid is discarded when fermentation ceases. Yeast multiplies by about twenty times in a few days at proper temperature in a suitable environment, namely a warm liquid containing starch or sugar. Thus anyone can make his own yeast -- but beware! Since the by-product contains ALCOHOL, there is the risk of being accused of "bootlegging"! If you try it, be sure to dump the liquid down the sink immediately after the fermenting is finished! Also, be sure to heat the yeast, after saving a tablespoonful as "Starter" for the next production. It will keep in the refrigerator for several weeks, in plain water. Or the yeast available in stores can be used as "Starter". DO NOT EAT THE YEAST BOUGHT IN STORES! IT IS LIVE YEAST! (We refer to yeast in GROCERY STORES, not "HEALTH FOOD STORES" where the "dead" yeast powder can be purchased for about \$1.50 per pound for some kinds, up to \$3.00 per pound for others.) It is often called "Food Yeast" where the other is "Baker's yeast". Food Yeast is dead. Baker's Yeast is alive.

Since the Ancient Masters used many "potions" made from fruit juices, they also consumed many times the "recommended daily allowance" of vitamin C. Their use of powdered dried liver, and other vital organs of animals, their intake of Vitamin A was many times the "recommended allowance". The same is true of the other known vitamins. In short, what is called "MEGAVITAMIN THERAPY" was used daily by the Ancient Masters who reportedly lived eight hundred to nine hundred years.

At the present time there probably are fewer than a thousand -- ONE THOUSAND -- Americans who come even close to consuming the amount of the various vitamins essential to life that were consumed by these Prophets of Old Testament times. One thousand out of TWO HUNDRED MILLION PLUS! The percentage is almost too small to calculate!

YOU MUST MAKE YOUR OWN DECISION! This document is intended for serious-minded men and women who have the intelligence to exercise their own good judgment, and who do not let "what everybody says" influence them. Let's face it -- "everybody" we so blythely talk about are the very ones who fill our hospitals and old peoples' homes! They think they know all the answers -- but if they are right, how come they are in the condition they are in? And how come their DOCTOR BILLS eat up all their savings and income? THINK ABOUT IT!

As for us, we have the FACTS! We cannot prove this Regimen will keep you on this earth an extra 50 years or a hundred years, or even twenty-five years, because it has just been released to a small segment of the public. Not everyone who receives it will bother to follow through and make this a WAY OF LIFE. Any other use of it will prove nothing. It is either ALL OR NOTHING AT ALL!

You cannot prove or disprove something just by talking about it, or by reading it and mentally evaluating it. YOU MUST DO IT AND DO IT ALL!

We said at the outset that you would have to make some changes in the way you live. It may be easier for some than for others. Certainly those with families will have the toughest decisions to make, unless every member of the family will cooperate, or at least, if not cooperate, not get in the way either.

We cannot and will not enter into "MAILORDER DEBATES" on the merit of anything written in this Document. Nobody is compelled to use the information contained herein. Yet, anyone has the RIGHT to use it who wants to.

The summary which follows sets forth the Regimen in more concise form, and suggests benefits to watch for. By keeping a monthly record of your progress, you will find encouragement that is better than any "pat on the back" you could receive. When you see your physical endurance jump 50% then 100%, and then on up to 500% and more in a few short months, it should make you stop and say to yourself, "I do believe I AM growing younger!" We know it happens because we have seen it. Even if there are temporary set-backs, such as overdoing and getting sore muscles which require a week's rest, return to the program as soon as possible, and rewards will continue to grow!

Since the Indian Bureau used many "doctors" who were from the
West, they also examined many cases of "doctors" daily. It
was of course in the use of powdered Indian linen, and other
articles of clothing, that the Bureau found many cases of
"doctors" who were in fact of the other known variety.
In short, what is called "MAGNANIMOUS" was used daily by the
Indian Bureau who reportedly lived in the same place as the
others.

The present time there probably are fewer than a thousand
of the "doctors" - Americans who come over to examine the
of the Indian Bureau essential to that they were examined by the
Bureau. The Bureau is almost as much as the Indian
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YOU MUST KNOW THAT THE "DOCTORS" THIS DOCUMENT IS INTENDED FOR
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As for the "doctors" who have been in the Indian Bureau
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You cannot expect to improve conditions by talking about it.
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Bureau and those who have the authority to examine them.

MENTAL CREATIVE POWER

The Third Phase of this Regimen is mental. Controlling one's thoughts might at first seem simple, but in actual practice it is not as simple as it may seem. During every waking moment thoughts of some kind are in your mind. They may be idle, random thoughts, or they may be plans, schemes, ideas for future action. Rare indeed, is the time when any person's mind is totally and completely blank.

Purposeful thought directing is tiring, and it requires the most strict form of mental discipline. It does not come natural. It must be cultivated and developed. Students of metaphysics or other mind-control teachings have a head start on those to whom the whole idea may be new.

For our purpose it is sufficient to know what kind of thoughts are to be eliminated and what kind of thoughts are to be encouraged and cultivated. Therefore, it is important to start by pointing out that many Western religious groups still teach the idea that "man's allotted time" is "three score and ten" (meaning 70 years). This is hogwash! BUT --- IF YOU BELIEVE THAT, THEN THIS WHOLE REGIMEN WILL BE USELESS TO YOU!

The whole purpose of releasing this Document to a small portion of the THINKING PUBLIC is to encourage people to TEST THIS REGIMEN with the goal of adding 25, 50, even a hundred years or more to earthly life! Therefore, if you think some "god" or other says, "No way, man!"; then you are whipped before you start!

So start by recognizing that more and more scientific evidence is coming to light almost daily to show that the human body has the potential of almost EVERLASTING LIFE! Aging is not fully understood, but each year new discoveries are pointing up the fact that at least PART of the problem is THINKING! People THINK THEY MUST GROW OLD, WRINKLED, FEEBLE, ETC. SO THEY DO!

The PHYSICAL parts of this Regimen will begin to give you tangible PROOF that at least ENDURANCE can be increased by upward to several HUNDRED PERCENT! You will find that you can do some of the physical movements more than TEN TIMES AS MANY TIMES in three months from now as you can when you start -- IF YOU ARE LOYAL AND ASSERT THE REQUIRED SELF-DISCIPLINE! Therefore, with that evidence in your possession, you will have facts to help you accept the idea that you may very well be GROWING YOUNGER! THINKING ALONG THIS LINE WILL SPEED UP PROGRESS.

AVOID NEGATIVE PEOPLE! It is better if you do not tell doubters about this program. This may include members of your own family. In today's world, with literally MILLIONS of men and women out jogging for their health's sake, it should not raise any eyebrows when you start some form of physical exercise program, especially when it only takes five or ten minutes a day. Even if you start walking a mile or so to work -- energy conservationists will applaud you, and may even urge others to start doing the same. If you can ride a bicycle to work, you will save money and fuel and be working toward your SECOND HUNDRED YEARS! THINK YOUR WAY TO GREATER POWER! THINK LIFE EVERLASTING!

UNITED STATES DEPARTMENT OF JUSTICE

The first issue in this matter is whether the defendant is guilty of the crime charged. The second issue is whether the defendant is guilty of the crime charged.

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The ninth issue is whether the defendant is guilty of the crime charged. The tenth issue is whether the defendant is guilty of the crime charged.

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The thirteenth issue is whether the defendant is guilty of the crime charged. The fourteenth issue is whether the defendant is guilty of the crime charged.

SUMMARY OF CARDIO-PSYCHIC THRUST TECHNIQUES

1. HEART POWER STIMULATION requires that the Heart be pushed to within 90% of its maximum capacity at least once each day for five minutes. However, those who have been leading a fairly inactive life for several years MUST PROCEED WITH CAUTION! If you ever have had a heart attack, or have had any problem with your heart, check with your doctor before beginning this or ANY REGIMEN REQUIRING A PERIOD OF EXTREME PHYSICAL EXERTION.
2. ANY KIND OF EXERTION which places a work load upon the Heart will serve the purpose of stimulating the deeper PSYCHIC AREA within the the inner folds of the Heart muscle. We have given some suggestions, but there are other methods you may prefer. Swimming, hiking in mountainous areas, climbing stairs, shadow boxing, to name but a few. Muscle tone throughout the entire body is a fringe benefit of the Cardio-Psychic Thrust development, but this is secondary to the primary purpose which is to develop the little-known PSYCHIC CENTER within the Heart itself.
3. SOLAR PLEXUS STIMULATION is essential and is a part of the total CARDIO-PSYCHIC THRUST PROGRAM. It is in the Solar Plexus region where control over Cardio-Psychic Thrust is gained. During the first 12 to 15 weeks the only improvement that may be noticed will be in improved muscle tone, and a feeling of general well-being. However, be assured that deep within the NERVE CENTER miraculous changes will be taking place. Use the Techniques given and use them faithfully. THIS IS A WAY OF LIFE OF THE MASTERS!
4. OVERWEIGHT PEOPLE must lose that excess fat. However, do NOT try any "crash diets". Set a goal of not less than ONE FULL YEAR, if you are more than 50 pounds overweight. One pound loss per week is all you should strive for. That will require taking in only 3,500 less calories PER WEEK than you are taking in now -- 700 less per day. That is assuming that you are staying steady and not gaining weight at the present time. We do not include a "diet program" here because literally dozens of books have been written in recent years giving methods for losing weight. All will work, IF YOU EXERT TRUE SELF-DISCIPLINE! DO IT!
5. SMOKING IS A HABIT OF THE STUPID, THE SICK AND THE WEAK! Only an unthinking robot-human would deliberately take smoke into his lungs! Enough said!
6. ALCOHOL IS A DEADLY POISON! It damages the Heart, the Liver, the Kidneys, the Brain, and the vital Nerve Centers. NO MASTER EVER USES ALCOHOL! Neither does any person seeking to learn the Ways of the Masters!
7. POSITIVE THINKING HABITS MUST BE YOUR NORMAL PATTERN. Avoid "negative" people. Don't reveal this Program to such people because they will try to discourage you, and slow you down. "Doubting Thomases" abound -- avoid them!
8. This is YOUR NEW WAY OF LIFE! Use it and you will be on this Planet Earth many, many more years than you otherwise will be!

SUMMARY OF CASES OF PSYCHIC UNREST

1. HEART BLOWN BY UNEXPECTED LOSS OF DEAR ONE
The first case is that of a woman who had been married for 25 years. Her husband had been a very successful business man and had accumulated a large fortune. He died suddenly of a heart attack while on a business trip. The woman was left with a large sum of money but she felt that her life was empty. She had no children and no one to turn to for support. She began to experience various physical symptoms, including headaches, dizziness, and loss of appetite. She also became increasingly depressed and lost interest in her former life.

2. ANY KIND OF HYPNOTISM WHICH BRINGS A PERSON'S MIND TO THE POINT OF SUGGESTION
The second case is that of a man who had been a successful businessman. He had a very high opinion of himself and was very proud of his achievements. One day he was hypnotized by a friend who was a professional hypnotist. The hypnotist suggested that the man should become a more modest and unassuming person. The man accepted the suggestion and began to change his behavior. He became more humble and less concerned with his own image. He also became more interested in helping others and less interested in his own success. This change in his personality led to a more balanced and fulfilling life.

3. PSYCHIC UNREST WHICH IS CAUSED BY A LOSS OF DEAR ONE
The third case is that of a woman who had been married for 15 years. Her husband had been a very successful businessman and had accumulated a large fortune. He died suddenly of a heart attack while on a business trip. The woman was left with a large sum of money but she felt that her life was empty. She had no children and no one to turn to for support. She began to experience various physical symptoms, including headaches, dizziness, and loss of appetite. She also became increasingly depressed and lost interest in her former life.

4. OVERWEIGHT PEOPLE WHO LOSE WEIGHT
The fourth case is that of a man who had been very overweight. He had been a successful businessman and had accumulated a large fortune. He had a very high opinion of himself and was very proud of his achievements. One day he was hypnotized by a friend who was a professional hypnotist. The hypnotist suggested that the man should become a more modest and unassuming person. The man accepted the suggestion and began to change his behavior. He became more humble and less concerned with his own image. He also became more interested in helping others and less interested in his own success. This change in his personality led to a more balanced and fulfilling life.

5. SLEEPING IS A PART OF THE STUPIDITY OF THE MIND
The fifth case is that of a man who had been very intelligent. He had been a successful businessman and had accumulated a large fortune. He had a very high opinion of himself and was very proud of his achievements. One day he was hypnotized by a friend who was a professional hypnotist. The hypnotist suggested that the man should become a more modest and unassuming person. The man accepted the suggestion and began to change his behavior. He became more humble and less concerned with his own image. He also became more interested in helping others and less interested in his own success. This change in his personality led to a more balanced and fulfilling life.

6. A PERSON IS A DEADLY POISON
The sixth case is that of a man who had been very successful. He had been a successful businessman and had accumulated a large fortune. He had a very high opinion of himself and was very proud of his achievements. One day he was hypnotized by a friend who was a professional hypnotist. The hypnotist suggested that the man should become a more modest and unassuming person. The man accepted the suggestion and began to change his behavior. He became more humble and less concerned with his own image. He also became more interested in helping others and less interested in his own success. This change in his personality led to a more balanced and fulfilling life.

7. PEOPLE WHO THINKING ABOUT THE DEATH OF A DEAR ONE
The seventh case is that of a woman who had been married for 15 years. Her husband had been a very successful businessman and had accumulated a large fortune. He died suddenly of a heart attack while on a business trip. The woman was left with a large sum of money but she felt that her life was empty. She had no children and no one to turn to for support. She began to experience various physical symptoms, including headaches, dizziness, and loss of appetite. She also became increasingly depressed and lost interest in her former life.

8. THIS IS YOUR NEW WAY OF LIFE
The eighth case is that of a man who had been very successful. He had been a successful businessman and had accumulated a large fortune. He had a very high opinion of himself and was very proud of his achievements. One day he was hypnotized by a friend who was a professional hypnotist. The hypnotist suggested that the man should become a more modest and unassuming person. The man accepted the suggestion and began to change his behavior. He became more humble and less concerned with his own image. He also became more interested in helping others and less interested in his own success. This change in his personality led to a more balanced and fulfilling life.

SECRET TECHNIQUES FOR USING CARDIO-PSYCHIC THRUST

Within about 12 weeks after you begin the Regimen given in this Document you will start to feel a new power growing within you. This is in addition to the physical power you will feel as muscle tone increases. The Power we refer to is PSYCHIC POWER. It is the POWER OF CREATIVE PSYCHIC THRUST. With it you can begin to CONTROL EVERY PHASE OF YOUR DESTINY!

It should be used cautiously and wisely. No longer can you indulge in "idle wishes", because what were once "idle wishes" now will be PSYCHIC COMMANDS! They will start Powerful Forces in motion which cannot be stopped! If you do "wish", wish wisely, because once your CARDIO-PSYCHIC THRUST starts developing, your wishes will begin coming true! No, not instantly, but again we say, BE CAREFUL!

"Wishing will make it so!" This, to most, is but a line from a fairy tale. Not to the MASTER or the Budding Master! An angry child may say to his mother, brother, father, "I wish you were dead!" Nothing happens. But if a Master were to say that -----!!!!!!

Do not covet what belongs to another, because if you do, you may set in motion Forces which will bring you the thing you covet, and with it FULL RESPONSIBILITY FOR YOUR ACT! Desire wisely. Do not let old longings get in the way of sound judgment.

YOU ARE NOW BECOMING A MASTER WHOSE WORDS ARE POWERFUL!

While these changes are starting to take place within you, make clear plans and concise plans for your own future. Keep in mind that your FUTURE NOW MAY WELL BE ANOTHER CENTURY! PLAN IT THAT WAY! Get over any notion of leaving this Planet Earth soon. If you are using this Document as it is intended to be used, you are setting the stage for many, many productive years. Get ready for them. Plan for them. KNOW WHAT YOU WILL DO WITH THEM!

THOUGHTS ARE THINGS! You have heard that before -- but have you really UNDERSTOOD THE FULL IMPLICATION OF THOSE WORDS? THOUGHTS ARE THINGS! What you THINK, you CREATE when you are a Budding Master! Guard your thoughts just as you guard your words. You can heal -- or you can HURT!

You are now using the TRINITY OF THE LAWS OF LIFE! You are combining BODY, MIND AND SPIRIT! In bygone years many have tried various ways to prolong life, but they have taken only one, or at most two of the TRINITY OF LAWS, and this will NOT work! A famous physical culture teacher lived only about eighty years. Another "Strong Man" made it a little past eighty. Some "Meditation" advocates reached ninety...but in each case they used ONE OF THE TRINITY OF LAWS, NOT ALL THREE OF THEM TOGETHER!

YES -- YOU MUST UNDERSTAND THE PHYSICAL, but the Physical alone is not enough! Yes, you must use care what you take into your body for food, but the right food is not enough! Yes, you must learn to

TECHNIQUE FOR THE PSYCHICALLY DISTURBED

It should be used occasionally and wisely. It is a very powerful tool and should be used with care. It is a very powerful tool and should be used with care. It is a very powerful tool and should be used with care.

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"Look Inward" as the advocates of Meditation teach you to do, but
MEDITATION ALONE IS NOT ENOUGH!

In 1976 a lady in Washington wrote a short note to us saying, "If you believe in the Lord you will have all the Heart Power you need!" We checked up on this lady without her knowledge, and learned that her health is not good, and her body is a mess through neglect! How sad! She has missed the point entirely! By becoming almost a "religious fanatic" she has blinded herself to the TOTAL TRUTH! Religion is wonderful --- IF IT IS COMBINED WITH THE REST OF THE TOTAL FORMULA!

No one part of the SECRET OF CARDIO-PSYCHIC THRUST, taken alone, will give you the CREATIVE POWER which can be yours WHEN YOU COMBINE ALL PARTS, AND MAKE THIS YOUR WAY OF LIFE!

DO THIS, AND WE WILL SEE YOU GOING STRONG WHEN THE TWENTIETH CENTURY IS OVER AND THE TWENTY-FIRST CENTURY IS BORN -- AND ONWARD MUCH LONGER THAN THAT!

SOME GUIDELINES FOR VITAMIN AND MINERAL INTAKE

There is so much being published about "recommended daily requirements" of vitamins and minerals that we believe some guidelines already tested by those who have aided in the research carried on before this Document was prepared should be included here.

"MEGAVITAMIN THERAPY" is what is recommended. This means many times as much of the majority of the vitamins as usually are included in the so-called "recommended daily" allowances.

The exception is Vitamin A and Vitamin D. Too much Vitamin A has caused unpleasant side effects in some people, and appears to have little added benefits, if any. Vitamin D is formed naturally if you get outdoors frequently and are in the sunshine. In any case, use NATURAL SOURCES, namely codliver oil. A minimum of one teaspoonful daily, and twice that is better. Budding Masters do NOT complain about the taste of anything, so don't you! Codliver oil supplies both Vitamin A and Vitamin D.

B-complex will be supplied in sufficient quantity IF you substitute YEAST POWDER for much of your present source of protein. This will take time -- about 2 months -- to avoid side effects, such as too much looseness in bowel activity. Our research indicates that 5 to 10 TABLESPOONFUL of powdered dried yeast will replace at least a pound of lean meat, and costs less than one quarter as much.(*). (*).Yeast powder sells for \$1.50 to \$3.00 per pound, but it is dry, while meat is 80% water! (You can get water free!).

CALCIUM is best obtained from two sources, both being tasteless: DOLOMITE POWDER (calcium and magnesium) and bone meal. Both are available in any good health food store. Cost around \$1.50 to \$2.00 a pound. A pound lasts about two weeks or longer. Bone meal: 1 Tablespoonful daily. Dolomite: 1/2 TEASPOONFUL daily. (Dolomite can cause loose bowels due to magnesium, one element in "salts" used as physic.) DESSICATED LIVER (dried, powder). 1 tablespoonful TWICE DAILY, after 60 days of "breaking in" to avoid shock to system.

VITAMIN C has been in the news in recent years as some claim it will prevent the common cold. We believe it will. Others claim it will not. However, our researchers use 1,000 milligrams daily as a minimum. Available in 500 milligram tablets at most health food stores. Much cheaper if you can buy in bottles of 500 or 1,000 tablets. Extremely high intake (2,000 milligrams or more) is of questionable value, and probably is wasted, as it passes out of the body in urine and perspiration if not used. It is not stored in the body.

NIACIN can be used for a special purpose, and although it is part of the B-complex group, (sometimes called B-3) extra intake can be of help, according to our research. Sufferers from ARTHRITIS report benefits, apparently due to the "flush" effect mentioned in the main text of this Document.

A WORD OF CAUTION: Persons who presently have what is called a "low pain threshold" -- that is, those who can't stand physical discomfort without whining -- may discover that 50 or 100 milligrams of Niacin will be more than they can handle. It produces a rash or "hot flashes" on many persons. So test with caution, if you decide to use Niacin for its "vascular-flushing" effect. Otherwise, you will get enough in the Yeast if you use yeast as recommended. The "Hot flash" effect usually wears off in about half an hour.

IRON can be obtained in tablet form in all health food stores. The supply sources below have most of the products mentioned in this Document. We are not in any way connected with these firms, but have found them to be fair, prices reasonable, and service good. All supply products by mail, and will send you price lists or catalogue upon request, except AMERICAN ASSOCIATION OF RETIRED PERSONS whose membership is restricted to those over 55 years old. Membership is worth while, as savings on vitamins, etc. more than offsets membership fee in one or two orders.

SOURCES OF VITAMIN AND MINERAL PRODUCTS

NATURAL SALES COMPANY, Box 25, Pittsburgh, Pennsylvania 15299

HERRSCHNER PHARMACEUTICALS, Grand Rapids, Michigan 49508

AMERICAN ASSOCIATION OF RETIRED PERSONS, 1909 K St., N.W.
Washington, D. C. 20049. (Ask for membership information.)

In addition to above, many cities now have branches of NATURAL SALES COMPANY operating under the trade name of GENERAL NUTRITION CENTER. Look in the "Yellow Pages" under VITAMINS or HEALTH FOOD STORES.

IMPORTANT: We do NOT sell any products of any kind! Do not order vitamins or minerals from us. We cannot forward or handle such orders. These sources are given for information only, to help those who may not know where to obtain the items mentioned in the Document.

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MIND-LIFE RESEARCH UNLIMITED, BOX 2031, SANFORD, FLORIDA 32771

SOME FINAL THOUGHTS AND CONSIDERATIONS

In the foregoing pages we have given you the essence of the CARDIO-PSYCHIC THRUST regimen. We anticipate some questions which some will ask:

1- If EVERYBODY began using these Techniques, would not the world population grow too large? The answer, of course, is that the Secrets of Cardio-Psychic Thrust are their own best protection, due to the fact very few percentage of the world's people are intelligent enough to understand and use these Techniques, and fewer still have the SELF-DISCIPLINE necessary to stick with them as a WAY OF LIFE!

2- If I start using all these vitamins and minerals, won't it cost an awful lot? The answer is that even with the most expensive brands of these products, the cost will be under a QUARTER A DAY! By using sources mentioned earlier, the cost will be about 15 cents a day, AND YOU EAT LESS OF THE MORE EXPENSIVE FOODS, THUS OVERALL EXPENDITURE IS LESS THAN YOU SPEND NOW FOR FOOD!

3- If I add Yeast and dessicated liver to my diet, won't this also add calories, and make me gain weight? Answer: You SUBSTITUTE these things for more expensive foods you now eat. Naturally, if you eat upward to 10 tablespoonsful of dried yeast powder, another heaping tablespoonful of dessicated liver powder, you will add some calories, UNLESS you decrease the amount of some of the other foods you now eat.

4- I am a retired person, and I have little to do all I day. When I get bored, I "nibble" on things like cookies, crackers, and even candy. What should I do? Answer: First, remove the temptations by getting rid of all "snack items". This alone will save you several dollars a month. DON'T BUY COOKIES, AND CRACKERS, ETC.! Use that money to buy an extra package of yeast powder, etc. If you still feel the desire to "nibble", keep some fruit around, such as apples, or dried raisins. Beware of eating too much of any of these, but a small bite often will curb that "urge to nibble" so many bored people suffer from.

FOLLOW THE SLOGAN OF THE NEW "HEART POWER OLYMPICS" MOVEMENT:

"LIFE IS NOT A SPECTATOR SPORT! GET INVOLVED!"

MIND-LIFE RESEARCH UNLIMITED, publisher of this Document on the Secrets of CARDIO-PSYCHIC THRUST, is not directly connected with HEART POWER OLYMPICS, but we strongly recommend that every participant in this CARDIO-PSYCHIC THRUST program at least consider joining in the activities of HEART POWER OLYMPICS. Here is why: For many people there is a risk of getting tired of following the Techniques unless you can see some other goal, more closely in the future, than adding years of earthly life. COMPETITION IN THE HEART POWER OLYMPICS IS BY AGE CATEGORIES! It is the only sports activity in the world to our knowledge where those men and women of all ages can compete for fun with others IN THEIR OWN AGE RANGE! We do not expect many folks 65 to become so youthful in one year that they can outrun a 20-year-old athlete in his or her prime! But among others over 65

THE FUTURE OF THE UNITED STATES

It is the author's hope that we have given you the essence of the
book in a few minutes. We welcome your questions and
comments.

1- The author's purpose in writing this book was to provide a
clear and concise statement of the author's views on the
future of the United States. The author's views are based
on a study of the history of the United States and the
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THE FUTURE OF THE UNITED STATES

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the person using CARDIO-PSYCHIC THRUST Techniques can find competition on his own level, and have fun. The yearly meets will provide an added incentive to build more endurance and physical power, which in turn creates greater STIMULATION OF THE PSYCHIC CENTERS IN BOTH THE INNER FOLDS OF THE HEART AND THE NERVE NECTER IN THE SOLAR PLEXUS!

Thus you are able to gain two ways, and perhaps even more than that, since you will have the opportunity to meet new people, make new friends, and forever end that boredom which may now be plaguing you.

HERE IS STILL ANOTHER WAY TO GET INVOLVED:

HEART POWER OLYMPICS now has a national advertising campaign under way to find men and women, teen agers -- anybody -- who wants to earn some extra money helping with special fund-raising for the 1977 HEART POWER OLYMPICS meet. Not only do those who join the fund raising drive get paid, but they also help spread the word about this brand new concept in athletic competition for men and women of all ages from 14 to 109!

Here is the way it works: HEART POWER OLYMPICS provides beautiful iron-on heat transfers of the HEART POWER emblems which can be applied to any POLYESTER FABRIC in about 60 seconds or less with a hot iron. They furnish full directions, and even supply information on a home-made "heat press" for those who want to "go professional" and make table covers, wall hangings, etc., using the Heart Power emblems to make these works of art. (Cost to make the "heat press" is about \$25.00. Not sold by Heart Power Olympics -- they merely supply information on how to make your own.)

ALSO, they supply beautiful 8 1/2 by 11 inch 3-color posters of the emblems. These can be framed, or made into decoupage plaques.

AND OF COURSE THEY ARE LOOKING FOR HEART POWER OLYMPICS HEALTH CLUB ORGANIZERS!

So, you can see there are a lot of ways you can "GET INVOLVED", and end any "boredom" that may be bothering you, if that is your problem! When you start helping others to help themselves, you will develop a brand new feeling of BEING WORTH WHILE! Try it!

It is not recommended that you reveal the CARDIO-PSYCHIC THRUST secrets, however. The physical side is enough at the start, if you get involved in organizing a HEART POWER OLYMPICS HEALTH CLUB. Since it is open to all ages from 14 up, many younger folks will have little or no interest in any ideas for adding years to their lives. Folks don't usually think in those terms until they are past 40. Perhaps they SHOULD think about it, but they usually don't. Nevertheless, by planting the seed of PHYSICAL POWER BUILDING, you will have paved the way for younger folks to some day get more deeply involved in full PERSONAL DEVELOPMENT, including the use of the TRINITY OF LAWS OF LIFE we have taught you in the foregoing document.

So these are final thoughts and considerations for you to ponder, and perhaps put into action. There is a place for you in the HEART POWER OLYMPICS MOVEMENT, IF YOU WANT TO ACCEPT IT. In the mean time,

continue with your own development of **CARDIO-PSYCHIC THRUST** by faithfully following **ALL OF THE TECHNIQUES** taught in this document.

Keep a record of your progress by recording the number of repetitions of each of the physical movements you start with, and then record your improvement, week by week.

Usually endurance increases most rapidly, often by as much as 500% in a few weeks. Thus, if you start with five sit-ups, within 6 weeks you probably will be doing five or six times that many, with no more effort than you did just five when you started. The same is true of all the other methods given. **BUT YOU MUST BE FAITHFUL IN YOUR DAILY PRACTICE.** Do NOT try to increase too rapidly. If you are over 60, you may not be able to increase quite as rapidly as we have suggested. If you have to go two weeks with the same number of repetitions, that is alright. Just don't give up because you haven't increased as fast as we suggested. Keep at it, and progress will come. **REMEMBER: All the while the INNER PSYCHIC POWER IS GROWING!**

If you decide to write to **HEART POWER OLYMPICS** for information about how you can get involved (no obligation), write to:

HEART POWER OLYMPICS
P. O. Box 1914
Sanford, Florida 32771

You will receive a sample of the beautiful heat transfers, a sample poster, and a list of part-time job opportunities open at the time you write. These may vary from month to month, but the fund-raising will continue each year to supply money for trophies, medals, and ribbons for the various competition events planned.

We would like to hear of your progress from time to time, too. Although our mail is so heavy we cannot reply to individual questions, we do keep them, and from time to time expect to publish reports and bulletins to all who have requested this Document, and who are seriously participating in the **CARDIO-PSYCHIC THRUST** Research Program.

We believe it is well within the realm of possibility that some who began this Program in 1976 or 1977 will still be reporting progress in 2076 and 2077! Plan on it!

LIFE IS NOT A SPECTATOR SPORT! GET INVOLVED!

* * * * *

...development of the ...
...of the ...

Keep a record of your progress by recording the number of ...
...of each of the physical movements you do with ...
...your improvement ... by week ...

Usually endurance increases most readily ...
...in a few weeks. Thus, if you start with ...
...you probably will be doing ...
...no more effort than you did last ...
...of all the other methods given. BUT YOU MUST ...
...YOUR DAILY PRACTICE. Do NOT try to increase ...
...one every 60 you may not be able to increase ...
...have suggested. If you have to go two weeks ...
...repetition, that is alright. Just don't ...
...increased as fast as we suggested. Keep at it, and progress will ...
...come. REMEMBER! All the while the ...
...!

If you decide to write to HEART POWER OLYMPICS for information
about how you can get involved (no obligation), write to:

HEART POWER OLYMPICS
P.O. Box 1918
Gainesville, Florida 32601

You will receive a sample of the beautiful ...
...and a list of part-time job opportunities ...
...the time you work. These may vary from month to month ...
...raising ...
...and ribbon for the various ...

We would like to hear of your progress from time to time ...
...Although our mailings are sent to individuals ...
...to keep them, and reminding us of our ...
...and believing in all who have reported ...
...we are always ...

We believe it is well within the realm of possibility that ...
...the heart program in 1976, 1977 will ...
...in 1976 and 1977 ...

HERE IS YOUR GREAT OPPORTUNITY TO GET INVOLVED!
