



The Study of Christian Mysticism and Spiritual Alchemy -Syllabus #2: Ascension Training

Month 12 - 46th Class Lecture:	
Introduction Into Metaphysical Skills	362
Metaphysical Manifestations	362
From Transformation to Ascension	362
A Word of Caution Before We Begin	364
Seeing Spirits and Having Visions	364
Observing Different Aura Fields	364
Exercises to Awaken Clairvoyant Skill	366
Aura Viewing Meditation	367
Aura Viewing Homework Exercise	370
Month 12 - 47th Class Lecture:	
Observing Auras (Continued)	371
Sound Exercises For Seeing Auras	371
Opening The Heaven's Eye Exercise #1	371
Opening The Heaven's Eye Exercise #2	372
Opening The Heaven's Eye Exercise #3	373
The Need For Releasing Control	374
The Bubble Body Meditation	374
Month 12 - 48th Class Lecture:	
Dream Magic Training (Part A)	375
Dream Magic Training	375
Working Within The Dream realm	375
Dream Magic & Spiritual Evolution	377
Two Spiritual States of Dreams	377
The Sense Organs And Dreaming	378
Encountering Nightmares	379
Three Main Categories of Dreams	379
#1 Mastering Spontaneous Dreams	379
#2 Mastering Controllable Dreams	380
#3 Mastering Clear Light Dreams	383

Preparation For Dream Training	384
Keeping A Dream Journal	384
Preparing The Dream Room	385
The Dream Meditation Postures	385

Month 13 - 49th Class Lecture: Dream Magic Training (Part B)

387

396

401

401

401

403

404

404

406

	007
The Dream Meditation Techniques	387
Enhancing Lucidity & Dream Recall	388
Having Repetitive Dreams	388
Studying The Dream Realm	389
Examining the Dream	389
Recognizing Karmic Traces in a Dream	390
What Not To Do In A Lucid Dream	390
Training To Become A Dream Master	391
Training Magical Abilities In The Dream	391
Developing The Clear Light Body	392
Creating Multiple Meditation Bodies	394
Acquiring Knowledge and Guidance	394
Herbs To Induce Lucid Dreaming	395
Amino Acids and Lucid Dreaming	395

Month 13 - 50th Class Lecture: Spirit Travel Training (Part A)

	/	
Lucid Dreams & Spirit Projection	3	396
From Lucidity to Spirit Projection	3	397
Attachments to the Dream Realm	3	398
Spirit Body Projection	3	398
Entering Into A New Dimension	3	399
Three Types of Spirit Projection	2	400

The Five Stages of Spirit Travel Stage 1: The Pre-Projection Stage Stage 2: The Disconnection Stage The Hypnogogic State Sensations During Disconnection

Sensations During Projection

Month 13 - 51st Class Lecture: Spirit Travel Training (Part B)

Stage 3: Spirit Body Projection406Spiritual Awareness and Lucidity406Understanding the Silver Cord406Anatomy of the Silver Cord407

The Silver Cord and the Three Knots	408 409
Characteristics of the Spirit Body Spirit Travel Awareness & Tips	409
Creating Thought Form Objects	411
The Chakras and Spirit Projection	413
Stage 4: The Reconnection	413
Stage 5: Post-Projection	414
Aligning the Spirit Body	414
Augring the Opint Dody	
Month 13 - 52nd Class Lecture:	
Spirit Travel Training (Part C)	415
Spirit Travel Training	415
Essential Preparation Techniques	415
Progressive Relaxation Meditation	417
The Radiating Energy Meditation	418
The Absorbing Energy Meditation	418
The Closed Circuit Meditation	419
The Closed Circuit Meditation #1	419
The Closed Circuit Meditation #2	420
Spirit Projection Training	421
Spirit Projection Training #1	421
Spirit Projection Training #2	421
Spirit Projection Training #3	422
Month 14 - 53rd Class Lecture:	
Spirit Travel Training (Part D)	423
Spirit Projection Training #4	423
Different Imagination Techniques	425
Imagination Technique #1:	120
Opening the Magical Door	425
Imagination Technique #2:	
The Deep Well	426
Imagination Technique #3:	
The Bottom of a Clear Lake	426
Imagination Technique #4:	
The Celestial Cloud	426
Imagination Technique #5:	
Floating on a Magical Sea	427
Imagination Technique #6:	
The Magical Staircase	427
Imagination Technique #7:	
Ascending the Mystical Mountain	427

Imagination Technique #8:	407
The Projected Spirit Body Image Imagination Technique #9:	427
Climbing The Celestial Cord	428
Imagination Technique #10:	720
Assisted Projection	428
Month 14 - 54th Class Lecture:	
Spirit Travel Training (Part E)	429
Respiration Techniques	429
Respiration Technique #1:	
The Rhythmical Breathing Technique	429
Respiration Technique #2:	
Carbon Dioxide Breathing Technique	430
Respiration Technique #3:	
The Ball of Light Respiratory Pattern	430
Spirit Projection Sound Techniques	432
Mantra Sound Technique #1:	
Slow Sounding Mantra Tones	432
Mantra Sound Technique #2:	400
Fast Sounding Mantras	433
Miscellaneous Techniques	434
Miscellaneous Technique #1:	
Extending Outside the Physical Body	434
Miscellaneous Technique #2:	_
The Candle Meditation Exercise	434
Miscellaneous Technique #3:	405
Stimulating the Pineal Gland	435
Miscellaneous Technique #4: Chakra Projection	436
	430
Month 14 - 55th Class Lecture:	
Transforming Hidden Patterns	437
Stage 1: Accessing Past, Present and Future	437
Locating The Chamber of the Past	438
Locating The Chamber of the Present	438
Locating The Chamber of the Future	439
Ending The Three Chambers Meditation	439
The Pulling Out the Pain Meditation	439

Month 14 - 56th Class Lecture: Advanced Ascension Training The 7 Chakras and 3 Bodies Training	446 446
The First Level - Physical Horizontal	446
The Three Bodies Meditation	447
The Second Level - Spiritual Vertical	448
Releasing The Spirit Body Meditation	449
The Third Level - Spiritual Horizontal	452
Month 15 - 57th Class Lecture: The Five Elements of Creation Understanding Pattern & Energy The Five Elements The Three Primary Laws Combining the Five Element Patterns The Void (Infinite Space) Element The Void (Infinite Space) Element The Wind/Air Element The Fire Element The Water Element The Earth Element	453 455 457 458 459 459 459 459 459
Month 15 - 58th Class Lecture: The Mineral Realm of Creation Understanding the Mineral realm Five Categories of Manifestation Same Type - Different Colors Different Types of Colored Stones	460 460 462 463
Purifying & Imprinting the Stones	465
#1. The Purification Ritual	466
# 2. The Activation Ritual	467
Stone Care & Cleaning Instructions	468
Different Cleansing Methods	468
Month 15 - 59th Class Lecture:	470
The Plant Realm of Creation	470
An Introduction to the Plant Realm	470
Chemistry Versus Plant Alchemy	472
Plants Gathering Energy From Earth	472
Plants and the Five Elements	472
The Energetic Qualities of a Plant	474

Month 16 - 64th Class Lecture: Review Classes 52nd - 56th	505
Month 16 - 63rd Class Lecture: Review Classes 45th - 51st	504
Modern Corpse Magic Training	503
Smuggling Opium inside Walking Corpses	502
Humans Influencing The 3 Realms	501
The Energy Of Your Environment	498 500
The Different Realms Of The Earth Interacting With The Spirit Realm	498 498
Understanding The Spirit Realm	497
Humans & The Spirit Realm	496
Month 16 - 62nd Class Lecture:	100
Different Thought-Form Effects	495
Three Energetic Pattern Categories	493
Thought Form Patterns	492
#2. Willfully Created Thought Forms	492
#1. Unintentionally Created	490
Understanding Thought-Forms	489
Thought Form Creations	489
The 3 Categories of Sentient Beings	403 485
Month 16 - 61st Class Lecture: The Human Realm of Creation	485
Attunement With An Animal Familiar	483
Interacting With Animal Familiars	483
Different Types of Familiars	482
Understanding Familiars	482
The Animal Realm of Creation	481
Exploring The Insect Realms	480
Insects in the Bible	479
The Insect Realm of Creation	478
Month 15 - 60th Class Lecture: The Insect & Animal Realms	478
Marth 15 Coth Olana Laster	
Important Considerations	477
Gathering Plant Energy	476
Plant and Human Interaction	475
Same Plant - Different Energy	475

Month 17 - 65th Class Lecture: Review Classes 57th - 64th

506