

Now—Geof Gray-Cobb shows you how to command
UNIVERSAL COSMIC ENERGY to help you achieve
the destiny you desire.



Helping YOURSELF with

ACUPINEOLOGY



by Geof Gray-Cobb

Revealed at last! Through the simple and painless technique of stimulating the mystic pineal section of the brain, you can direct the energy field that flows around your body to draw to you happiness, health, freedom, and money easily and automatically, says Gray-Cobb!

**Helping Yourself
with
ACUPINEOLOGY**

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Geof Gray-Cobb

Parker Publishing Company, Inc.

West Nyack, New York

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PARKER PUBLISHING COMPANY, INC.
West Nyack, New York

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This book is a reference work based on
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Library of Congress Cataloging in Publication Data

Gray-Cobb, Geof.

Helping yourself with acupineology.

1. Massage. 2. Vital force. 3. Success.

I. Title. II. Title: Acupineology.

RZ999.G7 131 80-36709

ISBN 0-13-386870-2

Printed in the United States of America

Dedication

In gratitude for the constant inspiration,
stimulation and example of Darius, Harry,
Louis, Peter, Timothy, O'Grady and
all other karmic connections.

Previous Books by Geof Gray-Cobb

The Miracle of New Avatar Power

Amazing Secrets of New Avatar Power

Secrets from Beyond the Pyramids

INTRODUCTION:

How This Book Can Bring You Happiness, Health, Freedom, and Material Success

Every day you can see other people getting lucky. They win lotteries, get fabulous jobs, find their soul mates, snap from ill health to total fitness and energy, vanquish their enemies—they're able to forget about misery and poverty and sail serenely into a glorious future, free from the trials and tribulations which afflict so many others.

You can join those happy people, starting right now. Your dreams, no matter how hopeless they may seem at the moment, can come true, exactly as they have for the thousands of others you hear about on the radio, read about in the newspapers, or see on television.

With this book you can easily and automatically use your mind and body to draw life-changing influences to you—influences that have been around since this universe was created—so that you will receive your full and overflowing share of the luck, happiness, and fulfillment which were built into the blueprint of humanity, and which have been successively discovered and forgotten throughout the ages of mankind.

You do not have to sell your soul to the devil, or do anything unholy or dangerous. Neither do you have to become a saint and give up anything that makes life worth living for you.

I will show you how to employ the seas of energy which had been invisible and undetected until recent years, when researchers rediscovered these radiations and even photographed them.

Long before modern science uncovered these energies, however, a few fortunate people were using them to achieve their every desire.

Some were dedicated scientists who slowly solved the hidden mysteries and used them to grow in stature, wealth, and happiness. Others, almost by accident, had the secret and used it without realizing it; we say they are the types who are born with silver spoons in their mouths.

Now it's your turn. Like Jeannette H., whose miserable life flipped over to incredible peace and harmony, you can do the same for yourself.

"I've got it made," says ecstatic Jeannette H.

Growing up withdrawn, fearful, and neurotic, Jeannette H. was totally lacking in stability, love, and happiness.

Broke, homeless, lost, and miserable, she was introduced to *Iso-Bionic Energy* and "life clicked into forward gear from there on."

Shortly after, she married a wealthy movie producer and now lives and loves in the lap of luxury.

"I seem to have a guardian angel," she says. "I've got it made!"

YOU CAN USE THESE SECRET ENERGIES FOR ANYTHING YOU DESIRE

You may have read other books of mine. Each one was another attempt to show how you can reach harmony with the universe and be happy by connecting yourself with cosmic energies. And, like any other genuine researcher, I've never stopped refining the methods.

I've dropped some concepts which, although they were useful and valuable in their time, have since been seen to be un-

necessarily clumsy or complicated. Over the years, I've been seeking—and finding—simpler and more logical methods to reach happiness and contentment.

On the way I researched other disciplines, some of which have been in existence for eons, and others of which came on the scene in recent years, as other researchers traveled their own paths of investigation.

All of this led me to *Acupineology*, a long word which rhymes with “Jack, you find dollar fee.” It's a word combined of “Acu,” meaning a point, as in *acupuncture*; “pine,” the first four letters of *pineal*, the mystic gland in your brain which is keyed to psychic powers; and “ology,” a science or branch of learning.

You are reading the first handbook of *Acupineology*, showing you how to identify psychic points and scientifically tune yourself to the natural power which I have named *Iso-Bionic Energy*.

This is an invisible energy, like most other forms of energy. No matter where you are, you're always being positively bombarded with energy.

Some of it you use to cook food, to light your room, to get a suntan, to hear music, to watch the late-late show. But there are many other energies, and astrologers have had a handle on them for centuries.

What's happening today is that the energies which astrologers have been saying are part and parcel of our lives are being detected by scientific means.

Sober researchers now confirm that different forms of energy previously known only to mystics are pouring down on us from the rest of the universe, and that they also pulse and shimmer around every living thing.

These are the energies of creation, the powers that keep this solar system operating better than the smoothest running machine ever made by the hand of man.

They may have been a secret, but now they're yielding up their mysteries rapidly. And a few people are already using these energies to shape their lives into incredible success patterns.

That's precisely what this book is all about. Simply, easily, and quickly, you can reach out for these invisible energies.

You will instantly become as serene and peaceful as the moon, swinging faultlessly around the earth. You will absorb your share of the total harmony of the universe, and your life will become totally harmonious in sympathy.

Anything you desire will be yours to command. Decide on your need, connect with the energies with simple gestures, words, and postures, and you've literally got it. Fate swings into action in your behalf, and your fondest dreams become reality.

Emmanuel F. did it, even though destiny seemed to have stacked the cards against him. You can do the same.

Emmanuel F. left poverty to attain total luxury

A Korean War amputee, Emmanuel F. was embittered with life, and left his wife and family to "nurse my hate and misery in private."

Ulcers, asthma, and alcoholism followed. Then, iso-bionic energy gestures he learned during physical therapy led to a partnership in a business which "brought money rolling into my bank account in a golden torrent."

His sicknesses vanquished, Emmanuel has now been reunited with his spouse and children, having created a whole new successful life.

PAIN, PENURY, AND FRUSTRATION BANISHED FOREVER

Pain is nature's signal that something is wrong with you. The natural harmony of your body has been upset, something is uncomfortable, you're suffering from unease, or (if you like) *disease*. Put the disharmony right, and the pain goes away.

That's an easily understood example of what happens when you're out of step with universal energy fields. Now, come one step further: instead of physical pain, consider mental pain.

Once again, that's a type of pain which will go away if conditions are corrected.

Mental pain can come from many sources. Lack of money, for example, brings all manner of anguish, worry, and harassment. Lack of progress can produce frustration, anger, sorrow, envy, and other destructive emotions. And they *hurt*. They can hurt so much in your mind that the mental agony is reflected in your body, and you develop physical symptoms of a condition which started in your mind.

Worried people develop very real ulcers. Some researchers see a connection between what's going on in the patient's mind and the development of cancer. In fact, with many diseases that seem to be brought on or aggravated by the state of the mind of the sufferer, some doctors are beginning to theorize that almost all afflictions may have their origin in the mind of the patient.

So you can easily understand that your reactions to external conditions can bring on pain, and we've already seen that pain is a sign that the sufferer is not using universal energies as they should be used.

The joyful conclusion I've reached after years of looking at this problem is that attaining harmony with universal energy is no big deal. It's easy and quick.

Literally with a flick of your fingers, you can make energy flow in the right direction so that pain goes away. And once the pain goes, your life becomes calmer, more progressive, and more harmonious, all the way up the scale to euphoric happiness and delight.

Say farewell to pain, penury, and frustration. Welcome peace, fulfillment, and health as you use the science of Acupineology.

Catherine A. now has "money, lovers, and luck like you'd hardly believe"

After "a lousy start in life," Catherine A.'s existence deteriorated to "shuffling between bread lines and free medical clinics."

Iso-bionic energy came on the scene. Her health improved and money started to come in. Love blossomed.

Now Catherine is a well-known TV artiste, luxuriating in wealth, and still climbing the plush ladder of success.

"I have money, lovers, and luck like you'd hardly believe," she says. "Iso-bionic energy is my lifelong helper."

CHAOS TRANSFORMED TO HARMONY IN A FEW MINUTES A DAY

Unless you're like Catherine A., life can be hard in these uncertain, troubled times. I'm about to show you how to change all that. The times may remain troubled, but you'll find yourself-untouched by them, free as the air, and if enough of my readers turn their lives around and find the proffered peace and harmony, we may even see the troubles of the world diminishing.

The principals of one well-known mind discipline, preached all over the world, always try to get ten percent of the population of a city or particular area to practice their special type of meditation. That brings its own kind of cosmic harmony. Time after time, statistics have shown that if one person in every ten starts these particular techniques, a kind of psychic groundswell begins, and even people who are not involved in the program start getting benefits.

Crime rates drop. Employment figures pick up. Strikes, lockouts, and work stoppages decrease. Admissions to hospitals diminish. Less people are injured in road and industrial accidents. The suicide graph dips. Business bankruptcies lessen.

But, before you can spread such miracles around your local community, your first task is to get yourself on the path to ultimate delight and satisfaction.

I know you must be troubled in some way. Otherwise, you would not need this book. Some part of your life is unsatisfactory. Together, step by step, we're going to change all that, and when you reach the pinnacle of perfection you're setting out for at this moment, you'll have the ultimate pleasure of knowing you did it all for yourself.

Will this program of self-help take up all of your spare time, or keep you from enjoying life? It will not. Right from the

start, you will enjoy life *more*, and as you become more harmonious, you'll become more efficient at everyday tasks. You'll have more leisure to enjoy, not less.

All you need to do is allocate about ten minutes a day to carrying out the techniques I describe. These few minutes represent your daily iso-bionic workout. Some of the other exciting life-changing techniques may take a little longer to carry out, but you can schedule those as and when you wish. Only the basic ten-minute exercise is a daily essential.

The results may astound you. Your present discomfort may waft away, never to return. See how it all came together for Gregory S., and know that it can happen to you just as easily.

**Gregory S. climbed out of debt and into millions of dollars
in pure gold**

Gregory S. recently sold thousands of ounces of gold, bringing him a cool \$2,000,000. He states that iso-bionic energy helped him accumulate that fortune in a single year, and the same techniques are aiding the continual growth of his wealth.

"Not bad for a guy who was unemployed, deep in debt and despair," he says.

**ISO-BIONIC ENERGY IS REAL
AND SCIENCE IS INTERESTED**

A few words of reassurance here for the doubtful, skeptical, or even fearful. Iso-bionic energy is real. It's being made visible with the right equipment. It is being used daily in North America by recognized healing practitioners who have brought an ancient technique to the West from the Far East.

I mention this because, although some of the things you're going to learn have been part of palmistry, numerology, and astrology from way back when, the energy fields you'll be working with are part of scientific fact today. We are not trespassing into any areas which might offend anyone's religious sensibilities.

I'm well aware that many people have been taught that involvement with "psychic" matters is "the work of the devil." I

personally differ from that view. I agree that such things as black magic exist, and that is indeed satanic and anti-religious. I would not touch it with a ten-foot pole. I also believe that there's such a thing as white magic, the power to heal the sick, to bring harmony out of chaos, to banish pain, and to bring about a personal state of joy which is everyone's birthright.

But, although the changes we're going to see you work for yourself may seem magical, I want you to understand that we're working in a field of science which is daily gaining support from hardheaded practical scientists and laboratory personnel.

Kirlian Photography

You may have already heard of Kirlian photography. By using high frequency electrical impulses, color photographs can be taken of the brilliant energy fields which surround all living things.

For centuries, people working in the field of the occult have been attesting that human beings, animals, and plants have colored energy fields, known as auras, around them. By "reading" the aura, a good psychic can estimate the health or sickness of a person.

Kirlian photography now enables us to actually fix those auras on photographic film.

I will not be asking you to spend good money on the equipment necessary to photograph your surrounding energy fields, but I thought you should know that the fields do exist and are being scientifically studied.

My part in the process will be to hand you valid methods of changing your energy fields. As they change for the better, so will your life!

Acupuncture

The Chinese method of healing which stimulates important points on the body with needles is known as acupuncture. The technique changes the energy flows around the body, regulating them to bring about the banishment of diseased conditions.

Acupuncture is a highly specialized science which takes years of training and work. Again, I will not expect you to take a long and expensive course in that science of healing. But I will be showing you points on your body which will stimulate your iso-bionic energies and get the vitality flowing in the right directions. As we have seen, once your invisible energies are flowing correctly, your very existence will take on new meaning, new success, and new contentment.

Biofeedback

You may also have heard of biofeedback. You may even have tried this interesting science, where you learn to change your brainwaves by mental and physical discipline.

Generally speaking, when a person is at rest, unstressed and calm, a particular type of electrical activity appears in the brain.

The other side of that coin is that if you can learn to deliberately turn on that type of electrical activity, then your body and mind automatically become relaxed and peaceful, and the natural energies of the body have a maximum chance of clearing up any dis-ease which exists.

Without having to buy any electronic gizmos to detect the alpha waves, which are a feature of biofeedback, this book will show you how to simply turn on this harmony-producing flow of mental energy. The results of even a small surge of such activity can be amazing, as you'll soon find out.

ACUPINEOLOGY NEEDS NO APPARATUS

Kirlian photography, acupuncture, and biofeedback are only three examples of the many ways natural energy is being used to bring better conditions to people. You should know when you're applying the simple methods of Acupineology that you're working in line with scientific research which is going on right now.

Unlike many other methods, Acupineology requires no expensive equipment, nor do you need to have a college education to understand and use it for your total benefit. On the contrary,

if you can read these words, that's all the education you need to become an expert with this new science of natural energy utilization.

Misery and toil transformed into "an ecstatic dream life"

Poor health, crippling debts, a tedious job, and "two sons who were going off the rails" kept Josie C. in a constant tense and miserable turmoil.

She was introduced to iso-bionic energy and promptly inherited a fortune, met an equally rich widower, and now her "life's an ecstatic dream."

GESTURES, CARESSES, SIMPLE MASSAGE, AND WORDS ARE ALL YOU NEED

We've seen how Acupineology preceded miraculous changes in the lives of a few people. You may wonder how we are going to apply this science to your life. I've assured you that you do not have to buy any expensive gadgets, and neither do you have to go to college and learn a whole new set of subjects, taking years of your time.

To apply Acupineology, you already have everything you need: your mind and your body, and this book.

Using your hands and fingers in simple gestures, caresses, and massage, all of which I'll explain and reveal point by point, you're going to find out just how sweet life can be for you.

We will also add some verbal sounds to the gestures, to strengthen the flows of iso-bionic energy.

These sounds will also be carefully explained, and you do not have to worry if your command of language is not as clear and precise as that of your local radio announcer!

The way you make the sounds is specifically defined by your throat, air cavities, mouth, teeth (or lack of them!), and tongue. In fact, no one else can make your Acupineology sounds for you. The way you make them is geared to you alone, uniquely and definitely. And it's you who are seeking the benefits, so the whole process is sharply focused on you and your personal iso-bionic energy.

Along with that focus and the new flows of energy come your personal miracles, inevitably, automatically, and joyfully.

Tony T. "touched the stars" and has money to burn today

"I was going no place as a down-and-out," attests Tony T., "until I chanced on iso-bionic energy."

He is now vice-president of a multi-interest organization, and says he has "money to burn ever since I touched the stars with Acupineology."

**RIDE THE CREST OF THE WAVE
WITH ACUPINEOLOGY**

If I said that the heights you can reach with Acupineology are limited only by your imagination, I'd be wrong. Time after time I hear of people who have found success after using iso-bionic energy, and their response has been: "It's even *better* than I could have imagined."

At this point in time you may have a mental picture of how you wish your life could be. I wonder if you're aiming too low. Life has perhaps taught you what some cynics call a "truth." They say, "Blessed are they who expect nothing, for they shall not be disappointed."

That's a cruel and self-diminishing thought. You deserve better than you have now, but although you may aspire to better things, experience has probably drilled home the message that you should not expect too much. That way, you're not so hurtfully disillusioned when your fondest dreams crumble into ashes.

If that's your outlook, Acupineology is for you. By all means, set up a self-improvement program and let iso-bionic energy carry you toward it. I know one thing for sure: if you'll give it ten minutes a day, Acupineology will go one better than your most glittering hope, and lift you into realms of contentment you hardly dared to consider.

Your hopeful wish for a little more peace, a roof over your head, a few spare dollars in the bank, and a harmonious, undemanding partner can be parlayed by Acupineology into a

sparkling stream of good fortune and life achievement that puts your present dreams in the shade.

Another certainty is that regular application of Acupineology will change your life for the better. Take the time to write down where and how you wish to be in one year's time. Then write down where you honestly *think* you'll be this time next year, if things go on along the same old path. Write down the date and tuck the paper into the back of this book.

Then, apply Acupineology, and read that set of notes later on. You'll fully understand how iso-bionic energy takes you along joyful paths you had never even considered.

You're about to find the perfect wave, to ride blissfully into an expanding, stimulating future where destiny obeys your every whim. Where you're going to travel, the sky is not the limit—it's only the beginning of rapture and delight and the achievement of happiness which so many pursue and so few attain.

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**All Your Troubles Vanish
When You Balance
Your Iso-Bionic Energies**

If you read the introduction to this book, you already know some of its basic aims. But, if you're one of those people who dives into the "meat" of a book and you started reading on this page, I can outline my theme in a few words.

ISO-BIONIC ENERGY PERVADES YOUR ENTIRE WORLD

Just as a mighty hydroelectric plant takes the energy of water and transforms it into power to turn the wheels of industry, so does your body transform the energy in food into power to keep your "wheels" turning. That energy enables you to move around, to carry weights, to breathe, to pump blood through your veins and arteries, to talk, to hear, to see, and to think.

Some of your natural energy is used physically by your muscles, while other portions of your generated energy literally keep your body and soul together.

In the process of working, your body and mind radiate an energy field, which was identified earlier as your *aura*. As long as your life energy is flowing along smoothly, you stay healthy, well, and contented.

With the permission of a dedicated metaphysical researcher, Evelyn Hudson, whose insightful work helped me to refine and perfect this book, I have named the unseen natural power *iso-bionic energy*. You will be employing this energy to transform your existence into perfect shape.

Only under special conditions can you see, feel, or hear your iso-bionic energy, but its effects are very apparent in other

ways. For example, when you meet a stranger and instantly love or hate him without rhyme or reason, that's a signal that your individual iso-bionic energies are harmonizing or conflicting.

Your iso-bionic energy fields spread out around your body and interact with everything and everyone who affects your life, whether he be a partner in your own office or some bureaucrat far away, drafting new tax laws which can affect your standard of living.

If your iso-bionic energies are flowing freely and clearly, in harmony with the universe, you will be lucky, happy, and fulfilled. If your energy fields are not in tune with exterior conditions, you will meet with frustration, opposition, sadness, and loss.

Simply stated, the goal of this book is to show you exactly how to keep your iso-bionic energies working *for* you instead of *against* you.

ACU-CASE 1:

Esther I. Found Her True Niche In Life

From Evelyn Hudson's notebooks, which were passed on to me after the author herself had passed on to heavenly planes, I have selected a prime example of iso-bionic energy at work, bringing its most glorious effects to bear.

With only minor editing, the following are the late Evelyn Hudson's notes. Any terms used here which you do not understand will become clear to you as you proceed further into this book.

February 20: Introductory lecture at Crisis Center. Response fair. Next session scheduled for February 27.

February 27: First instruction in Iso-Bionic Energy given to group of 18 — 2 male, 16 female. Heavy drug dependencies. Several from broken homes. 10 parolees. Three single parents. Psychological maladjustments, antisocial tendencies, paranoia evident.

March 6: Instruction continues. 3 no-shows. Remaining 15 interested. Initial Digital Stimulator exercises taught. General reaction incredulous. "Show and Tell" session unproductive.

March 13: Though reduced to 12, group knitting well. Less suspicion. Jupiter Connections taught. Minor successes for 5 students, remaining 7 not evident. Females W.C., E.I., and C.T. more "together," say they are feeling good effects of techniques in psychological ways.

March 20: Group of 10. All attest to greater relaxation, world not such a "heavy" place. E.I. especially responsive: depressions gone, pains lessened, better adjustment to society, no longer fears going out. C.T. unable to continue: has secured employment in Portland, leaves on Friday. Instructed group in Pollex Contacts.

March 27: Class of 8 (G.H. taking break after success at lottery). Moon techniques taught. E.I. has opened up: withdrawn attitude gone, optimism evident. She reports first renewed interest in males. (See fuller report and taped talk attached.)

April 3: Astral Travel instruction. Significant life improvements reported by all 8 of group, especially J.B., reunited with spouse.

April 10: Numerology and sound incorporated. Progress excellent for all.

April 17: Tideway instruction. Half of session taken up with positive reports of "miracles," too numerous to mention. Most encouraging.

April 24: Final formal instruction. Scheduled further meetings on unstructured basis to compare notes, encourage regular workouts. C.T. and V.H. cohabiting: report "first meaningful relationship of their lives."

Summary of Esther L., female Caucasian, age 43. Divorced 5 years ago, after 14 years "unsatisfactory" marriage. No children. History of abuse from husband. Contacted Crisis Center as part of therapy after attempted suicide. Further advised therapy: attend Iso-Bionic Energy course.

Partial transcript of recorded interview with Esther before first instructional session:

I've been scared of folks ever since I can remember. Fred [her ex-husband] didn't help. Always down on me; used to curse me because I never got pregnant. He used to make me . . . [Here follows a detailed and harrowing description of sexual and other

degradations imposed on her by her husband, sometimes observed by her husband's associates.)

After he left I got so I never went anyplace. I couldn't sleep; every sound I thought was a rapist or murderer. I heard voices telling me I was no good. I gave up on everything, let myself go, just sat around all day looking at the walls.

Then I took all those pills and called Fred to say goodbye, and he just said good riddance, but he must have told someone because I woke up in the hospital. But Fred never came near me . . . [Subject overcome by emotion.]

Edited transcript of interview with Esther on May 27, a month after conclusion of initial course:

I've never felt so happy. Why was I such a fool? I've been letting all this love and happiness pass me by and it was there all the time. I just had to reach out for it . . . I bought new clothes, smartened up a whole heap . . . I met Carl and it was love at first sight, at my age, too . . . He's perfect. He encouraged me to get out and about, to enjoy life again . . . Money's no problem . . . Carl says he's real proud of me . . . I'm keeping up my iso-bionic exercises, and every day is a bright new happening. I've found my true niche in life.

WHAT THE VARIOUS CURRENTS AND ENERGY FIELDS CAN DO FOR YOU

The foregoing case of Esther I. refers to Evelyn Hudson's series of lectures. That complete course is between the covers of this book. Just as Evelyn's students did, you're going to learn how to use iso-bionic energy to help you join in with the favored people of this world.

We shall be looking at the various energy flows in and around you, and discovering exactly what to do with them to bring you what you need.

Broadly speaking, you have three energy fields flowing through your body, each connected with various areas of your

life. Each field is made up of currents or *lines of force*, just as a piece of cloth is woven from separate strands of cotton. The lines of force we shall be using flow from and to important, easily located points on your hands and fingers.

Your psinic field

Your *psinic* (pronounced “sigh-nick”) *field* flows back and forth between your hands and your face. Its lines of force are associated with all mental processes and are very powerfully concentrated at a point in the center of your forehead about an inch above your eyebrows. That point is your *psinic focus*.

Your pectoral field

Your *pectoral* (pronounced “peck-troll”) *field* forms a web of energy between your chest and your hands and is connected with material things that you can see, touch, smell, taste, or hear. A point midway between your nipples is your *pectoral focus*, where the lines of force converge into a forceful beam of power.

Your umbilical field

Your *umbilical* (pronounced “um-billy-cool”) *field* flows from the area around your navel to and from your hands. It is associated with abstract concepts, such as spiritual growth, and all other aspects of life which are not the province of the other two fields. Your navel is your *umbilical focus*, where the lines of force unite into an invisible, potent stream.

ACU-CASE 2:

Iso-Bionic Energy Lifted Bruce Y. from the Gutter

Alcoholics Anonymous had been unable to help Bruce Y., mainly because he lacked the desire to stop drinking.

I'd been to a couple of meetings, and in my brief sober times I realized the sense of their suggestions. But I also knew, deep in my heart, that I wasn't ready

to quit boozing yet. The false detachment alcohol gave me made my fellow derelicts look like great buddies, and it no longer mattered if the world wanted to hurt me, so long as I was protected by the blanket booze threw over my senses and reactions.

I fell sick with alcoholism after my business went bust. I realize it was my own fault. Too many cocktails and ryes at lunch, and the afternoons were shot. I was more than halfway to being an alcoholic long before the receivers sold my last few assets.

Bruce went downhill fast, until Skid Row became his home, and upending a bottle became his only goal in life. Unshaven, shaking, sickly, and filthy, he slept in stinking flophouses, ate at drab missions and soup kitchens, and hardly noticed the days and months that passed while he existed in a foggy mist of cheap wine and home-brew.

It was snowing hard the day I staggered into a hall where a lady was lecturing. It was somewhere to get out of the cold. I was just drifting up from a terrible bender I'd tied on with spiked hooch around sunrise. I'd reached the stage of being worried where the next bottle was coming from, and I had just enough sense and vision to see and hear some of what the lady on the stage was saying and doing.

She was promising that anything you wanted could come to you if you held your hands as she was demonstrating. I was drunkenly putting her on, slumped in a chair, extravagantly imitating her every gesture. I'm surprised I wasn't thrown out.

The lecture was, of course, on iso-bionic energy. When it was over, Bruce staggered out into the street, straight into the path of a car. He suffered numerous injuries, none critical, but sufficient in their total effect to keep him in the hospital for a couple of weeks.

Something had to stop my boozing, and painful though it was at the time, the accident was the best

thing that could have happened to me. Drying out in that bed was pure hell, but by some miracle I made it. I've not touched a drop since.

Bruce was headed on the right track and he hasn't taken a wrong step since. He now owns a multinational corporation that is the envy of its competitors.

From the gutter to a pinnacle of wealth is an incredible jump. More money than I can spend in this lifetime, every conceivable luxury to make life hassle-free, a sweet relationship with the greatest lady on earth, and it all started after making those hand gestures. Cause and effect? No one's ever going to prove that, but I believe in iso-bionic energy. It's a sure-fire winner for me.

WHICH OF YOUR FIELDS NEEDS STIMULATING?

A Nobel Prize-winning scientist once remarked, "The laws of nature are so simple, we have to rise above the complexity of scientific thought to see them." In other words, we often try too hard to explain or understand something, and we end up confused, when what we're looking at is basically simple and straightforward.

Keep that thought in mind when you're using the iso-bionic energy fields. As natural energy, they *are* simple, yet they defy explanation. Your simple task is to use the energies, and you can leave the explanations to someone who has more time, interest, and energy. I agree that the reasons behind the miraculous powers of iso-bionic energy should be researched, but initially it's far more satisfying for you to concentrate on using it to make yourself happy.

The simple fact of iso-bionic energy is that once you smooth it out, it flows. Your life, mind, body, and soul become content, healthy, dynamic, and fulfilled.

When you decide which area of your life needs changing for the better, move in to stimulate the energy fields, make the

sounds, gestures, and movements described step-by-step in later chapters, and your life will automatically take a gigantic turn for the better.

For example, you may decide you need a new car. That's a material thing that you can see and touch. Your pectoral field is in that domain, and techniques associated with that field will ensure that a car is placed among your future possessions, sometimes by a succession of amazing coincidences which finally convince you of the incredible powers of iso-bionic energy.

Alternatively, you may wish to bring a lover to your side. That involves emotion, which goes on chiefly at mental levels. You should then involve yourself with psinic field techniques, and destiny will unerringly bring you a partner who is everything you've ever fantasized, and then some!

Perhaps you're suffering from something very intangible, such as the "divine discontent" that poet Charles Kingsley describes so graphically in his works. More simply, maybe you're unable to put your finger on what's wrong with your life. That's a clear case for using your umbilical field to align destiny with whatever is needed to allow you to feel gloriously free and happy.

I would not advise you to be too concerned about which field to use at any one time. All three are composed of the same kind of energy, and they will all work for you. If you choose to use your pectoral field to bring you a lover because you decide that a lover would be something you can see and touch rather than a true emotional involvement, no harm is done. Maybe you'll need to pour on the power a bit longer or stronger to attain your desired result, but in the end it will not be critically important.

It would be better for you to go ahead and use any one of the fields, rather than spend days debating about exactly which field would be best. In fact, later on, when you get into the swing of this startling process, you'll be amazed at how simply and easily you can tune in unconsciously to any field and continue to get precisely what you need.

Each field does have its special purpose, but they will all take over and deal with other areas if necessary.

ACU-CASE 3: Naomi B. Is Rich and Famous Today

She had an average childhood, got average grades, held average jobs, and had an average marriage. Little about the first 30 years of her life was outstanding for Naomi B.

Then my husband, Jerry, was badly mauled by a bear on a hunting trip. During the long months while he was struggling back to a semblance of health and strength, our savings dwindled to zero, the bank called our loans, and we lost our house. My ailing mother died, and my father followed her shortly after his doctors discovered that he had intestinal cancer.

Down and down we went, until our home was a cramped trailer in an untidy park which was a sea of mud in spring, a skating rink in winter, and a dustbowl in summer.

Jerry had a withered arm with no muscular power in it and a shuffling limp that the surgeons said he'd have to live with for the rest of his existence. No way could he return to trucking, which had been our livelihood. To make ends meet, I was working all the hours God made at a truck stop, slinging hash. And without proper parental care, the kids were running wild.

Naomi could see no end to their troubles, and she used to lie awake at night, weeping silently, tossing and turning, desperately seeking a way out.

One day I saw an advertisement in one of the newspapers I was reading in a hospital waiting room, while Jerry was undergoing more of his endless therapy. It offered one of those books promising miracles of health, wealth, and happiness from cosmic energy sources. I raided the kids' piggy banks when we

arrived home and mailed in an order. As a last resort, I guess.

When the book arrived, it created a small ray of hope within me. But I honestly never thought I'd be one of the people who would be telling their success story in a similar book.

The turnaround for Naomi, Jerry, and their children began almost at once. Jerry, limping from office to office searching for an employer who would give him regular work, talked to the boss of a small manufacturing plant. Jerry had an idea for an energy-saving device, but no one had seemed willing to risk the time and capital to test and build it.

This man showed interest, and eventually invited Jerry to join the staff as a well-paid advisor to a research team who would create the gadget.

The device was patented in Jerry's name, manufactured, and marketed in Detroit.

From that moment, we moved up. The patent rights bring us a royalty check every six months. The first one was large enough to clear all our existing debts, make the down payment on a new house and car, and let us live easy until the next check arrived. Once the invention was launched, Jerry was able to retire, although he occasionally gets called back to receive payments for further advice during the development of his product.

Naomi and Jerry are more than comfortable today. Their latest abode, far more sumptuous than the previous one, boasts a pool for the children, formal Japanese gardens, and guest rooms for their equally rich friends.

We have enough wealth and lots to spare. Vacations when and where we please. Jerry is getting the finest surgical care and improving. The children are well-adjusted and happy. The list of delights just goes on and on, and our lives get better by the minute.

You may not be totally surprised to know that the book Naomi bought in the depth of her troubles was about iso-bionic energy, before it became known by that name.

GESTURES BRING YOUR ENERGY FIELDS UP TO MAXIMUM STRENGTH

All three of the energy fields described earlier flow through your hands, and some psychics, especially those who are into yoga, say they can clearly see the lines of force radiating from the human hand.

By simple placement of your fingers and palms, you can charge up your energy fields at any time, so that when they are called on, they will be fully charged and raring to go to work on your personal miracles.

Fortunately, all three of these gestures are "natural" ones. You can perform them at any time, without the rest of the world even noticing anything unusual. At any spare moment of the day or night, when you have nothing else to do for a couple of minutes or so, you can use these energy-building gestures. The results, when you call on your iso-bionic energy, will be that much more effective.

Your umbilical gesture

To charge your umbilical field, clasp your hands together and lay your palms flat across your navel. This gesture is performed in precisely the same way as a person who has had a good meal sits back and puts his hands on his stomach, saying, "That was good!"

Try the gesture once and you'll understand what I'm telling you. Of course, you do not have to say, "That was good." You say nothing at all.

As you put your hands in position, close your eyes, relax your muscles, and breathe deeply five times. Return your breathing to its regular tempo and depth, keeping your eyes closed.

Two minutes is long enough to hold the gesture. A longer time will not add much to the total power in your umbilical field, but if you wish to continue to hold the gesture, by all means do so. However, do *not* continue to breathe deeply—you'll hyperventilate, taking on more oxygen than your body can easily handle, and you will make yourself dizzy. As a rule, should you find your head spinning even slightly while you're doing any of these gestures, stop the deep breathing at once and allow everything to swing back to normal.

Your pectoral gesture

The technique for charging your pectoral field is very similar to the foregoing gesture. The clasped fingers are identical, except that they are held higher up on your body, across and in contact with your chest, covering your pectoral focus.

You can move directly from the umbilical gesture to the pectoral gesture merely by sliding your clasped hands about eight inches up your chest until they come to rest with the heels of your palms covering your nipples.

Hold this position and take five deep breaths, with your eyes closed and your muscles as relaxed as possible. Hold the gesture for two minutes.

Your psinic gesture

Your psinic field is charged with your hands held in a different position. Bring your open hands up on either side of your head and gently place your thumbs against your cheeks, just in front of your ear. Your fingers should be pointing up and forward.

Fold your hands around until your little fingers touch each other and also touch your forehead about an inch above your eyebrows.

Spread the rest of your fingers comfortably and allow them to touch your head. Rest your elbows on a table or the arms of your chair if that can be arranged without difficulty.

Take five deep breaths after closing your eyes and allowing your body to relax. Hold the gesture for about two minutes.

Performing more than one gesture

If you so desire, you can charge up more than one field at a time as you perform these gestures. In such a case, you are required to take five deep breaths *once only*, whether you're charging up two of your fields or all three of them.

What you're wearing is unimportant. Iso-bionic energy penetrates clothing, so there's no need to strip to the waist to perform these gestures.

If you do them each once, in the order described, you'll realize that they're a perfectly natural sequence of positions which people often adopt, so you can safely charge up your fields in public, without anyone else being the wiser.

Even if someone notices you performing the gestures, the most they're likely to think of the psinic gesture is that you're thinking deeply on some weighty subject, or that maybe you're checking to see if your bill was added up correctly!

An outdoor method of charging all three fields

This routine is tremendously powerful and brings incredible vitality to your energy fields. It is best performed when no one else is around, because it can look a little strange to the uninitiated.

It must also be performed in the open air. You need to find a convenient tree, preferably an evergreen. If it has needles, like a pine tree, so much the better. A Christmas tree in a pot is not suitable; your tree needs to be growing from the natural earth.

The final condition to seek is that at least one branch of the tree must be no more than four feet or so from the ground, within your reach as you stand in front of it.

Walk up to the tree with your arms spread wide, hands open and palms turned forward, as you would greet a long-lost friend after a separation. Arrange your position so that both hands are gently touching the foliage.

Turn your face upward, close your eyes, and as you feel the leaves or needles brushing your palms, take five deep breaths. Hold that position for about a minute, or slightly longer if you wish.

Be careful now! You've picked up a very powerful charge of energy from the tree, and it can literally set you back on your heels. First, move your head *gently and slowly* forward until, when you open your eyes, you're looking straight ahead, on a level.

Then, *and only then*, open your eyes. Check for a moment to see that you have your balance and that you are not too dizzy to step away. If your head is spinning, stay where you are until everything stops going around. If necessary, hold onto the tree for support.

When your world is steady, step away from the tree, lower your hands, turn to your *right*, and walk away.

You can, if you wish, thank the tree for giving you a share of its iso-bionic energy, but if you feel that's a dumb thing to do, forget about it.

ACU-CASE 4:

Russell R. Found Truly Indescribable Happiness

When I asked him if I could use his success as an example of the miracles that can be launched by iso-bionic energy, Russell R. was doubtful.

I'd be delighted to share my experiences, but what can I say that will have meaning to your readers? I've never been one for material possessions, status symbols, or vast sums of cash in the bank. I'm a loner, not a party-goer or a cruise-taker, or anything gregarious like that. Some people say I should have been a hermit, and I guess I am now in many ways.

Unsociable? Yes, definitely—most people's ideas of what they call "fun" bore me to tears. But I'm happy to be the way I am. I'm totally contented, and my life style is exactly what I've always needed.

Even locating Russell was a challenge. His present home is a one-room log cabin, miles from town, a thousand feet up from an old logging trail. Mountains surround his cabin, an icy stream cascades past his sun deck, and a breathtaking view of lakes and distant valleys creates a peaceful, natural panorama from his southern window. Only the sounds of wind and wildlife reach his isolated perch above the world.

Everything I need is right here. I maybe make two trips a year out for supplies, but the rest of the time I let civilization go by. My peace and contentment are here, close to the source of natural energies. This is a far cry from the city suburb I grew up in.

Tanned, healthy, and muscular, radiating a glow of peace, Russell had changed from the pale, undersized youth I had known some years before.

He had always been a misfit, with no friends, no interest in sports, entertainment, group involvements, travel, or any other conventional aspects of society.

I tried desperately to adapt from feeling different, because that was the way other people said I should be. But putting on a false front was a failure. I merely became more frustrated when I artificially tried to be like everyone else.

Then I began studying metaphysics, the arcane arts, and similar subjects. I uncovered my own secrets of universal energies, applied them, and found this glowing fulfillment of mind and body.

Russell, materially poor and alone, says he is "spiritually a multimillionaire." Certainly, the calm, bearded man I met is at peace with his world, with no apparent worries or hassles. He has deliberately cut himself off from the gaudy trappings of society, and he has found his own peaceful destiny.

Russell's metaphysical disciplines, which he says enabled him to create his "share of heaven on earth," exactly parallel the iso-bionic energy techniques offered to you in this book. Only the names have been changed, for clarity's sake.

Your priorities may differ from Russell's, but the same fulfillment of your umbilical field yearnings can be achieved, whatever your desires.

HOW TO CREATE YOUR PSINIC VIBRATION

This whole universe is made up of vibrations of various amplitudes and speeds, and your iso-bionic energy is no exception. You can stimulate and direct it to carry out your will by the use of simple vocal sounds.

You do not have to be a trained singer to do this simple energy reinforcement. If you can talk, you can create a *psinic vibration*.

Take a deep breath. Say "Eeeeeeeeee!" and keep the sound going, turning it into a kind of high, singing tone. Do not make it too high or screechy. You do not need to squeak so that your throat aches.

Your psinic vibration is very quiet. Once you've got the "E" sound going, close your lips and keep the sound humming through your nose. Carry on with it until you need to take another breath.

Please do not strain. Holding the vibration until your lungs are bursting for air is not the idea. Just hold the vibration for a maximum of 20 seconds after you close your lips. Ten seconds is long enough, and even five will do, if you're short of wind.

Repeat the sound two more times, and you've done one complete psinic vibration.

When you get the hang of it, you'll actually feel it vibrating inside your head, in the sinus cavities behind your nose.

If your nose is blocked for any reason, such as a head cold, keep your lips slightly apart and let the sound carry from your mouth.

Some people find that if they hold their teeth gently together a good, resonating psinic vibration also vibrates their teeth.

Experiment with a higher or lower note until, when you cover your ears with your hands, the sound fills your whole

head. Note that putting your hands over your ears is not part of the psinic vibration; it's merely a test to carry out when you're first getting accustomed to making the vibration effective.

It's possible that you may not have use of your vocal cords, and cannot utter the necessary sound. In your case, merely *thinking* the sound will be equally effective. But, if you have a voice, use it for this powerful energy-peaking exercise.

ACU-CASE 5: Marla F. Improved Remarkably After Practicing Acupneology

It is my theory that if a life-improvement technique will work in desperate cases, then it will work for almost anyone. This case history describes a deliberate experiment to see if isobionic energy could bring positive effects to an apparently hopeless case.

The subject, Marla F., was a seven-year-old girl, under constant medical care for apparent brain damage suffered from what her doctors called a non-specific virus infection.

She could not, or would not, speak. She was withdrawn and autistic, constantly sleeping or staring blankly at the wall. She had to be turned over frequently to prevent sores, and her mother had to spoon-feed her. The hospital had sent the child home as an incurable case. Her mother was close to despair:

She used to be a bright and normal child before the infection. Then she caught influenza and never recovered. She slipped quickly into her present sad state, and she's frankly like a vegetable, needing everything done for her.

Marla's mother was willing to try anything for her daughter, however unlikely the chances of success. I suggested that she should practice the psinic vibration while tending her daughter, and report any changes. She could also hold Marla's fingers in the positions that will be described later in this book. I emphasized that any other medical treatment her doctor

ordered should be rigorously maintained. My iso-bionic energy suggestions were intended to supplement, not replace, orthodox medicine.

I would be delighted to report that Marla's condition was completely cured. That would not be true, but her mother is tremendously encouraged by Marla's early progress.

Marla is noticeably and definitely better. There had been no apparent change in her condition for six months previously, but a week after I began the psinic vibration, Marla smiled at me with a flash of recognition. I was overjoyed. Now Marla is imitating me, humming along as I attend to her needs. She regained some muscular control, and the most encouraging event happened after four weeks. Marla reached for the spoon, and is now feeding herself at times.

She is making words instead of grunts, and is showing an interest in her surroundings. She has a long way to go yet, but I truly feel she is mending.

HOW TO CREATE YOUR PECTORAL SWELL

The *pectoral swell* is somewhat similar to your psinic vibration, except that you use a different letter sound, a lower tone, and you keep your lips open while you're creating the swell.

Take a deep breath. Now "sing" the letter "A," sounding it as a tone, just as you did with the psinic vibration. This time, however, keep your lips parted. You should be intoning "A," not "Ah." If you're in any doubt about this, start by saying the letter "K," which makes the right kind of "A" sound.

It does not matter in the slightest if you're unable to "carry a tune in a bucket." All that is required is your best effort at holding the "A" tone, and if your vocal cords are not working, you may "think" the sound, as I suggested for the psinic vibration.

The sound of your pectoral swell is lower than the psinic vibration. It is not a *basso profundo* groan, however, just a mid-range tone which you hold quietly until you need to breathe again. Repeat this two more times, and that completes your pectoral swell.

To check on whether the swell is coming from the right part of your body, run your fingers up the center of your chest from the lower edge of your rib cage toward your throat.

About four inches below your collarbone, you should be able to feel the vibration of your pectoral swell. If you feel nothing, try putting your fingers under your clothes, in contact with your bare flesh.

If you still fail to detect any vibrations under your fingers, try lowering the tone a bit. Experiment a little and eventually you'll find it. You'll distinctly feel vibrations in the bones and flesh of your upper chest. Feeling for the swell with your fingers is merely an initial test and does not form part of your regular production of the pectoral swell.

I have said that the pectoral swell can be done quietly, and that's true. But if you're alone where no one can overhear you, by all means, let yourself go with this one. But, remember, no straining. If your throat aches or your voice turns hoarse after you've done a pectoral swell completely, go easier on yourself—you're trying too hard.

ACU-CASE 6: "Simple Sounds Changed My Life," Attests Charlie E.

Charlie E. was a skeptic. His attitude toward all facets of the unseen world was one of disbelief and amusement. In company with the most conservative scientists, Charlie figured that anything he could not label "scientific" was delusion, fakery, or misreported. He is a journalist, trained to be accurate and objective.

As an idea for a series of articles, I decided to expose the whole deceptive scene of what I thought of as the occult. No one was more surprised than I was to discover—behind mists of fear, fraud, and illusion—a very authentic world with its own explanations and proofs.

There's a lot going on in this world that science has no explanations for, and while I was exploring the

facts and fancies, myths and history, truth and fiction of both science and superstition, I found more questions than clear answers.

Skeptical or not, Charlie was fair with his research. Besides reading, interviewing, and watching, he also involved himself in several courses on mind development, hypnosis, meditation, biofeedback, and similar concepts.

I could detect very little objective benefit from those techniques, apart from some extra physical relaxation. The few results I did see could have been explained as coincidences. The breakthrough that dissolved my doubts in a hurry came when I started iso-bionic energy routines.

More improvements came into my life than I could honestly attribute to chance after I used the vocal intonations of iso-bionic energy.

Charlie, previously struggling to keep ahead of rising living costs as a free-lance writer, was catapulted into best-selling prominence within six months.

Editors began calling me for contributions, and that's a sure sign of success for any writer. Three multinational papers invited me to write exclusive columns, a syndicate bought a regular piece from me, and I've written a hard-cover book that hit the best-seller list. The publisher wants more, more, more!

Now a Hollywood studio has asked me to collaborate in writing a screenplay. My income rocketed from a starvation level of under \$7000 a year, to \$69,000, and it's still climbing.

Charlie continues to retain his skepticism, and is the first to discredit any delusive projects.

Of all the concepts I've checked out in full, iso-bionic energy convinced me the most. It seems incredible that a few simple sounds changed my life, but the hard evidence of cause and effect is overwhelming. Acupineology does everything it claims.

HOW TO CREATE YOUR UMBILICAL RESONANCE

Your *umbilical resonance* may take a little practice, but if you follow these simple instructions, it will come naturally.

Take a deep breath. Now, *whisper* the letter "M," making it a long, drawn out exhalation of breath, and not completing the closed-lips "Mmm" part of the letter until you're ready to stop and take another breath. You'll probably be able to stretch this out for as long as five seconds.

Do it again, but this time relax your throat and turn the whisper into the lowest tone you can manage, a deep down tone—but do not turn it into a throat-tearing croak. Do not strain, just relax, and let your voice make the deepest note you can reach comfortably. As you persist, you'll be able to produce quite a respectable breathy rumble, coming from deep down inside you.

A complete umbilical resonance consists of taking a deep breath, saying—or rumbling!—the long "M," and then repeating it twice more.

Practice at your leisure. I'll be telling you when and how to use this powerful energy-invigorating resonance, plus the psinic vibration and pectoral swell, further along during this course of self-help with iso-bionic energy.

ACU-CASE 7:

Marllyn M.: Yet Another Million-Dollar Winner

In company with thousands of other people, the mysteries of luck and lotteries fascinate me. Since Canada began government lotteries with monthly prizes of a million dollars, I've been able to research the backgrounds of some of the new millionaires who are created instantly by the random fall of numbered balls from mindless machines.

In several cases I've found that the winners were involved in psychic or occult techniques to improve their chances.

In a previous book* I mentioned two people I discovered in

**Amazing Secrets of New Avatar Power*, 1978, Parker Publishing Company, Inc., West Nyack, N.Y.

the U.S. who had used astrology to help them to big wins—not a million each, but usefully large prizes.

Among the million-dollar prize-winners, Marilyn M. is certain she won her instant wealth with the help of iso-bionic energy.

I was involved with Ms. Hudson's early experiments with iso-bionic energy. I was made a "guinea pig" to concentrate on the pectoral swell, to see if I could find specific material gains from regular practice. I created the swell daily for three weeks, during which time I bought these lottery tickets. During my daily iso-bionic energy exercises, I was careful to create a clear feeling or imagination that I had already won, and that the draw had come up with one of my numbers.

My mind picture became reality at the end of the month, and I duly received a check for \$1,000,000. This is the very first prize I've ever won in any lottery, and I do not view myself as an especially lucky person.

Marilyn's personal conclusion is that her iso-bionic energy exercises turned destiny in her favor, and she is continuing with her Acupineology involvement while luxuriating in the material benefits that her windfall brought her.

DECIDE ON YOUR DESIRE AND REACH OUT FOR IT

Let's summarize the simple path you're following toward total life improvement.

You're applying *Acupineology*, a science which deals with iso-bionic energy, an unseen, natural force which affects you and your life state.

You are surrounded by three iso-bionic energy fields, and with the previously described sounds and gestures you can fully charge your psinic, pectoral, and umbilical fields.

Within each field are important lines of force, and the next thing you're going to be shown is how to move your body to in-

intersect different lines of force which are connected with your well-being.

That alignment is going to do amazing things to the way you see and experience the world. Your desires will become sharp and accurate tools to use to carve your future into exactly the shape you wish.

Instead of plodding along day after day, wondering what fresh indignity a malignant fate is going to heap on your bowed head, you will become the true master of your own destiny.

That which you wish for shapes up in the immediate future and then bursts upon you in a delightful shower of luck, happiness, and fulfillment.

So, let's move right along to uncover the next Acu-Key to your total happiness, so that you can decide on your desires, reach for them, and see them come into resplendent actuality.



**Using Your Digital Activators
Automatically Opens the Road
to Your Personal Shangri-La**

Our next step closely resembles some of the techniques of the ancient Chinese healing art of acupuncture. But I'm not about to tell you to stick needles in your flesh, the way the Chinese doctors do to bring about their miraculous cures.

Acupuncture, like Acupineology, works with unseen energies. Acupuncturists recognize the force of life that comes into the body at birth, and they call that energy *ch'i*.

They see it flowing in specific and continuous patterns in and around the human body, along channels of energy known as meridians. These meridians can be traced on the surface of the body as lines of force which connect at the acupuncture points where the doctors plant their needles.

Some doctors attest that the acupuncture points can be located by rubbing a sensitive stethoscope over the skin, while others have measured differing skin temperature at these points.

The flow of *ch'i* corresponds to the force of life which the doctors recognize as pervading the entire universe. When a patient is sick, the doctors know that his *ch'i* is not flowing correctly. They calculate which meridian is out of balance, and by implanting needles into points along the meridian, the *ch'i* is balanced and the patient recovers.

ISO-BIONIC ENERGY AT THREE LEVELS OF BEING

Acupineology carries the philosophy and science of acupuncture into your personal life. Not only does the flow of *ch'i* affect your health, but the corresponding flow of iso-bionic energy also affects your physical, mental, and emotional well-being.

By increasing the flow along special lines of force in your iso-bionic energy fields—corresponding to the acupuncture meridians—you can change your entire life, not merely within your mind and body, but in the outside world as well.

Acupuncture uses needles. Acupineology uses your fingers instead, employing them in specific ways to transform them into powerful *digital activators*. By placing your fingers and hands in positions which will be explained to you step by step, you activate the correct flows of iso-bionic energy to bring you what you need.

It is a simple, but incredibly powerful technique. You're merely aligning yourself with natural forces, and the delightful results are automatic.

ACU-CASE 8:

"I Put My Finger on Perfection," Quips Edwin D.

Edwin D. had labored hard to build his small business. Starting as an assistant straight out of school, he scrimped and saved, watched and learned the details of the retail furniture business.

A day or two before his fortieth birthday, he proudly took over his own store.

It fulfilled a lifelong ambition for me, to reach independence from being at the beck and call of a boss. I had to forego many pleasures and small luxuries in life to do it, but I felt an incredible glow of satisfaction when I held the key to my own little furniture store.

I was free from the demands of employers. I knew I'd have to work harder and longer hours than many other people in more secure, pensionable jobs, but in recompense I knew that every dime that went into the cash drawer was mine to use. Profits went into my bank balance, instead of into the pockets of my boss.

All went well for several years. With careful management of funds and dedicated work, Edwin saw his business prosper.

If anything, I had even less leisure time. Growth

was slow, and as interest rates hit record levels, I found I had to push harder, cut profit margins, and reduce stock to stay ahead.

But I was still enjoying myself, and I hoped economic conditions would improve. Unfortunately, they got worse.

Try as he might, Edwin found his business sliding closer and closer to bankruptcy. He consolidated his loans and debts with a sympathetic bank, but that gave him only a temporary respite.

The interest payments were crippling me, prices of stock were going out of sight, and the buying public became much more bargain conscious. Tight money made the low-grade plastic-finished furniture sold by the big stores more attractive than the quality merchandise I had always prided myself on offering.

I had to arrange to miss a payment at the bank, and my creditors began to get a mite itchy.

Edwin was slipping toward disaster. He could picture himself being forced to sell up, close, and return to floorwalking for one of his big competitors.

After years of being free to make my own decisions and set my own hours, going back to being an employee would have killed me. To try to improve trade, I began stocking handicraft items, selling them on consignment for a young artisan who approached me one day.

Edwin and the young craftsman became firm friends. Business picked up fractionally, and the specter of bankruptcy receded a trifle, until one day Edwin jokingly asked his artisan friend why his craftwork sold so well. "I make it sell itself with iso-bionic energy," the young man answered solemnly. "You should try it yourself."

During a late evening discussion, Edwin was duly introduced to the concepts of Acupineology. He was doubtful, amused, and disturbed by turns. "I just don't see the logic in

it," he said. "It sounds like black magic or something you shouldn't mess with."

The young man assured Edwin that he was merely using creative energy the way God meant it to be used. Somewhat reassured, but still doubting, Edwin began regular Acupineology routines every day before he opened the store.

The economy stayed the same, or got a bit worse if anything. Bank rates spiraled further up. Yet the cold figures in my account books tell the story without fear of contradiction. From the time I started my iso-bionic energy involvement, trade took off.

For instance, a line of sectional pieces which had seemed a bad buy and had been gathering dust was suddenly popular. On a hunch, I began stocking water beds, and I can't keep one in the store, they sell so quickly. For a song, I picked up the inventory of a rival store which did go bankrupt—I guess the owner didn't know about iso-bionic energy!

Edwin's success story hit the trade papers. In the face of poor trade conditions, he was coining money. He was able to pay off the bank, and he set up his young associate in a branch store across town. Soon he was able to open two more stores, managed for him by efficient employees.

The bottom line is that I'm wealthy now. I've been able to retire into the background. I'm now one of the boss people I used to envy. Other people are making money for me now.

I'm set up in a penthouse in the plushest part of town, and I'm enjoying all the luxuries I missed when I was struggling so hard. Truly, I put my finger on perfection. Try it—you'll like it!

HOW TO MAKE YOUR ISO-BIONIC PLANETARY CONNECTIONS

People who have studied palmistry, the art of reading the human hand, have named various parts of the hands after the

sun, moon, and planets which make up our solar system. Drawing on ancient astrological lore, the fingers and palms have specific areas which connect with spheres of experience that are common to all of us.

The sketch of a right hand in Figure 1 shows you the names of the planets and where they are identified on the hand.

Your first finger, the one you usually point with, is called the *Jupiter finger*. Your second finger is your *Saturn finger*, your third finger is your *Sun finger*, and your pinkie is your *Mercury finger*.

Your thumb is allocated to Pluto, while the Moon and the four remaining planets appear on the palm itself.

The fleshy part of your palm below your thumb is known as the *mount of Venus*, while over to the far edge of your palm near your wrist is the *mount of the Moon*.

Further up that same edge of your palm, on the way from the mount of the Moon toward your little finger, is the *mount of Neptune*.

Between the base of your first finger and your thumb is the *mount of Mars*, and the center of your palm is known as the *plain of Uranus*.

Palmistry students will know that a second mount of Mars exists on the palm, but for the purpose of Acupineology, we do not need to identify or use it.

The final thing you need to know is that, as well as naming the fingers after four planets, the fleshy pads on your palm at the base of each finger are also known as mounts, and they carry the same names as the fingers above them.

So, starting at the base of your forefinger and moving across the hand to your pinkie, we find the mounts of Jupiter, Saturn, Sun, and Mercury, in that order.

It would be a good idea to insert a bookmark or a slip of paper into this book at this point, so that you can easily relocate the picture of the palm. The data in Figure 1 is vital to your future success and happiness. Yet, although I've explained the planetary areas of your hand in some detail, you do not have to remember it all. When you are ready to learn the specific tech-

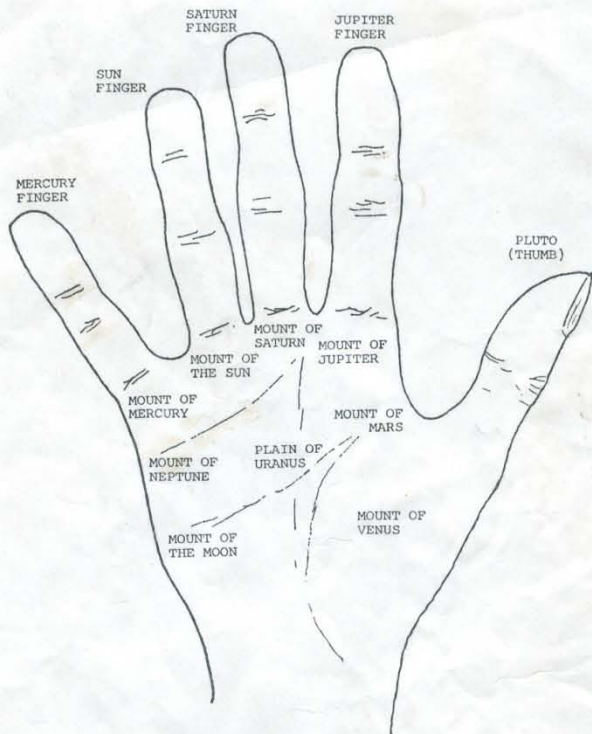


Figure 1: Planetary Names on the Human Hand

niques, you'll consult Figure 1 and you'll see what you need to do very clearly.

The illustration shows a right hand. Note that the same planets are allocated to the corresponding fingers and areas of the left hand. And there's no need to fuss about whether you're left-handed, right-handed, or even ambidextrous. Iso-bionic energy works in the same way for all human beings.

We know that your iso-bionic energy fields flow along lines of force to and from your hands. You're going to touch appropriate fingers and mounts to other areas, which will cause a cascading stream of iso-bionic energy flow.

That's truly almost all there is to using your digital activators and making your iso-bionic planetary energy flow. The only other area to investigate is exactly where to apply the stimulation.

ACU-CASE 9:

Thelma A. Knows "Exactly How Much Iso-Bionic Energy Can Change Your Life"

I was one of life's losers. If anything could go wrong for me, it did. If anyone was going to be dumped on, I was the miserable target. I used to think that the old song that went, "I get the neck of the chicken," was written about me.

My workmates said I was a disaster waiting to happen. Nothing I did went right. Remember that little cartoon-strip character who walked around with a raincloud over his head all the time? I think the artist must have gotten his idea from me!

Sometimes I thought I'd enjoy a really big calamity. My life was one long series of nagging frustrations, like being nibbled to death by ducks.

Thelma A.'s humorous words concealed an existence of true desperation. She was divorced, her one sally into matrimony in her late teens having ended in adversity.

Even that marriage fizzled out like a damp squib. One evening, Joe went out to buy some fries, and

stayed gone. If he'd been caught up in a passionate affair with a svelte "other woman," I might have felt better. As it was, Joe just called me from across town and said he was bored and wasn't coming back.

The tribulations of an uncaring world effectively wore Thelma down. She worked in a dress factory, stitching hems, to earn enough money to pay the rent on a small and uninspired basement room, and to buy the few groceries she needed.

I was going no place, and I knew it. Prettying myself up wasn't part of it—there was no one to pretty up for.

So I scuffed around in a pair of worn mules and dirty jeans, letting each day happen.

Thelma might have continued on her hopeless way until she died if her interest had not been faintly stirred by an announcement she heard on the radio.

A man was giving a talk in a public hall, and he was going to show everyone how to get happy and successful. I think I really went along to prove him wrong. I figured I was beyond hope. In fact, if the hall hadn't been on the same block as my apartment, I'd probably never have bothered to go.

Thelma says she was laughing ruefully when she arrived home later that night. The sparkling future the lecturer had described was not, in Thelma's opinion, intended for the likes of her. And to believe that it would happen by speaking the names of letters and bending fingers was too much for Thelma's close to cynical view of life.

Surprisingly, nothing happened next day, I mean, nothing bad happened. Nothing good either—but for me to go through a day without some petty or major misfortune was rarer than a hen's teeth.

After four days without any setbacks, I began to wonder. I fished out the notes which went with the lecture, and tentatively tried some of the instructions. I knew something good must be happening when my

neighbor didn't hammer on the wall when I tried a pectoral swell!

Thelma relates that the following weeks were "just like a fairy tale." A bright flame of interest and hope burned in her breast. Greatly daring, she began going places, meeting people, and socializing.

All the time, I was waiting for fate to slap me down. It never did. Then I met this groovy guy at a party. He was an up-and-coming real estate dealer. He took a shine to me, and now we're married.

We share a home in Hollywood, a cabin in the mountains, our private jet, cars, a motor cruiser, world trips, and dining in the luxury spots of the globe. We've moved into the good life in a big way.

I tell myself I've come a long way for a lifetime failure, and now I know exactly how much iso-bionic energy can change your life.

NATURAL FOUNTAINS OF WEALTH, FREEDOM, AND HEALTH FOR YOU

After relating that grand case history of Thelma's superb rise to contentment, I'd like to emphasize some points about the incredibly good results to be gained from using Acupineology.

If you've never had the luck to experience the good life, or if you've been there once and fate has cast you into the depths of loss and despair, it can be a distinct challenge for you to imagine exactly how you might feel when all the bounty of this miraculous universe pours into your life in a glittering stream of wealth, peace of mind, and freedom from need.

Your doubt may stem from disbelief that spending no more than a few minutes a day on simple exercises could bring luxuries cascading into your life. You've been told, "You can't get something for nothing," and I agree with that old adage. You do need to expend energy to turn it into something real and tangible.

What Acupineology does for you is to use existing energy which is free for the taking.

Let me offer you an example. Let's imagine that you've chopped down a large tree, trimmed the smaller branches, and now you have to move the heavy trunk to a sawmill about a mile away.

There is no way for you to lift that hunk of wood with your bare hands. You might, if you're strong enough, be able to lever the trunk onto rollers and shove and push the timber inch by painful inch cross-country to the mill.

Another solution would be to buy or rent a truck and the necessary lifting machinery, and drive your load to the mill. Again, that would take energy. Besides the energy you'd have to buy in the shape of gasoline for the truck, you'd have to work (using still more energy) to earn the money to rent or buy the transport.

Now, what if you had arranged things so that an existing source of free energy would take your log to the mill, with you having to act only as guide and planner? Imagine that you've planned ahead and chopped down your tree on the bank of a river which happens to flow past the sawmill.

All you have to do now is roll the log into the water and the *natural energy* of the flowing waters will carry your log to where you want it to go. That way, you're getting lots of energy, free for the taking.

This is an example of getting around the "something-for-nothing" idea. Think about it now in terms of Acupineology.

You know that wealth, health, and happiness are out there somewhere. Every day you hear of people who have won millions of dollars in lotteries, found hidden treasure, been given fabulous jobs, discovered their soul mates, and opened up to total happiness in a thousand and one ways.

Yet, so far as you're concerned, you have to struggle on the best you know how, and good fortune is something which happens to other people.

Iso-bionic energy is like that river we used in our example above. It flows in and around you at all times. Acupineology shows you the simple techniques for letting iso-bionic energy sweep everything you've ever wanted into your life, as naturally and forcefully as the mighty river carries the log to the sawmill.

Will you get something for nothing? Not really. Some kind of energy exchange is required to change anything in your life. That energy exists, and all you have to do is immerse yourself in it and “go with the flow.”

ACU-CASE 10:

Paul L. Found “Something Money Can’t Buy”

I hope a million people discover the joys isobionic energy can bring. I honestly think it should be in the educational system. Then within a generation we would see less crime, less war, and less negativity.

Who needs to fight and steal and hate when the whole cosmos is a ripe apple ready for picking?

Euphoric as his words may sound, Paul L. is sincere in his beliefs. His rapid ascent from distasteful conditions to total contentment has turned him into one of the most enthusiastic proponents of Acupineology.

A French-Canadian, Paul’s attitudes were strongly colored by his older associates who were separatists, actively seeking to bring self-rule to their native province, legally if possible, but by violence if legislation failed.

Paul accepted as fact the idea that almost all English-speaking people hated the French, and his aim was to grow up to be a terrorist, planting bombs, hijacking, kidnapping diplomats and politicians, and involving himself in radical behavior until his province was granted autonomy.

I was a real sour hombre. I dressed and behaved like a Cuban revolutionary, talked violence and war by the hour, joined groups of the “liberation soldiers,” and admired the big guys who said they were blowing up mailboxes and sabotaging railroads.

Luckily for me, I wasn’t old enough to be trusted with guns and explosives, and even my most fanatical pals thought I was a bit too “heavy” with my high-flown plans of rape and pillage.

Paul, as part of a complicated “infiltration” plan, joined a local organization run by some English-speaking people.

They were behaving very low-key and secretive. At that time, in my opinion, anyone who was doing anything behind drawn shades must be plotting against an enemy. And as they were English, then they must be opposing my people. Very simple logic—which turned out to be false.

The group Paul was investigating had no political or racial targets. They were studying the occult and psychic matters, and they passed on their findings to anyone who was interested.

I started attending the meetings out of curiosity, and stayed in fascination. Numerology, palmistry, astrology, graphology, and similar subjects were not for me. I couldn't see the logic behind any of them. What caught my interest was their natural energy experiments.

Thus, Paul was introduced to iso-bionic energy.

Against my better judgment, I started changing my negative opinions about the English. In fact, my friends began jeering at me and calling me a traitor. Yet I didn't react! Not long before, I'd have whipped out a knife and tried to stab anyone who derided me.

As it was, I found myself becoming a kind of mediator, pointing up the advantages of cooperation, rather than subversion or war. And with that came publicity. Both the French and English newspapers interviewed me and ran articles and features about "the peace-making French-Canadian."

I was approached by a political party and groomed to run as a candidate. At the next election, I won a seat on the government.

Paul has found his purpose in life. His mansion, in a predominantly English neighborhood, is a meeting point for all races, colors, and creeds. He has prospered materially, and he now owns apartment blocks, offices, businesses, and franchises.

Yes, I'm wealthy, but to me that's not the greatest benefit of iso-bionic energy. I found a positive pur-

pose in life, helping my fellow men instead of trying to destroy them.

I am truly content, and that's something money can't buy.

SENSITIZING PROCESS TO ASSIST YOUR ISO-BIONIC ENERGY FLOW

The effects of the ten minutes a day you spend charging up your iso-bionic energy fields and carrying out the specialized touching of fingers and palms which float you to personal glory, will be enhanced by this sensitizing process.

As your body and limbs become the channels for iso-bionic energy, you will align even more accurately with the flows.

We already know that cloth does not impede the passage of iso-bionic energy. Neither does moisture or dirt, so if you carry out the techniques when your hands are grubby or sweaty, you have no need to worry. The energy will flow just as efficiently.

What *will* help the lines of force to build to their strongest peaks is to sensitize your finger tips in the following manner.

Hold your right hand up in front of you, so that you're looking at the palm. Grip your right wrist with your left hand, keeping your left thumb on the back of your wrist and your finger tips on the inside of the wrist.

You're holding the wrist in the region where a doctor takes your pulse. Grip the wrist firmly, close your eyes, and count slowly up to 30.

As you do this, you may be able to feel your heartbeat in your right wrist or left fingers. If so, count about 40 to 50 heartbeats, depending on how fast your pulse is. If you're thrilled and excited at getting involved with this new science, your heart may be galloping along a bit more rapidly than usual.

The idea is to grip the wrist for about 30 seconds, but there's no need to use a stopwatch to time it.

Release your grip and put the tip of your left forefinger (Jupiter finger) in the center of your right palm, on the plain of Uranus.

Keeping your left finger tip in contact with your right palm

throughout this routine, run the left Jupiter finger tip lightly across your palm, up to the tip of the right little finger (Mercury finger).

Slide back to the plain of Uranus, and then move your left forefinger up the tip of your right third finger (Sun finger).

Repeat this process for your second (Saturn) finger, and finally run your finger tip in the same way up your right forefinger (Jupiter), and back to the plain of Uranus.

As you do this, you may feel surges or gentle prickles of energy in your right hand and up the fingers.

Repeat the whole process on your left hand, starting by gripping your left wrist for about 30 seconds.

If you're wearing a watch or bracelet which interferes with your grip, take it off or slide it further up your arm. Rings on your fingers will not interfere with this sensitizing process.

Practice this a few times to get the swing of it. It takes far longer to describe than it does to actually carry it out. I will suggest that you perform the sensitizing process before your daily Acupineology workout, which will be described for you later.

ACU-CASE 11:

Angeline P. Is Heading for the Big Prizes with the Help of Acupineology

This is hardly your average case history. I'm a professional golfer. You have yet to see my name up among the world's leading scorers, but I'm on my way with the help of Acupineology.

I use iso-bionic energy to help my game. Anyone who is into competitive positions, at work or play, can benefit.

Angeline P. started to learn her game at an early age, being the daughter of a keen golfer. Angeline showed a natural aptitude for the sport. She had excellent concentration, balance, and dedication, and was soon leading her local club, winning most of the tournaments she was eligible to enter.

I was encouraged to turn professional, and that's literally a different ball game. With major money riding on the fate of a little white ball falling into a hole or rolling past it, the tensions can be incredible.

In a couple of years I was a recognized contender, but never seen by the critics as world-beating material.

As many other athletes have done, Angeline tried various existing disciplines to see if they would add a honed edge to her game.

Meditation, Est, primal therapy, auto-suggestion, yoga, awareness sessions—you name it, I tried it, my handicap stayed the same. I was good enough to be a pro, but I couldn't get that indefinable edge over the competition. I wanted to get better so much I could taste it.

Angeline started investigating psychic and occult practices, knowing that some of those involvements require great focus of mind and discipline. She says she generally found the areas she came across to be illogical, distasteful, or tediously ineffective.

Yet, I finally found it. Iso-bionic energy was my answer. It was something I could master inside a few minutes a day, and with scientific proof of its existence to back up its claims.

My game pulled together rapidly. My drives were longer and more accurate, while my putting was sharper. Nothing could faze me, even when I pulled in to the rough.

Angeline won three important tournaments in succession, and attracted attention from rivals and fans alike.

I'm entering the big leagues next season. Give me just a little more time, and you'll see me winning the classics.

Watch your TV screen. The lady doing the finger sensitizing process before teeing off is me. I'm heading for the big prizes, I know, with the valuable help of Acupineology.

HANDS, FINGERS, AND OTHER BODILY CONTACT FOR STARTLING PERSONAL MIRACLES

In later sections of this book we'll be identifying specific contacts which bring your desires within reach. To identify which lines of force you're going to be stimulating, take a look at Figure 2, which tabulates the names of the ten heavenly bodies we located on the palms of your hands. Each planet, satellite, or star listed is connected with various life experiences and objects, which are listed in the right-hand column.

There is no need for you to memorize these, although you'll soon be familiar with several as you use them regularly. Maybe another slip of paper marking the place in this book so you can easily find Figure 2 might be a good idea. You can then turn back easily to this table when you're deciding what particular miracle you'd like to have happen next.

The basic idea is that you bring the appropriate area of one hand in contact with the connected area of the other hand.

For example—and later we'll be going into more detail on setting these things in motion—suppose you want to gain prosperity with an invention you've tried marketing without success so far.

Prosperity is the domain of the Jupiter finger, and inventions are connected with the plain of Uranus.

Under the conditions I will describe in later pages, you can bring a sweeping surge of iso-bionic energy cascading through your pectoral field by pressing your right Jupiter finger firmly into your left-hand plain of Uranus.

Here is a second example. Perhaps you wish to attract a lover. The mount of Venus is concerned with both attraction and love. So you would press together your left and right mounts of Venus.

Do you understand the rough idea? Let's suppose you have enemies you wish to eliminate. The Saturn finger rules enemies, among the other items listed. Your thumb (Pluto) is concerned with elimination and destruction. Pressing your right thumb on

Planet	Correspondence
JUPITER	Luck, prosperity, bureaucrat, lawyer, judge, sports, expansion, generosity, possessions, abundance, protection, finances, justice, optimism.
MARS	Energy, aggression, action, courage, fuel, independence, war, argument.
MERCURY	Children, travel, move, brother, sister, food, occupation, creativity, skill, message, small animals, employees.
MOON	Mother, female partner, public, home, change, emotions.
NEPTUNE	Inspiration, confusion, imagination, acting, plumbing, drains, prophecy, fears, illusions, dreams, hospital, secrets, large animals.
PLUTO	Rebuilding, elimination, legacies, construction, destruction, crime, groups, taxes, insurance, wills.
SATURN	Stability, the elderly, teachers, boundaries, enemies, discipline, persistence, punishment, reputation.
SUN	Male partner, father, males in general, health, employer, boss, entertainment.
URANUS	Surprise, unexpected, rebel, friends, invention, electricity, reform, sudden change.
VENUS	Lover, pleasure, attraction, art, marriage, partner, harmony, love, luxuries.

Figure 2: Planetary Correspondences

the left mount of Saturn starts the process going, and your enemies will be vanquished by strokes of bad luck which will leave them reeling.

Maybe you're beginning to see what you're getting into. A cosmic avalanche of good circumstances are poised to envelop you, once you put them into action by stimulating your isobionic energy fields.

The foregoing simple examples show you how to make *planetary contacts* by touching your hands together. We'll also discover how you can make planetary body contacts with other people, to help you both reach your goals, or to make sure the other person is instrumental in doing what you require.

The possibilities are endless, as you may begin to realize as you read about the incredible luck of Roland P., who used isobionic energy to the best possible effect.

ACU-CASE 12:

"I Had Nothing, Now I Have Everything," Says Roland P.

A long-term welfare case, suffering from chronic bronchitis, beaten to deep pessimism by bad luck, and short on education, Roland P. ended up in a psychiatric ward.

I had tried suicide, and even failed at that. They said I was dangerously schizophrenic, and shot me onto a drug regime that would have put an elephant to sleep.

I spent my days in a flabby, hopeless haze. I was no good to anyone, no good for anything, and I seemed ripe for the mortuary slab if I could find the motivation to just lie down and die.

Roland's psychiatrist, seemingly casting around for any way to shift an unpromising patient out of his office, recommended hypnotherapy.

The hypnosis had little effect. Not surprising, the suggestions could not penetrate my foggy mind. The therapist reduced the recommended drug dosage, but I merely slipped further into despondency.

At that time, iso-bionic energy entered the picture.

Even to me in my sadly befuddled state, I could feel this was a real last-ditch effort. The guy promoting the scheme was not a qualified medical practitioner, and he seemed to be in the hypnotist's office more by accident than by appointment.

I could tell the doctor didn't think much of iso-bionic energy, but he'd done his best with no discernible effect, so I was passed on to another person, like an unwanted broken toy.

Roland rolled with the punch, as he had almost all his life, and attended sessions of Acupineology.

I didn't expect to improve, but going along was easier than finding the strength to refuse. So there I was, breathing in and out like a pair of wheezy bellows, and making what I figured to be stupid wigwags with my fingers.

I was surprised when the guy told me that was all for the week, and to keep practicing every day. I'd spent hours on the hypnotist's couch, and this ten minutes of breathing and finger waving seemed like nothing.

Yet, that was all it took, and despite his doubts Roland began a meteoric rise to health, strength, and happiness. The doctor was able to finish his treatment with drugs as Roland's depressions vanished. His bronchitis went into total remission and has never bothered him since.

But what was more miraculous was the way hidden talents emerged. From a total non-achiever, I became an eager beaver. I found I could sing, dance, act, and be funny. I put together a stand-up comic routine based on my medical experiences.

It had them rolling in the aisles at clubs and lounges. I had to take on a booking agent to handle the demand for my act. Now I'm playing the big money gigs all over the country.

I've also found I'm a whiz on the stock market. My hunches pay off big every time I buy or sell, and at first try I turned a thousand dollars into fifty thousand in six months. My broker was astounded.

Roland recently paid a cool \$600,000 for a Los Angeles house, and had it furnished by a top designer. Relaxing on the terrace, watching lissome bikini-clad nymphs frolicking in his pool, Roland lifted his champagne glass in a toast. "Acupineology, you're a great power to come home to!"

WHAT HAPPENS WHEN YOU MAKE A PLANETARY CONTACT

I hope that I am getting my meaning and enthusiasm through to you. Free, life-changing energy is yours to latch on to. Once you're in the flow, the good things of life will come your way with minimum effort on your part.

If, at present, you're not as fortunate as you would like to be, then you must be suffering from a weakness, blockage, or "kink" in your iso-bionic lines of force. By using the sensitizing process described earlier and then making physical contacts with your hands, you will give the lines of force a clear path to flow along. Your appropriate energy field goes into action, and destiny delivers your needs.

I have been emphasizing that Acupineology is a science, with nothing mystic or occult about it.

I agree that we incorporate some arcane symbols and useful ideas from the ancient arts of astrology and palmistry, because they work. But I would not want you to get the impression that we're working any kind of spooky "magic," or making bargains with angels or devils.

I would be the first to agree that many miracles can be accomplished when one is aligned with the ancient forces that are apparently ruled by mythical beings who have control over our universe and lives. I wrote a book in 1974 based on that very

premise*, and, judging purely by the volume of mail I have received from successful readers, it is a valid method of gaining aid from the etheric planes.

As any genuine researcher should do, I've moved on from that level, simplifying, clarifying, and exploring. *New Avatar Power* is still a part of my life, but I realize now that many people are disturbed or fearful about calling on angels to help them personally. Some suggest, seemingly mistakenly, that calling on angels is the work of the devil—or so I've been solemnly informed.

I've paid attention to readers' comments, analyzed both the successes and the failures, and I have here emerged with Acupineology. There are no *mystic beings* to worry about (unless you deliberately set out to meet them as described in Acu-Key 6), no calls on *angelic presences* to disturb you, no arcane Hebrew *words of power* which caused some people to wonder what the words meant.

From the research emerges Acupineology, a scientific, straightforward, and incredibly effective method.

I do not, by the way, deny or dismiss the existence of mystic beings and angels. I'm perfectly sure that they're seeing that our universe unfolds as it should. They are probably somewhere closely involved in the miracles which Acupineology produces, for after all, iso-bionic energy is only a name for a natural energy which others call Christ consciousness or God-power.

So, rather than become tangled up in theological discussions, I've turned to a scientific discipline to handle this technique. God is still in His heaven, and we're using a portion of His creative energy to head for the peace and fulfillment which all religious teachings promise.

So, with this scientific approach, the mystic beings drop

**The Miracle of New Avatar Power*, 1974, Parker Publishing Company, Inc., West Nyack, N.Y.

into the background, and with them go all the factors which some people seemed to find frightening about these matters.

Your miracles will occur in perfectly “natural” ways. Maybe TV or the movies cause you to connote miracles with genies coming out of bottles in clouds of smoke, or flashes of lightning and echoing peals of thunder at the midnight crossroads, while owls shriek and bats skitter over abandoned graveyards.

Thank heavens for science! Those eerie scenarios belong in another age, and even when they are worked correctly, they’re very difficult to carry out. Try asking your friendly local pharmacist for an eye of newt or an ounce of bat’s blood!

When I refer to Acupineology miracles, I want you to realize that just because something great happens to you without puffs of green smoke and ghostly voices, the miracle is no less miraculous—and it’s a good deal less scary!

The miracles brought by Acupineology happen by what some people choose to call coincidence. That’s an excellent label. Others may refer to good fortune or lucky chances.

Call it what you will, when Acupineology starts working for you, changes will take place that will bring you joy and happiness. Call them coincidence, lucky breaks, or miracles—just savor them, bask in them, and become one of this world’s favored few.



**The Expansive Touch
of Jupiter Brings You
Unlimited Cash and Possessions**

The first digital activator we will examine closely is firmly connected with your pectoral field, and employs Jupiter techniques to delightfully enhance your material and cash status.

The *Jupiter gesture*, *Jupiter connection*, and *Jupiter massage* are keys to abundance, and when they are used at the appropriate times in conjunction with your daily iso-bionic energy workout they can banish debts forever, enable you to indulge your whims in buying whatever you fancy, and allow you to build up your security as if you'd suddenly fallen heir to a productive oil well.

In fact, Jupiter techniques can be better than being an oil baron in these uncertain times. Oil wells can dry up, invaders can steal your rights to the royalties, or some other fuel could be discovered that might erode your profits.

Iso-bionic energy is not concerned with world trading conditions. The energy is always there to be used, and it flows strongly no matter what the stock market is doing, enabling you to take advantage of reigning conditions to bring yourself the maximum possible benefits in the best and most profitable areas available at the time when you're using the energy.

Witness Jack S., who has improved his luck in a very insecure career. He professes that Jupiter techniques have increased his returns, although he cautiously adds that a year of testing is all he's done so far.

ACU-CASE 13:

"I Found the Golden Mldas Touch," States Jack S.

Jack S., a very realistic and pragmatic man, says, "I'll try anything once, and more than once if I like it." He tried Acu-

pineology, and has adopted the techniques as a regular part of his career in professional gambling.

I live on bookie's money. I've been wagering on a professional basis for about ten years, and make an excellent living on average. Some seasons you're up, some down, but over the long haul you have to come out winning more than you lose if you're going to pay the rent and eat.

I'm constantly on the lookout for ways to increase my winnings, and I have the time and money to try any method which attracts me. If it works, I retain it. If it fails to meet its claims, I junk it, and cut my losses.

Jack says he has tried hundreds of racing systems, based on form, handicaps, betting concepts, and even the color of the jockey's eyes!

Most methods fall down when put to the test. A few work well for a while, and then go into a slump. Some popular betting "systems" are a quick way to the poorhouse, despite their inventors' claims. My reaction is always the same: If a tipster has such good inside information, why doesn't he wager on the horse himself, instead of spending money on advertisements which sell the information to gullible people?

Same with systems: If they're such pots of gold, spreading the system around will only shorten the odds on the selections. You can be sure if an infallible system exists, the inventor is quietly using it for his own benefit.

Jack states that his luck has improved since he began starting his day with an Acupineology workout, complete with Jupiter massage, prior to deciding how he will invest his money.

My percentage return has improved by 50 percent, consistently, over a full season. I shall continue with the Acupineology techniques. One season is not ironclad proof for my statistics, but evidence points to

higher peaks during winning periods, and shorter losing runs. I feel that the technique is helping me to find the golden Midas touch.

As a condition of quoting his testimonial words, Jack requested that I add the following warning to this case history:

Warning: Jack S. has made a lifelong study of the track. He expects to win, on the average, about \$100 for every \$1000 he invests. Anyone who expects to consistently do better than that is a mug known as "the bookie's friend." Jack does not recommend professional gambling as a career, and advises that a knowledge of form, handicapping, and mathematics must be supplemented by large cash reserves in order for one to survive the inevitable losing runs.

POWER UNLIMITED FROM THE JUPITER GESTURE

Many times in your life you're placed in a position where the decision of one single person affects whether you sink or swim, moneywise.

Typically, you may be facing a loan officer who is going to either grant you a loan or turn thumbs down on your application. Or perhaps you're in the boss's office, asking for a raise that will decide whether you can continue to pay the rent as well as buy a few groceries. If you get the loan or the raise, you can breathe easily. If your request is refused, you could end up on the streets, homeless and facing destitution.

Innumerable situations like these arise during one's life, and the *Jupiter gesture* can swing the results in your favor.

Place your left forefinger (Jupiter finger) on the Jupiter mount at the base of your right forefinger. Wrap your left thumb and little finger comfortably around your right wrist.

Bend the second and third fingers of your left hand (Saturn and Sun fingers), and tuck them into your right palm.

Fold all of your right fingers, except the forefinger, gently down over your left fingers. Move your right thumb to the left and let it lie on your right second (Saturn) finger.

That took much longer to spell out than it does to actually perform. If you follow these instructions step by step, you'll find that your hands are in a perfectly natural position, especially if you lay your hands in your lap, or rest your elbows on the arms of a chair, on a desk, or on a table in front of you.

The gesture may appear to be innocuous, but the lines of force you're stimulating are titanic in their power. Find time during a crucial financial interview to make and hold that gesture for as long as possible.

Obviously, you would be unable to sign papers with your Jupiter gesture assembled. So take it apart when you need to, and put it together again at the next convenient opportunity.

Do not make a "big deal" about holding the gesture. Put it together only when it might seem natural for you to do so. If you sit or stand with your hands persistently locked together, your interviewer may think you're a trifle odd, and that could be a strike against you in his or her positive decision.

Iso-bionic energy is indeed ultimately powerful and can work miracles for you, but there's no sense in stacking the deck against yourself and giving the energy extra opposition to overcome.

The Jupiter gesture will amaze you with its efficiency. Use it relatively sparingly. It is designed for use at critical points in your financial state. Employ this gesture when you know that your future security is on the line, hanging on the decision of the influential person you are facing.

Calling on this potent technique when you're merely trying to float a loan from your spouse so that you can go out for an evening of bowling, or putting the bite on a friend to get ten bucks to gamble on the numbers, is not the name of this game. That would be like using a steam hammer to crack a walnut.

Important, large-scale money dealings, such as buying or selling your house or business, or similar deals where dollars run into the hundreds or thousands (or millions), are where the Jupiter gesture slips smoothly into high gear and brings you success. In fact, it seems the bigger the sum involved, the better the Jupiter gesture works, as you can see when you read on about Shirley T.

ACU-CASE 14:**Shirley T. Is Now Her Own Boss,
"And Filthy Rich Into the Bargain"**

I knew I was on to a good thing, but how could I make a prudent financial manager agree with me? I decided to give the Jupiter gesture a real test.

Shirley T.'s story begins some years ago. Raised during depressed times, she had never aspired to wealth. Her marriage, comfortable but rarely thrilling, saw her bear four children while her husband worked as a prison guard.

The family lived in several rented homes over the years, "always one room smaller than we needed to be comfortable."

Shirley was content enough, but she often wished that they had the extra dollars to take a really luxurious vacation and buy a small house.

Calamity struck hard and swiftly. Shirley's husband was the victim of a hit-and-run accident, and died on the way to the hospital.

After the shock wore off, I took stock of our situation. I had four school-age children to raise, no insurance, rent to pay, and groceries to buy. With no relatives nearer than a thousand miles, and those not able to help, I was in deep trouble.

As money grew scarcer, I began to worry that the welfare office might take my kids away from me. I had grown thin and harassed, pulling in a few dollars washing dishes and cleaning houses. I didn't dare look ahead to the future. It was black, black, black.

Shirley was being drawn into a well of negativity. Friends who had previously been close to her crossed the road when they saw her coming. She found herself mixing with people who were in situations as desperate as her own.

They say like attracts like. The successful folks turned their backs, and I was left with misery piled on misery.

I'd be down there still if it hadn't been for the lady who gave a lecture on iso-bionic energy at our welfare drop-in center.

Shirley recalls that she was not particularly impressed with the concepts of the science, but she'd reached a state where she would listen to anyone who offered her a ray of hope, however slender.

Money shortage was my problem, and the bounty promised by Jupiter connections caught my interest. If the lecture had done nothing else for me, it had stiffened my resolve to claw my way up from the mess I was in.

I started reading the business opportunities section in the classifieds, and looking around to see what I could do to help myself and the children.

The upshot of Shirley's search was contact with an organization that sold fast-food franchises. Shirley was interviewed, and tentatively accepted.

One big challenge stood in the way. I had to come up with \$20,000 as an initial investment.

Hopeless as that looked, I thought I'd give it my best shot and chase it to the bitter end. I went to a credit union and laid my cards on the table.

The financial institution raised manifest doubts. The projected profit figures were tolerable, but Shirley herself was the question mark. Would she be able to repay the money on time?

I was called in to see the manager of the credit union, and I knew my fate hung on his decision. If I made a good impression, I was home and dry. If he refused me, it was back to the drudgery of janitor work.

Nervously seated opposite the manager, Shirley recalled the Jupiter gesture she had learned at the iso-bionic energy lecture.

I made the gesture, and imagined the man saying that my loan was approved. My heart was in my mouth when he slowly looked up from the figures I'd

been showing him. He closed the file sharply and looked me straight in the eye. Would he agree, or was I going to leave, bitterly disappointed and beaten?

The seconds dragged by on leaden wings, with Shirley's nerves stretching to the screaming point.

"I have turned down several similar proposals in recent weeks," the manager said slowly. Shirley's heart sank to her shoes. "In your case," the manager continued, "I am going to recommend that we loan you the full amount."

Shirley left the office walking on air.

A hectic but fascinating future opened up at once. I was the boss of a brand new business. My fears and worries fell into the background, partly because I had no spare time to pay attention to them.

Her valiant efforts to make good paid off. Trade expanded and Shirley saw her indebtedness to the credit union shrinking by the month.

I was free and clear inside a year. Surplus profits soon bought me a second restaurant. Not a very long time after that I owned a chain of eight drive-in, take-out, or sit-in food outlets.

Ever since then I've been my own boss, and I've grown filthy rich into the bargain. Looking back, I can hardly believe the good fortune that opened up for me, all coming into existence after that last-ditch effort with the Jupiter gesture.

ATTRACTING RICH PARTNERS WITH THE JUPITER CONNECTION

This technique is strictly down-to-earth. The *Jupiter connection* can be used to attract rich partners, and that applies to business or personal matters. If you're looking for love and affection, turn to the Pollex contacts in Acu-Key 4. Jupiter is purely concerned with bringing you money by the carload, but it carries no guilt-edged guarantee of emotional harmony.

Having made that point clear, here is how you can put the Jupiter connection together. For the sake of propriety, let's assume that you've been granted the option on a business deal which you know is going to make a bundle in the future.

All you lack is a partner with the necessary cash to float this treasure trove. Maybe you have someone in mind whom you would like to co-sign with you. Or perhaps you have no one in view. Several "possibles" may exist.

You're certainly going to have to make some kind of sales pitch to someone, in order to persuade them to lay their wampum on the line.

You may do that face to face, by letter, or by telephone, or you may even have someone else act as your agent to do the selling for you. Just possibly, especially if you don't know anyone with that kind of money, you may run an advertisement in a newspaper, inviting interested parties to invest in your sure thing.

Sooner or later, you will know if you're dealing with a male or a female. Once you know the sex of your rich potential partner, you can start performing the Jupiter connection to ensure that the deal will be sewn up satisfactorily and profitably for you.

At the end of your daily iso-bionic energy workout, which is explained in detail in *Acu-Key 9*, spend about 60 seconds making the Jupiter connection.

Start it on the day after you know whom you're trying to influence, and continue it daily until the deal goes through and the partnership is signed, sealed, and delivered, or established firmly in some other significant way.

Here's how it goes. Hold your left hand up with the palm facing you, fingers straight and pointing to the right. Place your right hand, with the fingers straight and pointing to the left, on your left palm so that your right finger tips touch your left wrist. Naturally, your left finger tips will touch your right wrist, on the underside.

Start sliding your hands apart until your right forefinger (Jupiter finger) is touching:

- a) the mount of the Moon on your left hand, if you're dealing with a female.
- b) the mount of the Sun, if your future partner is a male.
- c) the plain of Uranus, if perchance you're in any doubt about the sex of your partner.

When your right forefinger is touching the correct mount or plain, you'll find that your left Jupiter finger will automatically make contact with the same mount on your right palm.

Close your eyes and hold that pose for about a minute, running thoughts through your mind of the fantastic profits that are going to accrue from the upcoming partnership.

Make these thoughts clear and precise, as if you already have control of hundreds of thousands of dollars, and more greenbacks are cascading into your joint bank account every minute of the day.

Then open your eyes, break the connection, and go about your business.

Alice U. tried the Jupiter connection, more in desperation than with any expectations, and incredible luxury came her way.

ACU-CASE 15:

Jupiter Bounty: Alice U. Married a Billionaire

This is a first-hand report on iso-bionic energy benefits. To retain the full impact of Alice U.'s joy and surprise, this is a reprint of her description of the way destiny lifted her from obscurity.

I was born near a European industrial city. My father was a coal miner, my mother took in washing, and my five sisters and I grew up without ever traveling more than a few miles from our home, a rowhouse near the mine.

My chief childhood memory is of dust, grit, and dirt. We seemed to eat, sleep, and play in a gritty atmosphere of coal dust, and the vibration and rattle of the pumps and winding gear went on all day and night.

I always felt different, as if fate had a special life in store for me, but as the years crept by the dream faded. I worked as a bank teller when I had finished high school.

Nothing ever seemed to change. The dull gray days under the smog and smoke of the mine were all the same. I went through the same things as my friends, hanging out on the corner, going to the weekly dance, romancing in the backs of cars.

Where, oh where, were the luxury and excitement I fantasized?

Life crept along like a crippled snail. Time passed, sheer hard work and attrition saw me promoted within the bank, and still I dreamed.

One of my casual hobbies was getting involved with psychic things. I was fascinated by fortune-tellers, and always looking to be told my childhood dreams would come true.

Into my life came iso-bionic energy, introduced to me by one of my few close friends, who had picked up the techniques from I don't know where—I never asked. The promises of the Jupiter connection were just what I was looking for, even if I really couldn't see how it would all come together.

Privately, I was beginning to accept that I was fated to be like the rest of my associates, hard-working people growing up without fame or fortune.

I nearly missed my big opportunity. My employers sent me along with other employees to a banking convention in the city, to update us on new financial techniques. It sounded like such a drag, I was tempted to call in sick and take the time off.

But I reluctantly went along, partly because it was a change of scene, and we were taken there and back by bus each day. Moving around on wheels was a big deal for me—cars were things only the rich could afford where I came from.

Between lectures at the convention, I got talking to a young foreigner, who told me he was there only because his father had insisted. He was as turned off by the dry statistics as I was.

Before the meeting ended, we were more than just friends. Armando, while he was sweeping me off my feet with romance, told me he was the son of a wealthy industrialist from overseas. I thought it was all a big line he was laying on me, but the Ferrari sportscar we rode in backed up his statements. So did the respectful behavior of the waiters at the plush restaurant he took me to one evening.

Yet, I felt I was just a passing phase with Armando. Soon he would return to his own country, where he could have the pick of the slim, tanned, jetset lovelies. He showed me pictures of some of them, pouting at the camera against a background of the high life of the very, very rich.

The time came for us to part. I was due to go back to my dusty desk, while Armando was jetting south to the sun and easy affluence.

I recalled the claims of the Jupiter connection. What was there to lose? Could I snare this glittering prize? As we embraced for the last time, I touched my mounts of the Sun with my Jupiter fingers, as I'd been instructed.

Wow! It took me weeks to get my head straight. Armando suddenly said he couldn't leave me, and begged me to go home with him and meet his father.

My world dissolved into a golden haze of wonder. Servants to obey me, satin sheets, limousines, diamonds, solid gold dishes, clothes from boutiques where price tags were considered vulgar, old castles and ultra-chic penthouse, private planes, super first class treatment everywhere, and, at my side always, Armando.

We've been married almost a year now, and he

gave me a Spanish castle in gratitude for the son I gave him last month. My old dream used to be that I would marry a millionaire. Jupiter went one better: Armando is a billionaire.

JUPITER MESSAGE MAKES SURE YOU'RE THE ONE WHO WINS

Jupiter massage puts your iso-bionic energy in top shape to handle any competitive situation which hinges on money or possessions.

Whatever you're selling or buying, you'll get the best possible bargain when you stimulate your Jupiter lines of force in your pectoral field with this massage technique.

As with the Jupiter gesture, this hand posture is unobtrusive and can be carried out in the presence of other people without arousing comment. But, to repeat a previously expressed idea, you should not continue with the massage if it is likely to earn you sideways glances. If you're offered a cigarette or coffee, stop the massage and accept the offered item. If you need to find something in your pocket or purse, reach for it and resume the massage only when convenient.

This incredible luck stimulator is no more complicated than any other technique in this book, but the results are out of all proportion to the effort involved on the physical plane.

With your hands together naturally on your knees, on your thighs, or in your lap, tuck your right thumb into your left hand, so that your thumb tip presses firmly on your left mount of Jupiter (base of forefinger). Your right mount of Venus will be touching your left mount of the Moon, and your right fingers will lie neatly over the back of your left hand.

Make sure your right forefinger (Jupiter) is resting with its tip on the knuckle of your left forefinger. Squeeze your right thumb and forefinger gently, and you'll be holding your left mount of Jupiter in a pincer grip.

Start to massage your right thumb in a small circle, round and round, feeling the flesh of your left mount of Jupiter moving under the massage.

Move the thumb clockwise or counterclockwise, whichever feels more comfortable. You may reverse the direction whenever you wish.

Perform this for up to a full minute throughout the period in which your luck is on the line.

That's the complete Jupiter massage. Just a small tip: If someone should notice your massage and make some comment, reply with a casual remark about sore knuckles or keeping your hands in shape for bowling, golf, or whatever. Do not blow your cover by telling your companion or opponent that you're a step ahead of the game with a fully charged pectoral field backed up by stimulated Jupiter lines of force which are swinging things your way.

Now you will learn how Helen R. used Jupiter massage unobtrusively and successfully to change her whole outlook on life.

ACU-CASE 16: They Call Her Lucky Helen Since She Started Winning

Helen R. was puzzled when I asked for her permission to use the story of her experiences as an example of iso-bionic energy in action.

I think my lucky breaks are small potatoes. Why do you want to tell your readers about little me? I didn't go from rags to riches overnight, or find a rich husband, or do any very startling things.

Judge for yourself. Helen may not have noticed the miracle, but her friends have. Helen has turned from a retiring, drab personality into a bouncy, delightful lady who is viewing her future with optimism, in marked contrast to her previous pessimistic outlook.

They call me "Lucky Helen" ever since I started being a winner, and that was a whole new twist for someone who had never seen even one winning line on a bingo card.

Like lots of other people, I buy the occasional lottery ticket, put a dollar or two on a horse when I get a hot tip from the mailman, go to bingo regularly, and hope for the big one that will lead to security.

Helen relates that she "never found the right touch to get into the money." Her life was somewhat the same. Missed chances and minor misfortunes kept her in company with the anonymous multitude who seem destined to live and die in obscurity.

Young Doris, who went to Australia to marry a rich sheep farmer, told me her luck came after she learned about iso-bionic energy. I ridiculed her illusions, but she showed me the method and said I should try a daily workout, and use the Jupiter massage at bingo. If it worked, maybe I'd realize she was not deluding herself.

Foolish self-deception, I thought it was, but it didn't cost me a dime to give it a try.

That weekend, Helen won a bonus prize, and followed her win with many others.

I've kept a written record. In six months I won over a thousand dollars at bingo. I put two dollars on a couple of horses and that paid seven hundred, and I've won lesser amounts five more times.

The quarter I paid for a Christmas sweepstakes ticket brought me a hamper of goodies, and I won a new freezer in a draw at one of the supermarkets.

Helen's streak of luck is still going strong. She reckons to make three big or small wins each and every week.

I do the Jupiter massage at bingo between games. If I'm buying tickets for anything, I do the massage before paying over the money or filling in the coupon.

I'm keeping it up. One day I'll click for the big one!

Late breaking news: The day before this typed manuscript was sent to the publisher, Helen wrote to me to say she had won

\$100,000 on a Canadian lottery. "Keep it up, Jupiter!" she writes. "Next time we're all set for the million-dollar prize."

THE JUPITER CONNECTION PERFORMANCE HAS BEEN FOLLOWED BY HEALING

Note: The following technique cannot be claimed as a cure, nor is it intended to be a substitute for conventional medical therapy. See your physician for any condition requiring medical treatment, and follow his or her recommendations and prescriptions.

The above important notice does not downgrade iso-bionic energy in the least. Nevertheless, I strongly recommend that you follow that advice. Jupiter connection usage has indeed been followed by apparent miracles of healing and increased vitality, but for me to tell you to rely solely on iso-bionic energy to rejuvenate your body would be unethical, and in certain cases possibly dangerous.

The hazard could arise if you have, for instance, a chronic condition which is being held in check by regular medication. If you suddenly abandon the treatment and turn to iso-bionic energy to bring you back to health, the change could be too much for your already weakened body. While you are bringing your energy fields up to full strength, your body could react to the withdrawal of medication, and you might end up sicker than ever.

A case illustrating that point occurred in Montreal, Canada, and concerned a young boy who was diabetic.

His daily shots of insulin were keeping the disease in check, and he was able to lead close to a normal life.

Then his mother took him to a "faith healer." This type of psychic healing is effective in many cases, and authentic examples seem to closely resemble the application of iso-bionic energy, where the healer feeds vitality into the sick person's body to enable the natural healing process to take place.

Unfortunately, the mother of the diabetic boy took the faith healer's advice to "cease using insulin at once, because the healing energies are making excess sugar flow out of the boy's finger tips."

That is a direct quote from the court evidence which came to light after the boy had gone into a diabetic coma and died. The healer was charged with practicing medicine without a license.

This tragic case is not intended to scare you. It merely gives you a few facts to guide you in a confusing area.

I have no doubt that the boy's death could have been prevented if the insulin shots had been maintained. Then, provided the healer was not one of the fakes and charlatans whose shameful and illegal pitches for clients disgrace the advertising pages of the yellow press, her God-given healing powers might have assisted the orthodox medical treatment to bring the boy back to health.

That's the vital key to using Jupiter connections—or any other form of natural energy—where poor health exists. Use them as *assists* to your doctor's efforts in your behalf.

So, having perhaps frightened you with an awful example of the dangers of gullibility, I will now show you the right way to do it, along with any treatment your medical advisor recommends.

As you're already aware, Jupiter is connected most strongly with material things, those you can see and touch. So the Jupiter connection is on record as operating most convincingly where poor physical health is concerned.

If your problem is something a psychiatrist is treating, the Jupiter connections, although they will not aggravate the condition, will not be operating in their most efficient realm.

The physical act of carrying out the Jupiter connection is described a few pages back. You'll know which mount to touch, depending on whether you're male or female: Sun for men and Moon for women. If, as is becoming more prevalent these days, you're in doubt about your sexual preference and your masculinity or femininity, the plain of Uranus is your contact point.

Using the Jupiter connection for acquiring a rich partner, and for helping yourself to get well, differs only in the time and place of making the connection.

In Acu-Key 8, you'll find out how to identify the "up"

dates of your *solar systemic nodes*, times when destiny is on your side.

When you've found your systemic node "up" dates, you'll be ready to apply the Jupiter connection to your bodily state.

I have purposely included the solar systemic nodes and how to discover them toward the end of this book. You'll get the greatest benefit if you absorb this whole work from cover to cover before trying any of the techniques. Skipping along, reading the bits which attract you, and trying to extract unrelated scraps of Acupineology, without taking the time to understand the whole concept, is very likely to lead you to write me a letter asking, "What am I doing wrong? My iso-bionic energy isn't working too well."

To forestall such correspondence, and to save both you and me the time, effort, and cost of paper, envelope, and stamp, my answer is almost certain to be along the following lines.

Acupineology is a complete, self-contained, life-changing discipline. All of the recommended exercises are necessary to success for the average person. Daily application and practice are needed to make it work, except in exceptional cases where Acupineology has been found to work its miracles almost instantly. Most people will find that regular application is the secret to making these techniques work effectively.

With that suggestion behind us, let us proceed toward influencing your physical health.

From the solar systemic nodes explanation in Acu-Key 8, you will obtain the dates on which your iso-bionic energy is naturally flowing most strongly. These are the periods when you should make every effort to apply healing assistance with the Jupiter connection.

It can, of course, be performed at any time, but the node times are those you should mark in your diary as being slanted toward greatest vitality improvement.

Perform the Jupiter connection for 60 seconds after you lie down to sleep, on the night *before* your "up" solar systemic node period begins. Make the connection again before rising the next day, applying it for another 60 seconds.

While you're making the connection, close your eyes,

relax, and imagine how you will feel when you are well. On no account tell yourself anything like, "This Jupiter connection will help my sore back to get better." Naming the malady in your mind tends to maintain it, instead of healing it. So, pretend, for 60 seconds each time, that your sickness is cured.

When the malady has receded and you're in blooming health again, do not fuss about whether your doctor cured you or whether the Jupiter connection had anything to do with it. If you claim that you were cured by iso-bionic energy, that will provoke your doctor, who has been using the best of his or her skills to help you.

Be happy and move on to your next miracle. What's gone is gone, and the time you spend trying to clearly establish why something happened is wasted time which could be better used to shape your future, instead of fruitlessly reviewing your past.

Bob M. had the right idea. Read his case history and absorb a pointer or two.

ACU-CASE 17: Bob M. "Feels Like a New Man"

I was prepared to see my vitality grow less as I advanced in years, but I seemed to be going downhill faster than I should.

At age 59, I was the victim of high blood pressure, emphysema, phlebitis, arthritis, prolapse of the rectum, and constipation.

Regular visits to a medical clinic alleviated some of the discomfort, but Bob was told that he must learn to live with his maladies, accepting them and arranging his routines to favor his weaknesses.

I was just about holding my own, with enough drugs, supplements, and tonics to make my bathroom cabinet look like a pharmacy. It used to take me a full ten minutes to open the bottles and phials to take my daily doses of chemicals.

Then, while I was chatting with a patient who was

due to be discharged by the clinic as cured, I heard about iso-bionic energy and the ten-minute per day workout.

Willing to give it a try, Bob began each day with his ten minutes of prescription dosages, followed by another ten minutes with the iso-bionic energy workout. He made Jupiter connections night and morning, paying particular attention to throwing extra mental effort into his visualization of health at his "up" solar systemic node times.

That started about ten months ago. I can now honestly state that I feel like a new man. The aches and pains are much improved. I can walk longer distances without fatigue, and my bowels are more regular and comfortable.

Looking back at my previous sorry state, I definitely feel that I'm getting younger by the day.

JUPITER CONNECTIONS SHOW YOU EXACTLY HOW TO WIN AT NUMBERS, LOTTERIES, OR SWEEPSTAKES

I've said these things before, in many different ways, in countless articles, lectures, and books. You may never have heard me express this idea, however, so I'll repeat myself.

If I knew a sure-fire, gold-plated, guaranteed secret for winning at gambling, I'd do two things. First, I'd write a book telling you how to do it. Then, I'd do it myself and put my feet up.

And that would probably be a mistake for me. My astrology chart says that I have many years to go yet on this earthly plane, and I'll die in harness, probably still hammering at this faithful old typewriter, trying to pass on my latest understanding of this wonderful world we live in.

Truthfully, I'm too busy having a good time to really pour myself into making a financial killing by means of natural energies. Maybe one day, just to prove a point, I'll join the

other people I know who have won big by using their luck cycles and esoteric know-how.

One thing I know for sure is that winning at gambling depends on luck. You can shave the odds by studying form and handicapping, analyzing the run of playing cards, knowing the chances of rolling a seven, or a thousand other tips and wrinkles beloved of the average speculator.

But, when it comes to the crunch, if Lady Luck fails to smile on you, you join the losers bemoaning your malignant fate.

The Jupiter connection definitely helps. Acu-Case 18, which follows this section, proves it. You make this connection when destiny is smiling on you as much as she's likely to at the time when you're going to make your play, buy a ticket, or however else you intend to break the bank.

These times are exactly the same as those used for helping yourself to heal, which were described a couple of pages back.

Your strongest periods of iso-bionic energy flow are derived from the "up" solar systemic nodes instructions in Acu-Key 8.

If your big gambling day is fixed by the date on which the race or game is being held, select the latest three-day systemic node "up" period which occurs before the date you're going to speculate.

If you're free to pick and choose your investment time, gamble at any time during an "up" solar systemic node period, carrying out your Jupiter connection on the night before the period starts, and repeating the connection on the next two nights.

That gives you the "when" of it. The "where" is the same as for self-healing: in bed. The critical difference is that you make the Jupiter connection, exactly as described for healing, the very last thing you do as you drift into the sleep state. There is no requirement for you to make the connection again upon awakening.

You'll notice, when you've worked out your solar systemic

nodes, that you have a maximum of five three-day “up” periods each year when Dame Fortune is on your team.

You’ll also discover at least three, and maybe four, periods of “down” nodes, when no gamble is likely to go right for you.

Aside from those dates, there’s no way of discovering whether or not you’re likely to be lucky, unless you retain the professional services of an experienced astrologer, who is deeply into this method of calculating good fortune times. That’s a long and tedious process, and at the going rates for a really expert job, you could be faced with expenses close to a thousand dollars. That’s a lot of scratch, especially considering that no ethical astrologer will give you a warranty that you’ll be in the right place at the right time to draw greatest benefit from your good fortune period.

Now that you’ve made your Jupiter connection and drifted into slumber, we come to the “how” of the method.

You’re going to *dream* your winning bet. No kidding—it will be a clear, precise directive, telling you which animal, which lottery ticket seller, which bingo hall, which team *and* the points spread, or whatever else you need to know to make the big killing.

That’s what you’ll wake up with, and if you take my advice you’ll write it down before it disappears from your memory while you’re sipping your first morning coffee.

What if you find no dream in your memory as you wake up? The most likely reason for this is that you had the dream, among the eight or nine other dreams you have every night, but it failed to stay in your memory. This is a sure sign that you may have skimmed a bit on your daily iso-bionic energy workout, or in some other way you neglected to give your iso-bionic energy the maximum chance to get working for you.

Another possible reason for the lack of recall of a dream is that you may have gone to bed under the befuddling influences of alcohol or drugs. That tends to muddy the waters in your dreams, and can prevent you from recalling details clearly.

In one respect, the cure is simple. Stay off the booze or

other mind-bending stuff for 24 hours before you make the connection. However, that does *not* apply if you're taking prescription drugs. As I stated firmly earlier, follow your doctor's orders or else you could be storing up problems for yourself.

The point here, obscure as it may seem to you at the moment, is that if you succumbed to a bout of disease and have had to visit the doctor or a hospital, then your iso-bionic energy is at a low ebb for some reason. If you're low on energy to keep you well, it's unlikely that there will be any spare energy to help you win.

If you have a chronic condition which requires constant medication to keep it in check, your case is different. Your body will have a tolerance for any drugs you're being given, and your iso-bionic energy will be as powerful as that of a person who is totally healthy.

If you fail to wake up with a useful dream, and you went to bed clear-headed and apparently fully charged from your previous daily energy workout, it may be that iso-bionic energy is telling you something else important.

Absence of a winning dream can mean that, although you're in a lucky period, it's not lucky enough to hit first place in the fortune stakes. You may be planning to bet with a bookie whose iso-bionic energy happens to be more topped up than yours. So your on-the-nose bets get beaten out of the money by a nose, while your show bets miss being placed.

At times like these, your full house gets clobbered by a royal flush, you get four numbers right but they're in the wrong order, or you experience some of the hundred and one other frustrations which put you close to the money, but let someone else carry off the loot. That's a very good time to keep your money in your purse!

If you do wake up with a clear and incisively directional dream on how to win, act on it. People who win consistently, day after day, are very rare, so you need to ride your luck when it's ripe.

I have a letter on file from a young man who dreamed about three horses winning on the following day. He wrote

them down, then got distracted by a pretty face and seductive words, and spent the day in bed with his girlfriend. His dream selections romped home, but he had not wagered on them. He's been bemoaning his bad luck ever since, and he says that he has never dreamed another winner.

We could surmise that iso-bionic energy is prepared to show you the ways to win, but if you choose to ignore them, the energy will turn to some other way to make you contented.

Yes, you can win with Jupiter connections. Read Georgia E.'s carefully recorded case. There's no earthly reason why you should not emulate her marvelous feat.

ACU-CASE 18:

She Hit the Jackpot Three Times In One Week

Georgia E., an enthusiastic Acupineology exponent, took part in one of the many experiments designed to prove or disprove the techniques.

I was pleased to keep exact records of my trial of iso-bionic energy and the Jupiter connections. I arranged my vacation to include a three-day stopover in London, England, coinciding with one of my "up" solar systemic node periods.

As we had discovered to be the correct routine, I carried out my Jupiter connection as I went to sleep. My notes, written immediately upon awakening, record the following:

Dream. Entering casino with large illuminated sign. Recall looking around and seeing roulette table across hall. Next found self beside table, no. 18 having just come up. Placing chips on table and winning. No. 18, followed by 27, then 13. Recall husband asking what table stake limit was, and being told five hundred pounds (about \$1,150). Won twice, and left with winnings.

Dream moved to next day in same casino. Saw 17 come up before I bet on 16 and 20. Won both times,

letting first winning bet ride onto second bet.

Third sequence of dream was identical. Zero was followed by 4 and 19 the third day. Awoke, and recorded the above.

Taking her notebook that day, Georgia and her husband went to the casino she had dreamed about.

It was kind of eerie. Everything matched my dream, and as we went through into the gambling hall, there was the same roulette table from my dream. We bought 10 pounds worth of chips costing about \$25.00, and as we found a place at the table I glanced at the wheel, which was just coming to rest. No. 18 was the slot containing the little ball!

I dropped all our chips on 27 and watched, holding my breath. The wheel spun, the croupier flicked in the ball, and it skittered and clattered around. As the wheel slowed, the ball clicked into a slot, and I nearly twisted my neck off trying to see what the number was.

The croupier saw it first, and started pushing chips toward me. Over \$800 worth! My husband asked if the winnings could ride, or were we over the limit? The croupier muttered, "500 pounds," so we were all right. I moved the pile of high value chips to no. 13 and waited for the next spin.

If we won, that would be a victory for us and isobionic energy. If we lost, we had lost \$25.00. Again, the little ball clattered around—and 13 came up! I thought I would faint. The pile of winnings was worth about \$29,000.

The next two days were almost an anticlimax. The four other dream numbers came up on schedule, and we accepted two more fat wins—12,600 pounds each time. That converted to a total win of \$86,940 for us, from a starting investment of \$25.00, and just six winning spins.

Georgia reports that she is now using iso-bionic energy to ensure that she is legally able to prevent the internal revenue service from claiming too much of her windfall.

HOW TO PRESERVE YOUR NEW-FOUND WEALTH

Whether it's the gamble of the stock market, speculation in the business world, or the "investment" of gambling, you're all set to clean up the next time Lady Luck smiles your way.

But, once you've gotten yourself a bank balance to rival the Rockefellers, are you going to be able to hang on to it?

It's a proven fact that a high proportion of people who suddenly hit a jackpot are so stunned by the change that they fritter away their money and their lives, often ending up exactly where they started from, destitute and hurt, sometimes after only a few short months.

With Acupineology on your side, there's no reason why you should follow that unfortunate path. Even when you've built yourself up to the peak you've dreamed about, keep the Acupineology routines going.

For instance, make your major investments during your solar systemic node "up" periods, and hold back during the "downs." Keep the freeloaders and con artists at arm's length. They'll flock your way as you get richer, and you'd do well to repel them with iso-bionic energy techniques.

That's a brief piece of friendly advice. The world is full of "money vampires" who want to suck you dry of your cash and assets. You may have met a few already!

So, use Acupineology to hang on to your inspired gains, and when any creepy con person tries to take advantage of you, see right through the scheme with Acupineology and get out from under in a hurry. Acu-Key 5 presents a number of powerful techniques for this. But first, peruse and apply the methods in Acu-Key 4 to find peace of mind and love.



**Achieve True Peace,
Freedom, and Love
with the Amazing
Pollex Techniques**

At the end of Acu-Key 3, I touched briefly on the attitudes of some negative people with whom you may come in contact during your life. You've no doubt already found out how unpleasant some people can be.

This section offers you an effective method of keeping such people under control so that they cannot hurt you.

REACTIONS AND EMOTIONS

Pardon me for presenting this explanatory preamble before handing you the whole technique. The following is essential to your understanding of what these techniques will achieve for you.

You should recognize an important feature of any tight spot you get into, or any situation you find painful. The root cause of the discomfort are the actions and reactions of all the people involved, *including yourself*.

Consider what a splendid advantage you would gain if you could unerringly have control over these reactions and emotions. Given that ability, you would have a fantastic vehicle to turn indifference into love, opposition into acceptance, pain into pleasure, and to vitally convert the unpleasant into contentment.

That's precisely what these *pollex techniques* can bring you, besides offering some other specific energy enhancements which you'll find ultimately useful and valuable in your emotional and physical life.

ACU-CASE 19:
William A. Used Acupneology to
Bring Him a "Harem"

I'm still in a state of delightful shock. I grew up feeling awkward toward females. It arose from incidents in primary school where an aggressive and inquisitive older girl used to chase me into corners and then do things to me I didn't understand. I just knew I didn't like her attentions, but I was a timid kid and never complained or told anyone.

Whatever the basic cause, I had little experience of women up to the age of 35. My romantic fantasies revolved around girlie magazines and movies, and anytime I tried to get close to a girl I found myself erecting defensive attitudes that soon had her taking off for more meaningful relationships.

William A. also believed that he was unattractive, being under the average height, tending to be overweight, and wearing thick glasses and dentures.

I'd also lost most of my hair in my twenties. I was painfully self-conscious, and thought I needed to look like Mr. Perfectly-Developed-Body to get noticed by females.

The passing years convinced me I was doomed to be a crabby old bachelor, never knowing the joys of love and companionship.

William was mistaken. In his search for the hidden secret which would convert him into a modern Adonis, he chanced upon iso-bionic energy routines.

It all sounded too easy. I'd spent hundreds of dollars on after shave, deodorants, hair restorer, clothes, and even an aphrodisiac or two. I didn't realize that, although all these things can help to attract a partner, it's the person behind those things who matters in the long run. Personality and magnetism are the winning pair.

In Acupineological terms, William needed to discover that if he radiated the correct energy field, compatible females would respond to him like iron filings attracted to a magnet. He amply proved that concept as he moved into his regular iso-bionic energy exercises, paying close attention to the pollex techniques.

Immediate results showed up when I dropped by a singles bar I'd occasionally visited. After my Acupineology workouts I noticed several ladies giving me appraising glances as I walked in and sat down.

Yet, I still had a major hurdle to climb—my phobia about getting close to women. Pollex contacts with Moon and Neptune mounts eliminated my confusion and emotional fears.

William says the next stage in his social life reads "like a stag movie," and he is not ready to detail the complete changes which took place in his love life.

All I'll go on record as saying is that previously I was a lost, lonely, and frustrated male. Acupineology has brought me a harem and all the sensuous satisfaction that idea implies.

BREAK ALL RESTRICTIONS WITH POLLEX-INSPIRED WILLPOWER

Anyone who studies palmistry learns very early on that the human thumb is the part of the hand connected with willpower.

Moving with that concept into the science of Acupineology, we find that the iso-bionic energy connected with the thumb (Pluto) is indeed mentally oriented. The lines of force which flow through your psinic, pectoral, and umbilical fields have unsuspected effects on the way you react to circumstances, and the ways people react to you.

This is where Figure 2, on page 67, is used again. Using the table to identify the life areas needing attention, we assign your right thumb as the contact digit, while your left palm, fingers, and thumb are the areas where you complete vital energy circuits.

Much of what we are about to accomplish with this technique has its beginnings deep within your mind and body as the appropriate lines of force knit life-changing webs of iso-bionic energy in and around you.

Please read and comprehend this next section carefully. It is a vital key to finding peace of mind in any and all situations destiny brings to you.

POLLEX CONTACT SHIELDS NEGATIVITY

The way you feel about a person or a situation depends on how you react. The particular person or circumstance is merely a trigger which prompts you to make some response. If that response is fear, anger, or confusion, you feel tensions and discomfort.

Let me give you a simple example, to better illustrate my meaning. Let us assume that you're in a room, sitting opposite another person, a stranger whom you've never seen before.

Imagine that the other person starts to pull ugly faces at you, and then proceeds to criticize your appearance, your accomplishments, your family, and your background.

Quite predictably, you'll begin to feel angry or scared. Depending on your psychology, you might walk out of the room, shaking with fear and anger, or you might take a swing at the stranger and give him a fat lip.

Allow me now to add a couple of other things to this imagined scenario. Assume, for the sake of this example, that your ears are stuffed with wax plugs, so that you're unable to hear a thing. In addition, your eyes are covered with soft wads of cotton, so that you cannot see anything.

The stranger opposite you goes through the same routine, grimacing at you and making hurtful remarks. You neither see nor hear this, so you're able to sit calmly and coolly as the unheard and unseen tirade passes you by.

You do not become scared or angry, because you have experienced nothing to which you can react. Yet, the same condi-

tions existed before when you experienced the verbal and visual assault and got uptight.

The difference is that you did not react the second time. The wax and cotton were blocking the incoming stimulation, so you felt totally unpressured and unthreatened.

Now, what if you had a simple Acupineology technique which accomplished the same goal as the cotton pads and wax plugs, *without* making you temporarily blind and deaf? What a powerful shield that would be to protect you from turmoil when life gets pressured and aggravating!

Pollex contact gives you that ultimate weapon. Using this technique, you'll find that you can resist the upwelling trauma under any condition you may come across, and that puts you in a state of peace and harmony which you'll only understand fully when you have experienced it.

The method consists of simply having your charged-up isobionic energy flow from your right thumb to your left palm.

Whenever you feel pressured, make a quick analysis of the situation. As the first knots of tension begin in your stomach, as you feel the first quiver of apprehension or surge of anger, identify what is bothering you.

Decide which mount on your left palm is identified with the situation, and press your right thumb firmly onto that mount.

You've now made your pollex contact, and the results will be remarkable. You will feel the early tensions drain away, and you'll be able to face up to whatever fate has in store for you, calmly, firmly, and decisively. The following examples will put you on the right track.

Aggravating husband

Your husband is bugging you, and you're about to lose your cool. The mount of the Sun at the base of your third finger rules male partners (see Figure 2 on page 67).

Press your right thumb firmly into the left mount of the Sun, and no matter how your spouse is behaving, you will feel the tensions leave you, and you'll be able to rationally dispose of the impending battle.

Aggravating wife

The situation and pollex contact is identical to the above aggravating husband case, but the mount to press is the mount of the Moon, as shown in Figure 2.

Intimidating official

You are facing a lawyer or a bureaucrat who is scaring you with veiled threats. Your right thumb presses your mount of Jupiter. The result is that you are able to meet your tormentor point for point and salvage the best from the confrontation, instead of rolling over and being trampled on.

Stage fright

You have to make a speech before an audience, and it scares you witless. The mount of the Moon (public influence, as shown in Figure 2) is your contact point. Press, and you will confidently make the impact of your career.

Annoying children

Are your kids acting up? The mount of Mercury, contacted by your right thumb, will bring you the sanity, calmness, and strength to deal with them firmly and fairly.

Afraid to speak out

Are you scared to speak up for yourself? Do you need some courage and moderate aggression? The mount of Mars, contacted by your right thumb, brings reserves of bravery and tenacity you were unaware you had.

Overstayed welcome

When you wish that a tedious neighbor would finish her coffee and interminable gossip and go home, when you wish to *eliminate* someone's presence, your right thumb is pressed on the top joint of your left thumb, bringing Pluto energy to bear,

and giving you the right words to say. If that neighbor doesn't stand up and depart within three minutes, you need to do more iso-bionic energy charging!

USE SEVERAL MOUNTS IF NECESSARY

The above examples are merely a few of the endless possibilities of gain with pollex contact.

There's no need to fuss about whether you've pressed the exactly correct mount. In fact, if you prefer to cover more than one base, move your thumb around from mount to mount, staying on each one for about 15 seconds.

For example, your boss might be threatening you with punishment and you want to protect yourself. In succession, press your right thumb to the mounts of Sun (employer), Saturn (punishment), and Jupiter (protection).

The energy obeys your mental command. As you contact the mounts, think about what you wish to have happen. Call up a clear picture of the desired end result of your action, and iso-bionic energy will do the rest, provided you follow through and do or say the right things which automatically come to mind.

Your iso-bionic energy fields lead to your personal harmony. So, when you channel the energy, it prompts you to select the most peaceful or constructive path at that time.

I've anticipated your final question. What if you feel tense, angry, confused, or depressed, and for the life of you there seems to be no good reason?

Hold your right thumb firmly onto the plain of Uranus, the planet of surprise, the unexpected, and change. Hold the pressure, as with all other pollex contacts, for a minimum of 15 seconds.

You can think of the plain of Uranus as your ace in the hole. Whenever you cannot reach a decision about which mount to contact, go for the plain of Uranus.

It sets up powerful change influences which can catapult you into calmer conditions.

ACU-CASE 20:**Joseph B. Finds the World "A Good Place to Be"**

Anything that could turn me into a well-adjusted individual has to be good. I was a problem teenager, a worse young adult, and the older I grew, the more screwed up I got to be.

Maybe I needed a psychiatrist, but I wasn't ready to listen to that kind of do-gooder garbage. I looked like a greaser, got drunk a lot, did some dope, and loud-mouthed around town. But inside I was a quivering mess of fear.

Joseph B. rarely held a job for long. He was never on time, goofed off whenever he thought he might get away with it, quit whenever someone tried to set him straight, and made life miserable for anyone who tried to befriend him.

Wasn't long before I was in jail from my own stupidity. Thought the cops were dumb, and I was surprised when they busted me after I stole and stripped a couple of cars.

Unless I got my head straight, I'd be on a slippery downslide to a life of petty crime, vagrancy, and worse.

Iso-bionic energy stepped in just in time to avert that fate. Joseph came in contact with it through a temporary liaison with a rehabilitation counselor.

I was into my withdrawn, sneering at the world act. She was talking a blue streak, and I was staring out the window, waiting for her to stop so I can get away.

She was no Jane Fonda, but I was interested in her all of a sudden. I wondered if she was mesmerizing me or something. Seems like she turned into a pot of honey, and I was like a bear.

Joseph's reaction to the girl's magnetism was to try to seduce her.

Just a physical urge. Love, tenderness, and close relationships—they were words on TV or in the movies.

Yet, a deep platonic association sprang up between Joseph and the social worker.

I never did get her into bed, but I did get something better than that from her.

She taught me iso-bionic energy routines, which I mocked at first, and pollex techniques. I began to change, growing some self-respect.

Today Joseph is, as he puts it, “fat and sassy.” His mistakes are in the past. His paranoia and phobias have dissolved. Well-adjusted to society, he runs a service station and snack bar, pulling in a steadily growing income.

I can't put my finger on when it all began to come together for me. Bit by bit, the frustrations and fears fell away and I was relating to other people calmly and logically. I faced problems instead of running from them. Frustrations become challenges to be overcome.

I can recall the way I used to be. My surroundings are very much the same as they used to be, but my reactions to them are different. I'm heading for total contentment now, since Acupineology showed me how to discover the world's a good place to be.

POLLEX MASSAGE POINTS BRING SURGING NATURAL ENERGY

Now we come to a delicate subject which I will cover in some detail because I receive so many letters and queries about it. I have treated this in as clinical a manner as possible, but if you are offended by sexual technique instructions, please pass over this section.

This *pollex massage* technique requires you to touch the bare skin of another person, probably in private or intimate surroundings. *On no account must you force any of these massage techniques on anyone, or take them by surprise.* In the strict

legal sense, when you touch someone else without their express permission, if they object strongly enough, you could find yourself the subject of an assault charge.

I hasten to add that I'm not going to suggest that you make any obscene gestures with pollex massage. Yet, a few people are insecure enough to become scared and disturbed when another person touches them, and should you make contact with such a paranoid person, you might find yourself having to work hard at other Acupineology techniques to struggle out from under a sticky situation.

As a general rule, except when you're performing this massage on yourself, the person you're operating on must be what has become known as a "consenting adult," and will often be your spouse or lover.

With these cautions firmly stated, we can proceed to the crux of this technique.

The *pollex massage points* are aids in clearing two of the greatest obstacles to sexual harmony: impotence, the inability of a male to achieve or maintain an erection, and frigidity, the inability of a female to fully respond to a sexual encounter.

The field we are going to stimulate is the umbilical field. These techniques work with greatest efficiency when bare flesh-to-flesh contact is made.

Umbilical massage point

Bare the lower abdomen, and place both thumbs gently on the navel. Slide the hands three inches downward, toward the genitals, keeping the thumbs together.

At that point, press the thumbs firmly into the abdomen and rotate them in a small circle, maintaining steady pressure.

After about 60 seconds of this massage, move the hands slightly up the body so that the forefingers make contact with the same point on the abdomen. Repeat 60 seconds of pressure and circular movement. Finally, do the same with the second (Saturn) fingers.

When making the small massaging circles, do not slide the thumb or fingers across the skin. Make the flesh move under the

circular pressure. Try it once and you'll understand the technique.

This massage should be carried out daily, and also before sexual intercourse, as long as impotence or frigidity persists. The technique can easily be done on yourself or a partner.

In either case, the person being treated should be lying on his or her back, relaxed and comfortable.

Lower back massage points

This massage cannot easily be self-administered. You can do it to a partner or have it done to you.

The individual being treated should lie face down, relaxed and calm. Bare the lower back.

Press both thumbs gently into the upper buttocks, and locate the bulge of the pelvic bone on either side of the spine. Move the thumbs toward each other until they are three inches apart, one thumb on each side of the spine. Press firmly and rotate both thumbs in small circles for 60 seconds.

The hands should be open, with the fingers lying naturally on the flesh of the waist or upper buttocks.

The greatest benefits will be gained when this massage is carried out daily, and prior to any physical sexual involvements.

Shoulder pollex massage

This massage is for use on females only. It will arouse the sexual appetite and help to alleviate frigidity. Males will gain little sexual benefit from the technique, apart from a relief of tension.

The woman should be seated. Stand behind her and bare her shoulders. Imagine a vertical line drawn up from each of her nipples, crossing the collar bone on the way up, and arriving at a point on the major muscle which runs across the top of the shoulder.

With your thumb behind (closest to you) and your forefinger over the top of the muscle, squeeze gently, lifting a section of the flesh and muscle. Use one hand on each shoulder, lifting simultaneously with both hands.

Release the pressure, then squeeze again. Repeat the massage, continuing to squeeze and release every two or three seconds.

Gradually increase the pressure with each squeeze, asking the woman to tell you when it hurts. When she says you're squeezing hard enough, slacken the pressure a trifle, and continue with the regular squeezing at that pressure for about a minute longer, or two minutes total, whichever is the longer.

This shoulder pollex massage has helped many females to reach new heights of enjoyment in sexual intercourse.

ACU-CASES 21 AND 22: They Regained Lost Natural Powers

The following two letters attest to the satisfaction found by three typical users of pollex massage. The first letter describes the experiences of a young married couple, Tom and Enid O.

When our relationship began to fall apart, Tom and I agreed to see a marriage counselor. She told us what we already knew: If we could put our sex life into good order, our other differences would be likely to disappear.

We bought books which explored the most intimate and physical details of the male-female relationship, and we followed through. We were not embarrassed by our naked bodies, and we tried to bring the whole problem up front and work it through by expressing our desires and reactions.

Bottom line was that Tom needed more erotic stimulation than I could offer, so he had trouble staying interested for any length of time. My problem was similar. I had discussed sex with female friends, and knew the way they felt. I was not reaching the level of enjoyment to bring the act to climax.

During one of our talks with acquaintances, someone introduced pollex massage to us. We tried it.

The increased stimulation that followed was both exciting and satisfying. I have a new feeling of

feminine completion and Tom is more self-confident. Our sex relationship is excellent, and our previous problems, which seemed enormous when we were sexually incompatible, have now dropped into perspective and no longer cause stress.

This second statement is from Ernie F., a 79-year-old widower. It has been necessary to edit out some of the more descriptive and prurient portions of his testimonial to Acupineology.

When my nature let me down it bugged me no end. They said it was something to learn to live with, but without being able to do it I was going squirrely. I had all the ideas and urges from younger years and no way to make the thoughts work on my body, you understand. I sent for all kinds of pills and gadgets. None of them were worth the money. I got nasty ideas of exposing myself. Didn't do it, but it worried me.

A lady told me about pollex massage. I tried it. What a surprise! Now I perform like I'm 50 years younger.

POLLEX PRESSURE POINT HOLDS PAIN AT BAY

In the introduction to this book, you may recall that I mentioned that pain is a warning that something is wrong within your body. The technique I am offering you here can subdue pain, but you should always seek to cure the cause of the pain.

If you have a toothache, this *pollex pressure point* will keep the pain under control. It is unlikely, though, that it will remove the *cause*, so you should visit your dentist at the earliest opportunity.

You should recognize this pressure point as an emergency, interim resource to keep you comfortable until you can reach medical treatment. It is nothing more than that, but it is extremely useful and comforting when you're miles away from a bottle of aspirin.

The pressure point is down in the soft flesh between your left thumb and forefinger, close to the mount of Mars.

Hold your left hand with the fingers relaxed and fairly straight. Tuck the top of your right thumb down between the left thumb and forefinger. Grip your hands together and press the right thumb down hard, pushing toward the wrist.

Almost at once any pain, anywhere in your body, will start to recede, and even the most agonizing distress can be subdued to a bearable level. Continue the pressure until the pain has either disappeared, as it most likely will, or until it reaches a lesser level and does not seem to be diminishing any further.

Release the pressure slowly, and observe if the pain returns or grows stronger. If it does, perform the thumb pressure again.

Continue with this until the pain stops worrying you. But get medical help soon. I repeat: *Any pain that is strong or persistent needs medical diagnosis at the earliest opportunity.* Please do not use this pressure point to postpone needed health care.

ACU-CASE 23:

She Overcame Agony and Went on to Win

Carmen N. has known the joys of victory and the agonies of defeat in her competitive career on the way to becoming a top-ranking long-distance runner.

Since I incorporated iso-bionic energy practice into my training routines, my performance has improved. The stopwatch proves it. I have that extra reserve of determination and energy for the sprint to the tape. In world competition, a race is often lost or won by tactics at critical stages of running. I have gained a new insight into when to make my burst of speed. I seem to know when a move on my part will demoralize a rival, enabling me to gain a psychological edge.

And one of the trophies in my den is the direct result of my using the pollex pressure point.

Carmen had entered an international competition in Canada.

We were running elimination heats to decide who would be eligible for the prize-winning final. I knew I had to be near the front to qualify, and three of the hot favorite runners were competing in my race.

At the gun, I tucked into the pack, going easily and staying there until we entered the final lap. It was time to move up through the field if I was to be a qualifier.

As I moved out to pass a slower runner, I stumbled slightly and felt a stabbing pain in my ankle and leg. I was suddenly limping and losing ground as my rhythm fell apart.

Sighs of sympathy went up from the spectators as Carmen fell back. There went her chances of being in the big race later in the week.

I gritted my teeth and stumbled on. I was going to finish the race at least, even if I came in last. My lower leg was a sea of flaring agony. Then, the pollex massage point flashed into my mind. Would it work under this kind of strain?

Carmen clasped her hands together and pressed, still running on.

The pain receded. I could run again. My feet flew, my lungs were bursting, but I dropped back into my racing rhythm. I sprinted, feeling the blood pounding in my temples. All I could see were runners in front of me. I passed one, two, a group of three. Far ahead I saw the leaders entering the final bend. I pounded down the back stretch, hearing the roar of the crowd like music in my ears.

Carmen was rapidly closing the gap as the leaders broke the tape at the finish line. She did not win the heat, but her time qualified her for a place in the final. She won that race going away, three days later.

I know medical science has a pill for every pain, but when tablets aren't the answer, I know pollex pressure will come through for me.

BANISH FEARS AND PHOBIAS WITH THIS POLLEX CONTACT

As with all these health care techniques, I again advise a caution. *If you need, or are under, psychiatric care, do not abandon or postpone the treatment, simply because you find this pollex contact alleviates the mental condition.*

This is a specific pollex contact which is precisely the same as one described earlier. The only difference is that the hands are reversed. This is simply because I've found that it works that way. It seems, in this particular case, that the energy flow is reversed.

Place your left thumb on the mount of Jupiter of your right hand. Tuck the left fingers behind the right hand, placing them across the tendons of the right hand. Squeeze gently, holding the pressure for about a minute. Release your grip and separate your hands.

If you have a longstanding phobia, such as a Year of the dark, or of insects, dogs, spiders, or a fear of anything, a daily workout with this pollex contact will see your fears grow less and finally vanish.

In any situation of danger where you feel suddenly lost and scared, quickly make this pollex contact and feel a new sureness flood through your mind and body, bringing clear thinking and the right instinctive reactions to get you out of trouble and save the situation.

A neat example of using this contact to overcome fear is illustrated in Warren C.'s story. Try the contact yourself when you're next feeling uncertain or just plain scared out of your wits. The relief can be amazing.

ACU-CASE 24: Fearful Warren C. Received a Hero's Medal

I was afraid of my own shadow. I'd been fearful since I was a kid. I've never found out exactly why, but you name a phobia and I've had it.

I never learned to swim because water scared me.

The idea of pain tied me in knots, so I always backed off from asserting myself in male company in case I got into a fist fight.

I was so scared of heights that I got into the habit of sleeping in the basement. Cats and dogs drove me into a frenzy of withdrawal, being enclosed in an elevator brought on fainting spells, and I had little to do with people because I was frightened of them. I knew most of it was illogical, but there was nothing I could do but live with it, and it didn't make for a very contented existence, I can tell you.

Why, then, is Warren C. now a respected member of his community, admired for his courage?

I made a breakthrough after learning Acupineology, and one episode opened the door to a new life where my phobias finally faded and withered.

Winter was sullenly turning to early spring as Warren took a solitary walk beside a canal near his home.

I'd been using iso-bionic energy for a couple of weeks and noticing improvements. Walking along the towpath was something I would not have been able to do before—all that water, so close, had been terror incarnate. Feeling more secure, I was being greatly daring, and surprised to feel much calmer, although still apprehensive.

The canal was partly frozen, although it had been thawing for about a week. Notices warned that the ice was dangerous.

The sound of children's voices roused Warren from his contemplation of the cold, gray scene. Two boys were yelling and waving, 100 yards further along the bank.

I took in the scene. Far out from the bank, water was splashing and spreading from an ominous, jagged hole in the ice. Someone had fallen through. My first fearful reaction was to look around desperately for someone who could help. I wanted to turn and run.

My knees shook as I realized that I was the only adult in the area.

One of the boys had run to me, panting and white-faced. He dragged at my coat, telling me that his brother was under the ice.

I ran with him to the spot, trembling and wishing I was 100 miles away. Why me? Why couldn't some brave, strong person, who could swim, be here instead of useless me?

The pollex contact was about to be tested to the limit. A feeble hope at best—I had yet to build up true confidence in iso-bionic energy, so it was a real last resort.

As Warren folded his hands together, he says that he felt a wave of certainty and calmness sweep through him.

I seemed to be watching another person as I slipped and slid down the muddy bank and stepped onto the smooth expanse of ice. White cracks zipped away under my feet with chilling rapidity. Three feet from the bank, the ice splintered and I went through up to my waist. The icy clutch of the freezing water took my breath away.

I seemed to be miles from the hole in the ice where the boy had gone through. I could see bubbles rising, but no sign of a body.

Leaning forward, Warren snapped off chunks of ice in front of him, pushing the slabs into a pile as he thrust his way to deeper water.

As the icy bite crept to my chest with a frozen paralysis, I leaned forward to lie down on the ice in front of me. I recall being amazed that I was floating, with the broken ice slabs helping to support me. Peering down into the murky water, I caught a glimpse of something red. My nerveless fingers closed over a wool scarf. I pulled, and the white, pinched face of a boy floated up from the depths, breaking the surface

before me. His eyes were closed and I was sure he was already dead.

Something suddenly slapped, hissing across the ice beside Warren. Someone had thrown a rope. Warren painfully twisted it around the body of the boy. The movement dislodged his ice float, and Warren slipped beneath the waters.

I woke up in a hospital bed with nothing worse than minor frostbite. While I was bringing the boy to the surface, the emergency had been noticed by officers in a passing police car.

They pulled us out and rushed both the boy and myself to the hospital. We both revived, none the worse for our ordeal.

Warren's life changed from then on. He was awarded a hero's medal in a public ceremony, which Warren said "required the pollex contact again to screw up my courage to go forward and receive the award and say a few words to the cheering crowd."

His fears and phobias have gone. Warren has left them so far behind that he is now running for mayor of his city.

What a breakthrough. I hardly recognize myself since iso-bionic energy got to work on my personality.

ALL NEGATIVE CONDITIONS DISSOLVE WHEN YOU USE POLLEX CONTACTS

I have done my best to make pollex contacts unobtrusive, so that you can use them at almost any time without attracting undue attention to yourself. Of course, the exceptions are the sexually-oriented massage techniques. Those, I trust, you will perform in privacy, not in a public place.

The whole concept of pollex contacts is to erect a powerful barrier against pain, turmoil, manipulation, fear, pressure, and repression. You need suffer no more humiliation from more aggressive or unethical people. Pollex contacts enable you to sail calmly through any situation, picking up available benefits on the way.

With regular usage, you'll transform yourself into a new person. Negative conditions that used to have you wound up like a bowstring will no longer aggravate you. Your life will therefore open up like a spring flower, and you'll be free to follow your own desires and destiny to the contented peak which is the natural state for all human beings.



**Moon Techniques Quickly
Bring Vast Profits**

Much of our journey together, unraveling the facts of Acupineology, has been concerned with tangible things, either those you can see and touch, or mentaleffects whose results can be perceived in the actions and reactions of yourself and other people.

Now we take an interesting step into the sphere of intangibles, the abstract, the unseen and often unfelt part of our world.

Abstractions are frequently ideas or concepts. For example, "freedom" is an abstraction, something you cannot see or touch. "Liberty" is another abstraction, and so are "happiness" and "sadness."

None of these things can be handled or seen, but we're well aware that they exist. Abstract or not, we know when we're free, happy, or sad.

This aspect of Acupineology deals directly with abstractions, showing you how you can manipulate the mystic world of intangibles with *Moon techniques*. Here are easy ways to turn sadness into happiness, confinement into glorious freedom, oppression into control—all abstractions that are invisible and un-touchable, but the benefits and profits resulting from their manipulation are most definitely material and enjoyable in the mundane world of money, assets, and tangible possessions.

ACU-CASE 25:

Her Creations "Came Together Like Magic"

Dot L. was raised in a God-fearing household in the Midwest. A shy and retiring child, she made only fair grades in

school, and neither her parents nor her friends expected her to make any kind of mark in society.

A strong work ethic in our community leaned toward believing the adage that life is real and life is earnest, and that hard work in recognized trades brings the best earthly rewards, with more to come in heaven. People in the arts were seen as being in another world, nothing to do with us. My folks anticipated me marrying at an early age and producing a family of healthy children with my artisan husband.

Women's Lib wasn't even thought of at that time, but I silently rebelled against the menfolk's "barefoot and pregnant" attitude to their women.

Dot relates that she had wanted to be a writer ever since she could spell. She read novels voraciously.

But only those my parents considered "suitable." They kept a close eye on the books I brought home from the library.

Dot worked her way through school, did indeed marry a boy from her town, and settled down to become a homemaker.

The pressures from relatives for me to marry and conform to their rules was too much. I allowed my beautiful dreams of being a novelist to fall by the wayside.

Those dreams would still be dusty and dead if I hadn't come across iso-bionic energy.

Continuing to read avidly, Dot was able to expand her reading horizons once she was away from the benign censorship of her parents. Browsing through section 133 in her local library, she came across books which opened her eyes to metaphysics and psychic subjects.

They were banned as heretical and pagan among my elder relatives, which naturally made the subjects more fascinating.

I chanced upon what I now know as iso-bionic

energy. That name is a recent label for recognized natural forces, previously identified differently.

Besides reading, Dot involved herself in practice with metaphysical systems, to prove to herself that they were valid.

From those small beginnings my mental processes took on a new and invigorating life. No longer was I vegetating. A whole panorama of creative abilities bubbled to the surface. I found myself anxious to get words on paper.

My husband laughed and humored me, but he laughed on the other side of his face when fat royalty checks rolled in.

I became a prolific writer of romantic novels. An Eastern publisher buys all I can turn out. I feel fulfilled and at peace now that I'm using my creative abilities. As soon as I found iso-bionic energy, and the Moon techniques within the methods, my writing came together like magic.

CONFUSED? MOON MASSAGE MAKES EVERYTHING CLEAR

Sometimes we reach stages in our lives where we truly do not know which way to turn. Trying to peer into a dim and apparently troubled future, we wonder what step to take next.

Often, we have several alternatives open to us, and we can spend days and weeks pondering which choice to make. In that time, opportunities can disappear into thin air, bad situations can get worse, and our tendency can be to curl up into a tight ball of misery and do nothing, hoping that the negativity and turmoil will go away by themselves.

Ignoring problems and decisions rarely helps. Even a bad decision is better than no decision at all; at least it gets things moving, and brings some change. Our lives exist in the midst of change. Those of us who try to cling to the past tend to be the least happy. Adaptation and alteration are two key features for a contented life style.

Would you like to know, without a shadow of a doubt, the right thing to do for your own happiness? You're in luck: *Moon massage* will unerringly tell you, simply and quickly. There will be no more worrying about whether you should do this or that. Clear and precise decisions are given to you, backed by the knowledge that the path opening up is the most serene one possible at that time, and will lead you to peace and fulfillment.

You can control destiny with Moon massage

A little thought will show you that most of the things which make up your future and decide whether it will go well or ill are formed in abstract areas.

Decisions, ideas, and plans for action all happen in someone's mind. It may happen in your own mind, as you decide what you're going to do next. Or it may happen in the mind of someone else, who makes decisions that affect you just as strongly as if he or she had met you face to face and forced you to take some line of action.

This is precisely where Moon massage can work its wonders for you, shaping ideas and projects so that you are the prime beneficiary, making use of hidden levels of your mind which you might never have explored before to such magnificent effect.

Moon massage technique

As with the other aspects of Acupineology, the technique of Moon massage is simple in execution and startling in its towering sequels.

Sit or lie down comfortably, in private, as quietly as possible. Turn off the TV or radio and try to choose a time when outside noises are at their lowest level.

Hold your hands up in front of you, palms facing you, and put the edges of your palms together, pinkie touching pinkie.

Cup your hands a little, and turn the palms toward each other so that the mounts of Mercury, Neptune, and the Moon on one hand touch the same mounts on the other hand.

Begin a slow and easy up and down movement of one hand against the other. At each slide, the mount of Mercury on one hand will massage the other hand's mounts of Neptune and the Moon. Reverse the motion each time a mount of Mercury has moved fully down across the opposite mount of the Moon.

Close your eyes, relax, and move your hands up and down as described 50 times, counting the movements in your mind. Each up and down movement counts as one complete massage.

A glowing warmth will begin along the edges of your palms. You're stimulating your iso-bionic energy, bringing your umbilical field to a rolling boil. You may even feel the energy prickling or surging in your lower abdomen as the charge builds up.

When you're through, open your eyes, separate your hands—some people vow that they hear a faint crackling of power as they do that—and do whatever you have to do next, whether it's an Acupineology exercise or some other mundane task.

Daily Moon massage, following your iso-bionic energy workout, does fascinating things to your thinking patterns, and the decisions of people who play important roles in your life.

When you are faced with a decision, you'll automatically do the right thing to bring harmony and progress to yourself in the *long view*. Note those last two words: iso-bionic energy pervades your whole universe, including your future as well as your here-and-now present life.

The strong field you set up with Moon massage starts working to take you directly to happier pastures, sometimes along a path which may seem strange or illogical. Let go and let the umbilical field reshape your life. When you have time to look back, you'll realize that what seemed to be an odd happening a year ago was actually the trigger for a chain of events which led directly to your total ecstasy right now.

Read on about how Jacob W. was gently turned, by coincidence, from an ineffectual course that he thought he wanted, to a different one that brought him the wealth and adventure he craved.

ACU-CASE 26:**Failure Jacob W. Broke Into Big-Time Show Biz**

I bought a guitar when I was 15, and I was going to be bigger than the Beatles, better than the Stones, and more popular than any other rock star. That was my dream, but fate had other ideas. I didn't make it to first base. The competition was fierce for talented musicians, and I didn't have what it took to make it.

The big break never came. I played dingy clubs and dingier pubs, empty halls and dusty bars, starved between truck stops, tramped the road, knocked on doors, called, pleaded, cried, even crawled to agents, bookers, and theater owners.

Nobody needed yet another singer with a beat-up instrument and dirty jeans.

In Los Angeles, Jacob W. fell in with an equally sorry group of out-of-work artists. They spent their days on the beach, and their nights sleeping wrapped in newspapers on outlets from air-conditioning units.

The library was a good place. It was quite a trek from our usual beach, but the cops rarely ran us out of there.

Through endless days and nights, Jacob slept, panhandled, and chased his hopeless dream of becoming a well-paid professional musician.

Then this hairy dude joined our group. He'd been to India and was on his way back to a commune in Oregon. He was very peaceful, in contrast to us strung-out, uptight, and generally miserable layabouts.

Under a hunter's moon, he told us tales of the East, and promised us personal magic with Moon massage. Under the stars, numb from lack of sleep and food, it sounded groovy. We were all lying around in the sand, rubbing our hands together like Aladdin without his lamp.

Dawn came and no genies had appeared. We were still broke, hungry, unshaven, dirty, and unsuccessful. Our bearded friend departed, telling us that we were all now on the path to contentment. We laughed bitterly.

Jacob wandered aimlessly off, toting his battered guitar, to perhaps put the bite on a passer-by or two for the price of a sandwich. He managed to mooch the necessary money within an hour, and turned toward his regular greasy-spoon snack bar.

As I waited at the curb, a convertible stopped in front of me and the driver glanced my way. He called, "Burbank?" I must have nodded, because he waved to me to hop in.

On the freeway going north, he said I must be on my way to the audition. I didn't know any audition from a hole in the ground, but I said I was. It seemed easier than making up another story.

The driver of the luxury car was the director of a rock-and-roll movie which was casting that day. The producer had decided to play an unknown musician opposite the leading name actor, "provided we can find one who looks right."

The director kept glancing at me as we drove. Then he congratulated me on my rig-out and make-up. I had trouble keeping from laughing. I wasn't especially tricked out for his movie audition, I was just me after a sleepless night in the open air.

The upshot of this chance meeting was that Jacob was hired for the movie, with a share in the gross proceeds. His first exposure on the silver screen led Jacob to other glittering opportunities in film and on television.

Moon massage took me away from music, which wasn't my talent, and plunged me into acting. I took to that like a duck to water. I changed my name, changed my way of living, and here I am, high on the hog.

Jacob's lucrative life continues to expand. His Beverly Hills mansion bulges with the material advantages big money can buy. His newest acquisition—"my latest toy," he calls it—was an executive jet and crew, fitted with a bar, a television, and a waterbed.

The high life suits me. More suits than I can wear in a lifetime, silk shirts by craftsmen, shoes that cost a month's wages for the average person, three luxury homes around the globe, paid flunkys to do my bidding—the list goes on. And I make sure it never stops by keeping iso-bionic energy flowing my way every day.

MAKE THE MOON CONTACT AND BECOME A SUPER-SNOOPER

Even though you will soon gain clear evidence that Moon massage is working for you to keep you ahead of the competition, vanquish your enemies, and turn your life into a bowl of cherries without any pits, it's sometimes useful to know what other people are up to.

This *Moon contact* hands you that information on a platter, secretly and confidentially. You can then stop worrying about whether anyone is trying to get the better of you or damage you. You can also enjoy the reassuring sight of Moon massage swinging destiny your way, and laugh happily at the discomfort of your adversaries.

Moon contact technique

Carry out this Moon contact under the same relaxed and quiet conditions described for your Moon massage.

Open your left hand flat, and straighten your right second finger (Saturn finger). Lay it across your left palm, with the finger tip touching the mount of Mars. The lower part of your finger, or possibly the mount of Saturn, will lie in contact with the mount of the Moon on your left palm.

Having made this contact, hold it there and relax your

hands into your lap or onto your stomach or chest, whichever is most comfortable for you.

Close your eyes and think about the people you wish to know about. What happens next depends on which of three types of human brain you were born with.

Dr. W. Grey Walter explains this concept very clearly in his book, *The Living Brain*, but you do not need to read a copy of that fascinating book, which came out in paperback in 1963. I'll explain the necessary concepts to you.

Know your brain type

Dr. Walter found that people have distinctively different things happening in their minds when they are thinking. At one time it was believed that everyone experienced more or less the same sensations when using the imagination, but Dr. Walter proved otherwise.

About 67 people out of 100 think in "pictures." If you're one of that majority, when you read the words "green truck," a kind of mental movie of a green vehicle flashes through your mind. You actually "see" the truck, somewhere inside your head.

About 17 people in 100 go further than a simple flash of a passing truck. Reading "green truck," they not only visualize a brightly painted truck, but they also mentally sketch in the highway that it's running along, perhaps a radar trap around a curve ahead, the state of the weather, the time of year. If asked, they can probably name the driver, know what's going through his mind, and where he's heading. All of this takes place in the imagination, of course, but that's the way that type of brain operates.

The remaining people, 16 out of every 100, do not think in any kind of pictures. The words "green truck" do not bring even a flash of wheels or green into their minds. There's nothing wrong with this type of brain; the owner has just as efficient an imagination as the others described above. But no pictures arrive, merely a flow of words, numbers, concepts, and impressions connected with green trucks in general.

These people rarely recall their dreams, or else they have to work hard at remembering them the moment they awaken. The people in the 17 percent group, who think in very detailed pictures, invariably dream in glorious technicolor every night.

I am telling you this at some length because I've received enough letters on the subject for me to research the point. Many books, and mine are no exception, tell you to "make a picture in your mind." Or, you may be instructed to "imagine a TV screen, and see movies on it."

That's fine and dandy for the people who think in pictures, but ultimately frustrating for those who lack the "picture-making" type of brain. So, I've brought these facts to your attention so that you will know what to expect in the next step of the Moon contact.

It might be a good idea to read the foregoing section again, paying close attention to what appears in your mind as you read the words "green truck." With the appended explanations, you'll know what type of brain you have.

Continued Moon contact technique

You have closed your eyes and turned your thoughts to your foes, rivals, or whomever. Stay relaxed and pay attention to whatever comes into your mind as your iso-bionic energy flows through the mounts which are in contact.

If you think in pictures, you will "see" what your opponents are doing at that time. If pictures are not part of your brain's data processing, you're possibly even better off. You'll "know" exactly what is going on, as a clear stream of words, facts, and ideas come cascading into your head.

Either way, you'll receive the data you need, and it takes no more than a minute to tune into this, once you've practiced the routine a few times daily.

The challenge for me is to express how this feels. In cold print, the best way I can express it is to say the thoughts coming from your Moon contact have a different mental "flavor" from that of your regular personal thoughts. Some people describe it as "listening in on a silent telephone." Others imply that they

"look" into a different corner of their minds to pick up this useful flow of information.

You have opened up a hot line

How do you know this process is not just your imagination, a false fantasy dreamed up by your subconscious? At the outset, you can never be perfectly certain, and no amount of assurance that you have a clear, open line into the lives of someone else will totally convince you. But subsequent events will prove that you were not fantasizing. If you confidentially check out the facts you receive, you will soon be reassured of the genuine value of the method.

Once you can appreciate the startling clarity of Moon contact, you will find that the pictures, words, and ideas which came to you were literally true. You *did* open up a hot line to someone else. As they say, the proof of the pudding is in the eating, and you'll gain full confidence in Moon contact as soon as you have seen it operate with unerring accuracy a few times.

ACU-CASE 27:

"Nobody Puts One Over on Me Now," States Margaret G.

What a gullible fool I used to be! I thought everyone was as truthful and honest as me. It took me a long, long while to realize many people say what suits them best, and what they say isn't necessarily what they're thinking.

When I got it through my thick skull, I realized why I'd never gotten far in the business world.

Margaret G., forced, by circumstances she prefers to keep to herself, to make her own living, had tried many business openings.

I hankered for self-sufficiency, and wasted a lot of time and effort in answering ads for work to be done at home for big profits.

Envelope stuffing promised hundreds of dollars a week, for instance. I found that those hundreds of dollars only came if people bought the services advertised in the flyers I addressed and mailed. Most of them didn't buy, so my cash return hardly covered the shoe leather I used to go to the mailbox.

I tried jewelry painting, a mink farm, gadget distributing, part ownership of hogs, and orange grove schemes. I finally realized they were all come-ons, getting slave labor, letting mugs take the risks, with any profits going to the organizers.

With her cash resources fading fast, Margaret turned to more legitimate projects.

Franchises were out—I lacked the ready cash. Same thing with buying a business. I saw several I could have handled, but getting the money up front was beyond me.

Finally, I took the necessary instruction and qualified as a real estate salesperson.

Margaret found that she was barely surviving in that field. Her naturally sweet and obliging nature appealed to some clients, but sales were often snatched out from under her nose by fast-moving and less ethical associates.

I became friendly with a man who had bought one of my listings. Once again, I'd been gypped. A rival agent had claimed half the commission on a technicality. I'd done all the advertising and selling and should have netted about \$2000. When the dust settled, I got much less than half that sum.

I mentioned it to the buyer, and he smiled and said I needed to use the Moon contact to find out what my competitors were up to. It sounded like gibberish to me, but I had enough confidence in him to take the instructions and give it a whirl.

Margaret doubled, then quickly tripled, her income within six months. She was featured as the star salesperson in her area.

She acquired a magic knack of closing sales at the right price.

She declines to reveal the exact nature of her Moon contact information flow, apart from saying that she is able to keep tabs on the intentions of both buyers and sellers, and also to "listen in" on rival organizations.

If exactly what I'm doing is published, the knowledge might get into the hands of the competition. Moon contact isn't difficult, and it would be no big deal for someone else to do the same.

Just say I didn't hitch my wagon to a star—I hitched it to the Moon, and it's taken me to the top. Nobody puts anything over on me anymore!

MOON CONNECTIONS LOCATE HIDDEN TREASURE

You may have heard of *dowsing*, the ancient art of locating water or buried objects by gifted people who walk around with a hazel twig which dips to earth when they're close to their unseen target.

Some people also call it *water witching*, and here you're about to discover a technique which makes you about four times better than most expert dowsers at locating hidden or lost objects.

This is a variation on another detection technique which has been around for centuries. You are going to add iso-bionic energy to enhance your accuracy and the speed of your results.

You may have used a pendulum at some time, either as a party game or more seriously in psychic work.

In essence, the pendulum technique requires you to tie a small weight, such as a finger ring or similar object, on the end of a thread or thin string about 10 inches (25.4 cm) long.

You hold the end of the string, allowing the weight to swing free. When you ask a question which has a yes or no answer, the pendulum "replies."

Moon connection adds an extra dimension to this recognized way of tapping the intangible levels of your mind and the world around you.

Make a pendulum as I have just described. Sit down at a table so that you can rest your elbows comfortably on its surface.

Tie a small knot at the free end of your pendulum string, and trail the knot and about an inch of the thread over the edge of the table.

Put your palms together, in the classic posture of praying hands. As you bring your hands together, trap the knot of your pendulum string between your right and left mounts of the Moon. Try it—you can do it far quicker than I can describe it.

Keeping the string secure between your palms, rest your elbows on the table, about 12 inches apart. The pendulum should hang down between your arms. If the weight touches the table, the string is too long. Cut it shorter, tie another knot near the free end, and repeat the setting up process.

Now you are ready to program your Moon connection pendulum. Close your eyes. Either aloud or in your mind, ask a question which has a definite yes answer. "Am I sitting at a table?" is fine. "Can a duck swim?" is also suitable.

The only feature of your question is that you must know that the answer is yes. About ten seconds after making your inquiry, open your eyes. The pendulum will be swinging.

Note how it is swinging—side to side, to and fro, around in a circle, or in a figure eight. The shape of the swing will vary from person to person, but you will know that whenever your pendulum swings like that for you, it is answering "yes."

Lower your hands until the pendulum weight touches the table. Then, move your hands up again slowly, so that the weight clears the table. This movement is merely to stop the initial swing.

When the pendulum is more or less at rest, close your eyes and ask a question which you know has a negative answer. "Is this year 1975?" is an example. "Will a solid block of lead float on water?" is another query which will bring a firm "no" as an answer.

Open your eyes, and again note how the pendulum is

swinging. It will be doing something differently from the way it was behaving the last time you opened your eyes.

Whatever path the weight is following, you will know that your pendulum is using that style of swing to tell you "no."

Following these simple preliminaries, you're all set to find something that is lost, or discover hidden treasure, by tapping into the mystic energies of the Moon connection.

If some personal possession is missing, ask your pendulum. A logical sequence of questions will zero you in on the location of the object.

"Is it in the house?" Yes. "Upstairs?" No. "In the basement?" Yes. "Near the stairs?" No. "Near the washer?" Yes. "Under the washer?" No. "In the washer?" No. "To the side of the washer?" Yes. "Left?" No. "In the dryer?" No. "Behind the dryer?" Yes. That is a typical sequence of questions which located a missing wedding band.

An amateur prospector with whom I am acquainted lays out a map of the area he plans to visit. He makes a mark at a likely spot on the map, and asks his pendulum if there is gold to be found at that spot.

If he gets a negative, he asks if there is gold to the west, to the east, to the north, or to the south. When he gets an affirmative direction, he asks if it is less than a mile from the spot he has marked. Then he narrows it down to half a mile or a quarter of a mile.

He then marks the spot identified by the pendulum and asks if it is correct. If he receives confirmation, he asks if the gold is within 12 inches of the surface. Another affirmative has him asking if it's free gold, as opposed to gold-bearing rock which requires mining.

In this way, he knows days beforehand exactly where to go to pan for gold. His new truck and trailer home have both been fully financed with his gold discoveries.

Missing persons can also be located. A close acquaintance of mine was desperately seeking his teenage daughter who had run away from home. I taught him to use the Moon contact

pendulum and he located exactly which seat of a rock concert the child would be in that evening. We drove there, and father and daughter were reunited at the predicted place.

The Moon connection will also uncover "treasure" in other ways. Read on about how Richard N. grew wealthy with this technique. You can perform similar fascinating and profitable feats.

ACU-CASE 28:

Richard N. Parlayed \$50.00 Into a Fortune

I know practically nothing about stocks and bonds. All I know is how to say "Buy this" and "Sell that" into a telephone, and to read the names of companies in the newspaper.

My written records show I've been multiplying my money at a steady rate of 40 percent a month, all with the help of the Moon contact.

I've made myself wealthy and free, and I haven't had to do a stroke of work since 1973.

Richard N., a bus driver, has seen his fair share of ups and downs. Like most other working people, he had found his standard of living steadily going down as inflation and taxes bit more deeply into his take-home pay.

Every week was a struggle to keep the kids fed and clothed, and to stay ahead of payments and repairs on our little home. Vacations were backyard affairs. We couldn't afford to travel further than that. I was reaching the stage where, if it had cost a dime to travel around the world, I'd have had trouble getting out of sight.

Something had to be done before the monotony of working, sleeping, paying bills, and worrying destroyed my family life.

Casting around for solutions, Richard simultaneously uncovered iso-bionic energy and dealing on the stock market. An economist had given a talk which Richard had attended hoping

to pick up a few tips and wrinkles on how to keep his head above water.

The man, a stocks and shares broker, was very informative and entertaining, but I'd always figured that only rich people could play the market. I asked the broker if ordinary working people without working capital could invest.

He replied that "penny" stocks could be bought and sold quite cheaply. He warned, however, that they were risky, and that one shouldn't invest money in them that one couldn't afford to lose. He ended his advice by saying that one of his clients was a psychic who was making fat profits, buying and selling on intuitive hunches.

Richard buttonholed the broker after the lecture and asked for the name of the psychic investor. The broker said his clients' identities were confidential, but he would ask the psychic to give Richard a call.

As a result of my inquiry, I became an Acupineology student. The psychic duly contacted me and told me about the benefits of iso-bionic energy. Among other advantages and life improvements, I'm using Moon connection to gain excellent profits on the market.

Following his daily iso-bionic energy workout, Richard lays out the market prices for the exchange, which are published in his newspaper. He marks shares that are in his price range, and then holds his pendulum over the paper.

He asks the Moon connection if the first share he's marked will go up that week. If he gets a negative answer he goes on to the next. Whenever he gets an affirmative reply, he asks, "Will it go up enough to make my regular profit, after deducting broker's commission?" Another "yes" is his signal to call his broker and buy a block of that share.

When I'm through asking the Moon connection about shares to buy, I turn up my list of the shares I

already own. I name each share in turn, asking, "Is it time to sell at a profit?"

I follow the instructions from the pendulum, my broker follows the instructions I phone to him, and my bank balance swells splendidly.

Richard's continual success has earned him the respect of the financial community.

I started with \$50.00 and bought 200 shares at 20 cents each. They shot up to about a dollar in a few days. I took my profit and reinvested it, and within a couple of months I'd turned my original \$50.00 into over \$5000. I was soon able to buy more expensive high yield shares, some paying dividends. I pulled thousands of dollars out of the market and put them into safe term deposits at the bank, and I live off the interest.

Richard's affluence is witnessed to by the Rolls Royce he owns and drives, instead of the bus he used to drive for an employer. His little home was sold long ago, and he maintains a palatial residence, with staff to care for the pool and grounds.

The money still grows. The moon connection has come up trumps, making sure my investments prosper. It's a whole new scene being a plutocrat, but I certainly am enjoying having money to burn.

DETECT PRIVATE SECRETS WITH MOON CONTACT

This technique is a specialized application of the Moon contact. You already know the precise technique for setting this up, as I described it to you a few pages back, and you learned how to find out what your rivals are plotting.

The same instructions apply here, with this one addition. With your right Saturn finger resting across the palm, slide the tip back until it contacts the plain of Uranus, bringing your knuckle up as your finger bends. Keep the rest of your fingers as stationary as possible. Then, slide the Saturn finger back to where it was, in contact with the left mount of Mars.

Continue to do this back-and-forth slide as you relax with your eyes closed. Think clearly of any person you know, and into your mind will flood facts about what that person is planning to do, and what will happen to him or her in coming days and weeks.

The earlier description of the Moon contact is a way to find out what people are doing at the time you perform the technique. This advanced version takes you a quantum leap ahead of that, giving you a view of the future, a massive advantage in any situation.

You can forecast the future of anyone, including yourself. How far can you see up the time path with this method? With precise accuracy, you can forecast about a week or ten days ahead. More generally, you can predict with reasonable precision for up to six months. In broad outline, you can pull in data from as far as five years into the future.

The reason for the reduction in exactness is an inevitable consequence of human life. Our future is not firm, fixed, and totally preordained.

Every human being has the God-given faculty of free will. We can change our minds about taking an action, and so change our ordained future at any time. Thus, the further ahead we peer into the mists of time, the more free will decisions can later come along to alter the precise forecast.

Nevertheless, the amount of accurate data you can realize in advance is incredibly useful in your path of seeking benefits.

The Moon contact thoughts or pictures that come to you as you move your finger up and down will be clear and precise. They will "feel" quite different from your usual mental processes, almost as if someone else were using your brain to do your thinking for you. As before, this is a difficult concept to express on paper, but once it has happened to you, and you've checked the facts later and proved the accuracy of your predictions, you'll know that this Moon contact does indeed bridge time and space, bringing you exactly the same kind of data used by top-flight psychics in their daily work.

There's no need for you to hang out a shingle saying

“Psychic—Knows All, Tells All.” Use the secrets unobtrusively, just as Clara D. did, to become rich and powerful.

ACU-CASE 29:
**Clara D. Now Owns a Multi-Million-Dollar
Investigation Agency**

Me, a private eye? Don't be ridiculous! I let the paid help do the legwork. I just hand them leads and rake in the profits from grateful clients. Very few people are aware that I'm at the center of a successful private investigation agency.

My bank manager is one who knows, and he smiles fondly on me every time I make a deposit.

Clara D. feels she deserves her luxurious life, as some recompense for a bad beginning.

Most of the years when other kids were in school, I was in a wheelchair. I was taken into social care at the age of four, when my mother, a single parent, was mugged and died of brain hemorrhage.

That same year I was crippled by polio. Not until I was in my late teens could I walk more than a few steps without assistance. When I finally recovered and moved into the world outside, I was weak and frail, with little education and no commercial abilities.

Only determination and grit kept her alive as Clara moved from place to place, desperately seeking security.

I tried anything and everything to bring in money. Finally, I was reduced to doing teacup readings in a small restaurant. I wasn't very good at it, but it helped out with the welfare checks.

Home was a cold and lonely room on the wrong side of the tracks, where I used to spend hours staring at the flaking plaster and wondering what would become of me.

Fate must have taken pity on Clara as she struggled along her aimless path to nowhere.

One of my clients who came for a reading was far better at it than I was. She peeped into my cup and said that she saw that iso-bionic energy could make me a better reader. I thought she was talking about vitamin tablets or something.

She went on to say that I would do much better than plain teacup reading, and would be rich and powerful very soon. I was doubtful and despairing, but I had plenty of time on my hands to try iso-bionic energy exercises after she explained what they were.

The Moon contact seemed to offer help, so I practiced it. Sure enough, my accuracy and insight increased no end. Soon I had more clients than I could handle, and started going to people's homes to read their fortunes and forecast their futures. Naturally, I raised my prices!

A regular client was a male, whom Clara quickly realized was a private investigator. Clara was able to help him solve several of his more intricate cases as she detected secrets about the people he mentioned.

Next, he bought my exclusive services, paying me a fat monthly retainer to be on call every day. His reputation grew rapidly. I become indispensable to the organization, and soon held a controlling interest as more staff were hired. Now, I'm a director. Each day we hold a meeting of operatives who tell me where they're stuck. I use Moon contact to tell them where to go, whom to follow, and who is hiding what, and then they go to work.

We're renowned for solving the most baffling cases, so the richest clients have beaten a path to our door. That suits me fine, because half of the net profit is mine.

MOON TECHNIQUES ARE IRRESISTIBLE UNLESS YOU KNOW THIS SECRET

It can be somewhat frightening to think that anyone who owns this book can sneak unseen into your life and find out what you're doing, and what you're going to do.

I agree, and here's how to prevent that kind of trespassing from happening to you.

There's no need to erect this *Moon barrier* every hour of the day. As you get into the swing of using iso-bionic energy, you'll be able to tell when someone else is using similar techniques around you. The practice sets up a kind of mental watchdog in your mind, and anyone who tries to work Acupineology techniques to your detriment will be instantly recognized by you.

How will you find this out? Indescribably! Take it from me, you'll not only know who is tripping around you with iso-bionic energy, but you'll also know exactly what they're doing, and what they're expecting to gain from the routine.

You may decide to cooperate. The other Acupineologist may be helping to heal you of a malady or assist you in some other way. Acu-Key 9 suggests how you can be generous with your new-found powers.

But you may decide that you do not want the other person snooping around with iso-bionic energy. You may detect that although the results will benefit the other person, you'll be on the losing end.

So build this Moon barrier, and sail on your way untouched.

The moment you detect unwanted iso-bionic energy interference, place the tip of your right thumb in your left plain of Uranus, and touch the tip of your left Saturn finger to your right mount of Saturn.

That gesture at once erects an intangible wall which no other person can penetrate with natural energy techniques.

If you're alone, or not being observed by anyone, you can strengthen the barrier by holding your hands up in the described gesture, looking out through the space between your right

thumb and your left Saturn finger, and turning around slowly to your right until you're facing the same way again.

You will at once feel the presence of anyone else's isobionic energy dwindle, fade, and withdraw. The Moon barrier remains in place for 28 days, or one complete set of moon phases, so you need to perform this routine only once a month to keep any prolonged attempt at psychic spying permanently at bay.

And now, onward to Acu-Key 6, where you will learn to take even more extensive and valuable trips into unseen dimensions of profit and peace.



**Specialized Moon Concepts
for Taking Profitable
Psychic Journeys**

Your iso-bionic energy fields have a fascinating property which you can use to have truly "far out" experiences. Aside from impinging on everything around you, whether tangible or abstract, these lines of force have the ability to carry your intelligence, your awareness—the thinking, seeing, experiencing you—to any place you contemplate.

ASTRAL TRAVEL CUTS THE SURLY BONDS OF EARTH

If you have some knowledge of *astral travel*—also known as *astral projection* or *out-of-body experiences*—then the above paragraph is clear to you. By stimulating the appropriate lines of force, astral travel becomes an automatic process for you.

What exactly is astral travel? Researchers have so far been defeated in their efforts to find a precise explanation and description of it. My suggestion is that you experience it, and then you'll know what goes on when you travel astrally. You'll know with a personal certainty, which is clearer than any printed or verbal explanation could be.

An authentic astral journey starts and ends at your couch, bed, or chair. You sit or lie comfortably and close your eyes. To any outside observer who sees you doing this, you will then seem to fall deeply asleep.

But, inside your head a very different panorama is unfolding. As you astrally project, you'll find yourself walking or floating away from your physical body. Your vital functions, such as heartbeat, breathing, digestion, and all the factors that

keep your physical body mobile and alive, continue as they do when you slumber.

Your awareness of the world is the difference. You're in a very different space. Traveling along iso-bionic lines of force, you can go anywhere in the flick of an eye. With you go your five senses. You can see where you are, hear everything around you, smell, taste, and—to a greater or lesser degree—touch and feel material objects.

You can travel anywhere on earth: to your neighbor's house to wander around, invisible and undetectable; to far-flung cities and countries, to watch events unfold on the far side of the world; to stars and planets; to the depths of oceans—the entire universe is yours to explore when you're in the astral state.

Even more amazingly, you can slip astralward to the *astral plane*, where you will meet fellow astral travelers, and converse, enjoy, and communicate. The astral plane is only the threshold to even more inspirational planes of existence which defy description.

It would be better for you to live these ineffable happenings while you're astral tripping, rather than having me try to give you pages of description. One trip there, and you'll have a clear picture of what I can only hint at.

ACU-CASE 30:

Walter V. "Thought It Was Kooky" Until He Proved Otherwise

Not many months ago, Walter V. was a solid skeptic about intangible concepts such as natural energies and astral travel.

I know different now, and I would have scoffed at my experience, if it hadn't been a personal happening. And if I hadn't stashed a pile of loot into a savings account recently, I might still think I'd been dreaming.

Walter was introduced to astral travel by a group of friends who were experimenting with various psychic techniques, including iso-bionic energy methods.

I was chosen to try astral travel. I weigh 250 pounds, and we agreed that if I could fly anywhere it would be a miracle.

To humor the group, and so I could laugh at them later when I'd failed, I gave the method a try. I really thought it was kooky.

On a wet Saturday afternoon, Walter laid himself down on a couch in his den, and closed his eyes.

I commenced the astral travel routine I'd been shown, and a couple of minutes later I was the most startled guy in town. As real as when I'm fully awake, I found myself standing up and crossing the den. I could feel the carpet under my feet. I glanced back at the couch and nearly flipped my lid.

I'd been told this would happen, but when you experience it, it's a different matter. There I was, snoring gently on the couch. I stood there, gawking. This was just the way they said it would be, and I'd laughed at the idea of being in two places at once.

They also said I could fly in the astral state. And fly I did. Like a cross between Superman and a naval blimp, I raised my arms and zoomed up through the roof, out under the open sky, looking down on my home and the town around it. I felt the rain on my face, yet I wasn't getting wet.

In later astral journeys, Walter became more ambitious. He still wondered if the experiences might all be vivid dreams, and he wanted some proof that he had really been where he saw himself going.

I decided to visit a place I'd never been before, then later visit it in the waking state, to see if I could recognize it. I chose an old antique store downtown, which I'd never entered.

I flew, as usual, to the store in the astral state, and went inside. Naturally, no one could see me, and I still got a kick out of roaming around invisibly. I walked to

the back and looked for something I could later identify.

Up in a corner, well out of sight of the door, were half a dozen old framed paintings. Now, I know a little about art, and one of the paintings was by an Old Master. The price tag said ten dollars!

Walter zipped home from his astral trip, even more convinced that his journey had been a product of his imagination. But he followed through, driving downtown that same afternoon to visit the antique store.

You're ahead of me if you've guessed the store was exactly as I'd seen on my astral trip. Right down to the last detail, including the masterpiece the dealer thought was worthless, and he gladly dusted it off and took my sawbuck for it.

That astral trip did two things for me: it at last convinced me that astral travel is for real, and it put \$10,000 in my bank account when I auctioned off the painting.

GIANT STEPS TOWARD YOUR GOALS WITH THE ASTRAL VISITATION

Have I sketched the picture clearly enough? When you perform astral travel, your physical body—the one you weigh on the bathroom scale—sleeps soundly, while the real you, fully alert and awake, roams wherever you wish.

The fields of experience thus opened up are infinite in their benefits for you, at material, mental, or spiritual levels.

To reach the state of mind and body with which you can begin these thrilling travels, you need a comfortable place. Your attention is going to be away from your body for a while, and if it needs anything while you're "gone," you'll come flashing back at the speed of light, cutting short whatever stimulating episode you might have been enjoying with this special Moon concept.

So, before any astral journey, favor yourself a little. Visit the washroom. Be sure you're not starving—although you shouldn't be stuffed with food and drink either. The discomfort of either hunger or indigestion are sure-fire signals from your body that bring you sharply back from the astral plane.

Try to ensure that the temperature is comfortable. Sweating with the heat or shivering from the cold will erode your astral travel enjoyment.

In short, the bodily conditions for astral travel are very similar to those you need for getting a good night's sleep, or for nodding off in your favorite chair for a while.

Your astral travels will go best and most easily if you take them a step at a time, exactly as if you were learning any other new skill.

However, you do have one advantage over the learning process of any other new skill. Although you may not be aware of it, you've been traveling astrally all your life. Many dreams are actually astral journeys, and what this Moon concept does is to give you full control over where you go and what you do, a feature which is lacking from most ordinary dreams.

The Moon concept also adds a feature to the experience which mars involuntary astral trips. You retain a full and complete memory of your experience.

Being able to recall your journey is probably the most important feature of authentic astral travel. Even in the material world, if you go somewhere and then forget every detail of what you did and saw, the experience is lost, and you might as well have never gone in the first place.

The same is true with astral travel. Almost certainly, you have traveled while you've been sleeping to an astral place known to many people as the *Astral City of New Psychic Energy Power*.^{*} But the memories of that place may be dim and indistinct.

^{*}The *Astral City of New Psychic Energy Power* is explained and explored more fully in my previous book, *Secrets from Beyond the Pyramids*, published in 1979 by Parker Publishing Company, Inc., West Nyack, N.Y.

This Moon technique ensures that you will keep every nuance and factor clearly in your memory when you "come back."

Assuming that you have arranged your physical body comfortably, you're now ready to take an astral trip.

This is one Acupineology technique which takes time. In the astral plane, the clock often moves ahead at the same rate as the clock on your material wall, so if you spend an hour in the astral plane, when you return you'll find a full hour has elapsed in your room.

This is not necessarily true for all astral plane journeys. Many cases are on record in which people have had astral experiences which lasted for hours or days—in one well recorded case, years—and returned to the material world to find that only a few minutes had gone by.

The old saw alluding to having to walk before you can run applies admirably to astral travel. First, you should become familiar with the astral plane locally. Travel around your home, out into the surrounding streets, into buildings and places fairly close to your base. Later, you can embark on more ambitious trips.

Once you've physically set up the time and place, close your eyes. Place the mount of the Moon of your left hand in contact with your umbilical focus.

Place the mount of the Moon of your right hand on your pectoral focus.

Take five deep breaths and allow yourself to sink into relaxation. If you're sitting, your hands will fall to your lap. That's fine—it shows that you are relaxing. In fact, if you are seated and your hands do not slide down your chest and abdomen, that shows that you're still tense. A prerequisite for efficient astral travel is that you must be as limp and relaxed as a rag doll.

Now, let things happen by themselves. Drift with the waves of peace that wash over you, feeling very much the same as you do when you drop off to sleep. On no account should you try to force any change by an act of will.

At some stage in the drifting process, you'll realize that you've made it! You're free and clear of your physical body, which slumps quietly on your chair or couch.

Turn this first astral trip into an astral visitation. Think of any place not far away that you know well, such as another room in your home, your neighbor's living room, or the store on your block. Anywhere will do, but it must be a place with which you are familiar.

Zap! You're there. Look around you, listen to anything going on, take an interest in whatever anyone is doing who is there at the time. You're invisible and intangible, so there's no need to worry about being discovered.

Keep the trip fairly brief, no matter how fascinating it may be to observe what your friends are doing in private. When you've absorbed a few minutes of the scene, think about the room from which you started the trip.

Once again, you will move in a flash. You'll be back there at once. Open your eyes, and recall where you have been, what you heard, and what was going on.

That's enough for a first time. Practice the technique whenever you have quiet moments. Set up for astral visitations as you settle down in bed at night, and take a brief astral journey before going to sleep.

Persevere, and during this learning process you can pick up useful knowledge, just as Gloria G. did.

ACU-CASE 31:

"Astral Travel Saved My Marriage,"

Gloria G. Relates

I was sure my husband was messing around with another woman. He was always working overtime, going out on weekends, and treating our home as a motel, only there to eat and sleep.

A couple of times I called him at work and he wasn't there. He always had a good excuse when I faced him with it, but he seemed to be lying, and I thought the worst.

The more suspicious Gloria grew, the more her nerves were frayed.

I wasn't ready to come out straight and accuse him of cheating. I guess I was too proud and angry. I wanted to catch him red-handed with the female, and then the fur was going to fly.

Gloria's husband seemed to be too immersed in his own life to notice what he was doing to his wife.

I'd have tailed him and snooped around his office to find out where he went after hours, but I couldn't leave the kids alone. So I just steamed inside and bided my time.

Voicing her suspicions to a close friend, Gloria said that she would like to have her man followed, but she couldn't afford a private investigator.

My friend told me she knew a cheaper way to visit people undetected, but when she told me I could keep tabs on my spouse by astral methods, I was incredulous.

I'd heard of astral travel, but the idea of it being useful or anything more than an entertaining mind trip had never entered my head.

Despite her uncertainty, Gloria invited her friend to spend an afternoon with her, coaching her in iso-bionic energy and astral visitation.

I must have been a natural. It took me a very short while of practice each day after the kids were in bed. I got good at it, and had fun wafting in and out of houses on my street, watching folks unobserved.

Then I was ready for the big test. The kids were all out or sleeping, the house was quiet, and it was time for my husband to leave work. He'd said he would be late because he had a fair bit to do there, but I had other ideas about what, or who, that "fair bit" might be!

Gloria astrally traveled to her man's parked car and slipped invisibly inside.

It felt so real that when he came out, unlocked the door, and got in, I expected him to ask me what I was doing there. I was seething. He wasn't working overtime. I leaned my astral self back in the seat and waited to see where he was going.

Gloria's husband drove out of town, heading toward the ocean. He was humming happily to himself.

I wondered where his floozie would meet him, and as we turned onto a road leading to the cliffs overlooking the sea, I caught a glimpse of a house, back among the trees. So this was his little love nest! Tucked away, with a view of the mountains and the water, ten times better than the little place we lived in.

As the car rolled to rest, I looked around for the shameless female I was sure was stealing my man. Instead, a burly man in jeans hailed my husband.

Gloria was totally puzzled. This wasn't a passionate secret love affair going on.

I was so ashamed. The house in the trees was going to be ours. My man was secretly building it with friends, and he was going to surprise me with it on our anniversary.

As soon as I understood this, I astrally flew back home.

Gloria and her family are now living on their waterfront property.

We're deliciously happy, but we might have parted before the house was finished if astral travel hadn't saved my marriage.

USE AKASHIC AWARENESS TO TALK TO MYSTIC BEINGS

Once you are familiar with the local astral plane, you can become even more ambitious. Try journeys to places you have

never visited. You'll rapidly gain confidence in this life-changing mode of free travel.

As your trips expand, you'll begin meeting other people who are also traveling astrally. Your encounters will be as real and meaningful as any you enjoy in the material world.

Eventually, most likely after you have visited the Astral City I mentioned earlier, you will become aware that you can take a step into other dimensions, which defy verbal description. When you return from such a journey, you'll have had experiences that are impossible to write down. Energy fields, love, centers of intelligence, light, protection, and peacefulness are some of the abstractions you will encounter.

In such dimensions, you will begin to acquire *akashic awareness*, which is a knowledge of how the universe operates, your place in it, and the whole awesome picture of the harmony built by your Creator into this miraculous place in which we live and breathe.

Some thrilling time, you'll return from your astral journey knowing that you've met and talked with a Master, a mystic being who has your welfare at heart and has given you wise words of guidance and love.

Whom will you meet? Names are only labels. Your Guardian Angel, one of the Lords of Flame, an Avatar, a Seraph . . . these are merely titles we give to the unseen protectors you may encounter. You will know the purpose of the being you meet, even if you do not bring back a calling card with a name, title, address, and telephone number on it!

Please understand that I am purposely sketching the delights of astral travel in outline only. You will travel more satisfactorily and profitably if you have few preconceived notions about the astral and other planes.

I agree that much of this section probably seems very mystical and airy-fairy, apparently unconnected with paying bills, buying food, and keeping your body and soul comfortably together. Believe me when I tell you that the struggles at the material level will become easier as you penetrate more deeply into the abstract levels, and find guidance flowing toward you.

Read on about how Mae B. found very profitable information in the astral planes, and used it to build a successful and satisfying life.

ACU-CASE 32:

Akashic Awareness Brought a Good Living to Mae B.

I've always been interested in psychic subjects, but there's only so much you can learn from books. I recognized the tremendous interest from all types of people. Around my home city, any kind of seminar or involvement in psychic things drew capacity crowds.

I listened, read, and discussed, but reached a level of knowledge where there didn't seem to be any new place to go. I knew there must be more in the psychic realm, but I couldn't find the door to new enlightenment.

Mae's search brought iso-bionic energy into her life. She was especially intrigued with astral travel and its implications.

The wonders I found with regular practice are ineffable. The best witness to the new knowledge I gained and the benefits it brought is my new and exciting life style.

From being merely an earnest paying customer at lectures and psychic conventions, Mae has soared to being a sought after teacher of psychic mysteries.

My life is a stimulating round of travel, with VIP treatment everywhere, and, as a bonus, a steadily growing savings account. I'm totally ecstatic about the way I can help others find their own peace and progress by lecturing and teaching about the enigmas of the unseen world.

My material comes directly to me from my own involvements. I trip out astrally, draw renewed energy from the unseen beings, and return with concepts which help me and my fellow beings to enjoy more harmonious existences.

HAVE YOU LIVED BEFORE?

Do you believe in reincarnation? If you do, you're aligned with many religious teachers whose beliefs and faiths have been around for thousands of years.

Simply stated, the theory of reincarnation suggests that your soul, the ball of energy which is the individual "you," exists for eternity. During the soul's journey toward unfathomable rewards, part of the time is spent inhabiting physical bodies here on earth.

Your soul enters the growing fetus of an unborn child, is born with the baby, and grows to adulthood. Eventually, the physical body wears out and the soul passes on, leaving that body.

After a period of time, the soul is born in another human body, years or centuries later, and lives another life, gathering new experiences until death once again separates the body and the soul.

Some religions see this happening hundreds of times during the soul's journey. Other mystical teachings theorize that we undergo relatively few reincarnations.

Naturally, as with any theory which has yet to be proven to everyone's satisfaction, some people deny the possibility of reincarnation altogether, suggesting that we are born but once on earth, and when we die we never return to this vale of tears.

Discover your reincarnation path

Acupineology enables you to investigate the theory of reincarnation and reach your own conclusions. On the way to your decision, you can pick up startling evidence, much of which you can use for your greater benefit.

Some young children can sit down at the piano and compose symphonies, others can paint pictures, write poetry, or handle higher math when their pals are still struggling with one-and-one-makes-two. The simplest explanation for the wonders of child prodigies is to suggest that they may have been composers, artists, poets, or scientists in a previous life, and have somehow brought their knowledge back with them.

You may not have been a famous person in your earlier lives, but while you're making up your mind about reincarnation, you may discover that you possess unknown skills which can only be explained by your having mastered them in some other time and existence.

These resurrected skills can have distinct marketable value in this life. That's what I mean when I say that you may pick up evidence to use for material gain.

Travel to other times and places

This Moon technique is a variation on the astral travel method described earlier. It will help your reincarnation research enormously if you have already mastered astral travel before dipping further into these mysteries of time and space.

Your first journeys into the akashic levels, where evidence of your previous lives can exist, are best carried out when you are sleeping. The concept of reincarnation might seem to be at odds with the learned logic of your conscious mind, so you will need to suspend your disbelief. What better way to allow your inner mind free rein than when you're sound asleep?

As you finally settle down toward slumber, and when you've switched off the late show and extinguished the light, arrange your mounts of the Moon as instructed for starting astral travel.

Take five deep breaths. Then, in your mind, begin counting backward from 100 down to 1. Make this a slow count, with a distinct pause between each number.

If you are still aware that you're in bed when you reach 1, arrange yourself for sleep in your usual posture, and let it come naturally as you normally drop into the arms of Morpheus. You've primed your mind, and iso-bionic energy wheels are turning at astral and akashic levels.

Next morning, review any dreams you have had. Were you in another period of time, another city, another body (male or female), another country?

If you have dreamed anything out of character with your regular existence, make a note of it. This can be the start of total reincarnation recall.

During the day, pay attention to yourself. Does that sound strange? Most of the time, we let our bodies and our minds do their own things, especially if we're caught up with routine jobs, or walking, driving, or being driven in familiar surroundings.

The mind stimulation of the Moon contact can bring new and interesting ideas flickering through your mind. That's why I suggest that you pay attention to yourself. Maybe you'll think about pursuing a hobby you've never tried. Perhaps you will decide to plan for a trip to new horizons. A thousand and one unusual impressions can give you clues to the levels of mind you have been stimulating.

Another life?

Continue with the reincarnation search on any night when you're not busy with other Acupineology techniques. As you proceed with the process, be alert for signs that you're getting down to a mother lode of experience which you certainly have not had during this life so far.

Somewhere along the line, you'll find a name. It will be your name, but not the name you're using right now. It will be a name which fits you like a glove, even though you may never recall having heard it before.

Details will begin to click into place. A trade may show up in your research. If feasible, spend a weekend checking on whether you've retained any skills from this theoretical previous life.

One morning, you'll awaken to find that you've achieved a breakthrough. You'll have uncovered a whole chunk of your earlier existence. You'll know your wife's name, what you did, where you lived, and specific details of the life of someone who may have lived in ancient Egypt, mystic Tibet, medieval Germany, or similar places now remote from you in time and space.

You may find this to be an absorbing field of true psychic research, and most definitely keyed to the here and now so far as mundane benefits are concerned.

Read next about Leo K., who used his uncovered reincarnation data to carve out a new and prosperous career.

ACU-CASE 33:**Leo K. Discovered His Most Profitable Skills**

When I heard of reincarnation, I found it fascinating. Yet I couldn't see it having any relevance to this life in the material world.

Maybe we all have lived before, but is that any use for our search for happiness in this life? That was my question when I first became involved in past life research, and I had no inkling that the data I uncovered would bring me satisfaction and wealth.

Leo K. was a sales clerk in an auto parts store. He was efficient and obliging, and was interested in the items he sold. His hobby was tinkering with old cars.

I would pay a few bucks for old bangers from the junkyard. Then I would spend weeks renovating, tuning, and painting until the old heaps looked like new.

I was making no fortune, considering the hours I put into each wreck, but when I sold a refurbished auto, I made enough to buy another, and the necessary parts and material to rebuild it.

Leo said that he often had dreams of flying, but he had never been in an aircraft except as a paying passenger.

A recurring dream found me flying solo in a plane with an open cockpit. I could smell hot castor oil from the motor up front, feel the hard leather seat, and hear the hum of the wind in the wires.

The dream meant little to me until I began to use iso-bionic energy to discover if I had lived before.

Gradually, Leo's reincarnation notebook of his dream experiences began to knit into a coherent picture. He evolved the certainty that he had been a British pilot in World War I.

I put the whole jigsaw together before I had a chance to confirm the facts. I had flown a Sopwith Camel in my previous life. I discovered my name, where I was born, the air strips I had flown from in

Europe, and a mass of minor details I couldn't possibly have imagined.

Leo's final personal confirmation that he had lived before came when a promoter staged an exhibition of antique aircraft at a local airport.

On the runway was a biplane, part of the exhibition. I recognized it, like coming home after a long absence. I walked to the old craft, and I could almost feel the fur flying boots around my feet and legs, and the leather helmet around my head.

I knew precisely how to swing myself into the cockpit, and as I slipped into the seat, my eyes and hands flicked around, checking dials and switches I'd never seen before.

Slightly dazed, Leo sought out the organizer of the exhibition. In a long discussion about old airplanes, Leo found he was dredging up data that only an experienced WWI flyer could possibly know.

The man was impressed with my intricate knowledge, and hired me as advisor to his team of mechanics, who kept the old kites flying. I didn't have to be taught to fly. The moment I heard an engine cough into life, I knew how to handle the throttle, nurse the joystick, and baby the old beast into the air.

I recalled having tied ribbons to the wing struts to check for stalls and sideslips, and a myriad of instinctive flying reactions came back to me that could only have come from having done it all before.

Leo has found his element now. He flies the old planes regularly, and helps rebuild dusty wrecks discovered in forgotten barns and warehouses.

I'm well-fixed, admired for my expertise, and life is a breeze. Incredible that all this should come from discovering a past life.

PREVIOUS INCARNATION KNOWLEDGE CAN MEAN MONEY IN THE BANK

"But there's no proof that the things I find out are true," you may say. "I've put together a clear narrative of me as a temple maiden to one of the old Mayan priests, but there's no hope of ever proving it to anyone else."

You're right. Only you, in the security of your knowledge, because you've lived the life, can be certain that you've existed before. Nevertheless, the knowledge is neither academic nor useless.

As you develop the picture, you'll also begin to acquire the aptitudes of your previous life. It's a rare past life that does not reveal a talent which can be turned to a profit. Recall how Leo, in the preceding case history, found his true calling in life.

Even if you should find a life where abilities and skills have no relevance to modern life, go looking for another life. If you've had one bout of reincarnation, you've almost certainly had others.

Probe a little deeper into this concept. I'm not simply referring to marketable skills, like carpentry, doctoring, mathematical ability, or chariot racing. (Yes, I know a jockey who has his own undeniable evidence that he raced chariots in ancient Rome!)

Besides manual or mental job skills, your past lives will contain attitudes and outlooks which are directly useful in making your life more harmonious.

In many cases, the succession of lives of a soul seems to swing like a pendulum. For example, a person who was a helpless invalid in one life may become a virile and helpful surgeon in the next life.

A savage warrior may spend his succeeding life as a mediator in labor disputes, keeping the peace as diligently as he made war during the previous life.

So, as you accumulate reincarnation data, look for factors which are opposed to your present conditions, and these might help you.

If you're uptight much of the time, living on frazzled nerves, you are likely to find a previous life where you were a serene religious leader who could be fazed by nothing or no one. Bring some of that peace of mind into this present life and you'll know how to handle it, because in your research you'll have experienced being that calm and peaceful person.

Perhaps you're always being put down, because you're too easygoing. In a past life, you'll probably find a time when you were a real martinet of a boss. Absorb some of that aggressiveness, and use it the next time someone tries to impose on you.

Moon contacts in search of previous lives open infinite horizons to reach harmony and progress. Give the technique a try. It surely beats dropping off to sleep and just snoring for eight hours!

ACU-CASE 34:

She's Achieved Fame with Her "Astral Paintings"

Mary V. presents an interesting case of someone who is using her skills from a previous life to promote past life concepts.

My vocation brings me grateful thanks from all strata of society. I'm immersed in a subject I find totally gratifying, while providing direction for others to improve their lives.

Mary's iso-bionic energy exploration of akashic awareness uncovered deep, untapped wells of creativity. Her impressions of a past life saw her as a portrait painter in the Middle Ages.

I lived and painted in a cool, flagstone studio, acquiring local fame by painting portraits of the burghers and officials of the European country I lived in. I've not been able to discover that any of my works survived across the years, but I lived very comfortably at the time.

I was delighted to find my artistic skills had bridged the gap between lives. When I tried my hand

at oil painting, I produced very creditable pictures with relative ease.

The unique feature of Mary's new-found ability lay in the content of her portraits.

The pictures I painted of friends were very detailed and well-proportioned, but I rarely created a good likeness. For instance, a girlfriend sat for me, and the finished picture came out as a male, in archaic clothes and plumed hat!

Delving more closely into this odd characteristic of her portraits, Mary discovered an amazing phenomenon. Although she was seeing a flesh-and-blood model in front of her easel, the brush and paints were producing images of what the subject had been in a previous life!

That set me back on my heels, but the situation soon resulted in profit. People were lining up to see on canvas what they had been in other periods of history.

Many of my sitters capitalized on their new insight, digging up the abilities which were dormant in their souls.

Mary charges a reasonable fee for the time and materials she uses, and earns a very comfortable living.

But the true glory of this path is the help I can give to others. You've no idea of the delight I feel when yet another person is directed toward a self-fulfillment and realization of skills hidden by the passage of centuries.

DREAM GUIDING AND MIND TOUCHING: TWIN HIGHROADS TO THE TOP

While practicing astral travel and reincarnation investigation, you will acquire a number of associated abilities that require only a minor honing to put you miles ahead of the pack.

Dream guiding and mind touching are really extensions of

astral travel, and I've labeled them merely for convenience of definition.

Dream guiding

Dream guiding is the sharp and incisive extension to astral travel that lets you influence anything going on anywhere in the material world, and to turn events in your favor.

As you persevere with astral travel techniques, your mind will automatically become a powerful instrument. On nights when you decide to take a normal night's sleep, you can have fun with your ordinary dreams. You'll find you can shape and steer those dreams into any shape or situation you wish.

Having run through a kind of dream rehearsal of an event, you'll often find the situation you created in the sleep state happening in real life, with you in command as firmly as you were in the dream.

Once you have the smallest amount of success with astral travel, try dream guiding the next time you realize you're dreaming. The process is as simple to state as it is easy to do: Think it, and it will happen.

As you progress, you'll become expert at this ability to stand to one side and watch what's happening in your dreams, and then, like a movie director, you can change the course of the unfolding drama. And naturally, you'll alter it so that you come out on top!

No matter what you hanker after, dream guiding will help you toward your goal.

If you're looking for a loving partner, grab hold of the next dream that comes along, and dream guide exactly the right person to walk into that dream, responding to you, obeying you, cohabiting with you, and behaving exactly as you would desire in the waking state.

Then, be prepared to be amazed as the coming days and weeks bring that dream relationship into genuine reality.

This is an authentic way of literally making your dreams come true. You set the stage in the sleep state, and the iso-bionic

energy you've created during your regular Acupineology workouts will do the rest.

Mind touching

Have you ever had an impulse to do something, and afterward wondered, "Why did I do that?"

It could be that someone around you knows the technique of mind touching. Master this simple technique, and you can also have the world obeying your slightest whim, without knowing why.

Mind touching is exactly what the name implies. You mentally move in on the mind of anyone you wish and plant an idea which the person will act upon later.

Hundreds of opportunities exist for you to gain advantages with this technique. You can impel a loan officer to grant you an astounding amount at conditions which fit your situation. You can have your enemy literally crawl to your door to apologize for behaving so terribly.

Certain personal habits of your associates can be changed so that they no longer bug you. Without cheating or breaking the rules, you can be sure to come out ahead of rivals in any kind of competition, by convincing them that they're going to end up behind you.

Mind touching is a technique that can bring what you want from people without any browbeating, hypnosis, aggression, or hard physical labor.

Mind touching is carried out when the person you wish to influence is sleeping. That might require some juggling of schedules on your part, so that you'll be awake when your target is asleep.

The hours of darkness are when most people sleep, so try your first attempts at mind touching late in the evening.

Set yourself up for astral travel and move into the astral state. Think yourself into the sleeping quarters of the person you wish to influence. If the bed is empty, or your target is still watching TV, reading, or making love, move out and try again some other time.

Eventually, you will make contact with your target when he or she is sleeping. Your target may be unconsciously astrally traveling himself. If so, you may see a silver cord of energy wreathing out of the slumbering body, connecting at the other end with the person's astral presence. If you see the silver cord, that's excellent. It means that the target is deeply unconscious of your presence.

Stand beside the bed and reach out your astral hands to touch your fingers to the brow of the sleeper. Be careful, now. In the astral state, your presence is so refined that you can drift through solid objects like a hot knife through butter. Be sure to stop your hands before they penetrate the sleeper's skull. It doesn't matter if they do move inside the skull, but being up to your wrists in someone's head can be something of a shock to a fledgling astral traveler.

Now, with your mind in the astral state as you stand there, pronounce what you wish the sleeper to do for you in his or her waking hours.

"You will reverse your refusal of a loan and instead grant me the money I need."

"You will call me and apologize abjectly for your negative attitudes."

"You will promote me, and give me a fat raise."

"You will stop pressing your repulsive attentions on me."

"You will be unable to be fully efficient when we compete and you already know I shall win."

These are typical statements that you can impress upon the mind of a sleeper. Having performed the mind touching, go on your way, rejoicing, to other astral adventures.

Then, watch your statement become reality in the waking state, as your target unwittingly follows your astrally planted instructions.

ACU-CASE 35: Lee W. Enjoys His "Esoteric Fortune"

You can mark me down as a firm example of a person who has bridged the gap to the abstract planes

and used the knowledge for unashamedly material purposes. Some people I meet who are deeply into psychic matters suggest that "spiritual" matters have little to do with the mundane, day-to-day business of grubbing up money and buying a luxury or two.

I know God created everything, so why should any of His creations be considered less "holy" than others? Inner harmony and soul growth are all very fine, but for them to take root and grow, they need a comfortable physical existence in which to flourish.

Lee W. says he has found a balance between his inner and outer worlds. He regularly practices Acupineology to uncover wonders in the unseen sphere, but he never hesitates to apply the data he uncovers to help him buy luxuries and enjoy life on the material plane.

Life's a struggle to stay ahead. So, I regularly use mind touching to persuade key people in my business life to favor my plans.

I also employ dream guiding to shape things the way I feel they should go.

A successful engineering consultant, Lee requested that I not go into details about the deals and manipulations which have made him a powerful and wealthy figure in his community.

I would not want a whisper of my Acupineology involvements to leak out. Otherwise, the competition would be as wise as me.

Just put it on record that I've found a neat middle path between the seen and unseen worlds, and I enjoy my esoteric fortune at all levels of being.

SAFETY FROM MIND INTRUSION WITH THIS MOON DEFENSE

The technique of mind touching is neither copyrighted nor particularly secret. It is merely my name for a recognized occult discipline for influencing other people without their knowledge.

As a safety precaution, this Moon defense takes mere

seconds to perform, and ensures that you will not be unconsciously influenced by anyone who knows and uses the techniques described above.

Put your two palms together in the attitudes of prayer I described earlier, and separate all of your fingers except your Saturn fingers. Hold them together as you think the words, "Outer darkness, inner light."

This gesture, used with the Moon barrier, makes an impenetrable energy screen, protecting you from all astral interference.

Just possibly, you may come across someone who knows these defenses when you are attempting mind touching. You'll recognize the defense. The slumbering body will be resting inside an egg-shaped container of visible, blue-white energy.

If that proves to be the case, you'll have to use some method other than mind touching. With that energy barrier erected, you won't be able to get near your sleeping target. His Moon defense has wrapped him in a shield which is as impervious to you as bulletproof glass.

The positive angle of such a disappointment is that you'll see, firsthand, the total efficiency of the barrier you yourself are putting up each sleeping period with the Moon defense.

Once it is erected, the Moon defense remains powerful for a minimum of 24 hours.

Onward, friend. In Acu-Key 7, which follows next, you're going to add even more power to your already strong energy fields.



**Additional Shattering Strength
from Alpha-Numeric Tones**

If you stand close to a piano, depress the sustaining pedal, and sing a note loudly, you'll find that when you stop, the piano will still be "singing" your note quietly. A guitar will do the same thing if you sing the note of one of the strings. After the sound of your voice ceases, the guitar will continue to hum the note.

That phenomenon is known as *sympathetic resonance* or *vibration*, and it forms part of a technique which builds your iso-bionic energy efforts to irresistible peaks.

AS ABOVE, SO BELOW

Whether we look at the cycles of planets around the sun, the swings of a pendulum, the vibrations of a violin string, or the orbits of electrons in an atom, we see that our world is made up of vibrations of varying speeds and wavelengths. Your work with iso-bionic energy relies on that fact, combined with the ancient occult wisdom summarized by Hermes Trismegistus, who said, "That which is above, is as that which is below."

That brief phrase sums up this whole universe. Somewhere in the astral or adjacent planes is what you lack, and by making the right vibration, sympathetic resonance brings it into being in the material world.

If that concept takes a little digesting, disregard it for the moment, and let us proceed to the practical application of the thought. Suffice it to say that the vibrations of iso-bionic energy will, as promised, bring you anything you need, and all you have to do is be in the right place to receive and enjoy the bounty.

Your Acupineology practice will open up channels for the vibrations of the cosmos, and your requests will be granted. They have to be, because you are in tune with the natural energies which created you and everything around you.

In the next case history, you'll see how a miserable, beaten lady found total happiness riding to her along iso-bionic energy lines of force.

ACU-CASE 36:

"Happiest Person on Earth," Says Peggy Y.

In the first four decades of her life, Peggy Y. had been orphaned, blinded in one eye in a road accident, deserted by a cruel husband, and harassed by restrictions every time she hoped to make a new start. A victim of nervous tensions too heavy to bear, she tried the only way she knew to escape destitution and degradation.

I attempted suicide. No effort I could make brought me any happiness. I felt I had been born under an evil star, and society had abandoned me to rot.

I became a patient at a state hospital, trying to fight off my psychoses. I was feeling terrible guilt for events other people had long forgotten, and voices inside my head nagged at me to commit foolish and aggressive actions.

Peggy walked away from the institution at one stage, and was arrested the next day for shoplifting. She spent time in police custody awaiting trial. Her sole visitor was a volunteer social worker, a young woman who was training to be a psychologist.

After a judge found me guilty and put me on probation, the social worker kept in touch with me. I was pathetically grateful to find one person in the whole world who cared whether I lived or died.

Her visits became the one ray of light that kept me from trying to end it all again.

The social worker was a firm believer in the benefits of Acupineology, and she taught Peggy the exercises that would build up her natural energy, and thus help her to resist her melancholia and mental aberrations.

I did the exercises only to please her. I'd been accustomed to being given a drug prescription and a string of doctor's appointments to cure my condition. This self-help was new to me.

Each day I felt a little brighter. The voices in my head grew fainter and faded away, never to return. The unusual noise I heard one morning was not coming from within my mind—I was actually singing to myself in pure happiness!

Peggy's progress was steady and sure. As her mental health grew, she began to relate harmoniously with society.

The list of delights is too long to relate. I'm now happily married to a wonderful man, we're secure and contented, and all my troubles have gone. This grateful Acupineology user is the happiest person on earth.

THE RIGHT SOUND REELS IN YOUR WISHES LIKE CATCHING FISH IN A BARREL

So, how do you go about making the creative planes vibrate in sympathy with your needs?

You have already started that magic process, with your psinic vibration, pectoral swell, and umbilical resonance, which you'll be practicing on a daily basis.

I will now offer you a variation in the ways of making these sounds, increasing their power by a quantum leap. When you add these modifications, the appropriate lines of force will reach out into the unseen planes, vibrate the correct creative sphere, and, through the mysterious workings of fate and destiny, "that which was above will now be below." This means that your mental desire will turn miraculously into a material object, or "real" condition.

You may want to refresh your memory on how to create the basic psinic, pectoral, and umbilical sounds. The instructions for them are in Acu-Key 1, starting on page 29.

Do not be concerned about referring back and forth in this book. You're absorbing a great deal of data, and I would not expect you to hold it all in your mind after one reading.

In the final section of this book, Acu-Key 9, we will knit all of this instructional material together into one logical parcel, tailored specifically to allow the vibrations of the universe to create your special and individual destiny.

ACU-CASE 37:

"No More Penny-Plnchng," Crows Joe A.

Joe A. is a member of a group of iso-bionic energy users who deliberately set out to assess whether Acupineology could turn losers into winners.

The experiment gathered together seven average people of varying backgrounds. Their only common factor was that none of them had ever won any kind of sweepstakes or lottery, and all opined that they "just weren't destined to get rich that way."

The test period extended over three months. During that time, each member of the group was to practice the Acupineology workout daily, including the use of alpha-numeric tones and numerology. (These will be explained further.) They each agreed to buy a single lottery ticket every week.

When an "up" solar systemic node occurred for any member of the group, he or she was to make special efforts to imagine receiving a large check from lottery winnings.

Cold statistics, calculated by computer, showed that the 84 tickets bought by the group over the 12 weeks of the test would, at best, result in two wins of \$50.00 or less. A minor chance of a \$5000 win also existed.

At the end of the test period, the results of the group's "investments" were recorded.

Five of the seven had won prizes ranging from \$25.00 up to \$100.00, one member winning three times. A second win by one

of the \$100.00 winners netted her \$10,000. And, with a ticket bought on the second day of his solar systemic node, Joe A. was the delighted recipient of \$100,000.

The computer calculated that our maximum total winnings, strictly according to chance, could be anything from zero to \$5100. We topped that figure by a factor of more than 20 times. Our group won a total of \$110,325, and conclusively illustrated that we'd used iso-bionic energy and bucked the odds.

I'm pleased to have been a member of the experimental team, and I'm even more pleased to have been privileged to be the big winner. No more penny-pinching for me!

THE ALPHA-TONES FOR YOUR PSINIC VIBRATION

You may recall from Acu-Key 1 that you create your psinic vibration by making the sound of the letter "E," keeping it vibrating for a while, and then repeating it twice.

In the final section of this Acu-Key, you're going to discover how to add the magic of *numerology* to your personal life style program, and by adding *alpha-tones* to your psinic vibration, you will impose a letter and a number on the tone, and thus resonate your psinic field to that number and letter.

All of the alpha-tones, as you might anticipate from the name, are composed of letters of the alphabet. The alpha-tones are: B,C,D,E,G,P,T,V, and Z.

You will notice that they all have the basic "E" sound which you used to create your psinic vibration. If you are British or Canadian, you may have been taught that the last letter of the alphabet is pronounced "zed." For the purpose of this iso-bionic exercise, please use the American name of the letter, which is "zee."

Superimposing an alpha-tone on your psinic vibration is simple. In place of the simple "E" sound you create three times, you should substitute one of the alpha-tone letters instead. A further modification is that you should now keep your lips

open, so that the final "Eeeeeee" comes out of your mouth, not your nose as you were originally instructed.

Why the change? Because at the outset you need to get your psinic vibration going in your head, and closing your mouth forces the sound to go through your nasal cavities. Practice your psinic vibration so that, even though you leave your mouth open, the sound still vibrates more in your head than in your throat and chest.

Each alpha-tone is connected with a number. Which number to use, and when to use it, is clearly explained in your personal program of Acupineology.

The numbers run from 1 through 9, and later I'll be telling you which numbers go with which letters.

ACU-CASE 38:

Manifest Bonuses "Startled" Newly Rich Thora W.

"I really don't know where to begin," Thora W. said when requested to record the benefits which came her way after she started a program of Acupineology.

Thora describes herself as "a typical nobody," apparently destined to move through this life with millions of others, surviving trials and tribulations, enjoying brief happiness, but never making visible waves in the fabric of society.

I'd had my share of setbacks, but I wasn't one of your tragic unfortunates.

My chief testimonial to Acupineology attests that it pulled me out of the rut, and I found a startling raft of bonuses that I thought were beyond my capabilities.

Detailing them is a challenge. It's more a case of lucky breaks coming more often, major decisions proving exactly correct for greatest progress, and a clearheaded avoidance of errors.

Two years ago, Thora was a word processor for a manufacturing organization.

I was one of the team of useful but anonymous workers who handled accounts and inventory lists.

Shortly after joining the ranks of iso-bionic energy users, I was offered a job with a smaller firm. I considered the position, then accepted it.

Snickers if you like, but I'm the classic secretary who married the son of the boss. Not as sordid as you might think: it wasn't his money I was after!

Thora moved into a wealthier stratum of life. With no need to work for a living, she accompanied her husband on business and pleasure trips around the world, using her commercial skills to make hotel bookings, rent limousines, organize parties, and be the gracious hostess.

My good luck has rubbed off on my husband. He's developed a golden touch in all his business dealings. He's virtually retired now, with his subordinates handling everything except top executive decisions.

That gives us much more time to enjoy each other, and luxuriate in the delights that came my way after Acupineology came on the scene.

THE BETA-TONES FOR YOUR PECTORAL SWELL

Having explained how to apply alpha-tones to your psinic vibration, we're off and running toward the application of *beta-tones* to your pectoral swell.

As before, you impose a letter on the sound you are creating, bringing the power of numerology to bear on your pectoral field.

The beta-tones are the letters A, J, K, O, Q, R, U, and W. The procedure for superimposing a beta-tone on your pectoral swell is much the same as the modification to your psinic vibration which I explained to you earlier.

In place of the simple "A" sound you make when producing your pectoral swell, you substitute a beta-tone letter. I've instructed you on how the pectoral swell feels in your chest. You merely change the sound from "A" to one of the beta-tones.

I'm aware that "W" has three syllables. You will be told how to incorporate that letter shortly.

ACU-CASE 39:

Elmer H. Moved "Directly from Hell to Paradise"

To say that Elmer H. was underprivileged is an understatement. His ethnic roots, parentage, lack of education, and medical history all conspired to keep him buried in a restrictive morass of poverty and incapacity.

I saw the world as made up of haves and have-nots. I was a have-not in the biggest possible way. The only thing I could call my own was constant pain in my hip, which I broke when I was a kid and never had set properly.

State hospitals were more familiar to me than any kind of stable home, and a vicious circle of lowered resistance and no hope was making me a ripe customer for the morgue.

One more major misery was added to Elmer's sagging shoulders when the authorities accused him of being an illegal immigrant. Unless he could prove otherwise, he would be shipped to a foreign land.

My mother had abandoned me before I could walk. I didn't know from nothing how I'd come into the country. I had no papers or birth certificate. I was dumbly resigned to anything that would happen to me. If they deported me, I'd be in a worse mess, if that was possible—I didn't know more than three words of the language of the country they said I was born in.

Elmer's situation deteriorated to the point where he was being pushed from pillar to post by bureaucrats and officials.

No one knew what to do with me until the immigration people came to a decision. They were just waiting for the courts to sign my deportation papers.

About the only person who had any words of encouragement was a lady who wanted me to join her daily encounter group. I thought she was just another person trying to bend my head. But to get her off my back, I agreed to go along.

The group, designed to build self-respect and provide supportive therapy for the hopeless, practiced an early form of Acupuncture.

I don't know if fate decided it had given me a hard time, or whether the group therapy turned the trick. From my first session, life got better fast. First, the courts decided not to throw me out of the country.

My health improved enough for me to hold down a job. Small lucky breaks started, until I was living a normal life, with friends, a home, money in the bank, a flourishing social life, a car to drive, and all the day-by-day advantages which many people take for granted, but which I'd never known before.

Looking at me today, I guess you'll not see me as wealthy or miraculously lucky. But from where I stand, and knowing where I've been, I've moved directly from hell to paradise.

THE SIGMA-TONES FOR YOUR UMBILICAL RESONANCE

Since I have already explained how to modify both your psinic vibration and pectoral swell, this explanation of the *sigma-tones* for your umbilical resonance will be relatively brief.

The sigma-tones, which go along with your resonance, are F, H, I, L, M, N, S, X, and Y. Instead of starting with the letter "M" as you were instructed in Acu-Key 1, experiment with turning the names of the sigma-tone letters into the same kind of breathy, internal rumble which makes a good umbilical resonance.

This might take some practice, and you may have to return to square one, starting with a whisper as I previously advised you, and gradually amplifying it into the powerful energy-stimulating sound which makes up the umbilical resonance.

ACU-CASE 40: Her "Hopeless" Dream Came True

I wanted very little from life. Enough to get by suited me. But for more than 40 years I had nursed a

dream. I wanted to be someone who could help fellow beings who were in deep trouble.

I was short on learning, so being a doctor was no go. Volunteer work helping senior citizens was satisfying, yet I was not reaching enough people to fulfill my constant, hopeless longings.

Despite her best efforts to find her precise vocation, Minnie Q. remained dissatisfied with her contribution to human welfare until she herself was well past pensionable age.

I made it. Iso-bionic energy was the answer I'd been looking for all my life.

From small beginnings, I'm now able to spread the word to thousands of people, showing them a way of helping themselves to a better life.

My first practice groups developed into regular classes. From those came motivated people who learned the techniques and passed them on so that iso-bionic energy spread like ripples from a stone thrown into water.

We now call ourselves "Acupineologists" and I'm at the center of an expanding universe of practitioners.

Minnie is no longer with us on the material plane. She passed peacefully away early in 1980. Her last will and testament witnesses her joy at achieving her life's goal:

I have little to leave materially, but spiritually I know I have left a legacy for those surviving human beings who must struggle in a frightening and opposing world.

Used with theological beliefs and the helping professions, Acupineology can bring ultimate success in the pursuit of happiness. My last wish is that the science shall receive the greatest possible publicity and exposure.

In memory of a dedicated, indomitable, and inspiring lady, this book is my personal contribution to her wish.

NOW ADD THE MAGIC OF NUMEROLOGY

As I explained to you, each of your alpha-, beta-, and sigma-tones vibrates to a number from 1 through 9. You will now learn how to put the correct number vibration into your Acupineology work whenever you are creating a personal life change routine.

Each day of the year carries a numerological vibration, based on the calendar date. All numbers can be reduced by numerology to a single number, and calendar dates, being numbers, are no exception.

Whenever you are doing an Acupineology routine which uses any of the tones, you should write down the date, to discover the day's basic vibration number.

Year vibration number

Write out the number of the year in full. Add the numbers you have written together. If your total is 10 or higher, add those numbers together, until you have a single figure from 1 to 9. Ignore zero in your addition.

Example: If the year is 1981, you add together 1 plus 9 plus 8 plus 1, making a total of 19. Add those two numbers: 1 plus 9 equals 10. That's still a double figure total, so add again: 1 plus zero is 1.

The year 1981, therefore, carries the vibration of 1, a number related to new beginnings, which is in keeping with the year which is the first year of the decade of the 1980s.

Make a note of the year vibration number.

Month vibration number

Now you need to discover the vibration number for the month. That's simple, because we already allocate numbers to months when we abbreviate the date. January is 1, February is 2, and so on, up to December, which is 12.

So, the first nine months of the year, up to and including September, are already numbered with a single number, which is what we need.

The final three months of the year need their identity numbers reduced to a single digit, just as we did with the number of the year.

October, the tenth month, vibrates to 10, which you total: 1 plus zero equals 1. October, like January, is a 1 month.

November, eleventh on the calendar, totals to 2. Lastly, December, the twelfth month, adds up to 3.

You made a note of the year vibration. Now write the month vibration number beside it.

Day vibration number

The next step is to reduce the date number to a single digit, if necessary. You use the same procedure. If the day you're working is a double-digit date, add the figures together, until you reach a number from 1 through 9.

If it's the 14th of the month, you add 1 and 4, producing 5. If it happens to be the 26th, you add 2 and 6, making 8. A few dates will need adding twice: the 29th totals to 11, so 11 is again totaled, and you end up with the knowledge that the 29th vibrates to the number 2.

Write down the vibration number of the day alongside the year vibration number and the month vibration number.

Total all three. If you reach a double-digit total, add them together again. Eventually, you'll reach a single digit, and that's the final number you've been aiming to reach.

Complete example: Let's say today is April 25, 1982. Your year vibration number is 2. You reached that by adding 1 plus 9 plus 8 plus 2, which is 20. Then, 2 plus zero is 2.

The month vibration number is 4, April being the fourth month of the year.

The 25th vibrates to 7, found by adding 2 and 5.

So, you've written down 2, 4, and 7. Add those together and you get 13. Add again, and the final digit is 4. So the vibration for any Acupineology work carried out by you on April 25, 1982, should be keyed to the number 4.

That took a while to explain, but it's truly simpler than it looks. Try a couple of examples on some scrap paper; you'll soon get into the swing of it.

**ACU-CASE 41:
He "Rode the Vibes to a Seventh Heaven"**

Please use my letter as is. It shows what Acupineology can do, and although it will puzzle some, I think it will encourage them to persist until they find what I found. Then my words will have sublime truth for them.

Paul W.'s paean of praise is herewith reproduced as received, to give you thought for your future path.

Out of step with the universe, I found pain, turmoil, and fear, a trinity of ogres only briefly vanquished by fleeting pleasures that crumbled to dusty ashes of the past. The sun shone on others while I existed in a dark cave of remorse, shrinking from the shadows on the wall.

Those shadows I thought were real. I fought to grasp the shadows, to hold them, to make them give me peace. Harmony flew from me, and my days descended into a pit of paranoia, struggles, and bitter dregs.

The shadows danced on, offering false hope. Someone, somehow, somewhere found a chink in my armor of despair, and told me that if something cast shadows into my life, then there had to be light out there.

I had but to turn and face the dark side of those things coming between me and the light, and I could bask in its energy.

I thus learned the glory and logic of the unseen and let it infuse my being at all levels. I stepped around the shadows and found peace, progress, fulfillment, and serenity. So easy, so reasonable, so glorious to ride the vibes to a seventh heaven.

Paul requests that I do not qualify his words or explain his background. He believes, having traveled the path himself, that many will gain hope and direction from his allegorical and enigmatic narrative.

THE RIGHT TONE FOR THE RIGHT DAY

Once you've found the vibration number for the day on which you're working with Acupineology, you can decide which of the tones to use for maximum effect when you're charging up your psinic, pectoral, and umbilical fields.

Alpha-tone numbers

The alpha-tone letters each have their individual numbers, and in a couple of cases we combine two letters to create a number that we need.

The number 1 is imposed on your psinic vibration by making the sound with the letter G. Pronounce it as a "soft" G, just as you might say, "Gee whiz!"

The number 2 is B or T, whichever you prefer. Number 3 is C; number 4 is D or V; number 5 is E.

The number 6 is made up of two letters: D and B. You start your vibration with "Deeeeee," and about halfway through the intonation, you say "B" and maintain the "Eeeeeee" sound to the end of the intonation. Repeat twice more as instructed.

The number 7 is P or G. If you choose to use G, it must be pronounced as a "hard" G, the way you say "geese" or "gear."

The number 8 is Z (pronounced "Zee," you recall), and number 9 is another double letter: P and T, used as I explained for number 6.

Beta-tone numbers

If you have read and understood the alpha-tone numbers above, I need only enumerate the letters and corresponding numbers for your beta-tones.

Number 1 is A or J; number 2 is K; number 3 is U; number 4 is U and A; number 5 is W; number 6 is O; number 7 is O and J; number 8 is Q; and number 9 is R.

In each case, you say the name, not the sound, of the letter. For instance, number 3 is "You," not "Uh!" and number 9 is "Are," not "Rrrrrr!"

The only one which is different from any which have gone before is number 5. Give the three syllables their full value, and spread them equally through each intonation: "Duh-bui!-yuu," or—if this is the pronunciation you have been taught—"Duh-buh-you."

Sigma-one numbers

These umbilical resonance sounds need to have little extra said about them. Number 1 is S; number 2 is T, but in this case you do not say the name of the letter. You use the sound, like "Tuh!" Think of it as if you were saying the word "Touch," without making the final "Ch" sound.

Number 3 is L; number 4 is M; number 5 is N; number 6 is F or X; number 7 is Y; number 8 is H; and number 9 is I (pronounced "Eye," of course).

INCREDIBLE ENERGY IS YOURS TO COMMAND

Adding the numerology vibrations of the date to your Acupineology work is probably the most powerful action you could add to the already super-energetic fields which will fulfill your smallest wish.

Notice that although you have been handed many different, interlocking techniques, I have yet to put the jigsaw together to make a complete picture for you.

This has been done purposely. I truly want you to know Acupineology from A to Z, before you create your overall miracle-working program. Hang in with me to the final section. You'll be glad you did!



**Help Yourself to Miracles
by Using Surplus Energy
from Other People**

Using iso-bionic energy with the techniques of Acupineology is a delightful give-and-take situation. You *take* the powers of the natural energies around you, and they *give* you whatever you ask for.

Other important features of iso-bionic energy relate to you and your fellow human beings. As you will discover, you can pass on your bounty to other people, to their eternal gratitude and admiration of you. Also, whenever you are below par with your energy levels, you can "top up" your iso-bionic batteries by taking a free ride on someone else's spare iso-bionic energy.

ISO-BIONIC ENERGY EBBS AND FLOWS

The preceding concept is extremely useful. Like the tides of the ocean, your iso-bionic energy, although it is always present and available, hits highs and lows. These up and down swings often coincide with the phases of the moon, as we might anticipate, since not only the sea, but also the air we breathe and the ground we walk on, are affected by the moon's gravitational pull.

Not everyone's energies hit their peaks at the same time. The science of *biorhythms* has investigated that phenomenon, and has found the energy levels to correspond with the number of days that have passed since you were born.

So, whenever your iso-bionic energy is temporarily at slack tide, anyone you meet or contact is likely to have a stronger flow of iso-bionic energy than you have at that time.

In this Acu-Key, you will discover how to take splendid advantage of that factor. Your *iso-bionic tideway* opens you up to

anyone's surplus energy and makes sure that your personal fields can sparkle to high miracle-working levels.

ACU-CASE 42:
"Out with the Bad, In with the Good,"
Attests John L.

Scanning the files and records of Acupineology, it becomes a challenge to pick out case histories that are not repetitious. The basic theme is always the same: An individual discovers this prime method of altering his or her energy fields, and positive changes follow. The differences occur between the goals and aspirations of the individual concerned, and the speed at which the results are realized.

The rate of change following iso-bionic energy exercises is the subject of ongoing research. Some people enjoy "overnight miracles," while others see almost imperceptible improvements until they suddenly realize that they have reached their goals through inexorable change.

John L. is a grand example of instantaneous success patterns, and his type of case represents some 15 out of every 100 recorded life-improvement narratives.

I had a reputation of being a "Jonah" among my friends. If something could go wrong, it usually zeroed in on me. I was the first to be let go when recession arrived, and my car was the only one demolished in a ferry lineup when a truck lost its brakes.

A mudslide damaged houses on the hillside where I lived. Mine was the only house totally destroyed, and the only lot where rebuilding was forbidden because the ground stayed unstable.

I could continue the list to infinity. Those are recent examples. Catastrophes have been haunting me ever since my first crib fell apart. Take my word, Lady Luck had a special way of turning her back on me. At least, that was the way life was until I started on iso-bionic energy routines.

John's luck changed the night he signed on for his first instruction.

No big deal, but I found a \$20.00 bill beside my car when I set out for home. That had never happened to me before—my habit was to lose money for others to find.

Since it was free money, I spent it on the numbers lottery next day. Got all four right, and won \$20,000.

I couldn't go wrong after that. I bought gold with my money, just before that incredible price increase. A few weeks found me with a six-figure bank balance.

I bought into businesses and their profit margins soared. Ailing silver mines struck new lodes the moment I bought a few thousand cheap shares. Where everything had gone wrong before, everything went right—a clear case of "out with the bad, in with the good."

John is a wealthy financier today, still lucky and coining money. His real estate holdings bring him more in one week than he used to make in a year.

Iso-bionic energy must have been waiting to back me up. I hope every new user sees it happen with such incredible rapidity.

YOUR ISO-BIONIC TIDEWAY

If two pools of water are connected by a trench or conduit, the water will flow from the one with the higher water level until both pools are at the same level.

Your *iso-bionic tideway* works in a similar manner. You open up an energy channel between you and any person you choose, and if that person has a surplus of iso-bionic energy, you promptly find it coursing into your aura, charging you up and building the strength of your own iso-bionic energy fields.

The added benefit of this technique is that you never unwittingly allow an outflow of energy that you may need yourself. Your iso-bionic tideway has, in effect, a one-way valve which

lets energy flow to you, but prevents energy from draining away from you—unless you wish that to happen.

Your left hand contains the iso-bionic energy points through which extra energy will be automatically absorbed. These points are the tips of your Jupiter and Saturn fingers (forefinger and second finger), or the mounts of those two planets.

When you bring these two fingers or mounts in contact with another person, your iso-bionic energies will receive a boost of any energy the other person has to spare.

Unless you're into massage or some other vocation which enables you to naturally lay your hands and fingers on other people, you can face a challenge in making contact with your iso-bionic tideway technique.

Fortunately, physical contact is not necessary. Iso-bionic energy easily spans empty space. It merely requires your mental intention and direction to draw a cascading stream of energy toward you, without having to lay hands on anyone's body.

This is the *tideway gesture* you need. Keeping your left Jupiter and Saturn fingers as straight as possible, curl your Sun and Mercury fingers into the palm of your hand to make contact with the mount of Venus. Your thumb lies naturally alongside your Jupiter finger.

You now have your fingers of health and communication connected with the mount of attraction, while your stability and abundance fingers project like twin antennas, supported by your thumb, which helps with the rebuilding of your energy levels.

I have purposely used Acupineology terms in the preceding paragraph, so that you can get some idea of the theory behind this science. If the foregoing puzzles you, consult Figures 1 and 2 in *Acu-Key I*, and you'll understand the energy shape you have created with this gesture.

ACU-CASE 43:

Myrtle P. Is a Respected Acupineologist

Acupineology is such a new concept that I've not registered myself under that name. I call myself a

masseuse, but all my clients know I'm employing iso-bionic energy, and they privately call me their Acupunctureologist.

I have a thriving business going, like a doctor or a chiropractor, complete with waiting room, receptionist, and treatment rooms. I work on an honor system, to save income tax hassles. I charge a nominal fee for a consultation, and my clients agree to donate a percentage of their profits that come within a fixed time after iso-bionic energy treatment.

Because of the confidential nature of her business, Myrtle P. works only by appointment, and new clients are invariably recommended by people who have benefited from her skills.

If you use me as a case history, please make it very clear that I have as many clients as I can easily handle, with a long waiting list of new ones. I will not be able to respond to any of your readers. Quite frankly, if my clients had the techniques you have shown me in the draft of your book, I would be out of business inside a month!

All I'm doing is showing people how to apply iso-bionic energy techniques, virtually identical to the methods in your book.

Myrtle is highly respected by her clients. She first interviews them and makes a confidential analysis of what is wrong with their lives, and establishes what they wish to achieve.

Then I instruct the client in the correct exercises to charge up the necessary iso-bionic energy fields. With a few reinforcing sessions, emphasizing the necessity of seeing the desired end result, and making strong efforts at solar systemic node times, my percentage of successes is climbing by the week.

It's a most satisfying way of making an excellent living.

WHEN TO USE YOUR TIDEWAY GESTURE

As you move into the regular swing of your daily iso-bionic energy routines, you'll get to know the times when your energy fields are at peak power, and the times when, though adequate, they're not quite as vigorous.

Peak periods give you a tingling, bubbling feeling of well-being, and a quiet, certain knowledge that whatever you're setting out to do with iso-bionic energy will assuredly occur exactly the way you wish.

Lower levels of energy, while invigorating your mind and body, seem to lack that final "something" that confirms an overflowing abundance of this life-steering power.

The written word, as with a great deal of the description of iso-bionic energy's more abstract properties, is a blunt tool to try to get this concept across to you. It's safe to say that when you've been doing your iso-bionic energy routines for about four weeks, you'll feel the difference between highs and lows.

The days when you know your iso-bionic energy fields could use a boost are when you employ your tideway gesture. The gesture works unerringly, no matter where you are or what you're doing, and you have many sources to pull that extra energy into your body and soul.

The bottom line suggestion is: *be unobtrusive*. This gesture needs no flourishes, arm waving, or attention attracting business. The finger positions open up an esoteric vacuum around you, and spare energy is literally sucked into your being.

Even making the gesture while you are reading this page will start the vital flow, but in practice, the closer you are to other people (within reason), the more energy you will absorb from their auras.

So, make the gesture secretly as you push your shopping cart around in a store. You can rest your left hand on the pushbar of the cart in the tideway gesture and no one will be any wiser.

When traveling, it's easy to make the gesture under a coat thrown over your lap, or concealed by a purse or lunch box. Out in the street, your left hand can make the gesture while it is in

your pocket. At the movies, it's dark enough for you to casually make the gesture on your knee.

Try to arrange your Jupiter and Saturn fingers to point at someone. That's not absolutely necessary, but it helps. It doesn't matter if there is anything between you and the target. Your tideway gesture will efficiently bring you extra energy even if you are separated from someone else by a window, the back of a seat, or some other barrier.

Hold the gesture for no longer than it takes to make a slow count to 60, and then stop for at least two minutes to allow the new energy to be absorbed. Shorter periods will also be beneficial. Each time you connect and aim the iso-bionic energy points, you receive a burst of energy from any iso-bionic fields around you.

While making the gesture, breathe a little more deeply than usual but not so enthusiastically that you hyperventilate and get dizzy.

As you carry out the tideway gesture, you will literally feel your iso-bionic energy fields charging up, making tingling sensations in various parts of your body. The tingle often occurs in your fingers, sometimes in your abdomen, or even the soles of your feet. This depends on which of your iso-bionic energy fields are receiving the booster shot.

ACU-CASE 44:

Ian J. Is Safe After "Dangerous Dabbling"

Ian J. had been doing what he calls some "dangerous dabbling" in the occult and magic. As a novice, he was an innocent victim, sucked into a powerful circle of black witches and wizards.

This may sound like a horror movie, but many groups of negative people are performing fearful rites and incantations all over North America. I didn't believe there was much to it. That stuff seemed to be all fakery and self-delusion. I found out differently when I became involved.

The people working this black magic are ordinary folk during the day, driving cars, going to the office, exercising at the Y, paying the rent, and buying groceries. But at the full moon, the group I met was into some obscene and powerful magic which I backed away from.

But it was too late. Even if I wouldn't physically cooperate with their kinky magic, they clung on to me like psychic vampires, draining my natural energy.

I began to have bad dreams. Then I started losing money after making impulsive decisions. My memory became unreliable. I developed unreasonable fears of ordinary things. My hands started shaking. I got sick and weak.

Ian sought desperately to escape from the invisible forces that were making his life a misery.

I knew I would die when they had sucked me dry. I had visions of driving my car off a cliff, frozen at the wheel, hearing harsh laughter as my life was torn away in an explosion of burning gas. I was fearful of what I might meet as I died, and my soul left my body.

No matter what psychic discipline I tried, the occult grip of the black executioners grew steadily. I tried to stay awake at night, knowing that when sleep overtook my exhausted body, I would see them like vultures around my bed, clawing at my vital forces.

I was within a day or two of screaming lunacy when I discovered iso-bionic energy techniques.

Ian at once erected the Moon barrier and Moon defense. He records that he had his first good night's sleep in months.

For many nights, I knew those black magic workers were gibbering in frustration around my room as I slept. I moved by astral travel to the barrier and smiled sweetly at them. They tore at the energy field, staggering back as they received psychic burns.

I was safe, and eventually they turned their hateful attentions elsewhere. I certainly hope they are

attacking someone who also knows the secrets of Acupuncture. It truly saved my sanity and my life.

ADD THESE TECHNIQUES TO YOUR TIDEWAY GESTURE FOR EVEN MORE EXTRAORDINARY RESULTS

When you're in the physical presence of anyone, you can take advantage of the situation by these applications of your tideway gesture.

You will chiefly gain extra power for your psinic field, helping you to become mentally as sharp as a new tack. Once that field is fully topped up, the overflow will augment your pectoral and umbilical fields, in that order.

This technique works well with social, business, or casual contacts during your waking hours. It is specially effective during meetings with neighbors, maybe over coffee; at lectures or in church, where you can draw iso-bionic energy from the speaker or minister; and in any other situation where a person is facing you so that you can see his or her forehead.

Make the tideway gesture casually, under the table, in your lap, even up against your left jaw as you rest your elbow. Any way will do, as long as you're not making a production out of it and attracting attention.

Arrange your Jupiter and Saturn fingers to point in the general direction of the person from whom you are going to draw extra energy. There's no need to sight the fingers like you would aim a handgun. Your target's maximum strength iso-bionic fields extend more than three feet around his or her body, and even further in lesser degrees.

Now focus your gaze on the middle of your target's brow, an inch or so above the bridge of the nose. That's the psinic focus, where the energy field comes to a surging peak of potential. By making this straight line connection with your eyes, you considerably reinforce the tideway gesture. The same slow count of 60 is long enough for one application, with a rest period of about two minutes if you're going to repeat the process.

Practicing this technique throughout a period of about a half-hour will bring you the familiar tingling sensations, and the

certain knowledge that destiny is making your desires come gloriously true.

ACU-CASE 45:

Area Manager Ronald T. Used to Be a Failure

I was just your average cold canvass office sundries salesman, walking the city streets in sun or snow. Hardly a top-notch go-getter, and my commission checks showed it. Maybe it was lack of personality, technique, or the right approach. Whatever, when the recession took sales down, I went down with them. Down, and almost out for the count.

But selling was all I knew, so I wrapped my old raincoat around me, covered the hole in my shoe with cardboard, and kept walking and calling, walking and calling.

The more his spirits flagged, the lower went his sales, until Ronald T. was called into the manager's office to explain why he was not hitting his target sales.

He said he wouldn't let me go, yet, but he was almost ready to put a more go-ahead guy into my territory. I still had a job when I started out next day, but I felt my boss had his finger poised over the firing button.

Smile, they said, things could be worse. So I smiled, and sure enough, things got worse.

Chancing to meet a fellow salesman, Ronald joined him for a hamburger at lunchtime.

He was disgustingly cheerful. He'd landed a big order, and was on his way to close another.

I wouldn't tell him how bad things were for me, but I think he guessed. Before we parted, he showed me the tideway gesture. Made a joke of it, in case I laughed at him, I think. Said he knew several guys who used it, and to try it on my next call.

I figured he was joshing me, kind of kicking a man when he was down, offering a useless straw to grasp at. If he'd handed me any kind of straw, with my luck it had to be the short one!

Nevertheless, Ronald tried the gesture, "more in desperation than hope," as he later related.

I felt like a warm can of beer, kind of fizzed up and sassy. Instead of hopelessly inquiring if my client needed anything today, I told him what I was going to sell him, and what fantastic benefits and service he was going to get from me in the future.

I listened to myself in amazement, and half expected to be thrown out into the street for coming on so strong. But the client lay down, rolled over, and bought like my products were going out of style.

Thus began a new phase in Ronald's career. He rapidly overhauled his fellow salespeople in both performance and reputation.

When the area manager got pushed upstairs, I was a natural to fill his shoes. Now I watch from behind a comfortable desk while the other guys hit their targets.

And how come my team consistently gets accolades from the head office for outperforming the others? Simple: I taught my guys the tideway gesture. That stuff's too good to keep secret.

HOW TO DRAW ISO-BIONIC ENERGY FROM A SOCIAL HANDSHAKE

Instant energy charges are yours for the taking when anyone shakes you by the hand, as happens frequently to most of us during our day-to-day lives. Whether it's an acquaintance or a politician stumping your neighborhood, you should be alert for this super-powerful booster method.

As the person who is greeting you, or being introduced, ex-

tends his or her hand, look down and connect your gaze with the tip of his thumb.

At once sweep your eyes upward or across to your target's umbilical focus, on up to the pectoral focus, and end up by looking at his psinic focus.

This takes only a second or two, and is a perfectly normal eye movement. Try to time the sweep of your eyes so that, as your hands touch, you have just started to look at the psinic focus in your target's brow.

Make a normal handshake, adding just a hint more pressure to your Jupiter and Saturn fingers to make firm contact. There's no need to prolong the physical contact, or shake the person's arm off. At the moment of contact, an invisible spark of iso-bionic energy will flash from the other person's fields into your own.

Break both your eye contact with the psinic focus and your grip simultaneously, and conduct yourself normally thereafter, even if your hands and limbs are tingling to the thrill of this energy surge.

Sometimes the exchange can be so powerful that your target will actually feel his or her energy level fall. We can find an example of this in the Bible, where Jesus's garment was touched by a woman in the crowd.

Jesus at once asked who had touched him, "for he knew that virtue had gone out of him."^{*} Using our present-day terms, that corresponds to the woman absorbing a charge of iso-bionic energy from Jesus. You may recall that she was instantly healed.

That's the kind of energy surge you set up with a handshake like the one described above. Male, female, old, or young, this contact soaks iso-bionic energy into you like dry summer soil welcoming a rainfall.

^{*}Mark, 5:30.

ACU-CASE 46:**Sickly Julia P. Found Blooming Health and Strength**

Anemic from birth, the kind of person a dog breeder would call the runt of the litter, I knew hospital beds, clinics, and doctors' offices better than I knew my own fireside. If a new virus hit town, it invaded my body first. At one time, I thought I must be a kind of convention center for any germs around.

My family doctor started to look at me strangely when I showed up with a new sniffle or pain. He seriously suggested that I needed a psychiatrist, because I was opening myself up to infection deliberately.

Apart from her lack of resistance to flu bugs and the like, Julia P. was also accident prone. Her bones were brittle, and a slight stumble could mean days in plaster casts for her.

I snapped a small bone in my foot when I caught it under an opening door. Then I picked up a parcel awkwardly and cracked a rib. Before they were both healed, I fractured my leg when I fell over the cat's saucer of milk in my kitchen.

Specialists tried physical therapy to tone up my pitiful, scrawny body. Physicians prescribed their most powerful tonics. I took vitamins and supplements until they were coming out of my ears. Antibiotics made me as germ resistant as medical science knew how.

Julia continued to fall sick with depressing regularity.

It got so I was ashamed to go back to my regular doctor. I felt guilty for not responding to his best efforts. Inevitably, I gravitated toward unorthodox cures, to see if they could complement my treatment and make me well.

One of my friends told me about iso-bionic energy, adding that if it worked for me, it should work for anyone!

Julia attests that from that day forward she mended. A year later, she reports that "only a couple of sneezes" have kept her health picture from being perfect.

You should see me now. My body has filled out, I'm eating like two horses, but laying on muscle, not fat.

I've got more get-up-and-go then all the kids on the street put together. I've almost forgotten what it feels like to be sick. Not bad for a lady who is 74 years young!

WHAT COMES NEXT?

Congratulations on staying with me thus far. You have now been given the most powerful method I currently know to change your life.

We're not quite through yet. You have the method, but you have yet to learn exactly where and when to apply it. That follows in Acu-Key 9, where you will put it all together in a glittering, joyful schedule of life-improvement.

So far, I have shown you the techniques and illustrated many with typical case histories. I have generally steered around the theory about why iso-bionic energy works so well, partly because research is still in the process of providing precise answers, but more cogently because I'm oriented more toward results and consequences that you can savor, than toward explanations of why these results occur.

I'm what's known as a pragmatist. If it works and brings joy, harmony, and freedom from pain and frustration, go with it. Explanations and theories can come later.

I know you'll be prompted to write to me and tell me of your towering successes. I thank you sincerely in advance, and this printed gratitude may be my only way of expressing my appreciation for your time, effort, and the cost of stamp and paper. I truly enjoy receiving letters sent on to me by my publisher (which is where you should address your letters), but I get such piles of mail, I can personally reply to a mere fraction of them.

So, if you do write, be assured that I've enjoyed your letter, and that I have possibly filed it away to use as a case history or example of a technique in some future book.

YOUR ACUPINEOLOGY PROGRAM BRINGS RICHES AT ALL LEVELS OF BEING

Throughout the preceding pages, I have deliberately handed you many portions of information without tying them into neat packages. Acu-Key 9 knits up the loose ends, showing you where, when, and what to do, to make you—in a word—all-powerful.

Together, as soon as I have elucidated a couple of final points for you, we are going to take the separate pieces of the Acupineology jigsaw puzzle which I have already spread before you, and click those pieces into a composite, logical whole.

The resulting picture will show you as the center piece, standing proud, far beyond previous woes and pain, rich in material and spiritual possessions, stepping unafraid into a glorious future.

Right now, I'm perfectly well aware that this sounds too good to be true. Perhaps you've read other books that promised the same, or more, and you've tried them and found yourself still snared by the same old hassles. You may still be scraping a living from day to day, fighting off creditors, and seeing each gray dawn in misery and hopelessness.

Let Acupineology change all that for you. I know it can, and I know from firsthand experience. If you've read my books, or followed my career since the late 60s, you're seeing a living example of these techniques working the way they should.

You may be aware that I've spent decades researching psychic and metaphysical matters. I've been up many blind alleys, found and discarded methods which lack value or credibility, and I've investigated the claims of dozens of practitioners of the occult and psychic arts, crafts, and sciences.

The first breakthrough came in the early 70s. I was combining psychic research with a regular job to pay the rent and raise

a family, when I evolved the first of my psychic methods which have made thousands of people contented, rich, and happy.

I know this to be true: I have their letters on file, attesting to it. I described that method in an earlier book.* In the meantime, I began refining the techniques.

Within a few months, even before the book had been printed, I started climbing. I have not stopped since.

In the intervening years, during which I've been able to do as I please with no boss to tell me what to do, I've uncovered more jewels of forgotten techniques. And here they are, polished to a brilliance and sparkle, to help you grow mentally, spiritually, and materially.

Doubtful aspects of older methods of self-help have been abandoned. The result is Acupineology, the new science of using the free energy of your Creator to bring all you've ever dreamed about.

SOLAR SYSTEMIC NODES MAKE YOU THE BIG WINNER

One flaw in many methods of esoteric, metaphysical, psychic, or occult self-help is that the inventors imply that results come instantaneously.

I freely admit, in my earlier enthusiasm, I was as guilty of that error as anyone else.

I have now reached the firm conclusion that if any technique exists which works infallibly on any day of the year, the inventor is keeping it very quiet.

These techniques wax and wane as constantly as the moon in its phases. There are times when they are less effective for a while, just as a seed lies germinating in the earth at certain times of the year, to come bursting out later in full bloom.

Count the rings on a tree stump and you'll see that the tree grows faster in summer than in winter. That, in fact, is what

**The Miracle of New Avatar Power*, 1974, Parker Publishing Company, Inc., West Nyack, N.Y.

causes the visible rings. If a tree grew steadily all year round, a stump would be as featureless as a slice of banana.

Just as seeds and trees obey the ebb and flow of natural energies, so then do your self-help methods, and Acupineology is no exception to that natural law.

Astrology lore

Here I can add the results of astrological research, which has been part of my path for a number of years now, resulting in much TV exposure and other profitable contacts.

I have confirmed, as astrologers have been saying for centuries, that a human being exists in tune with the movements of planets, and anyone's life can be interpreted by knowing his or her birthdate.

I have also discovered that Acupineology works best for a person at key periods which can easily be established from the person's date of birth.

There is no need, however, for you to master the intricate art of astrology, with its intermingled analyses of the movements of eight planets and the Sun and Moon.

Here is a one-step method of discovering your *solar systemic nodes*, times when the world is your oyster, and isobionic energy will boost you to whatever heights you may envision.

This will be easiest for you if you obtain a calendar for the year, preferably one which has the 12 months all on one sheet.

If you have a wall calendar with a month on each page, you'll often find the whole year printed on the back of it. This is not absolutely necessary—it merely simplifies some easy counting you're about to carry out.

Your birthday

Find your birthday on the calendar and draw a ring around it with a pencil.

A special case will involve those of you who were born on February 29, as was the composer Rossini in 1792, or Pepper

Martin, the baseball player, or Michele Morgan, that lovely French leading lady of the 30s and 40s.

If you share your birthday with these people, and you're using a calendar with a regular 365-day year, you should draw a ring around March 1. The reason for this is that you were born the day after February 28, which is February 29 in a leap year, and March 1 in other years.

Having circled your birthday, start counting through the year, a day at a time. Call the day after your birthday 1, the next day 2, then 3, and so on, until you reach 61, the sixty-first day after your birthday. Mark that date with a check mark, and start counting from 1 again, as you did from your birthday. When you reach 30, mark it with a small cross.

Start the count again from 1, and when you reach 31, mark the date with a check mark. A new count begins from there, up to 62, making a second cross at the date you have now reached.

Repeat the counting as before, up to 60. The date you arrive at should be marked with a check mark.

Starting at 1 again, count the days up to 31. That date is given a cross. Your final count begins, and when you reach 30, give that date a check mark.

Eight solar systemic nodes

You now have a calendar with four check marks, three crosses, and a ring around your birthdate.

Unless you were born in January, February, or very early in March, somewhere during the sequential counting routine you reached December 31. When that occurs, you merely return to the beginning of the calendar, to January 1, continuing your count without a break. January 1 does indeed follow December 31, and the fact that you're counting from the start of the same calendar year does not affect the outcome.

If you can, use a calendar which is not for a leap year. If it does include February 29, skip over that date when you reach it

in your counting (unless February 29 is your birthday, in which case it becomes the starting point for your count).

The checked and crossed dates are your *solar systemic nodes*. The check-marked dates, and the day before and the day after each one, is when your iso-bionic energy is at its highest, most positive, and constructive peak. Everything goes right when you work with Acupineology techniques during those periods.

The dates with crosses, and the day before and the day after each one, are your lower power periods. These are the times of the year when you're likely to experience obstacles against anything you attempt. Even Acupineology may not fully come up to expectations during these periods.

We can call the check-marked dates your "up" periods, and the cross-marked times your "down" periods.

Your birthday is a date on which you will have to experiment to see if it's an "up" or a "down" time. Some people find that the eve of their birthday, the day itself, and the following day are incredibly good times. Others say the opposite, finding that period to be unprogressive for them.

You can establish that for yourself by arranging an Acupineology routine on your birthday, or 24 hours on either side of it.

If the technique comes to glorious fruition, you can add your birthday to your check-marked "up" periods. If the experiment is not as successful as you would wish, add your birthday to the cross-marked "down" list, and avoid those periods when you're setting up Acupineology to bring major rewards.

The dates hold true for every year of your life. You can record your dates for use at any time in the future.

In between the "up" and the "down" periods, the tides of iso-bionic energy ebb and flow at an average level. As you approach an "up" period, your powers will usually be enhanced, while they can diminish in power as a "down" date approaches.

These are the solar systemic nodes which I have been men-

tioning at various stages of this work, thus filling in another piece of the jigsaw puzzle for you.

**ACU-CASE 47:
One Dollar Brought Angela K.
"An Acupineology Miracle"**

Just to show that Joe A.'s case (Acu-Case 37 in Acu-Key 7) was not an isolated fluke, I asked Angela K. to testify to her experience with iso-bionic energy.

To Whom It May Concern: I, Angela K., present this signed and witnessed statement to be freely used in any publication as my personal testimonial to Acupineology.

As a student of iso-bionic energy, I regularly test the techniques, recording successes and failures, to aid in refining and accuratizing (sic) the method.

My most amazing success came with the purchase of a lottery ticket during a solar systemic node. While fully realizing that chance or coincidence may have been the cause, I find it significant that the single ticket I bought for one dollar brought me winnings of \$100,000. I personally find this to be an Acupineology miracle.

**TURN THE PAGE
TO START YOUR MIRACLE-WORKING**

You are now ready to read Acu-Key 9. Those concluding pages will provide the keys to open the myriad doors I've shown you in preceding pages.

Proceed now to protect yourself against anything fate can send your way, and begin drawing toward yourself every last thing you've ever dreamed about—plus a few more for good measure.

Your Acupineology program awaits your pleasure!



**Your Custom-Crafted Program
of Towering Success**

This is the time when we will put it all together as I promised, and you will receive your personal Acupineology program which can assuredly propel you upward and forward into joyful areas of experience which you may have trouble even considering right now.

Overall, your program is two-pronged. One part consists of regular, daily routines which are used to keep your iso-bionic energy at the highest possible peaks, so that you can gain the greatest benefits from your "up" solar systemic nodes, and to help counteract the less vital "down" nodes.

The second part of your program involves making use of your iso-bionic energy as and when you wish, being especially busy at your "up" times, of course.

NOTE YOUR SOLAR SYSTEMIC NODE PERIODS

Step one in your program needs to be performed only once. Carry out the calendar counting procedure described in Acu-Key 8, and mark your solar systemic nodes.

Make a note of your three-day "up" and "down" periods, plus a reminder to yourself to check on whether your birthday is an "up" or a "down," as I explained.

As you now know, your "up" periods are the very best times in the year to reach out for success. That does not imply that iso-bionic energy goes to sleep on you the rest of the time. The nodes are established from recognized astrological data, and besides the ones we have found, literally hundreds of other "up" periods occur for you. I have to omit them in these pages

because they are different for everyone, being calculated individually from the time, date, and year of birth.

So, carry out your Acupineology techniques year round. Aim for major targets, where feasible, during your "up" periods, and avoid starting out for new life miracles during the three or four "down" periods you have identified.

VIBRATION NUMBER OF THE DAY

As described in Acu-Key 7, find the vibration number of the day before you begin your daily workout.

You'll notice a quick short-cut, once you've been finding these vibration numbers a few times. When you know the vibration number on one day, the following day's number is one higher than the previous day. The vibration numbers follow an increasing sequence, counting from 1 to 9, and then returning to 1 again.

So if, for instance, Thursday is a 4 day, Friday is 5, Saturday is 6, and so on, until you reach next Tuesday, which is 9. After that you return to 1: Wednesday will be a 1 day, and the sequence begins again from day to day as before.

That holds true as long as you do not move into a new month. Sunday, January 31, 1982, is a 7 day. Monday, February 1, 1982, is *not* an 8 day. The new month brings a new sequence into being. February 1, 1982, is a 5 day, and the counting goes on from there.

Check my figures for practice. You'll then fully understand what I mean, and you'll be able to check the vibration numbers carefully whenever a new month begins.

Only in a non-leap year, as you move from February to March, is the sequence not broken.

TONES FOR THE DAY

Having found the vibration number for the day, note (from Acu-Key 7) the corresponding alpha-, beta-, and sigma-tone letters to be used with your iso-bionic energy field charging.

Example: The date is Sunday, May 23, 1982. The vibration

number of that date is 3. Your alpha-tone is therefore C, your beta-tone is U, and your sigma-tone is L.

YOUR DAILY ACUPINEOLOGY WORKOUT

Your vital iso-bionic energy field charging takes about ten minutes each day. Try to schedule it within the routine of your daily life, just as you include time for eating, washing, sleeping, and any other basic features of living.

First, carry out the finger tip sensitizing routine described in Acu-Key 2. That takes about 80 seconds, or a minute and a half at the most.

Now, perform the umbilical, pectoral, and psinic gestures described in Acu-Key 1. Remember, you need only breathe deeply as you begin the exercise, there being no need to repeat the five breaths again. The total time taken should be about six and a half minutes.

Finally, as advised in Acu-Key 1, create your psinic vibration, then your pectoral swell, followed by your umbilical resonance, incorporating the appropriate tones in each, as explained in Acu-Key 7. You should be able to complete the triple repetition of the three sounds in roughly two minutes.

That's it. In ten minutes or less, your iso-bionic energy fields are raised to a foaming, coruscating peak, ready to do your bidding.

TURNING YOUR LIFE AROUND

The remainder of your Acupineology techniques can be divided into those which further increase available iso-bionic energy, and are used on an opportunity basis as and when circumstances occur to employ them, and those which are unerringly aimed at bringing specific miracles into your life.

OPPORTUNITIES FOR ISO-BIONIC ENERGY BOOSTS

Your umbilical, pectoral, and psinic gestures (Acu-Key 1), aside from being used regularly in your daily Acupineology

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workout, can also be made whenever you feel the need to top up your fields. It's impossible to overcharge them. Any surplus energy you generate will radiate to anyone else in your vicinity who needs it, thus spreading your bounty far and wide.

You can also perform the outdoor method of charging (Acu-Key 1) when the opportunity presents itself.

Your iso-bionic tideway is another "opportunity" technique, described in Acu-Key 8, where you will also find out when to apply it. And remember to practice drawing iso-bionic energy from anyone who shakes your hand, as is also described in Acu-Key 8.

SPECIFIC MIRACLES

Using iso-bionic energy for specific miracles is a multilevel program. You put things right in all spheres of your life, calming and shaping your mental processes, easing any physical discomfort, and changing your environment to conditions which give you the desired freedom, happiness, and fulfillment.

You exist as a trinity of physical, mental, and spiritual levels. All three levels need to be in harmony with natural energy flows in order to achieve ultimate harmony.

Physical health (pectoral field)

Health is high on the list of desirable harmonies. Schedule the Jupiter connection, described in Acu-Key 3, to bring you maximum vitality. Although you will gain the greatest benefit from this technique when it is used as described at your "up" solar systemic node periods, you can perform the connection before sleeping on any day or night, especially if your health is at a low ebb.

If impotence or frigidity is a problem, Acu-Key 4 describes the necessary pollex massage. Use it daily, as and when convenient, until the condition is alleviated.

The pollex pressure point (Acu-Key 4) is also a valuable part of your program for feeling at ease. Use it exactly as described.

Mental harmony (psinic field)

Banishing fear and phobias with the pollex contact (Acu-Key 4) is ideal if you are uncertain, worried, stressed, or in any way less calm than you would wish.

As suggested, schedule a spare minute daily to dispel any mental disharmony, and add about 40 seconds of Moon massage (Acu-Key 5) to further increase your decisiveness and peace of mind.

The Moon barrier (Acu-Key 5) and the Moon defense (Acu-Key 6) represent powerful protective ploys, and will increase your self-confidence and impregnability.

Spiritual growth (umbilical field)

Acu-Key 6 describes some wonderful paths to peace. The concepts, abstract and working at inner levels, bring harmony to your soul, which quickly spreads to your mental and physical being.

The specific applications of astral travel which lead to akashic awareness and reincarnation experiences can be totally awesome in their effects. It is most worthwhile to persevere with this splendid mind technique.

It's rather futile to try to expound in advance on the incredible benefits you may gain. This is truly something you have to experience firsthand.

Emotional harmony (psinic field)

In order to feel emotionally peaceful, you need to be able to control people's effects on you. The pollex techniques, described in Acu-Key 4, open a broad path toward that desirable end. Personal harassment vanishes when you use the pollex contact as described.

Acu-Key 5 presents Moon techniques which further smooth your way into the future. If you are puzzled and undirected, using Moon massage and keeping up with the opposition with Moon contact will tell you what's going on, and disclose confidential secrets to you.

Probe deeper and acquire greater confidence with the astral travel techniques explained in Acu-Key 6, and gain ultimate power over others with dream guiding and mind touching, also found in that section of this book.

Material expansion (pectoral field)

Acu-Key 3 gives you the digital activator method which stimulates your pectoral field with the help of Jupiter techniques.

When you are face to face with a person whose decision will radically affect your material life, you can call on the Jupiter gesture. To gain monetary aid from a person in a partnership, make the described Jupiter connection.

If you're into any kind of deal and wish to show maximum profit, Jupiter massage is the technique for you.

If you're hoping to win a lottery or other gamble, use the Jupiter connection described for increasing your winning chances. But read that section again carefully before you set out on that project.

Uncovering hidden treasure or finding something you've lost can be done with the Moon connection presented in Acu-Key 5.

THE ULTIMATE SECRET

One more deceptively simple concept will conclude this summary of your program. I've touched on this briefly a couple of times in preceding pages, and you'll note that it was emphasized in a couple of the case histories.

Here it is again. When I am asked what is the true, genuine, bottom line, ultimate secret of success with any kind of mind-power self-help system, this is my reply.

When working with any technique where you know the intended result, *pretend it has already taken place*. Do your utmost to feel that, instead of the desire being in your future, it has already happened and you're savoring it to the fullest.

If you have no clear idea of your actual aim, try to produce

the emotions you wish to experience. For the length of time when you are practicing the technique, feel the happiness, contentment, joy, and excitement you're wishing to come your way.

Truly, if you can master that exercise of the mind, you're at once an adept at all natural energy work.

AN ACUPINEOLOGY NOTEBOOK

As you get more deeply involved in Acupineology, it is a good idea to keep a notebook to record your successes, the techniques being used, plus your solar systemic nodes and other useful details. You could also make note of the pages in this book which you need to consult frequently.

A few minutes spent in recording such details can pay dividends. As your notebook is filled up, you can watch how your aims are fulfilled. You can see which techniques work best for you and which are less successful. The human memory can be a fallible tool, but if you have things down in writing, you'll know for sure whether last week's windfall came from the Jupiter gesture or the Jupiter massage.

You can make notes for the future, reminding you to carry out some Acupineology technique at a particular time for some special purpose.

ACU-CASE 48: Nick W.'s Notebook

The following is a copy of a page from an Acupineology practitioner, Nick W., to illustrate how you might begin your notebook.

*My "up" solar systemic nodes are March 7-9;
May 6-8; July 6-8; September 5-7; November 5-7.*

*My "down" nodes are January 6-8; April 6-8;
October 5-7.*

*Gambling works best for me on days having
number 8 vibration. Number 3 days seem to go better
in personal relationships.*

Received raise on a 4 day; tax refund check arrived on 4 day; granted loan on 4 day. Keep watch on further money dealings—number 4 days look good.

Birthday of boss on April 4. Work out his “down” times, and check if he’s snarkier than usual.

Nick’s notes are comprehensive, but personal, so I’ve omitted references to sensitive areas of his life that he does not want exposed.

I find keeping notes to be very useful. These are not only notes about me and my life. I keep records of my wife’s solar systemic nodes, and those of several other important people in my life.

Knowing the state of their energy patterns, whether they use iso-bionic energy knowingly or not, is valuable in all kinds of social and commercial intercourse.

ACUPINEOLOGY USES ONLY HOLY, CREATIVE ENERGY

I trust that you have paid attention to the progress of the people referred to in the case histories. You can pick up valuable tips on how best to use iso-bionic energy from seeing how others approach the routines of Acupineology.

In fact, rather than having you consult tedious lists, I have purposely selected a very broad spectrum of narratives in which you can observe how others before you have achieved desires which are likely to parallel your own.

To repeat a point I made much earlier, Acupineology is a science, a budding science, with many more facets to investigate, and which you will be uncovering to your total delight as you progress.

This is a science using natural energy, just as a tree uses natural energy to grow. The power you are using, named iso-bionic energy, is a creative, constructive, healing force, naturally available to all during this adventure of existence which we call life on earth.

Nowhere within the scheme of Acupineology are there any particularly mystical concepts, other than the mysteries of life in inner planes to which our Creator alone holds the full answers.

With little mysticism, Acupineology is pure and logical. Some self-help schemes introduce concepts which are suspect, and some people have quite correctly wondered whether some of the psychic techniques recently exposed may be less positive than they should be.

Yes, Acupineology does offer you the chance to roam in unseen planes, to draw strength and guidance from ancient energy patterns and apparent intelligences there. But, as the bedrock to such metaphysical exploration, you have the reassurance that iso-bionic energy leads you along ethical and progressive paths, far removed from any suspicion of diabolic powers, hellborn cults, or abysmal regions.

In brief, iso-bionic energy is as neutral and helpful as the electricity which lights your home, or the sunshine which warms you in summer.

BE GENEROUS WITH YOUR NEW-FOUND POWERS

The system I have offered you is designed to help you toward happiness, health, and wealth. I suggest that your first priority should be acquiring whatever you need with the aid of iso-bionic energy to reach your own heaven on earth.

Once you've climbed to that pinnacle, you can start to spread your new-found powers around, to help the less fortunate whom you left whimpering behind you as you soared ahead to glory.

The methods for passing on your bounty are currently being researched, confirmed, and organized. You, as an early practitioner of this young and burgeoning science of Acupineology, can carry out your own research, to your own ultimate benefit.

The day may dawn when the title of Registered Acupineologist is recognized, along with the other helping professions. With that day still in the future at the time of this writing, you

could be at the forefront of this new wave of natural energy application. As a pioneer, your usage of iso-bionic energy could bring you admiration, fame, and reverence.

Current researchers with whom I am acquainted have established several basic tenets of iso-bionic energy.

When transmitting the energy to another person, it works best if the two people, the transmitter and the receiver, are in physical contact.

The various mounts and planetary fingers have a distinct bearing on the objective of any experiment. Iso-bionic energy, in face-to-face situations, often seems to flow *from* the right hand and *to* the left hand and psinic, pectoral, and umbilical focuses.

For instance, to promote general healing and to complement orthodox medical treatments, the Acupineologist massages the tip of his or her Jupiter finger on the Sun mount of the patient's left hand. The concept behind that technique is that the abundance of the Jupiter finger feeds energy into the health area connected with the Sun.

Considerable success has been reported in treating impotence, premature ejaculation, and frigidity, using pollex techniques. This entails intimate massage and pressures, and I recommend that you try this, as previously advised, only with people who are fully aware of what you are doing, who know the object of the exercise, and who will not later take offense and cause you problems.

A right Saturn finger massaging another person's mount of Neptune seems to stabilize and eradicate confusion of mind, while the same finger applied to the mount of the Moon calms hysteria to a marked extent.

If you scan the subjects in Figure 2, you will no doubt be able to evolve your own routines to dispel undesirable conditions.

I must add a final disclaimer to this section; otherwise, I would be derelict in my duties to both you and myself.

This book is written as a *self-help method*, designed to enable you to use your own iso-bionic energy to gain freedom

from want. Any cooperative work with a third party, or any suggestions I have made to work in contact with someone else, are speculative and I cannot accept any responsibility whatsoever for any results or lack of results from such involvements.

Clearly, iso-bionic energy will help you to help yourself. Whether it will help you to help other people is open to further research and conjecture. I will be looking forward to hearing how your extracurricular research proceeds.

TRANSFORMING DISCOMFORT TO DELIGHT IS ACUPINEOLOGY'S PRIME OBJECTIVE

Although I have previously touched lightly on this aspect of Acupineology, I'd like to reinforce the thought as this book draws to a close.

Acupineology employs natural energies to transport you from frustrating conditions to situations where you are safe from harm, peaceful, and fulfilled.

The point I wish to emphasize is that iso-bionic energy will carry you along the most direct path to happiness, ensuring that your desired peace of mind comes as efficiently as possible. You no doubt have your own firm ideas of what you need to make you happy. Be prepared to modify your notions if iso-bionic energy offers you a different path. We have seen that factor in action in the case histories.

In this existence, you have the God-given facility of free will. You can take any action you please, provided you're prepared to accept the consequences of your deliberate actions. Acupineology may clearly show you that your next step toward happiness is to accept a certain set of circumstances. You, however, may have different plans, and if you choose to go your way, iso-bionic energy will neutrally step aside and allow your free will to operate.

So, when iso-bionic energy brings change, it may not be the change you were expecting. If conflict seems to exist between Acupineology's urgings and your aspirations, take time out to consider what is going on.

You'll almost certainly find, in the long run, that iso-bionic energy is suggesting the correct path for stable self-fulfillment. The whole idea of Acupineology is to make you permanently happy and content, not temporarily stimulated and then dropped back to the same slough you were in before.

Point made. Think it over. Later, you'll see what I am driving at.

PERFECTION BECKONS, SO SAVOR IT TO THE FULLEST

We have now reached the end of this book, an end which promises to be a new beginning for you.

I have done my best to hand over to you my understandings of Acupineology. Now it's your turn to use the techniques and methods to climb out of the rut of frustration and restriction to the mountain peak of freedom and joy.

However much you may believe the contrary, no matter how depressing the newspaper headlines may be, there is enough peace, joy, and happiness on this planet for everyone to have their share, with plenty left over for generations to come. Harmony and freedom from want can be achieved, even from the most desperate circumstances.

You now have the guidelines for attaining your share of the good things. You are about to become, if you wish, a fully operational and successful Acupineologist. Once you have seen iso-bionic energy doing its wonderful work for you, I know you'll never be quite the same person again.

Reach out. May Acupineology bring your every desire to glittering reality, and may you be fully enthralled by them in the days, months, and years of your destined future.

HELPING YOURSELF WITH ACUPINEOLOGY

by Geof Gray-Cobb

Your life can change says noted psychic Gray-Cobb! With this book, in less than ten minutes a day, without any equipment whatsoever, using only gestures, caresses, simple massage, and words, you can focus the flow of psychic energy that surrounds you and create your own personal miracles states Geof Gray-Cobb!

PARTIAL OUTLINE OF CONTENTS

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ABOUT THE AUTHOR



Born and raised in England, close to Stonehenge and Glastonbury, Canadian GEOFF GRAY-COBB has been involved in mysteries and science as long as he can recall. His researches have taken him to Iran, Turkey, Spain, Italy, Africa, and throughout North America. "In defiance of my scientific education in electrical engineering and electronics, I have found all psychic and occult subjects to have a basis of truth and veracity," he says. Arriving in Canada in 1966, Gray-Cobb specialized in uncovering methods of applying psychic phenomena to individuals to make their lives more harmonious. His expertise and knowledge brought him TV and movie fame, and he was soon able to take up full-time writing, while conducting workshops, lectures, seminars and conventions on the psychic sciences.