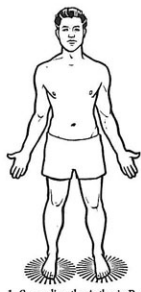
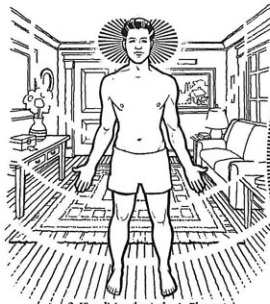


THE AETHERIC DOZEN

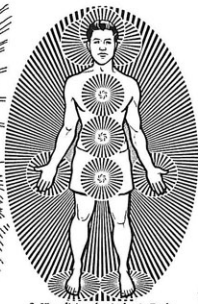
AETHERIC EXERCISES FOR MENTALISTS. TO BE PERFORMED DAILY.



1. Grounding the Aetheric Body
A glowing light around the soles of your feet.



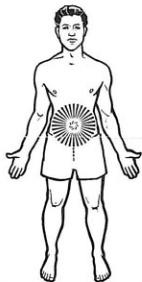
2. Visualizing the Aetheric Plane
The hidden world around you is now seen.



3. Visualizing the Aetheric Body
A webwork of energy connected by aetheric links.



4. Gathering Personal Aether
Personal aether collects around your sex organ link.



5. Transferring Personal Aether to the Abdomen
It moves up an invisible cord to your abdomen link.



6. Transforming Personal Aether
It becomes a blue pyramid of light.



7. Transferring Personal Aether to the Chest
It rises once again, this time to your chest link.



8. Ejecting Personal Aether
The pyramid streams forth from your chest.



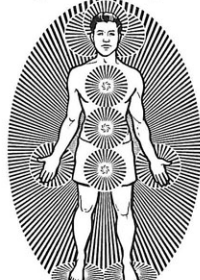
9. Manipulating Local Aether
Move and shape the aether with your forehead link.



10. Manipulating Aether at a Distance
Move and shape the aether using your hand links.



11. Drawing Aether to the Body
Bring the aether back using your hand links.



12. Distributing Personal Aether
Each of your aetheric links receives its share.