

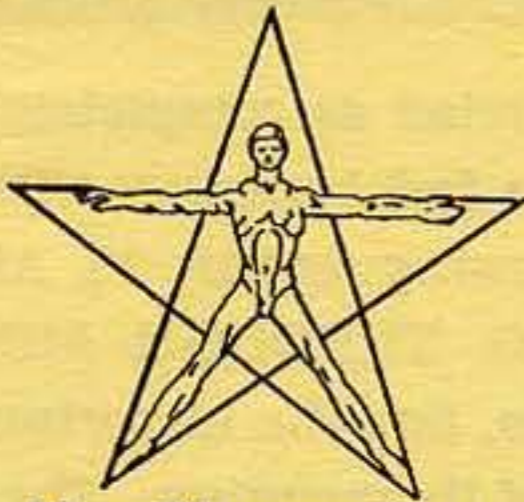


The Mental Contact with Universal Life Energy, and the Star Exercise

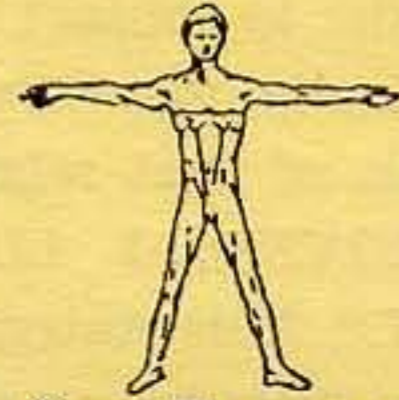
In order to contact Universal Life Energy mentally, relax as completely as you can, physically, mentally and emotionally. And when you feel harmony within you as a result of that relaxation, then say aloud the following words: "I AM ONE WITH UNIVERSAL LIFE ENERGY. IT IS FLOWING THROUGH ME NOW. I FEEL IT." This statement can be repeated several times, but the important point is not the successive repetitions of it, but the realization of its meaning. The clearer the realization, the better the results. Thus you open the mental door which separated the life force within you from the Life Energy without. And the force within, because of its inherent quality of Attraction, contacts the Force from without, which then begins to flow through you with an ever-increasing power, purifying and invigorating you all the time. The more you use that Force, the more it is supplied from the Infinite Source.

The "STAR EXERCISE" is indeed a "Key to All Power," as it unlocks and brings forth in Man all his latent powers and forces. It is when the human body takes the position as shown in the diagrams following that the actual contact of the life energy within is made with the Universal Life Energy without. Stand straight, but relaxed, with legs spread as a degree corresponding to the design, the arms stretched to either side on a level with the shoulders, with head erect, and your body will fit into the five-pointed star. Even the proportions of a normally built body will correspond to the figure of the star. The head fits into the upper point, the two arms into the two side points, the torso into the center, and the legs into the two lower points. The palm of the left hand should be turned up, and that of the right down. The whole body must remain erect, but not tense. The palm of the left hand, turned up, draws in through its complicated network of nerves the Universal Energy present in the surrounding atmosphere, and the stream of Life Force pours into the body because of the attraction exercised on it by the inner life force of the body itself. Thus is established a current of Universal Energy, penetrating from the Infinite Source into the human body, invigorating it and purifying it, and flowing out of it only to return with ever-increasing power. Not only through the left hand does the Life Force penetrate into the body; it pours in also through every cell, and very strongly through the solar plexus. Yet during the exercise the main current is received as stated above. Shortly after having taken the position, you begin to feel a certain heaviness in the palm of the left hand. It is as if a heavy ball were pressing on the palm. And one is sensible of a kind of tingling in the finger tips of the right hand. These two different sensations are due to the influx and outpouring of Life Force. Thus you feel that the contact is established.

FIVE-POINTED STAR



MAN WITHIN STAR



STAR EXERCISE

Here are a few more important points to be remembered in connection with this exercise. The best times to perform it are in the morning, immediately after getting up, before doing anything else, and at night, before going to bed.

Three to five minutes is all that is needed to perform the Star Exercise. For beginners, it would be inadvisable to do it longer, because of the very strong inpour of life forces. But later on, when the body becomes accustomed to that inflow of life currents, the duration of the Star Exercise can be prolonged to fifteen minutes, and the exercise taken more than twice a day. During that exercise, one ought to be dressed as lightly as possible, in order to leave the body free and without pressure on any part of it. The exercise should be performed in front of an open window, and if the temperature and circumstances permit, out of doors. The Star Exercise should never be taken immediately after a meal. At least an hour must elapse between the two; otherwise a nausea, and sometimes indigestion, may result, as the life current has the same effect on digestion as an electrical storm has on milk. It curdles the food in process of digestion, because of its strong chemical action. Deep, rhythmic breathing is very helpful in connection with the exercise, because of the stimulating effect of the oxygen. In the beginning, one's arms may feel tired in the performance of the exercise. No effort should be used to keep the arms up in their proper position. Let them drop, and lift them again when rested. Otherwise the tension of the muscles and nerves resulting from a prolonged forced elevation of the arms will counteract, to a great extent, the flow of the Force through them.

The exercise works so automatically that there is no imperative need to think about the Force flowing through the body. It will flow anyway, because of the Law of Attraction.

The Star Exercise is exceedingly beneficial to children. It stimulates all of their bodies, especially their brain centers, and those glands which play such an important role in their growth and development.