

GROW TALLER

with Hypnosis

by

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Introduction

In 1960 Dr. Milton Erickson, through hypnosis, helped a man, about 20 years old to grow 12 inches in height in the span of one year.

In hypnosis, at the start of therapy, this stunted young man looked out on his world as though unwilling to grow, a modern-day Peter Pan. For example, he described the room as though he were standing beneath a table. Similarly, he visualized a cow on his farm as though it were ten feet tall; his eyes were on a level with the cow's udder.

Growth began to take place when Dr. Erickson encouraged the man to hallucinate his world as though he were standing part way up a staircase.

(ref. [Ericksonian Approaches](#) by Rubin Batino, Thomas L. South)

Ed Thiessen used to have to buy two pairs of shoes for every one he needed, because his feet were not the same size. Through the use of self-hypnosis, he grew one foot three sizes in less than a year.

(ref. [You the Healer](#) by Jose Silva, Robert B. Stone)

If you desire to increase your height by accessing and using the infinite power of your mind, in this brief book you will find the essential guidelines and well as a lengthy [list of resources](#), should you choose to proceed on your own, as well as the information about the [Grow Taller with Hypnosis](#) program if you decide that you need more help.

Rest assured, many people have experienced incredible results and effected amazing changes in their bodies by learning how to establish mind-body connection, and you will find some inspirational and encouraging stories in this book.

I'd also like to reassure you that this is not a hit and miss method for height increase, but is based on scientific and natural laws. By "scientific" I mean - if you perform a required action, you will get a desired result, consistently and repeatedly. You just need to know what you must do and what requirements you must fulfill, in order to grow taller.

This program is based on several natural laws, some are mentioned in this book, the rest are referred to in the [references](#) section of this book, and are also explained in great detail in the Bonus Reports that accompany [Grow Taller with Hypnosis](#) program.

If you have any further questions, feel free to contact me at drdegiorgio@deeprancenow.com

The essence of the growing taller process is that you imagine and feel yourself growing taller and being taller while you are in a relaxed, focused state of mind (we refer to this state of mind as hypnosis).

Nobel Prize winning scientists have proven beyond doubt that we live in a mind-like universe, a universe composed of living intelligent energy and that our thoughts and expectations direct this energy. In other words, your body, your flesh and your bones are ultimately composed of a living intelligent energy which will re-arrange itself in accord with your thoughts and with your expectations. The view of modern physics is not new - it merely provides scientific proof for what has been thought in the mystery schools since the beginning of time.

In order for you to be able to consciously increase the height of your body, there are several **requirements** that you must meet:

- You must not only believe, but **know positively** and **with certainty** not only that it is possible, but that it is **possible for you** to increase your height at any age.
- You must **establish the connection** with the **Infinite and All-Powerful Intelligence** within you, which directs all the processes of your body and which knows of **no limitations**. You can call this Intelligence and Power - God, Universal Mind, Divine Mind, your Higher Self, Subconscious, Superconscious, Unconscious, Genie, or by any other name that appeals to you and that is meaningful for you. The label you give it is not relevant, **the understanding that this Intelligence is All-Powerful and knows of no limitations and establishing connection with It is crucial**. And it doesn't matter if you call this process hypnosis, self-hypnosis, meditation, prayer, or by any other name of your choice.
- You must understand that what you normally refer to as "I", or your "conscious mind" is not the one who is doing the growing. If you think of your limited self as doing the growing, you'll attempt to force the height increase and you'll find that the harder you try, the more difficult it is to see any results and you'll probably experience no results at all, until you let go. **You are not the one doing the growing. "The Father within is doing the growing"**. The "Father within" is this Infinite Intelligence and Power that knows of no limitations - God, Superconscious, Subconscious, Unconscious, whatever you want to call it. After you establish the connection with this Powerful and Intelligent Force within you, and you express your desire to grow taller by **"imagining that your body is as tall as you desire it to be NOW"**, and **feel** yourself growing and being as tall as you desire, your

task is to **let go and let the Infinite Power and Intelligence within you do the growing taller process.**

This is the essence of how you can increase your height through the power of your mind (hypnosis, meditation, prayer, etc.)

If you find some ideas repeated several times throughout this book, that's because they are really important and you should contemplate them until you truly get them, until you not only understand them, but they become a part of you.

Thinking of your body as composed of "energy" and realizing that "energy follows thought" (through certain exercises/practices you can **feel** this) will help you to grow your body easier, as will practices of consciously generating universal energy (your body needs energy to grow, more energy than it can get from food) and directing it toward the growth of your body.

Also, realizing that **your body constantly changes in accord with your predominant thoughts, emotions and beliefs** and having personal experience - awareness of how your thoughts and emotions affect your body (as well as other areas of your life) will increase your level of confidence. It is crucial that you trust the process. You'll develop greater trust, when you understand the process.

You can, of course, engage in the process of growing taller on your own, or you can **join the [Grow Taller Program](#)**, and if you'd like more information and references to available literature, you can check out the **[resources](#)**.

Helpful Hints for Using Your Mind to Grow Taller

It's the **desire** to grow and **IMAGINING YOURSELF AS IF YOU ARE ALREADY AS TALL AS YOU DESIRE** that will create a new pattern in your subconscious mind and your body will follow. This process **ALWAYS** works if you do it correctly (and no, you will most likely not sprout overnight) - it does require a little bit of patience and practice.

Here's what **NOT** to do:

- Feelings of anxiety, impatience, wondering whether it's working or not, wondering when it's going to work are simply programming your mind for failure.

When you worry whether it's working or not, you are imagining your body the way you **DON'T WANT** it to be and you are impressing this image deeper and deeper upon your subconscious and making it more difficult to experience growth. **Any thought accompanied by emotion becomes impressed upon your subconscious mind and your body must express it sooner or later.**

- Talking about your "inner work" will dissipate the energy your body would otherwise use for growth.

It's very much like this: Imagine that you are blowing air into a balloon. (The air here symbolizes the energy you put into growing taller). Every time you sit down, relax, and spend half an hour really getting into this **feeling** of how it would feel having this tall body and **IMAGINING your BODY AS TALL AS YOU WANT IT TO BE** - you are filling up this balloon. Every time you decide to talk about using your mind to grow taller - you are letting the air out of the balloon and are not making much progress. So, if you do decide to experiment with using your mind to grow taller - **KEEP SILENT UNTIL YOU SEE THE RESULTS YOU DESIRE.**

Here's what will **HELP** you:

- Noticing the **relationship between your thoughts/emotions and your body** (and life) will as well as practicing using your mind power when dealing with minor things that are not so important to you will help you to **become aware of your mind-body connection** and it will help you to **build confidence** in the process.

When you understand how the process works and when you **KNOW** that it works from your own experience, you will be relieved from all worries, impatience and anxiety and wondering whether it's working - and you will be able to **ALLOW THE GROWTH TO HAPPEN**.

The Bonus Reports of the [Growing Taller Program](#) thoroughly explain the principles that make Growing Taller possible and provide numerous exercises that help you to **strengthen your mind-body connection and completely understand the process**.

One more important point:

- As long as you rely on your personal power to grow taller, you are not going to see much progress. You may strain and struggle all you like, you will not see much progress **until** you realize that your part is merely to **decide how tall you desire to be, convey that desire to your subconscious mind and then LET GO** of the process. Just **let Infinite Intelligence and Power within you to take over**.

Whether you want to call the process hypnosis, prayer, visualization, imagination, or engaging the power of mind - is irrelevant. The process that makes it work is just the same.

What is Hypnosis?

Hypnosis is a natural state of mind we experience every day while we are daydreaming, watching TV, while we are immersed in reading an interesting book, while we are making love, while we are dancing, listening to music, when we are meditating or praying ... While we are experiencing hypnosis our attention is **focused** on the subject of interest.

One of the popular misconceptions about hypnosis is that during hypnosis a person is unconscious or asleep, but hypnosis is **not sleep**. While we are asleep our attention is diffused. While we are in a state hypnosis, our attention is focused.

It is this **one-pointed focus** that creates a state of **heightened suggestibility, heightened receptivity**, allowing the desired ideas and suggestions to become impressed deeply upon the subconscious mind.

When we experience intense emotions, the intensity of emotion creates a one-pointed focus and the stronger the emotion associated with the idea accompanying it, the deeper will it become impressed upon the subconscious mind.

There is nothing mysterious about hypnosis, and you can most certainly use it on your own. **ALL HYPNOSIS is SELF-HYPNOSIS**. While a hypnotist or hypnotherapist guides you through the process - YOU ultimately CHOOSE whether to accept or reject provided suggestions.

Many people have changed their bodies through the power of their mind, whether they called it self-hypnosis, prayer, meditation, magic, or by any other name. Most of them did not experience any changes overnight, but rather, through consistent daily use of self-hypnosis, they noticed gradual changes taking place in their bodies.

If you have never used any kind of self-hypnosis for the purpose of intentionally creating changes in your body - it may take some time to train your mind, to become aware of the connection between your mind and your body. To ensure your success, I have provided numerous mind-training exercises in Bonus Reports, which are part of the [Growing Taller Program](#).

Listening to hypnosis tapes is only one of the many ways **you can use hypnosis to change the height of your body**. Many other methods and techniques, some of which you may even find more suitable for you, are suggested throughout 26 Bonus Reports you will receive with the [Growing Taller Program](#).

Neuro-Linguistic Programming

Neuro-Linguistic Programming (NLP) is an art and science of modeling excellence. NLP studies the subjective human experience. This study is predicated upon the belief that all human experiences have a structure.

Long time ago, two wizards, Richard Bandler and John Grinder observed three magicians, Dr. Milton Erickson, Virginia Satir and Fritz Perls and noted the exceptional results they had with their clients.

The wizards created models based on the linguistic and behavioral patterns of the magicians. From these models they developed amazingly effective techniques for modeling excellence which can be applied to any area of human experience, including height increase.

Applying NLP techniques, as part of your hypnosis sessions, can dramatically accelerate your progress with height increase.

Going into greater description of NLP techniques would require many more pages, so if you'd like to check it out, you may find some excellent books in the [recommended resources](#) section of this book.

If you are already familiar with NLP techniques, you can use "anchoring" to anchor the state of connection with the Infinite Intelligence and Power, also referred to as a state of Oneness, or At-One-Ment, and you can anchor the and further intensify or supercharge the feeling of growing taller as well as the feeling of the desired height.

You can also use Time-Line techniques, Re-Imprinting process, New History Generator process to re-wire the body and even to change the genetic code, programming your body for the desired height.

As part of the [Grow Taller with Hypnosis](#) program, you are entitled to **5 FREE NLP/Hypnosis sessions** to help you accelerate your height increase. The only reason I'm offering this **FREE sessions**, it to help those who are genuinely interested in height increase and who have begun to use the program and may need an extra boost. And, let's say I have a great passion for helping people who are willing to help themselves to overcome whatever obstacles stand in the way to their success.

The Thinker and the Prover

William James, father of American psychology, tells of meeting an old lady who told him the Earth rested on the back of a huge turtle.

"But, my dear lady", Professor James asked, as politely as possible, "what holds up the turtle?"

"Ah", she said, "that's easy. He is standing on the back of another turtle."

"Oh, I see", said Professor James, still being polite. "But would you be so good as to tell me what holds up the second turtle?"

"It's no use, Professor", said the old lady, realizing he was trying to lead her into a logical trap. "It's turtles-turtles-turtles, *all the way!*"

Don't be too quick to laugh at this little old lady. All human minds work on fundamentally similar principles. Her universe was a little bit weirder than most, but it was built up on the same mental principles as every other universe people have believed in.

As Dr. Leonard Orr has noted, the human mind behaves as if it were divided into two parts, the **Thinker** and the **Prover**.

The Thinker can think about virtually anything. History shows that it can think the earth is suspended on the back of infinite turtles or that the Earth is hollow, or that the Earth is floating in space; comparative religion and philosophy show that Thinker can regard itself as mortal, as immortal, as both mortal and immortal (the reincarnation model) or even as non-existent. It can think itself into living in a Christian universe, a Marxist universe, a scientific-relativistic universe, into a universe made of matter, into a universe made of living intelligent energy - among many possibilities.

The thinker can think himself sick, and can even think himself well again. The thinker can think himself short, and he can think himself tall. The thinker can think himself as a victim of circumstances, and the thinker can think himself as having a power to cause the desired effects in his life.

The Prover is a much simpler mechanism. It operates on one law only:

Whatever the Thinker thinks; the Prover proves.

If the Thinker thinks that the sun moves around the earth, the Prover will obligingly organize all perceptions to fit that thoughts; if the Thinker changes its mind and decided the earth moves around the sun, the Prover will reorganize the evidence.

If the Thinker thinks "holy water" from Lourdes will cure lumbago, the Prover will skillfully orchestrate all signals from the glands, muscles, organs, etc. until they have organized themselves into good health again. Of course, it is fairly easy to see that other people's minds operate this way; it is comparatively much harder to become aware that one's own mind is working that way also.

It is believed, for instance, that some men are more "objective" than others. Businessmen are allegedly hard-nosed, pragmatic and "objective" in this sense. A brief examination of the dingbat politics most businessman endorse will quickly correct this impression.

Scientists, however, are still believed to be objective. No study of the lives of the great scientists will confirm this. They were as passionate, and hence as prejudiced, as any assembly of great painters of great musicians.

In the long run, we are hopefully approximating closer and closer to "objective Truth" over the centuries.

In the short run, Orr's law always holds:

"Whatever the Thinker thinks, the Prover will prove."

(Ref. "[Prometheus Rising](#)" by Robert Anton Wilson)

Two Models of the World

For the purpose of height increase, let's consider two models of the world: in one model of the world your body is composed of matter and there's nothing much you can do about changing it; in the other model of the world, your body is composed of subatomic particles, of living intelligence energy that is constantly changing and repatterning itself in accord with your thoughts and expectations. The first model is based on Newtonian physics, the second model is based on quantum physics.

A book with an appropriate title *All That Is Solid Melts Into Air* deals with discoveries which demonstrate that all that was once considered immutable and solid, even matter itself, is now seen to be patterns of relationships and fields of probability and force.

All that was solid has melted into air, and we now find ourselves in a **universe** vastly more energetic, **dynamic**, and **mindlike** than we had previously suspected. It is a universe in which a materialist paradigm, and patterns of thought based on materialistic logic, can only scratch the surface of reality. Indeed, they often obstruct us from viewing and participating in that reality at a deeper level.

This image of the universe arising from the dynamic interplay of fields of force, a **universe rich in possibility** and information, is itself not new, though the scientific experiments of quantum physics, provide a verifiable evidence to what mystery schools were teaching all along. If we substitute the word presence or **soul** for the word **field**, and **life** for **energy** or **force**, we actually are very close to the worldview of the ancient mystery and mystical teachings. In this view, **everything is alive**, and we live in a universe in which we interact on all levels not with inert things but with living presences.

Spiritual teachings speak of a **primal oneness** or **spirit** from which all things emerge. In quantum physics, Bohm speaks of the existence of a **primal state**, the implicate order, in which everything is enfolded. The implicate order is a wholeness from which the universe unfolds or explicates itself; in turn, each element and object of the universe contains this wholeness, this enfolded order. The totality of the cosmos is enfolded within each of us. In spiritual teachings, all the power, intelligence and attributes of God are present within each individual, waiting to be unfolded. One of the axioms of NLP states that each individual has within himself all the resources he needs to get all of his desired outcomes, to accomplish any goal, to turn his dreams into a reality.

In the enfolded order **there is neither time nor space** as we know them. At that **deep level of wholeness**, everything is a part of everything else. Although this description of the universe comes from an interpretation of quantum mechanics, it is the same description that we gain from the literature of mystical experiences.

And the same description is given of the subconscious/superconscious (unconscious) mind of the individual as stated later in the Laws of the Mind.

In modern physics and cosmology, the **universe is made up of energy from which matter is derived. Energy can take any form.** In quantum physics, it is noted that the expectations of the observer in an experiment influence the outcome of the experiment. An axiom from the mystical teachings states that "energy follows thought", and takes on the pattern that is thought into the energy.

From this perspective, a physical body is seen as a pattern or energy. In quantum physics, the interplay of fields and energy creates systems. Some systems process information and energy in ways that enable that system to transcend its present state and grow into new behavior. **Given the appropriate energy, the system can repattern and transform itself.** Given the appropriate energy, you can change the height of your body.

According to the **materialist world-view, the growth of the physical body is limited by age, genetics, race, fused growth plates**, etc. People who hold onto this world-view will consider height-increase after certain age impossible. They'll insist that once your growth plates have fused, the height-increase is impossible. They'll say if your parents are short then you should expect to be short. They'll tell you that you should abandon all hope of being taller if you come from a race where people are of a shorter stature. If you genuinely want **to increase your height**, this is **not a good world-view** to have because it will make it more difficult, even impossible to grow your body taller.

If you **genuinely want to increase your height**, you should consider and **embrace a quantum/spiritual world-view** in which **you do have power to increase the height of your body, regardless of your race, age, genetics and any other self-imposed limitations.**

The world-view you chose to hold onto will affect the beliefs you hold in your subconscious mind. If you hold onto the beliefs that view height-increase as impossible, you'll have a big challenge because you'll place an obstacle in front of you. Your subconscious will do its best to prove in your experience that the beliefs you hold onto are true for you.

If you want to increase your height you must have a belief that it is possible, and not only possible in general, but that **it is possible for you** to increase your height. **The best way to create this belief and to have it firmly impressed upon your subconscious is through gaining understanding.** Read, as much as you need to read, and gather information that convinces you beyond any doubt that you can indeed increase your height.

You will never develop a genuine belief and knowingness just through reading and through inquiring about other people's experiences, but only through your own. What you read may provide you with guidelines and assumptions, but your task is then to **prove** them by using the principles, by experimenting with those assumptions and principles in your own life, until they become part of you, until they become deeply impressed into your subconscious mind, until you have accepted them and they express automatically through your every thought, word and action.

You can find many further references to quantum physics and quantum consciousness in the [references section](#).

You can also join the [Grow Taller with Hypnosis](#) program and get many exercises that will help you to "undo" your limiting beliefs and perceptions and to get your own proofs that your thoughts indeed influence your body, as well as any other circumstances in your life.

Subconscious and Superconscious Minds

There is only ONE MIND - which is for the sake of convenience and understanding divided, according to its functions, into three minds: conscious, subconscious and superconscious.

I find it necessary to discuss the difference between the subconscious and the superconscious mind in order to stress the importance of accessing the superconscious - specially when desiring to reach the goals that a lot of people consider "impossible" or place them into a category of "miracles".

In strictest terms, "subconscious mind" is that function of the mind that acts as a storehouse of your **individual** past experiences, learnings, memories, emotions, and beliefs. In spiritual terminology, the term that refers to this function of the mind is **soul**. You may be familiar with the saying "As a man thinks in his **heart**", which also refers to "soul" or the "subconscious", because the subconscious is the place where the emotions are stored. This should also give you a clue that one way to access the subconscious mind is through emotions.

The "superconscious mind" refers to the **universal** storehouse of knowledge from which the individual can draw as much information as his "subconscious mind" allows to **filter** through. The filters, the guardians at the gate of the subconscious, are the individually held beliefs (in the subconscious mind).

Subconscious mind, in spiritual literature referred to as *soul*, is the repository of your previous learnings and experiences, of your beliefs about the world. It is the storehouse of all your thoughts and feelings, which together release a **vibration**. In turn, this vibration through the **Law of Resonance** attracts into your experience everything that resonates with your beliefs.

Superconscious mind, in spiritual literature referred to as **God**, or **Universal Mind**, is the **Source of all power, all knowledge, all love, peace**, it knows of **no time, no space**, it has **NO LIMITATIONS**.

Superconscious mind is omnipresent, ONE MIND expressing through all, and each human mind is only an individualized center of consciousness of this ONE MIND. Contrary to the popular opinion, **your mind is not in your body, your body is in your mind**.

Whatever limitations you are experiencing are strictly due to the limiting beliefs you hold in your subconscious mind. The way to overcome them is by **aligning your conscious and subconscious minds with the superconscious mind**. You do this by being **willing to let go** of your own beliefs about yourself and the world around you and **opening yourself** to the **information**, the **power** and the **love** flowing into "your center of consciousness" directly from the superconscious mind. In spiritual literature this is often referred to as **surrendering to God**, as getting into the state of **At-One-Ment**, or **Oeness**.

Here's what happens in this process of surrender, At-One-Ment. Imagine that your individual self is a drop of water, while the superconscious (God) is the ocean. When you surrender to it, **when you merge with it - you have access to all the attributes, to all the power, wisdom, and love** of the ocean. When you **feel the surge of this power and love running through your body**, you may even feel overwhelmed with love or gratitude and may even find yourself crying. You may also experience some strange symptoms in your body as your body is adjusting to be a conduit for more power.

The process of engaging the superconscious mind is sometimes referred to as **de-hypnosis** - the goal is to **de-hypnotize yourself from the limiting beliefs** you accepted about yourself and your relationship to the world around you.

You access the superconscious mind through your subconscious, so the process of accessing it is the same as accessing the subconscious through hypnosis. The difference lies in what you do next. Instead of pounding more of your own suggestions and beliefs into your subconscious, you open yourself to the experience of ONENESS. You begin by putting aside all of your previous beliefs about yourself or about the world-around-you. Then:

"Stop for a moment and just think of the allness of God or Primal Cause with no beginning or end, with universal scope, and surround yourself in this. As you become faithful and worship this, and this alone, ONE GOD, ONE ALMIGHTY PRESENCE - you will find that the vibrations of your body will change from the human to the God or Primal vibration. As you think, live, move and become one with this vibration, you do worship; and what you worship, you idealize, you become." ([Life and Teaching of the Masters of the Far East](#))

The purpose of this contemplation in relation to height increase is to help you access and open yourself to receive all the power and energy your body needs for height increase.

It is important to realize that you contact this Infinite Power and Intelligence from **within you**, not from without. To do this you must **still your mind** of any distracting thoughts and focus on the **absolute**, omnipresence, omnipotence, omniscience of this ONE power and intelligence expressing through all.

You may begin your contemplation and reasoning along the following lines: If God is All-That-Is, If God Is omnipresent, then It must be present in everything around you and within you; if God is within you that you must be a part of God; if God is All-That-Is and is within you, then the attributes of God must be present within you. If God is omnipotent (all-powerful) and you are part of this power, then it must be possible to increase your height by connecting with the Source of All Power and allowing it to flow through you. If God is all-powerful then God can't be subject to limitations - then it must be that the only place where limitations exist is in human mind.

It is this kind of contemplation that will result not only in flashes of insight and realization of truth, but you will also become aware of increased power expressing through you, and you will find that as you focus on height increase, your body will grow faster, simply because it will be supplied with all the energy it needs to grow.

You may also just sit and relax and contemplate the ATTRIBUTES of this ONE ALMIGHTY PRESENCE - LOVE, LIGHT, OMNIPOTENCE, OMNIPRESENCE, OMNISCIENCE, TIMELESSNESS, etc.

The more you align your conscious and subconscious minds with your superconscious, whatever you desire will spontaneously and effortlessly appear in your life, often instantaneously after the thought occurred to you. As you think a thought and next moment you see it manifested in front of you, you will feel as if the world around you is only a projection of your thoughts, which, in fact, it is.

One of the books that may help you get into this state of mind is [**A Course in Miracles**](#).

Again, the benefits of aligning your conscious and subconscious minds with your superconscious, for height increase, are that you will align yourself with the power, intelligence and energy that makes growing taller possible, and that supplies your body with all that it needs to grow taller.

You may also find the following **meditation**, from Impersonal Life, extremely beneficial:

While reading it, **imagine that it is spoken by the Infinite Intelligence and Power within you:**

Be Still - And KNOW - I AM God Meditation

And here you are, Soul weary and enhungered, and not knowing where to turn -

To *you*, I AM come.

Likewise to you, who have begun to *feel* the *presence* of that "Truth" within your Soul, and seek the confirmation of that which of late has been vaguely struggling for living expression *within*;

!!

Who am I? -

I, Who speak with such seeming knowledge and authority?

Listen!

I AM You, that part of you who IS and KNOWS;

WHO KNOWS ALL THINGS,

And always knew, and always was.

Yes, **I AM You, Your SELF**; that part of you who says **I AM and is I AM**; That transcendent, **innermost part of you which quickens within as you read**, which responds to this My Word, which perceives Its Truth, which recognizes all Truth and discards all error wherever found. **Not** that part which has been feeding on error all these years.

I AM come to you now,

To make you conscious of **My Presence**;

I have been with you always, but you did not know it.

Now, in order that you may learn to know Me, so that you can be sure it is I, your own True Self, Who speak these words, **you must first learn to Be Still, to quiet your human mind and body and all their activities**, so that you no longer are conscious of them.

You may not yet be able to do this, but I will teach you how, if you really want to know Me, and are willing to prove it by trusting Me and obeying Me in all that I now shall call upon you to do.

Listen!

Try to imagine the "I" who speaks throughout these pages as being your Higher or Divine Self, addressing and counseling your human mind and intellect, which you will consider for the moment as being a *separate* personality. Your human mind is so constituted that it cannot accept anything which does not conform with what it has previously experienced or learned, and which its intellect does not consider reasonable.

Therefore, in addressing it, You are using such terms and expressions as will most clearly explain to your intellect the truths it must understand before the mind can awaken to the consciousness of your meaning.

The fact is, this "I" is yourself, your **Real Self**. Your human mind has heretofore been so engrossed with the task of supplying its intellect and body with all manner of selfish indulgences, that it has never had time to get acquainted with the **Real** You, its true Lord and Master. You have been so interested in and affected by the pleasures and sufferings of your body and intellect, that you have almost come to believe You are your intellect and body, and you have consequently nearly forgotten Me, your Divine Self.

I AM not your intellect and body, and this Message is to teach that **You and I are One**.

You cannot awaken to this fact until you get away from the consciousness of this body and intellect, which so long have held you enslaved. You must **feel Me within**, before you can **know I AM there**.

Now, in order that you can become wholly oblivious of your mind and its thoughts and your body and its sensations, so that **you can feel Me within**, it is necessary that you studiously obey these, My instructions.

Sit quietly in a relaxed position, and when wholly at ease, let your mind take in the significance of these words:

"Be still! - and KNOW - I AM - God."

Without thinking, allow this, **My Divine Command**, to **penetrate deep into your Soul**. Let whatever impressions that come to your mind enter at will - without effort or interference on your part. Note carefully their import, for it is you. Then, when somewhat of their vital significance begins to dawn upon your consciousness, *speak* these My Words slowly, **imperatively**, to **every cell of your body, to every faculty of your mind, with all the conscious power you possess**:

"Be still! - and KNOW - I AM - God."

Speak them just as they are herein written, trying to realize that the *God* of you commands and demands of your mortal self implicit obedience.

Study them, search out their hidden potency. Brood over them, whatever it be. Make them the vital, dominating factor in your work, in all your creative thoughts.

Say them a thousand times a day,

Until you have discovered all My innermost meaning;

Until every cell of your body thrills in joyful response to the command, "Be Still," and instantly obeys;

And very vagrant thought hovering around your mind hies itself off into nothingness.

Then, as the Words reverberate through the caverns of your now empty being;

Then, as the Sun of **Know-ing** begins to rise on the horizon of your consciousness;

Then, will you **feel the swell of a wondrous strange Breath filling you to the extreme of all your mortal members, causing your senses almost to burst with the ecstasy of it;** then, will there come **surge after surge of a mighty, resistless Power rising within you, lifting you almost off the earth;** then, will you feel **within the Glory, the Holiness, the Majesty of My presence;**

And then, **then you will KNOW, I AM, GOD.**

You, - when you have **felt** Me, thus in such moments within, when you have tasted of My Power, hearkened to My Wisdom, and know the ecstasy of My all-embracing Love, - no disease can touch, no circumstance can weaken, no enemy can conquer you. For now you **KNOW I AM within**, and you always hereafter will turn to Me in your need, putting all your trust in Me, and allowing Me to manifest **My Will**.

When you can come to Me in complete surrender, and will care for naught else than union with Me, then will I disclose to you the sweets of the Celestial Ecstasy I have long kept in reserve for you.

If you will but seek Me thus, **making Me FIRST in your life, never resting until you do find Me, it will not be long before you will become conscious of My Presence, of My Loving Voice, speaking constantly from out of the depths of your heart.**

You will learn to come to Me in Sweet Communion, and **you will find** yourself abiding in My Consciousness, and that My Word is abiding in you, and **that whatever you desire will in seemingly miraculous ways be done unto you.**

Then the great Realization will come that you have found the Kingdom of God, that you are walking in It, that It is right here on earth, that It is manifesting all around you, that you have been living in It all the time, but you did not know it.

(ref. [Impersonal Life](#))

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Energy Cultivation

In order to grow taller your body needs energy. You do get energy from food rich in nutrients, and from sleep, from breathing, yet you will experience much faster results in your height increase through conscious accumulation of vital energy. The exercises that help you to generate extra energy involve breathing and visualization. Some exercises also involve physical movements.

Perhaps the best exercises for the cultivation of energy are Qi Gong (Chi Kung). Qi is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the **vital force** behind all things in the universe. It is the medium between and within all material substances. We are all immersed in it. The term **gong** refers to the power to produce an effect, an attainment of, or an accomplishment that is achieved with steady practice.

The practice of Qi Gong is directed toward balancing and strengthening the energy in the human body.

Some excellent books with Qi Gong exercises are listed in the [references](#). You can also attend a training or get videos.

A number of energy-generating exercises are provided in the Bonus Reports which are a component of the [Grow Taller with Hypnosis](#) program.

The Law of Production

"There is a law irrevocably decreed in heaven before the foundation of the world, upon which ALL blessings are predicated, and when we obtain any blessing from God, it is by obedience to that law upon which it is predicated."

The law is: That all things MUST produce after their own kind - that this production follows the planting; the growth and harvest are also part of the law. This principle of production is the law of nature. More! It is the eternal law of God, irrevocable, unchangeable.

The **most subtle garden** is the one within **each man's soul (subconscious mind)**. There is fertile soil **capable of producing ANYTHING, ANY power, ANY accomplishment**. Man has but to desire to prepare the soil. **THOUGHTS ARE SEEDS**. They are living, vital things that will bring forth each after its kind - many fold more than the tiny seed planted, or the thought released. **DESIRE is the heat that generates the seed and gives it power to reach up.**

"I hold it true that thoughts are things,
They're endowed with bodies and breath and wings,
And that we send them forth to fill
The world with good results or ill.
That which we call our secret thought
Speeds forth to earth's remotest spot,
Leaving its blessings or its woes
Like tracks behind it as it goes.
We build our future thought by thought,
For good or ill, yet know it not.
Yet, so the universe was wrought.
Thought is another name for fate;
Choose then thy destiny and wait,
For love brings love and hate brings hate."

- Ella Wheeler Wicox

And again:

"You never can tell what a thought will do
In bringing you hate or love;
For thoughts ARE things, and their airy wings
Are swifter than carrier dove.
They follow the law of the universe,
Each thing creates its kind,
And they speed o'er the track to bring you back
Whatever went out from your mind."

Man's great dominion, his superiority over the animals is his **imagination**, his **power to visualize**. Man is continually visualizing greater things, and greater things are being produced. But the greatest seed of all has not yet been planted in man's mind, or if it has, it is promptly choked out by doubts and fears (weeds). And **the greatest seed is the thought that man himself can reach any height.**

As we plant the seeds, they produce after their own kind and return unto us. It is the law given before the foundation of the world. The law is the only one given that will produce anything, whether it be grain, inventions, plenty, or perfection in an individual, it is the same.

First is the planting of the seeds. Then man's part is to keep out the weeds of fears and doubts, knowing that the law cannot fail. He must cultivate it. But otherwise he must keep his human hands out, knowing that only God can make that seed grow. He must also remember that the law is irrevocable. It cannot err. And if the seed is planted it will produce.

(From "[Ye Are Gods](#)" by Annalee Skarin)

Laws of the Mind

Holistic Interpretation - The subconscious/superconscious mind is holistic, global, as opposite to the conscious mind, which is linear. The only time that exists for the subconscious is NOW, the place is HERE. **Whatever you desire** to impress upon your subconscious, **you must imagine as if you already have it NOW.**

Your subconscious interprets everything from the perspective of **ONENESS**. For your subconscious there exists only ONE and ultimately you are that ONE - all the effects of your thoughts and emotions directed toward people, things and circumstances outside of you are interpreted by your subconscious as if you desire them for yourself.

Thus, if you're upset with someone or something, your subconscious releases poisons in *your* blood, it lowers down *your* immune system, while it also sends the corresponding vibration to the intended person.

In the same way if you wish blessings, healing, prosperity, good fortune for another, your subconscious actualizes these things in your life, boosting your immune system, boosting your health, bringing you prosperity as if you wished it for yourself, at the same time increasing these blessing in another person's life, through the release of vibration.

Your effect upon other people, whether intentional or unintentional will be to the extent that the other person is open to such vibrations through the thoughts, emotions and beliefs that person holds in his or her subconscious mind.

Impacted through emotions - the more intense the emotions accompanying the idea you desire to impress upon your subconscious, the deeper will those ideas become impressed and the faster will you reach your goals. Intense desire, accompanied by conviction and expectation of the desired effects may bring even instant results.

Ideas that are not accompanied with emotions will have practically no effects. Those that are accompanied by luke-warm emotions, may take many, many repetitions before they become impressed upon the subconscious.

Literal Interpretation - The subconscious doesn't have a sense of humor, it accepts your suggestions literally. Just keep in mind that if you keep on repeating to yourself "I am short", your subconscious is listening and it will actualize it for you as if that's what you desired to experience.

Symbolic language - The subconscious mind communicates most successfully through symbolic language - images, music (sound and rhythm), scents, tastes, touch.

Law of Concentrated Attention - The more you are focused and immersed in the idea you desire to actualize in your life, to the point of creating at-one-ment with your goal, becoming your ideal in your mind, the faster results will you experience.

Law of Reversed Effect - The harder you try to impress the idea upon your subconscious, the less effective it may become. You do not need to apply any force, but rather *allow* what you desire to happen to happen. You only need to imagine what you desire to experience "**as if it has already happened**", and then let go, and **let the Source of Infinite Power and Intelligence within you take over.**

If Imagination and Will are in conflict Imagination Will Always Win - If you will yourself to grow taller, but keep on imagining that you can't - you won't grow. However, you can combine imagination with the will. For best results practice developing both.

Law of Dominant Effect - Your subconscious will always actualize for you your predominant thoughts, feelings and beliefs. If you have two contradictory ideas or beliefs in your subconscious, the one that will win is the one that is predominant.

If you were to practice imagining and telling yourself that you can grow taller for one hour a day, and then kept on painting images of doubt, wondering whether you can grow for the other 23 hours, guess which one will have the dominant effect?

On the other hand, if what you think about for one hour is accompanied by intense emotions and conviction, that may take precedence over what you are thinking about for the other 23 hours without much conviction or emotion.

There are many different ways and techniques for impressing the ideas upon the subconscious mind. Each person may have a preferred way in general and according to the mood and preference of the moment. Many of these techniques are discussed in [Grow Taller With Hypnosis Program.](#)

True Visualization

True visualization is God's attribute and Power of Sight acting in the mind of man. When one consciously pictures in his mind a desire he wishes fulfilled, he is using one of the most powerful means of bringing it into his visible, tangible experience.

The **first step** is to **determine upon a definite plan or desire to be fulfilled**. In this, see that it is constructive, honorable, and worthy of your time and effort. Be sure to examine your motive for bringing such a creation into expression. It must be honest, both toward yourself and the rest of the world, not merely to follow a whim or gratify appetites of the physical senses. Be very sure that there is no lurking feeling within that you would be glad to benefit at the expense of another.

The **second step** is to **state your plan in words as concisely and clearly as possible**. Write this down. Thus you make a record of your desire in the outer, visible, tangible world.

The **third step** is to **close your eyes and see within your mind a mental picture of your desire or plan in its finished, perfect condition and activity**. Contemplate the fact that your ability to create and see a picture within your own consciousness is God's attribute of sight acting in you. The activity of seeing and the power to create are attributes of your God Self which you must know and feel present within you at all times. God's Life and Power are acting within your consciousness to propel into your outer world the picture you are seeing and feeling within yourself.

Keep reminding the intellect that the ability to picture is an attribute of God - the attribute of sight. The power to feel, experience, and associate with the perfected picture is God's power. The substance used in the world without, to make the form in your picture and plan is God's pure substance (energy, light, subatomic particles, spirit).

Then **you must know, God is the Doer, the Doing, and the Deed of every constructive form and action** that ever has been sent forth into the world of manifestation. When you thus use all the constructive processes, it is impossible for your plan not to come into your visible world.

Read your desire or plan over as many times in the day as possible and always just before retiring, because on going to sleep immediately after contemplating the picture in your own mind, a full impression is left upon the human consciousness undisturbed for a number of hours, enabling it to be recorded deeply in the outer activity and allowing the force to be generated and accumulated which propels it into the outer experience Life.

In this way you can carry any desire or picture into your consciousness as it enters the **Great Silence in sleep**. There it becomes charged by **God's Greatest Power and Activity, which is always within the Heart of the Great Silence**.

Under no circumstances discuss either your desire or the fact that you are visualizing with anyone whatsoever. This is imperative. Do not talk to yourself about it out loud or even in a whisper; for you should realize that **the greater the accumulation of energy generated by your visualization, contemplation, and feeling the reality of your picture, the quicker it will come into your outer experience.**

Thousands of desires, ambitions, or ideals would have manifested into the outer experience of individuals if they had not discussed them with friends or acquaintances.

When you decide to definitely bring about an experience through consciously directed visualization, you become The Law - God - **The Law of The One to whom there is no opposite**. You must make your own decision and stand back of your own decree with all your power. It means **you must take an unshakable, determined stand. To do so, know and feel that it is God desiring, God feeling, God knowing, God manifesting and God controlling everything concerning it.**

No one can ever know God as long as he considers a force opposed to God; for whenever he acknowledges that two forces can act; he has a resultant quality of neutralizing activity.

Cast out of mind then all doubt or fear of the fulfillment of that which you are picturing. Should any such thoughts or feelings - which are, after all, but human emanations that do not contain perfection - come to your consciousness, instantly replace them by the full acknowledgment of your Self and world as the Life of God - the One.

Have no set time in your mind for results, except to know that there is only now - just the immediate moment.

(Ref. ["I AM" Discourses](#) by St. Germain)

Desire

Desire is the flame that will fulfill anything.

Intensify your desires - intensify them until they burn as a fire within you, until the very flame reaches into eternity to gather from the universe the material necessary to fulfill them.

Intense desire cuts the pattern from the spiritual realms and gather the material substance to fulfill the complete pattern, to make it a reality, tangible and true.

Mere "likes" and "wants" are seldom realized. Wishing is not sufficient. But intense desire always carries with it the power of its own fulfillment, as the seed or life-germ carries with it the power to fulfill and bring forth the mature, perfect product of its existence.

The time of the achieving of a desire will be based primarily upon the intensity you put into it. When it fills the soul, **when the desire is so intense that other things do not matter, when it has thoroughly tested the patience, endurance and earnestness of the individual, then it will be granted.** That desire will be fulfilled when it has been so intense that it is imbedded into every cell and fiber of the being. If you can desire anything that badly, and it is a righteous desire, then you may have it.

(Ref. "[Ye Are Gods](#)" by Annalee Skarin)

Desire and Prayer

Prayer is a form of self-hypnosis. The principles that apply to effective prayer are the same as the principles that apply to effective self-hypnosis.

Desire is but a form of prayer. It was the true form of prayer which Jesus used, as his prayers were answered. **That prayer which is *always* answered must be true prayer, therefore must be *scientific* and, if *scientific*, must be *according to fixed law*.**

"The law is '**As you know your prayer is granted**', and '**What things you desire, when you pray, know you receive them and you shall have them**'. If we know positively that whatever we have asked for is ours already, we may know that we are working in accordance with the law. If the desire is filled, that we may know that the law is fulfilled. If the desire is not filled, then we must know that we have asked amiss. We should know that the fault is with us and not with God.

Then the instructions are, "**You shall love the Lord, your God, with all your heart, with all your soul, with all your mind, and with all your strength**". Now **go deep, deep down within your own soul** - not with foreboding, fear, and unbelief, but **with a glad free, thankful heart, knowing that that which you stand in need of is already yours**.

The **secret lies in getting the *at-one-ment*, getting the consciousness of it and then holding firmly and never deviating, though all earth should oppose. 'Of myself I can do nothing'**, said Jesus. '**The father that dwells in me, He does the work**'. Have faith in God. Have faith and doubt not. Have faith and fear not. Now **remember there is no limitation to God's power. 'All things are possible.'**

Use positive words in making your request. There is naught but the perfect condition desired. Then plant in your soul the perfect seed idea and that alone. Now ask to manifest health and not to be healed of disease, to express harmony and realize abundance - not to be delivered from inharmony, misery and limitations. Throw these off as you would discard an old garment. They are old and only outgrown things, you can afford to discard them joyfully. Do not even turn to gaze upon them. **They are nothing - nothing**.

Fill the seemingly blank spaces about you with the thought of God, Infinite Good. Then remember the word God is a seed. It must grow. "**Leave the how, when, and where to God. Your work is merely to say what you want and to give forth blessings, knowing that the moment you have asked, you have received**. All the details of this bringing forth is the work of the Father. **Remember, He does the work**.

Do faithfully your part, leave and trust God's part to Him. Ask. Affirm. Look to God for what you want, then receive God's fulfillment.

"Keep the thought of God's abundance always in mind. If any other thought comes, replace it with that of God's abundance and bless that abundance. Give thanks constantly, if need be, that the work is done. Do not go back again to the asking. **Just bless and give thanks that the work is done, that God is working in you, that you are receiving that which you desire,** for you desire only the good that you may give out the good to all. **Let this be in silence and in secret.** Pray to your Father in secret, and your Father who sees the secret of your soul will reward you openly.

When the demonstration is complete, you will look back upon the time faithfully given as one of your greatest treasures. You will have **proved the law and you will realize the power of your word spoken in faith and blessing.** Remember that God has perfected His plan. God has poured out and is continuously pouring out, lovingly and lavishly upon us, all good and every good thing that we can desire. Again He says, **'Try Me and see if I will not open the windows of heaven and pour out such a blessing there will not be room to receive it.'**

(From "[Life and Teaching of the Master of the Far East](#)")

Magnificent Prayer

With All My Heart

In the heart of my being, Father, I am one with You, and I recognize You as Being, the Father of all. You are Spirit, Omnipresent, Omnipotent, Omniscient. You are Wisdom, Love and Truth, the Power and Substance and Intelligence of which and through which all things are created. You are the Life of my Spirit, the Substance of my Soul, the Intelligence of my thought. I am expressing You in my body and in my affairs. You are the beginning and the end, the very All of the good which I express. The desire of my thought which is implanted in my soul is quickened by Your Life in my Spirit, and in the fullness of time, through the law of faith, it is brought into visibility into my experience. I know that the good I desire already exists in Spirit in invisible form and but awaits the fulfillment of the law to be made visible and I know that already I have.

With All My Soul

The words which I now speak outline to You, my Father, that which I desire. As a seed it is planted in the soil of my Soul and moved upon by Your quickening Life in my Spirit. It must come forth. I allow only Your Spirit - Wisdom, Love and Truth - to move in my Soul. I desire only that which is good for all and I now ask You, Father, to bring it forth.

Father, within me, I ask to express Love, Wisdom, Strength, Eternal Youth and Tall Body. I ask to realize Harmony, Happiness, and Abundant Prosperity, that I may have the understanding direct from You, of the method of bringing forth from the Universal Substance that which will satisfy every good desire. This is not for self, Father, but that I may have the understanding so that I may be of service to all Your Children.

With All My Mind

That which I desire is already in visible form. I form in mind only that which I desire. As a seed begins its growth underground in the quiet and in the dark, so does my desire now take form in the silent, invisible realm of my soul. I enter my closet and shut the door. Quietly and confidently I now hold my desire in mind as already fulfilled. Father, I now await the perfect outpicturing of my desire. Father, within me, I thank You that now in the invisible the fulfillment of my desire is always established and I know that You have poured out lovingly and lavishly to all an abundance of Your treasure, that You have filled every good desire of my life, that I may partake of Your opulent supply, that I may realize my oneness with You, that all Your children may realize the same; and that whatever I have, I may pour out to help all Your children. All that I have I give to You, Father.

With All My Strength

All acts and thoughts of mine shall confirm that I have already received in Spirit the fulfillment of my desire and it is now brought forth into perfect visibility. In spirit, in soul, in mind, in body, I am true to my desire. I have perceived my good in Spirit. I have conceived it as a perfect idea in soul and I have given true thoughtform to my desire. I now bring into visibility, or true manifestation, my perfect desire.

I thank You, Father, that I now have Love, Wisdom, and Understanding, Life, Health, Strength, Eternal Youth, Tall Body, Harmony, Happiness and Abundant Prosperity, and the method of bringing forth from the Universal Substance that which will satisfy every good desire.

(Ref. [Life and Teaching of the Masters of the Far East](#), by Baird T. Spalding)

The Effect of Emotions on Height Increase

As you have perhaps realized so far, your emotions have a tremendous influence on your success with height increase.

In the book, [Prometheus Rising](#), Robert Anton Wilson discusses imprints. Imprints are more-or-less hard-wired programs which the brain is genetically designed to accept only at certain points in development. These points are known, in ethology, as times of imprint vulnerability.

This first imprint discussed, The Bio-Survival circuit (oral imprinting), is imprinted by the mother or the first mothering object and conditioned by subsequent nourishment or threat. It is primarily concerned with sucking, feeding, cuddling, and body security. It retreats mechanically from the noxious or predatory - or from anything associated (by imprinting or conditioning) with the noxious or predatory.

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How important is this oral imprinting? We read of a baby giraffe whose mother was accidentally killed by a jeep immediately after birth. The neonate, following hard-wired genetic programs, "imprinted" the first object that roughly fit the giraffe archetype - the jeep itself. He followed the machine around, vocalized to it, attempted to suckle from it, and, when adult, tried to mate it.

Similarly, Konrad Lorenz tells of a gosling who accidentally imprinted a ping-pong ball and spent his adult life, indifferent to female geese, attempting to sexually mount ping-pong balls.

In summary: the bio-survival circuit is DNA-programmed to seek a comfort-safety zone around a mothering organism. If a mother isn't present, the closest substitute in the environment will be imprinted. Radical pediatricians insist, with good evidence, that childbirth by conventional means in a conventional hospital is almost always traumatic for the newborn - creates a bad imprint, in our language.

Our child rearing methods are also far from ideal, adding bad conditioning on top of bad imprinting. And the general violence of our societies to date keeps the first circuit of most people in an emergency state far too much of the time.

The bio-survival program first attaches to the safe space around the mother (oral imprint) and then with age moves further and further out, exploring what is safe and what is not. Without hard-wired genetic programs (i.e. automatic programs) this second stage would be impossible, and no mammal would ever leave the teat. The hard-wired programs act automatically, (unconsciously) because if you had to stop and think out each situation, you would be eaten by the first predator.

Of course, the imprint is made by chance - by the circumstances at the moment of imprint vulnerability. Some imprint bravery, inquisitiveness and the exploratory drive; others imprint timidity; infophobia (fear of the unpredictable) and withdrawal of which the extreme case is the sad imprint called autism or childhood schizophrenia.

All of which is robotic, **UNTIL one learns how to reprogram and reimprint one's own brain circuits**. In most cases, such meta-programming skill is never acquired. It all goes by in a flash, on mechanical auto-pilot, in zero time. "I just found myself doing it", says the soldier as he is being court-martialled for cowardice or decorated for bravery.

On top of the hard-wired imprinting of the bio-survival circuit comes "softer" conditioning. This allows the safe-space perimeter to be generalized outward from the mother's body to the pack or tribe - the "extended family".

A modern man or woman doesn't look for bio-survival security in the gene-pool, the pack, the extended family. Bio-survival depends on getting the tickets. "You can't live without money", as the Living Theater troop used to cry out in anguish. If the tickets are withdrawn, acute bio-survival anxiety appears at once.

In traditional society, belonging to the tribe was bio-security, exile was terror, and real threat of death. In modern society, having the tickets (money) is bio-security; having the tickets withdrawn is terror.

In extreme cases - persons who take their heavies imprint on the first (oral) circuit - tend to be viscerotonic, because this imprint determines lifelong endocrine and glandular process. Thus, in extreme they are "baby-faced" in adult life, never lose their "baby-fat", are plump and round and gentle, etc. They are easily "hurt" (threatened: terrified) by disapproval of any sort because in the baby-circuit of the brain, disapproval suggests extinction by loss of the food supply.

All of the most successful reprogramming techniques (therapies) for this kind of chronic anxiety work on the body first, not on the mind. A bad bio-

survival imprint can only be corrected by working on the biological being itself, the body that feels perpetually vulnerable and under attack. Even NLP (and hypnotherapy) begins by inducing the patient to relax and breathe easily.

The bio-survival imprints, especially traumatic ones, are all-over-the-body, frozen in chronic muscle and gland mechanisms.

If you can't understand somebody's irrational behavior, start by observing their breathing. You will very quickly get an idea of what is bothering them. That is why all schools of yoga - Buddhist, Hindi or Sufi - place such emphasis on restoring natural breathing before trying to move the student on to higher circuits or wider consciousness.

This is of more than "psychological" import. Every study of the psychosomatic aspects of cancer and asthma, for instance, finds this pattern of chronic muscular contraction (subjectively felt as anxiety) among the predisposing factors. People are strangling their inner organs every day because they are afraid.

Anthropologist Ashley Montagu has collected numerous statistics on **children who were deprived of maternal love** at the crucial point of imprint vulnerability in infancy. They not only died younger than the national average, but were sicker all their lives and even **grew up to be several inches shorter** than the average adult height for their sex.

Christian Science - or any other spiritual tradition that dogmatically insists that **"God" wants us to be happy and successful - can cure such conditions "miraculously"**. What the Thinker thinks the Prover proves. Absolute faith that "God" is supporting you, beamed out from the brain all day long, day after day, signals the muscles to relax, and natural buoyancy and health returns.

Throughout human life, when the bio-survival circuit senses danger, all other mental activity ceases. All other circuits shut down until the bio-survival problem is "solved", realistically or symbolically.

From the metaphysical perspective, in order for body to experience perfect health, there must be a perfect flow of energy. Whenever we hold onto fears, angers and resentments we create energetic blocks, preventing the energy to flow freely through the body. In order to allow your body to grow taller, it is necessary to remove these emotional/energetic obstacles.

When you experience fears, resentments, angers, or sense of inadequacy, when you have conscious or unconscious desire "to hide", you are in effect giving your subconscious mind a signal to keep you

"short". Some people experience spontaneous height increase, even at a later age, in life simply from changing their attitude toward themselves and toward life, and by releasing emotional blocks.

When people experience feelings of depression, and feelings of carrying a heavy burden for an extended period of time, they may actually shrink, as the body feels and acts as if it is in fact carrying the heavy burden.

Our height fluctuates on daily basis and for this reason when the people from the Guinness Book of Records measure people, they measure them several times a day, for two days, both standing up and lying down and then they calculate the average height.

If you were to measure yourself when you experience different emotional states for an extended period of time, you may notice that when you are feeling "high and happy" with yourself and your life, you are a bit taller, and when you are feeling "down, depressed or burdened" you are a bit shorter.

The Holistic -Neurosomatic Circuit discussed in Prometheus Rising, deals is imprinted by ecstatic experience, via biological or chemical yogas. It processes neurosomatic ("mind-body") feedback loops, somatic-sensory bliss, feeling "high", "faith healing", etc. Christian Science, NLP and holistic medicine consist of tricks or gimmicks to get this circuit into action at least temporarily. Tantra yoga is concerned with shifting consciousness entirely into this circuit.

The phenomena of "faith healing", "regeneration", "rejuvenation", bliss, ecstasy, rapture, etc. have been occurring for many thousands of years, in all known cultures.

The neurosomatic circuit of the brain is much more recent than the antique circuits previously discussed. It does not manifest in all human beings, and appears late in life, usually, to those who do activate and imprint it.

Pranayama (controlled breathing) creates neurosomatic turn on: sensory enrichment, sensual bliss, perceptual delight, and a general laid-back Hedonic "high". Pranayama will remove all forms of depression, including profound grief and bereavement; it will soothe anger and remove resentments; it seems beneficial to all minor health problems and - occasionally - major health problems. Hindus, who are professionals at pranayama, claim a great deal more, such as: immunity to pain of all sorts, Samadhi ("union with God"), levitation, etc.

The lives of the saints are full of stories which seem "miracles" to the four-circuited majority, or are rejected as "lies, hoaxes, yarns" by the three-circuited dogmatic rationalist, but which seem perfectly normal from the viewpoint of five-circuited polymorphous consciousness. The saint says he is in rapture, and full of gratitude to God, for giving him such a feast for dinner as - plain bread and water. The guru comes into the room and his bio-energy has such a charge that a cripple jumps up and is "healed"; the cripple merely acquired neurosomatic turn-on by contact, as some people get "contact high" when others are on drugs.

The fifth circuit is "non-linear" and "global". It is not limited by the one-thing-at-a-time sequences of the semantic circuit; it thinks in Gestalts. This is why it is so often connected with "intuition", which is a way of thinking between and around data-points on the perceptual screen - sensing what total field the points must be part of.

It is quite easy to determine if the Fifth Circuit has been activated successfully or not. How often does a person go to a doctor? If a mind researcher is "glowing" rather than greyish, "bouncy" rather than craggy, if he or she has a "sparkle" - and if he or she virtually never goes to a doctor - the neurosomatic circuit has been mastered.

The body became the flexible clay and the awakened (illuminated) brain became the sculptor.

In general, fourth circuit problems take the form of guilt; third circuit problems take the form of perplexity; second circuit problems take the form of bullying or cowardice; first circuit problems take the form of body symptoms.

Fifth circuit neurosomatic consciousness bleaches out all these problems at once. The disappearance of first-circuit "physical" illnesses only seems more "miraculous" than the transcendence of second-circuit emotionalism, third-circuit perplexity and fourth-circuit guilt. It is the Cartesian mind/body dualism that makes us think of such first-circuit "physical" cures as somehow stranger or more spooky than any rapid improvement on the other circuits.

There is nothing supernatural about the fifth circuit. It merely appears "supernatural" by comparison to the earlier circuits.

(Ref. [Prometheus Rising](#))

Recommended Resources

Highly recommended helpful books:

[Self-Hypnosis: The Complete Manual for Health and Self-Change](#)

by Brian Alman, Peter Lambrou

[Three Magic Words](#)

by Uell Andersen

[Magic in Your Mind](#)

by Uell Andersen

[Your Body Believes Every Word You Say](#)

by Barbara Hoberman Levine

[You the Healer](#)

by Jose Silva

[Future of the Body](#)

by Michael Murphy

[The Holographic Universe](#)

by Michael Talbot

[Esoteric Anatomy: The Body as Consciousness](#)

by Bruce Burger

[The Master Key System](#)

by Charles Haanel

[Urban Shaman](#)

by Serge Kahili King

[Secret Science Behind Miracles](#)

by Max Freedom Long

[Ancient Secret of the Fountain of Youth: Book 1](#)

by Peter Kelder

[Awaken Healing Energy Through Tao](#)

by Mantak Chia

[Taoist Secrets of Love: Cultivating Male Sexual Energy](#)

by Mantak Chia

Grow Taller With Hypnosis

[Healing Love Through Tao: Cultivating Female Sexual Energy](#)
by Mantak Chia

[Taoist Yoga and Sexual Energy: Internal Alchemy and Chi Kung](#)
by Eric Yudelove

[Qi Gong Empowerment: A Guide to Medical, Taoist, Buddhist, Wushu Cultivation](#)
by Shou-Yu Liang, Wen-Ching Wu

[Quantum Consciousness](#)
by Stephen Wolinsky, Ph.D.

[Prometheus Rising](#)
by Robert Anton Wilson

[Quantum Psychology: How Brain Software Programs You and Your World](#)
by Robert Anton Wilson

[Life and Teaching of the Masters of the Far East](#)
by Baird T. Spalding

[Door of Everything](#)
by Ruby Nelson

[Ye Are Gods](#)
by Annalee Skarin

[Impersonal Life](#)
by Anonymous Author

[God I Am: From Tragic to Magic](#)
by Peter Erbe

[Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece](#)
by The Three Initiates

[Quantum Mind: The Edge Between Physics and Psychology](#)
by Arnold Mindell

[Mind into Matter: A New Alchemy of Science and Spirit](#)
by Fred Alan Wolf

[The Dimensional Structure of Consciousness: A Physical Basis for Immaterialism](#)

Grow Taller With Hypnosis

by Samuel Avery

[The Self-Aware Universe: How Consciousness Creates Material World](#)

by Maggie Goswami

[The Visionary Window](#)

by Amit Goswami, Ph.D.

[The Dancing Wu Li Masters: An Overview of the New Physics](#)

by Gary Zukav

[Bridging Science and Spirit: Common Elements in David Bohm's Physics, the Perennial Philosophy and Seth](#)

by Norman Friedman, Fred Alan Wolf

[Quantum Reality: Beyond the New Physics](#)

by Nick Herbert

[The Hidden Domain: Home of the Quantum Wave Function, Nature's Creative Source](#)

by Norman Friedman

[The Nature of Consciousness: The Structure of Reality: Theory of Everything Equation Revealed: Scientific Verification and Proof of God Is](#)

by Jerry Davidson Wheatly

[The Users Manual for the Brain](#)

by Bob Bodenhamer

[NLP: The New Technology of Achievement](#)

by NLP Comprehensive Training Team

[Secrets of Personal Mastery](#)

by Michael Hall

[Time-Line Therapy and the Secrets of Personality](#)

by Ted James, Wyatt Woodsmall

[Beliefs: Pathways to Health and Wellbeing](#)

by Robert Dilts

[Core Transformation: Reaching the Wellspring Within](#)

by Connirae Andreas

[Mindworks: Unlocking the Promise Within](#)

by Ann Linden, Kathrin Perutz

Other Resources:

If you have no previous experience with hypnosis, the **amazing Holosync technology** can help you to **enter deeper levels of mind easily and effortlessly**.

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- Dramatically improve your learning ability, memory, intuition, creativity, and your ability to focus, concentrate and think more clearly...
- Create true quantum leaps in your personal self awareness...
- Significantly lower your stress levels and lower your levels of harmful brain chemicals related to stress...
- Create remarkable improvements in your mental and emotional health — even in areas that have stubbornly resisted change with other approaches...
- Dramatically increase your production of vital (and very pleasurable) brain chemicals related to your longevity, well-being, and quality of life...

Scientific Research

The Mind-Body Connection

Many of the sensory-perceptual languages of the mind (visual, auditory, and kinesthetic information, etc.) are encoded like a map over the cortex of the brain. All these languages of human experience can be transformed into one another via the "cross-modal association areas" of the limbic system. This means, for example, that I can visually imagine a scene and convert it into words.

For the purposes of explaining mind-body connection, we could define consciousness as a process of self-reflective information transformation. Self-reflection involves processes of recursive information transformation between the different modalities or languages of mind. This suggests that we can conceptualize our methods of ideodynamic healing as recursively facilitating the evolution of insight and the creation of new meaning as we access and reframe the experiential sources of psychological problems.

Consciousness presumably evolved because there was survival value in all the modalities and languages of mind being able to converse together. This suggests that consciousness becomes more complex and effective as a healing agent as it gains more experience and skill in self-reflecting all the modalities and languages of mind. Everyone experiences these processes of self-reflective information transformation with different degrees of control. Our personalities and "points of view" are expressions of our individual proclivities and talents for using many of the processes of information transduction that take place in the cortical-limbic system pathways of the brain.

We can generalize this point of view to conceptualize all methods of mind-body healing as means of facilitating skills in utilizing the many languages of self-reflective information transduction. All processes of meditation, hypnosis, imagery, active imagination, the systems approaches to therapeutic communication, and even the placebo response can be understood as means of exploring, accessing, and using the many modalities and languages of mind-brain communication.

(ref. "Mind-Body Therapy" by Dr. Ernest Rossi)

The Brain-Body Connection

The most familiar examples of information transduction come from the area of sensory-perceptual psychology. Information in the form of light is transformed into chemical information when it is encoded by the molecules of rhodopsin in the retina of the eye. The phytochemistry of rhodopsin transduces this chemical information into neural information via the "bipolar" and ganglion cells within the retina, which, in turn, transmit the neural information through the optic nerve to the visual association cortex of the brain. All sensory-perceptual systems operate by an analogous process of information transduction.

Information transduction at this level of mind-body communication has been used to update Hans Selye's theory of stress and the General Adaptation Syndrome as the basis of psychosomatic medicine. Selye's life work demonstrated that there were three routes, channels, or systems by which mental stress was transmitted into the body's "psycho-somatic" responses: the autonomic, endocrine, and immune systems. We now know that the limbic hypothalamic-pituitary system of the brain plays the major integrative role in the mind modulation of all three of these major systems. That is, the limbic-hypothalamic-pituitary system is the major mind-body information transducer; it is the major translator between the languages of mind (in the forms of sensation, imagery, verbal language, etc.) and the languages of the body (information substances such as neuropeptides, hormones, immunotransmitters, etc.)

It has been proposed that the state-dependent memory, learning, and behavior system that encodes many mind-body problems functions as an "experiential filter" modulating the activity of the limbic-hypothalamic-pituitary system. This leads us to conclude that information transduction and state-dependent memory and learning are the two fundamental processes that bridge the so-called "mysterious gap" between mind and body; they are the two basic channels of mind-body communication and healing.

(ref. "Mind-Body Therapy" by Dr. Ernest Rossi)

The Cellular-Genetic Connection

All the cells of the body are now known to have numerous receptors on their surfaces that can regulate their internal activities. The information substances of the autonomic, endocrine, immune, and neuropeptide systems signal these cell receptors to "turn on" and modulate the metabolic machinery within the protoplasm and even the expression of genes within the nucleus of the cell. Complete channels of information transduction between mind, the limbic-hypothalamic system, and the gene regulation of the metabolism of each cell of the body are thus theoretically possible.

Selye found that severe stress involves a three-part psychosomatic response. There was (1) an activation of the sympathetic branch of the autonomic nervous system, leading to dysfunctions of the gastrointestinal tract (e.g. ulcers); (2) an activation of the pituitary-adrenal axis of the endocrine system leading to a hypertrophy of the adrenals, and (3) a suppression of the thymus and immune system.

Mental stress at the cortical-limbic-hypothalamic level leads to the formation and release of a series of hormonal information substances that ultimately modulate gene expression at the cellular level. Stress experienced as languages of mind (sensation, perception, words, images) in the cortical-limbic system is transduced into information substances in the hypothalamus. One of these hypothalamic information substances, corticotropin releasing hormone (CRH), travels via the hypothalamic-pituitary portal blood vessels to the anterior portion of the pituitary. CRH, in turn, leads to the release of adrenocorticotrophic hormone (ACTH), which is the well-known modulator of the stress response in the body, where it travels via the bloodstream to the cortex of the adrenal glands to release cortisol. Cortisol in turn communicates with other tissues and organs of the body modulated by the autonomic and immune systems.

Under the impact of stress, the adrenal cortex also releases hormones such as aldosterone, which modulates sodium reabsorption in the kidneys at the cellular-genetic level. All the endocrine glands of the body operate by an analogous response to regulate a wide variety of functions, basal metabolism, growth, sexuality, and so forth.

The ultimate goal of all mind-body healing methods is to learn how to consciously facilitate these processes for psychosomatic healing.

(ref. Mind-Body Therapy by Dr. Ernest Rossi)

Mind-Modulation of Endocrine System

The endocrine system is comprised of many organs located throughout the body that secrete hormones into the bloodstream to regulate cellular metabolic functions, such as the rates of chemical reaction for metabolism, growth, activity level, sexuality, etc.

The pituitary gland at the base of the brain is the "master gland" of the endocrine system. It sends out hormones as "messenger molecules" to regulate all the other hormone-producing organs of the body. The pituitary, in turn, is modulated by the limbic-hypothalamic system. This limbic-hypothalamic system is the major center for integrating this information with the processes of mind, and then transducing this newly integrated information to the pituitary, which in turn regulates all the other organs of the endocrine system.

Since many of the multiple functions of hormones are mediated either directly or indirectly by the limbic-hypothalamic-pituitary system, they are accessible to mind modulation and hypnotherapeutic intervention. That is, although hormones usually function autonomously, we now know that their activity is modulated by significant life experiences and encoded in the form of state-dependent memory, learning, and behavior.

The autonomic, endocrine, immune, and neuropeptide systems all operate by activating receptors on the surfaces of the individual cells of the tissues of the body. These receptors are like locks that must be opened to turn on the internal activities of the cells' cytoplasm (and even their genes). The neurotransmitters of the autonomic nervous system, the hormones of the endocrine system, and the immunotransmitters of the immune system, all function as "messenger molecules" or keys that open the receptor locks on the surface of the cells.

This messenger molecule and cell-receptor communication system is the psychobiological basis of mind-body healing, therapeutic hypnosis, and holistic medicine in general. If each cell of the body is like a miniature factory, its receptors are locks on the doors. The autonomic, endocrine, immune and neuropeptide systems are communication channels whereby mind may activate genes and the internal cellular memory. The genes, of course, are the ultimate blueprints for building, organizing, and regulating how the cellular machinery works.

(ref. "Mind-Body Therapy" by Dr. Ernest Rossi)

Mind-Gene Connection

When I first began to discuss the mind-gene connection (Rossi, 1985) as a means by which hypnotherapeutic approaches could be developed to modulate gene activity, my conjectures were greeted as a novel form of science fiction. Genes seem so inviolate, with 60,000 or so of them apparently carefully guarded within the microscopic nucleus of each living cell of the body.

We usually think of genes as resting quietly until the chromosomes suddenly spring into action in the process of cell division. The actual facts are quite different: Many genes are in a process of continuous, dynamic equilibrium with cellular metabolism. This genetic-cellular equilibrium is, in turn, modulated by neurotransmitters and hormones that ultimately come as messengers from the central nervous system.

A general model of the mind-gene connection requires a survey of the entire series of transduction processes that take place from mind and neural events, to blood, tissue, and cellular processes, and finally to the molecular activity of genes within the nucleus of each cell. This transduction process is divided into three stages.

Stage one consists of mind operating in the area of the anterior frontal cortex (Achterberg, 1985) as the generative locus for organizing imagery in healing and health. The frontal lobe processes are then filtered through the individual's repertory of experiential life learnings encoded in state-dependent memory, learning, and behavior processes of the limbic-hypothalamic system.

Stage two is the transduction of these learnings by the hypothalamus into the hormone-releasing factors that regulate the endocrine's pituitary gland. The pituitary in turn releases a host of hormones which regulate the entire endocrine system of the body.

Stage three takes place on the cellular level when these hormones turn on the cAMP system or pass directly to the nucleus of the cell to activate gene processes. Genes are involved in providing the information for building new proteins, which in turn serve as structural elements of the cell or as building blocks for enzymes that facilitate the basic biochemical process of each cell.

(ref. "Mind-Body Therapy" by Dr. Ernest Rossi)

Mind Modulation of the Blood Flow

Barber (1978, 1984) has brought together a fascinating overview that demonstrates how therapeutic hypnosis can be effective in healing a wide variety of apparently unrelated mind-body problems.

This suggests that the phenomena of focused attention, imagery, biofeedback and therapeutic hypnosis all operate by altering the direction of blood flow. Altering blood flow by directed thinking, imagining, and feeling is one of the basic, common factors in the resolution of most, if not all, mind-body problems.

(ref. "Mind-Body Therapy" by Dr. Ernest Rossi)

Inspiring Stories

The following stories are presented here just to give you an idea of the power of the human mind over the human body:

Exceptional Growth

In 1960 Dr. Erickson told Batino about a 20-year-old man who grew 12 inches in height in the span of one year. In hypnosis, at the start of therapy, this stunted young man looked out on his world as though unwilling to grow, a modern-day Peter Pan.

For example, he described the room as though he were standing beneath a table. Similarly, a cow on his farm was visualized as though it were ten feet tall; his eyes were on a level with the cow's udder. Growth began to take place when Erickson encouraged the man to hallucinate his world as though he were standing part way up a staircase.

Batino said, "Why have you kept this report out of the literature?"

Erickson smiled and said, "No respectable editor of a scientific journal would publish such an impossible thing."

"Dr. Erickson," Batino answered, "You are the editor of a respectable journal."

He smiled again and said, "I would like to keep my job."

(ref. "[Ericksonian Approaches](#)" by R. Batino)

Healing of Tuberculosis of the Hip, Regrowing a Shriveled Leg

Proofs may be found in profusion that the divine law of body restoration is in action in a large way right here in our midst. The literature of Unity teems with testimonials of persons who have been healed and are grateful to God for renewed health, strength, prosperity, and happiness.

The majority of cases that come to us belong to the class of the discouraged woman told of in Luke 8:43, "who spent all her living upon physicians, and could not be healed." Doctors have pronounced them incurable, and as a last resort they turn to God. The hardest part of the work in their healing is to get out of their minds the verdict of the doctor that their cases are incurable. As you may discover, that **there are no incurables**.

Some of the stories told by patients are beyond human credence; for example, the restoration of the eyes of a man from which they had been removed, and the growth of the nose of a woman who had lost it by disease. These are very rare but well authenticated in metaphysical circles. Charles Fillmore is not prepared to give the names of these cases, but he testifies to my own healing of tuberculosis of the hip.

When a boy of ten Fillmore was taken with what was at first diagnosed as rheumatism but developed into a very serious case of hip disease. He was in bed over a year, and from that time an invalid in constant pain for twenty-five years, or until I began the application of the divine law. Two very large tubercular abscesses developed at the head of the hip bone, which the doctors said would finally drain away my life. But he managed to get about on crutches, with a four-inch cork-and-steel extension on the right leg.

The hip bone was out of the socket and stiff. The leg shriveled and ceased to grow. The whole right side became involved; his right ear was deaf and my right eye weak. From hip to knee the flesh was a glassy adhesion with but little sensation.

When he began applying the spiritual treatment (the power of the mind), there was for a long time slight response in the leg, but he felt better, and he found that he began to hear with the right ear. Then gradually he noticed that he had more feeling in the leg. Then as the years went by the ossified joint began to get limber, and the shrunken flesh filled out until the right leg was almost equal to the other. Then he discarded the cork-and-steel extension and wore an ordinary shoe with a double heel about an inch in height. Eventually, the leg grew to be just as large as the other. This healing because it would be considered a medical impossibility and a miracle from a religious standpoint.

However Fillmore has watched the restoration year after year as he applied the power of thought, and knew it was under divine law. He was satisfied that here was proof of a law that the mind builds the body and can restore it.

(ref. "[Atom-Smashing Power of the Mind](#)", by Charles Fillmore)

Complete Regeneration of Disintegrated Iliac Bone

Perhaps the most powerful types of all beliefs are those we express through spiritual faith. In 1962 a man named Vittorio Michelli was admitted to the Military Hospital of Verona, Italy, with a large cancerous tumor on his left hip. So dire was his prognosis that he was sent home without

treatment, and within ten months his hip had completely disintegrated, leaving the bone of his upper leg floating in nothing more than a mass of soft tissue. He was, quite literally, falling apart.

As a last resort he traveled to Lourdes and had himself bathed in the spring (by this time he was in a plaster cast, and his movements were quite restricted). Immediately on entering the water he had a sensation of heat moving through his body. After the bath his appetite returned and he felt renewed energy. He had several more baths and then returned home.

Over the course of the next month he felt such an increasing sense of well-being he insisted his doctors X-ray him again. (The X-rays images are provided in the "Holographic Universe".) They discovered his tumor was smaller. They were so intrigued they documented every step in his improvement. It was a good thing because after Michelli's tumor disappeared, his bone began to regenerate, and the medical community generally views this as an impossibility. Within two months he was up and walking again, and over the course of the next several years his bone completely reconstructed itself.

A dossier on Michelli's case was sent to the Vatican's Medical Commission, an international panel of doctors set up to investigate such matters, and after examining the evidence the commission decided that Michelli had indeed experienced a miracle.

As the commission stated in its official report, "A remarkable reconstruction of the iliac bone and cavity has taken place. The X rays made in 1964, 1965, 1968 and 1969 confirm categorically and without doubt that an unforeseen and even overwhelming bone reconstruction has taken place of a type unknown in the annals of world medicine."

Was Michelli's healing a miracle in the sense that it violated any of the known laws of physics? It is more likely that Michelli's healing is due to natural processes medical science does not yet understand.

Why is the regeneration of bone so rare and what triggered it in Michelli's case? It may be that bone regeneration is rare because achieving it requires accessing of very deep levels of the psyche, levels usually not reached through the normal activities of consciousness. This appears to be why hypnosis is needed.

As for what triggered Michelli's healing, given the role belief plays in so many examples of mind/body plasticity it is certainly a primary suspect. Could it be that through his faith in the healing power of Lourdes, Michelli somehow, either consciously or serendipitously, effected his own cure? (Ref. "[Holographic Universe](#)" by Michael Talbot)

Instant Healing of a Broken Leg

M. F. Long's close and trusted friend, J. A. K. Combs, of Honolulu, who was a fellow student of kahuna lore, and who has given Long much invaluable aid, had for a grand-mother-in-law one of the most powerful women kahunas in the Islands. She loved Combs and told him many things about her secret knowledge, her power, and her practices.

On the occasion in question, Combs attended a beach party at her country home. Many guests had arrived when a car drove up to the edge of the beach sand and several Hawaiians got out. Among them was a man who was slightly intoxicated. He missed his step from car to soft sand and fell. As he fell, there was the characteristic snapping sound of breaking bones.

Inspection showed a compound fracture of the left leg just above the ankle. The bone ends pressed visibly out against the skin. Combs, who had heard the familiar sound of breaking bones and had himself suffered such a break, realized the seriousness of the injury and proposed that the man be taken at once to Honolulu for treatment, but the elderly kahuna arrived on the scene and took over. Kneeling beside the injured man she straightened the foot and leg, pressing on the place where the ends of the broken bones pushed out the skin, and then began a low chanted prayer for healing. In a short time she fell silent.

Those who stood about watching tensely could see nothing until her hands suddenly moved slightly on the man's leg, and she took them away, saying quietly in Hawaiian, "The healing is finished. Stand up. You can walk."

The injured man, now entirely sobered, rose wonderingly to his feet, took a step, and then another. The healing was complete and perfect. The leg showed no indication of the break in any way.

(ref. "[Secret Science Behind Miracles](#)" by M.F. Long)

Healing of a Genetic Condition

Brocq's disease involves a horribly disfiguring hereditary condition. Victims of Brocq's disease develop a thick, horny covering over their skin that resembles the scales of a reptile. The skin can become so hardened and rigid that even the slightest movement will cause it to crack and bleed.

Brocq's disease was incurable until 1951 when a sixteen-year-old boy with an advanced case of the affliction was referred as a last resort to a hypnotherapist named A.A. Mason at the Queen Victoria Hospital in

London. Mason discovered that the boy was a good hypnotic subject and could easily be put into a deep state of trance.

While the boy was in trance, Mason told him that his Brocq's disease was healing and would soon be gone. Five days later the scaly layer covering the boy's left arm fell off, revealing soft, healthy flesh beneath. By the end of ten days the arm was completely normal.

Mason and the boy continued to work on different body areas until all of the scaly skin was gone. The boy remained symptom-free for at least five years, at which point Mason lost touch with him.

This is extraordinary because Brocq's disease is a genetic condition, and getting rid of it involves more than just controlling autonomic processes such as blood flow patterns and various cells of the immune system. It means tapping into the masterplan, the DNA programming itself. So, it would appear that when we access the right strata of our beliefs, our minds can override even our genetic makeup.

(Ref. "[Holographic Universe](#)" by Michael Talbot)

Beyond Mortal Boundaries

The purpose of the following stories is to expand your view of what a human mind can achieve:

Trailanga

Lahiri Mahasaya had a famous friend, Trailanga Swami, who was reputed to be over three hundred years old. The two yogis often sat together in meditation. Trailanga's renown is so widespread that few Hindus would deny the possibility of truth in any story of his astounding miracles. He was one of the siddhas (perfected beings) who have cemented India against the erosions of time.

On many occasions the swami was seen to drink, with no ill effect, the most deadly poisons. Thousands of people, including a few who are still living, have seen Trailanga floating on the Ganges. For days together he would sit on top of the water or remain hidden for very long periods under the waves. A common sight at Manikarnika Ghat was the swami's motionless body on the blistering stone slabs, wholly exposed to the merciless Indian sun.

By these feats Trailanga sought to teach men that human life need not depend on oxygen or on certain conditions and precautions. Whether the great master was above water or under it, and whether or not his body challenged the fierce solar rays, he proved that he lived by divine consciousness: Death could not touch him.

The yogi was great not only spiritually, but physically. His weight exceeded three hundred pounds: a pound for each year of his life! As he ate very seldom, the mystery is increased. A master, however, easily ignores all usual rules of health when he desires to do so for some special reason, often a subtle one known only to himself.

Great saints who have awakened from the cosmic mayic dream and have realized this world as an idea in the Divine Mind, can do as they wish with the body, knowing it to be only a manipulatable form of condensed or frozen energy. Though physical scientists now understand that matter is nothing but congealed energy, illumined masters have passed victoriously from theory to practice in the field of matter control.

Trailanga always remained completely nude. The harassed police of Banaras came to regard him as a baffling problem child. The natural swami, like the early Adam in the Garden of Eden, was unconscious of his nakedness. The police were quite conscious of it, however, and

unceremoniously committed him to jail. General embarrassment ensued: the enormous body of Trailanga was soon seen, in its usual entirety, on the prison roof. His cell, still securely locked, offered no clue to his mode of escape.

The discouraged officers of the law once more performed their duty. This time a guard was posted before the swami's cell. Might again retired before Right: the great master was soon observed in his nonchalant stroll over the roof.

The Goddess of Justice wears a blindfold; in the case of Trailanga the outwitted police decided to follow her example.

The great yogi preserved a habitual silence. In spite of his round face and huge, barrel-like stomach, Trailanga ate only occasionally. After weeks without food, he would break his fast with potfuls of clabbered milk offered to him by devotees. A skeptic once determined to expose Trailanga as a charlatan. A large bucket of calcium-lime mixture, used in whitewashing walls, was placed before the swami.

"Master", the materialist said, in mock reverence, "I have brought you some clabbered milk. Please drink it."

Trailanga unhesitatingly drank, to the last drop, the quarts of burning lime. In a few minutes the evildoer fell to the ground in agony. "Help, Swami, help!" he cried. "I am on fire! Forgive my wicked test!" The great yogi broke his habitual silence. "Scoffer," he said, "you did not realize when you offered me poison that my life is one with your own. Except for my knowledge that God is present in my stomach, as in every atom of creation, the lime would have killed me. Now that you know the divine meaning of boomerang, never again play tricks on anyone."

The sinner, healed by Trailanga's words, slunk feebly away. The reversal of pain was not a result of the master's will but of the operation of the law of justice that upholds creation's farthest swinging orb. The functioning of the divine law is instantaneous for men of God-realization like Trailanga; they have banished forever all thwarting crosscurrents of ego.

(ref. [Autobiography of Yogi](#) by Yogananda)

Babaji



"My first meeting with Babaji took place in my thirty-third year." Lahiri Mahasaya had said. "In the autumn of 1861 I was stationed in Danapur as an accounting in the Military Engineering Department of the Government. One morning the office manager summoned me.

"Lahiri", he said, "a telegram has just come from our main office. You are to be transferred to Ranikhet, where an army post is now being established."

"With one servant, I set out on the 500-mile trip. Travelling by horse and buggy, we arrived in thirty days at the Himalayan site of Ranikhet.

"My office duties were not onerous; I was able to spend many hours roaming in the magnificent hills. A rumor reached me that great saints blessed the region with their presence; I felt a strong desire to see them. During a ramble one early afternoon, I was astounded to hear a distant voice calling my name. I continued my vigorous upward climb on Drongiri Mountain. A slight uneasiness beset me at the thought that I might not be able to retrace my steps before darkness descended over the jungle.

"I finally reached a small clearing whose sides were dotted with caves. On one of the rocky ledges stood a smiling young man, extending his hand in welcome. I noticed with astonishment that, except for his copper-colored hair, he bore a remarkable resemblance to myself.

'Lahiri, you have come! The saint addressed me affectionately in Hindi. 'Rest here in this cave. It was I who called you.'

"I entered a neat little grotto that contained several wooden blankets and a few water pots.

'Lahiri, do you remember that seat?' The yogi pointed to a folded blanket in one corner.

"No sir', somewhat dazed at the strangeness of my adventure, I added, 'I must leave now, before nightfall. I have business in the morning at my office.'

The mysterious saint replied in English. 'The office was brought for you, and not you for the office.'

"I was dumbfounded that this forest ascetic should not only speak English but also paraphrase the words of Christ.

'I see my telegram took effect.' The yogi's remark was incomprehensible to me; I asked its meaning.

'I refer to the telegram that summoned you to these isolated parts. It was I who silently suggested to the mind of your superior officer that you be transferred to Ranikhet. When one feels his unity with mankind, all minds become transmitting stations through which he can work at will.' He added, 'Lahiri, surely this cave seems familiar to you?'

"As I maintained a bewildered silence, the saint approached and struck me gently on the forehead. At his magnetic touch, a wondrous current swept through my brain, releasing the sweet seed-memories of my previous life.

"I remember!' My voice was half choked with joyous sobs. 'You are my guru Babaji, who has belonged to me always! Scenes of the past arise vividly in my mind; here in this cave I spent many years of my last incarnation!' As ineffable recollections overwhelmed me, I tearfully embraced my master's feet.

"For more than three decades I have waited for you to return to me.' Babaji's voice rang with celestial love.

"You slipped away and disappeared into the tumultuous waves of the life beyond death. The magic wand of your karma touched you, and you were gone! Though you lost sight of me, never did I lose sight of you! I pursued you over the luminescent astral sea where the glorious angels sail. Through gloom, storm, upheaval, and light I followed you, like a mother bird guarding her young. As you lived out your human term of womb life, and emerged a babe, my eye was ever on you. When you covered your tiny form in the lotus posture under the Ghurni sands in childhood, I was invisibly present. Patiently, month after month, year after year, I have watched over you, waiting for this perfect day. Now you are with me! Here is your cave, loved of yore; I have kept it ever clean and ready for you. Here is your hallowed asana-blanket, where daily you sat to fill your expanding heart with God. Here is your bowl, from which you often drank

the nectar prepared by me. See how I have kept the brass cup brightly polished, that someday you might drink again from it. My own, do you now understand?'

"My guru, what can I say?' I murmured brokenly. 'Where has one ever heard of such deathless love?' I gazed long and ecstatically at my eternal treasure, my guru in life and death.

"Lahiri, you need purification. Drink the oil in this bowl and lie down by the river.' Babaji's practical wisdom, I reflected with a quick, reminiscent smile, was ever to the fore.

"I obeyed his directions. Though the icy Himalayan night was descending, a warm, comforting radiation began to pulsate within me. I marveled. Was the unknown oil endued with a cosmical heat?

"Bitter winds whipped around me in the darkness, shrieking a fierce challenge. The chill wavelets of the Gogash River lapped now and then over my body, outstretched on the rocky bank. Tigers howled nearby, but my heart was free of fear, the radiant force newly generated within me conveyed an assurance of unassailable protection. Several hours passed swiftly; faded memories of another life wove themselves into the present brilliant pattern of reunion with my divine guru.

"My solitary musings were interrupted by the sound of approaching footsteps. In the darkness, a man's hand gently helped me to my feet, and gave me some dry clothing.

"Come, brother,' my companion said. 'The master awaits. you.' He led the way through the forest. As we came to a turn in the path, the somber night was suddenly lit by a steady luminosity in the distance.

"Can that be the sunrise?' I inquired. 'Surely the whole night has not passed?'

"The hour is midnight.' My guide laughed softly. 'Yonder light is the glow of a golden palace, materialized here tonight by the peerless Babaji. In the dim past, you once expressed a desire to enjoy the beauties of a palace. Our master is now satisfying your wish, thus freeing you from the last bond of your karma.' He added, 'The magnificent palace will be the scene of your initiation tonight into Kriya Yoga. All your brothers here join in a paean of welcome, rejoicing at the end of your exile. Behold!'

"Before us stood a vast palace of dazzling gold. Ornamented with countless jewels, set amid landscaped gardens, reflected in tranquil pools - a spectacle of unparalleled grandeur! Towering archways were intricately

inlaid with great diamonds, sapphires, and emeralds. Men of angelic countenance were stationed by gates redly resplendent with rubies.

"I followed my companion into a spacious reception hall. The odors of incense and roses wafted through the air; dim lamps shed a multicolored glow. Small groups of devotees, some fair, some dark-skinned, chanted softly or sat silently in the meditative posture, immersed in inner peace. A vibrant joy pervaded the atmosphere.

"Feast your eyes; enjoy the artistic splendors of this palace; for it has been brought into being solely in your honor,' my guide remarked, smiling sympathetically as I exclaimed in wonder.

"Brother', I said, 'the beauty of this structure surpasses the bounds of human imagination. Please explain to me the mystery of its origin.'

"I will gladly enlighten you'. My companion's dark eyes sparkled with wisdom. 'There is nothing inexplicable about this materialization. The whole cosmos is a projected thought of the Creator. The heavy clod of the earth, floating in space, is a dream of God's. He made all things out of His mind, even as man in his dream consciousness reproduces and vivifies a creation with its creatures.

"The Lord first formed the earth as an idea. He quickened it; atomic energy and then matter came into being. He coordinated earth atoms into a solid sphere. All its molecules are held together by the will of God. When He withdraws His will, all earth atoms will be transformed into energy. Atomic energy will return to its source: consciousness. The earth idea will disappear from objectivity.

"The substance of a dream is held in materialization by the subconscious thought of the dreamer. When that cohesive thought is withdrawn in wakefulness, the dream and its elements dissolve. A man closes his eyes and erects a dream creation, which, on awakening, he effortlessly dematerializes. He follows the divine archetypal pattern. Similarly, when he awakens in cosmic consciousness, he effortlessly dematerializes the illusion of a cosmic-dream universe.

"In tune with the infinite all-accomplishing Will, Babaji is able to command the elemental atoms to combine and manifest themselves in any form. This golden palace, instantaneously brought into being, is real - in the same sense that the earth is real. Babaji created this beautiful mansion out of his mind and holding its atoms together by the power of his will, even as God's thought created the earth and His will maintains it.' He added, 'When this structure has served its purpose, Babaji will dematerialize it.'

"As I remained silent in awe, my guide made a sweeping gesture. 'This shimmering palace, superbly embellished with jewels, has not been built by human effort; its gold and gems were not laboriously mined. It stands solidly, a monumental challenge to man. Whoever realized himself as a son of God, even as Babaji has done, can reach any goal by the infinite powers hidden within him. A common stone secretly contains stupendous atomic energies; even so, the lowliest mortal is a powerhouse of divinity."

(ref. [Autobiography of Yogi](#) by Yogananda)

Walking Through The Fire

About ten o'clock that morning there came on a heavy electric storm and it looked as if there would be a downpour, but no rain fell. The country through which we were passing was quite heavily wooded and the ground was covered with a heavy, thick, dry grass. The country seemed exceptionally dry. The lightning ignited the grass in a number of places and before we knew it, we were virtually surrounded by a forest fire. In a few moments this fire was raging like mad and closing in upon us from three sides with the swiftness of an express train. The smoke was settling down in thick clouds and I became bewildered and panic stricken. Emil and Jast [Masters] seemed cool and collected and this reassured me somewhat. They said, "There are two ways of escape. One is to try to get to the next creek, where there is water flowing through a deep canyon. If we can reach this canyon which is about five miles away, we can in all probability make ourselves safe until the fire has burned itself out. The other way is to go on through the fire with us if you can trust us to take you through."

Instantly all fear left me, as I realized that these man had proved true in all emergencies. Throwing myself, as it were, wholly upon their protection, I stepped between them and we proceeded on our way, which seemed to be in the direction the fire was raging the most. Then immediately it seemed as if a great archway opened before us and we went on directly through that fire, without the least inconvenience, either from smoke or heat, or from the burning brands strewn along the trail under our feet. There were at least six miles of this fire-swept area that we passed through. It seemed to me as if we were as calmly walking along that trail as though there were no fire raging around. This went on until we crossed a small stream and then were out of the fire.

While we were going through the fire, Emil said to me, "Can you not see how easy it is to use God's higher law to replace a lower one when you really need the higher? We have now raised the vibrations of our bodies to a higher vibration than that of the fire and the fire does not harm us. If

senses mortal could see us now, they would think we had disappeared, when in reality our identity is as it has always been. In reality we actually see no difference. It is the concept of the mortal senses that loses contact with us. Could they see us as we are, no doubt they would think we had ascended. In reality that is what happens. We do ascend to a plane of consciousness where the mortal does lose contact with us. All can do the same as we are doing. We are using a law given us by the Father to use. We are able to use this law to convey our bodies through any space. This is the law we are using when you see us appear and disappear or, as you call it, annihilate space. We simply overcome difficulties by raising our consciousness above them and in this way we are able to overcome or to come up over all limitations that man in mortal consciousness has placed upon himself."

(Ref. [Life and Teaching of the Masters of the Far East](#))

The Force

The room was exceedingly warm and cheery and one of our party asked where the heat came from. We all looked around but could not find a stove or any place where the heat came from, although there was a warm glow that was very noticeable.

Emil said, "The warmth that you feel in this room comes from a force that we are all able to contact and use. This force or power is higher than any of your mechanical force or power but can be contacted by man and used as light, heat, and power even to the driving of all mechanical appliances. It is what we call a Universal Force. If you were to contact and use this force, you would call it perpetual motion. We call it Universal Power, God Power, supplied by the Father to work for all His children. It will turn and move every mechanical device, furnish transportation without the consumption of fuel in any way, and will also furnish light and heat. It is everywhere present without money or price and can be contacted and used by all."

One of our party asked if the food had been prepared by this force. We were told that the food came prepared as we had eaten it, direct from the Universal, just the same as the bread and the other provisions had been supplied heretofore.

(Ref. [Life and Teaching of the Masters of the Far East](#))

Temple of Silence

We had made a number of short trips from our headquarters. On one of these trips [Masters] accompanied us to a village where a temple called The Silence Temple, The Temple Not Made by Hands, is located.

The temple is very beautiful ... It is about six thousand years old, is made of white marble, and has never needed repairs, as a piece chipped off replaces itself, as was proven by member of our party.

Emil said, "This is called the Temple of Silence, the Place of Power. Silence is power, for when we reach the place of silence in mind, we have reached the place of power - the place where all is one, the one power - God. "Be still and know that I am God." Diffused power is noise. Concentrated power is silence.

When, through concentration (drawing to a center), we have brought all of our forces into one point of force, we have contacted God in silence, we are one with Him and hence one with all power. Only as we turn from the without to the silence of the within can we hope to make conscious union with God. We will realize that his power is for us to use and we will use it at all times. Then we will know that we are one with His power.

(Ref. [Life and Teaching of the Masters of the Far East](#))

Healing Temple

Located in this village was the Healing Temple.

It is claimed that only words of Life, Love and Peace have been given expression in this temple since its erection, and the vibrations are so potent that nearly all who pass through the temple are instantly healed. It is also claimed that words of Life, Love, and Peace have been used and sent out so long from this temple and the vibrations emanation from them are so strong that, should words of inharmony and imperfection be used at any time, they would have no power.

We were told that this is an illustration of what takes place in man. If he would practice sending forth words of Life, Love, Harmony, Peace, and Perfection he would in short time not be able to utter an inharmonious word.

We attempted to use inharmonious words and found in each instance that we could not even utter them.

(Ref. [Life and Teaching of the Masters of the Far East](#))

Eternal Youth

There is no natural law of death or decay for man, except through accident. No inevitable old age process exists within his body or group cells - nothing that can gradually paralyze the individual. Death is, then, an avoidable accident. Disease is, above all, dis-ease, absence of ease or Shanti {Peace} - sweet joyous peace of the spirit reflected through the mind in the body. Senile decay, which is the common experience of man, is but an expression that covers his ignorance of cause, certain disease conditions of mind and body. Even accidents are preventable by appropriate mental attitude. Says the Siddha: "The tone of the body may be so preserved that it may naturally resist with ease infections and other disease, like plague and influenza." The Siddha may swallow germs and never develop disease at all.

Remember that youth is God's seed of love planted in the human form divine. Indeed, youth is the divinity within man; youth is the life spiritual - the life beautiful. It is only life that lives and loves - the one life eternal. Age is unspiritual, mortal, ugly, unreal. Fear thoughts, pain thoughts, and grief thoughts create the ugliness called old age. Joyous thoughts, love thoughts, and ideal thoughts create the beauty called youth. Age is but a shell within which lies the gem of reality - the jewel of youth.

Practice acquiring the consciousness of childhood. Visualize the Divine Child within. Before falling asleep suggest to your consciousness,

"I now realize that there is within me a spiritual joy-body ever young, ever beautiful. I have beautiful, spiritual mind, eyes, nose, mouth, skin - the body of the Divine Infant, which now, tonight, is perfect."

Repeat this affirmation and meditate upon it quietly while falling asleep.

Upon rising in the morning suggest to yourself aloud,

"Well dear (addressing yourself by name), there is a divine alchemist within."

By the spiritual power of these affirmations during the night a transmutation takes place and the unfolding from within, the Spirit, has saturated this spiritual body and spiritual temple. The inner alchemist has caused dead and worn-out cells to fall and the gold of new skin to appear with perpetual health and loveliness. Truly divine love in demonstration is eternal youth.

"The divine alchemist is within my temple, constantly coining new and beautiful baby cells. The spirit of youth is within my temple - the human

form divine, and all is well. Om Shanti! Shanti! Shanti! (Peace! Peace! Peace!)

Learn to smile in the sweet way of a child. A smile from the soul is spiritual relaxation. A real smile is a thing of true beauty, the artistic work of the "Inner Ruler Immortal". It is well to affirm:

"I think a kind thought for all the world. May all the world be happy and blessed."

Affirm before taking up the work for the day:

"Within me there is a perfect form - the form Divine. I am now all that I desire to be! I visualize daily my beautiful being until I breathe it into expression! I am a Divine Child, all my needs are now and forever supplied!"

Learn to thrill yourself. Affirm:

"Infinite Love fills my mind and thrills my body with its perfect life."
Make everything bright and beautiful about you. Cultivate a spirit of humor.
Enjoy the sunshine.

(Ref. [Life and Teaching of the Masters of the Far East](#))

As You Think

Man is limited or unlimited, bound or free, just as he thinks. Do you think that the men you saw walk across the stream yesterday to save themselves inconvenience of this trip are in any way special creations any more than you are? No. They are not created in any way different from you. They do not have one atom more power than you were created with. They have, by the right use of their thought forces, developed their God-given power. The things you have seen accomplished while you have been with us, you, yourselves, can accomplish just as freely. The things you have seen are accomplished in accord with definite law and every human being can use the law if he will.

(Ref. [Life and Teaching of the Masters of the Far East](#))

Growing Taller Program

If you're still wondering "Can YOU grow taller?" Yes, you can. No superhuman effort is required of you (actually the more you strain and struggle, the longer it takes to see the results). You do need to have an OPEN MIND and willingness to engage in consistent mind-practice, joyfully anticipating the results, and allowing them to happen in their own way and in their own time.

Your body is an effect of thoughts, emotions and beliefs you already impressed upon your subconscious mind. The cells of your body are constantly being renewed according to the blueprint you hold in your subconscious.

To quote Dr. Chopra: "If you could see your body as it really is, you would never see it the same way twice. **Ninety-eight percent of the atoms in your body were not there a year ago. The skeleton that seems so solid was not there three months ago.** "

All the genetic and environmental factors that influenced the height of your body are also part of the blueprint you hold in your subconscious mind. With the help of hypnosis you can *effortlessly* change this blueprint. You can impress the image of the body you desire upon your subconscious and watch your body gradually become just the way you want it.

Your body expresses the sum total of your thoughts, feeling and beliefs. Every thought that crossed your mind, every word you uttered with feeling and conviction, every belief you accepted, is impressed upon your subconscious and is expressing through your body right now.

Your thoughts and emotions influence the bio-chemical changes in your body. You are constantly affecting your body through the words you say and images you paint on the canvas of your mind. Some of these changes occur slowly enough making it harder to notice the correlation between your thoughts and your body. Some changes and effects are noticeable immediately. They are usually preceded by vivid imagery and intense emotions. Perhaps you can think of one or more occasions when you experienced intense emotion and you noticed an instant reaction in your body.

**[CLICK HERE TO ORDER GROW TALLER
WITH HYPNOSIS PROGRAM NOW!!!](#)**

About the Growing Taller Program

I have designed this program to help you to use the power of your mind to intentionally increase the height of your body now.

This program includes **6 self-hypnosis recordings** (in MP3 format, audio tapes or CD's) **to help you condition your mind for height-increase**; as well as **26 bi-weekly reports** (approximately 200 pages) containing information on many different ways to do self-hypnosis for height-increase; NLP and mind-body and energy work techniques that help you to train your mind, access your subconscious, generate energy your body needs for growth, impress the blueprint of your taller body upon your subconscious; laws of the mind; and universal principles that make it possible to increase the height your body.

I have also included the information on nutrition and nutritional supplements, sleep, posture, and physical exercises. In order to grow, your body needs energy - it requires more energy that you will get from devitalized food or supplements - that's exactly why you'll learn different esoteric techniques that help you access all the energy your body needs to grow.

While the effectiveness of this program depends primarily on accessing your superconscious mind and programming your subconscious mind (it's all in your mind anyway), you may find this additional information helpful.

Here's What You'll Get with Growing Taller Program

1. **6 Grow Taller With Hypnosis Recordings (Tapes or CDs)**

- **129-1 - Grow Taller With Hypnosis - Basic**
This recording helps you to access the place of infinite power within your mind. It also guides you through few techniques for intensifying your desire, eliminating limiting beliefs, generating the energy for growth of and helps you to impress the blueprint of your taller body upon your subconscious.
- **129-2 - Grow Taller With Hypnosis - Body as Energy**
This recording guides you to instantly experience the effects of your thoughts upon your body. This tape will also help you to feel your body as energy as well as to raise the vibration of the cells of your body helping your body to grow faster.

- **129-3 - Grow Taller With Hypnosis - Changing The Past**

This recording guides you back in the past to the time when your body was growing with full power. The tape also takes you into the future where your body is already the way you want it to be. The tape also guides you through the process of collapsing time in order to accelerate your progress.

Recreating this feeling in your body helps you in two ways: 1) your body reacts to the imagery, and feelings of this period in a way that re-creates the release of chemicals and hormones necessary for growth; 2) you will be able to program your subconscious with the decision to grow from the past and then to run a new pattern in your neurology by reliving your life as if it grew to the height you desire in the first place. The process involves several NLP techniques.

- **129-4 - Grow Taller With Hypnosis - Happiness For Growth**

The focus of this recording is on releasing any negative emotions. Holding onto the negative emotions blocks the flow of energy (and blood) and doesn't allow an optimal growth of your body. Fear, worry, anxiety, anger, resentment, depression release poisons in your blood and make the cells of your body fall apart. They can all contribute to making you appear shorter by affecting your posture. Creating harmony in your mind allows unobstructed flow of energy and maximizes your growth.

This recording guides you to experience the state of ONENESS, the only state in which you can be completely free from fear and worries. The closer you are to this state of mind and being, the faster will you grow.

- **129-5 - Grow Taller With Hypnosis - Accumulating Vital Energy**

Your body needs energy to grow. This tape/CD guides you through several esoteric techniques that will help you to accumulate vital energy and direct it to the growth of your body.

- **129-6 - Grow Taller With Hypnosis - Affirmations for Growth**

This tape/CD guides you through techniques of effective use of affirmations and provides affirmations that increase your connection to power, your sense of inner power, and affirmations specifically designed for height increase.

2. BONUS #1 - 26 bi-weekly (you receive one report every two weeks)
Grow Taller Reports containing information on:

The Bonus Reports contain at least 5 times more information than you'll get in any other Growing Taller Book, Program or Height Increase Journal (each selling at US\$40 or more) plus mind-training techniques and exercises you won't find in any other Growing Taller Program.

- Effective Self-Hypnosis Techniques for Height Increase
- Application of Universal Laws to Height Increase
- Mind Training / Esoteric Techniques for Height Increase
- Transmutation of Sexual Energy
- Using Sexual Energy for Height Increase
- Generating Universal Energy for Height Increase
- Energized Breathing for Height Increase
- Concentration and Visualization Exercises
- Clearing Emotional/Mental and Energy Obstacles
- NLP Techniques for Height Increase
- Nutrition For Growth
- Sleep and How It Affects Your Growth
- Posture that May Increase Your Height Instantly
- Physical Exercises for Growth
- Acupressure/Reflexology Techniques for Growth
-

3. BONUS #2 - ONE YEAR SUPPORT - Consultations via Internet

4. BONUS #3 - 5 FREE Hypnosis/NLP Sessions (value \$1,000) to help you grow faster. Bonus #3 is a LIMITED TIME OFFER based on availability.

To claim this bonus the following conditions apply:

- you must purchase the whole program (6 recordings)
- you must work with the program consistently for at least two months

The purpose of this Bonus is to help you achieve faster success with height increase. I know that you can grow taller and I will do all that I can to help you achieve your goal. The reason for the above conditions is that I need to know that you are serious about height increase and that you really did your best to turn your dream into reality. The techniques that will be applied in individual or group sessions can help to give you a push in the right direction, to remove the obstacles you may be experiencing and reach your goals faster.

How long does it take to notice measurable results?

Your progress depends on your own state of mind, desire, imagination, belief, motivation and persistence. People with previous mind-body-energy training may experience results even the very first few weeks. People who are brand new to mind-body/energy work may experience measurable results within the first few months. For others, it may take longer. I recommend that you follow the program as instructed consistently for one full year.

The following are common patterns with height increase: you may notice an immediate increase in height, then plateau for a while, and as you keep practicing, keep on growing. Or you may have a less noticeable progress at the beginning and then notice a rapid increase in height. The initial 80% of practice may give you 20% of increase, and the last 20% of practice may give you 80% of height increase. It's important to practice continuously and persistently.

This is not a quick-fix method. This is not a program for those who want to know how many "minutes" it takes to increase 3 inches in height, because they figure that once they've seen one stage hypnosis show, they have suddenly become experts in hypnosis. (Mind you there are many people out there who call themselves hypnotists and assume that they are experts just because they attended 3 or 7 days of training).

This is also not a program for those who expect to grow several inches in two weeks. Those who are able to grow several inches in two weeks or less already know all that they need to know to increase in height.

OK, so what can you realistically expect? Some people grow 3 inches within a year, others grow 12 inches within a year. On the average, participants notice measurable results within the first month or two and within this period of time report a 1 inch increase in height within the first few months. This is true also for those who were told that there's no way they can grow any taller because their growth plates are fused. With this program, they are growing taller. The ones that make the most amazing progress are those who are determined to prove to themselves and others that they can, who have decided that nothing will stop them, and so they get corresponding results.

For an average participant in this program, height increase takes dedication and consistent practice. However, if you do persist in your practice, you will see measurable results.

ORDER THE PROGRAM NOW

PH-129-1-6	Growing Taller Program - 6 Audio Tapes + 26 bonus reports and 1 yr support US\$119.70 + US\$11 for shipping = US\$130.70
PH-129-1-6CD	Growing Taller Program - 6CDs + 26 bonus reports and 1 yr support US\$149.70 + US\$11 for shipping = US\$160.70
PH-129-1	Growing Taller - Basic Audio Tape + plus 26 bonus reports US\$19.95 + US\$3.50 for shipping = US\$23.45
PH-129-1CD	Growing Taller - Basic (CD) (plus 26 bonus reports) US\$24.95 + US\$3.50 for shipping = US\$28.45

SPECIAL BONUS

5 FREE Hypnosis/NLP sessions (value \$1,000) is a LIMITED TIME OFFER based on availability, so join the program NOW!



You can pay by Visa, Mastercard, through PayPal either by clicking on the "buy now" button or by [clicking here](#).

Or mail cheque or money order in US\$ to:

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Comments from Grow Taller With Hypnosis Program Participants

please keep in mind that this program is only several months old and that none of these participants have been in the program for 1 year which is a recommended time to experience the best results

Many thanks for the detailed replies. I must admit when I first purchased the tape I was a bit skeptical but the help and support you give convinces me that it will work. Keep up the good work! - Leo

I just want to say that your answers to my questions have been extremely informative and very helpful. You come across as someone who is deeply passionate about their work and genuinely want people to succeed. - Lawrence

I want to thank you on a job well done. I just received my growing taller tape and I believe that it will do the trick for me. I'm 17 and my mom is also an NLP Master Practitioner. At first I went to her for help with my growing problems, and she started to do some work with me, but due to schedule conflicts, we couldn't get together enough to really get the process anchored in. Thankfully, by chance I happened to find your product while searching for something else on Yahoo. My mom reviewed your tape after I had listened to it a few times and she said you did an excellent job, and that you are really good at what you do. - Roy

Once again, thanks for creating a wonderful [Growing Taller] program. - Jihwan

I am 16 years old, but i stopped growing about 15 (God knows why). I know it because my shoulders grew wider and did not grow taller. I started using the [growing taller] CD about 3 months ago, but saw no results (partially because I keep falling asleep) then I started using it once every other day for 3 weeks, then I was measured at doctor, then I realized that I grew 3cm (compares to my shortest). I am 171cm and I am aiming for around 179cm~182cm, it's going to take a while, but heheheheheh if you have a determined heart, you can do anything. I would like to thank Dr. Laura De Giorgio - Rock

I measured myself today. I've grown 1 cm in 3 weeks - David

I am 26 years old, and have been 5' 4" since high school. I went through the GTWH CDs every day for about 3 weeks, then started to do the stretching exercises, then started doing the "treasure map" thing and letting my superconscious take care of it. It has been maybe 3 months since I started the program, and I've not even been doing it very carefully, but I'm now 5' 4 1/2" tall. My brother (whom I hadn't seen since Christmas) noticed I was a bit taller, so I measured. I think the biggest thing is to detach from the results and let your mind take care of it. Release all expectation of results, and just do it and allow it to work. - Jason

Hi, I just wanted to thank you. I think what you are doing is awesome! - Andrew

Money-Back Guarantee

I guarantee that this program works and that if you follow the complete program consistently, as instructed, for one year, you will notice the results.

The **complete program** consists of **6 recordings** and **the exercises (physical and mind-training) provided through Bonus Reports**. You are required to document that you have indeed worked with all the exercises by writing them in your journal as instructed in Bonus Reports.

If you encounter difficulties while following the program, you are required to contact me by e-mail so that I can help you to overcome them. **After conscientiously following the complete program for two months, you are also entitled to 5 FREE Hypnosis/NLP sessions.**

If you are not genuinely interested in height increase there is no point in investing your time and money in this or any other height increase program because you will not experience any results. As I said, I'll do whatever I can to help you grow, but you must do your part if you desire to experience success.

You may very well have measurable increase in height even within the very first few months, or even weeks, but since I don't know what is your state of mind, and level of dedication, I am not in a position to guarantee that you will grow a specific number of inches within specific period of time.

Most people who join this program report progress after they've been following the complete program for about 2 months, however that can serve only as a general guideline and may or may not apply to you.

Some of the participants of the growing taller program are members of the group "amazing hypnosis" and some of them were willing to share their experience through the postings in the group.

You can click here to go to "[amazing hypnosis](#)" discussion group.

[CLICK HERE TO ORDER NOW!!!](#)