

# GROW TALLER BONUS REPORT 1

Some of the BONUS information will relate to enhancing your ability to use your mind to grow taller (most of these skills you can use to improve other areas of your life or to change anything else you'd like to change about your body); other information will relate to nutrition, sleep, exercises, etc.

On my part, I have only one goal - I want to provide you with all the information I can that will help you succeed. Growing Taller With Hypnosis does not require any special diet or physical exercises. Some people, though, believe more in the power of external things than in the power of their own minds and until they get proof that their minds and emotions can generate all the biochemical changes in their bodies, find it easier to make progress when they supplement their self-hypnosis sessions with additional nutrition, exercises, etc.

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## ENERGY BREATHING EXERCISE

Your body needs energy to grow and this is one way that you can generate energy. You will learn several others, too.

This exercise is also mentioned briefly on the tape (CD) that was mailed to you. However, here I'd like you to do just this exercise for about 5 minutes, at some point when you get up in the morning. This is the first variation of this exercise. In one of the future e-mails I'll send you more advanced techniques. Here's how you are going to do it:

Take three deep breaths (this relaxes mind and body) and then imagine that you are standing up (or floating) in space with nothing else around you but pure, vital energy. You can imagine the air around you vibrating, pulsing with live, vital energy. Now with every breath you take, imagine that you are inhaling together with air, this vital energy into your body, with every exhale, imagine that you are exhaling only empty air.

Do not strain. Just relax and breath in as you normally breath, with only difference that you are using your imagination here to supercharge your body with energy. Imagine that you your body is like a sponge hungrily absorbing this energy. If you like, you can imagine this energy as a brilliant white light, visualizing that you are supercharging your body with light, the light intensifies in your body until it glows like a sunshine. This visualization will add great power to your growing taller self-hypnosis practice.

You can begin with seven energy breaths, and then increase by one extra energy breath every day, until you get to about 40 energy breaths. Then just keep on doing 40 energy breaths once a day.

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## NUTRITION

If you look into nutrition and nutritional supplements, you'll discover that the same nutrients and supplements are recommended for sports performance, sexual enhancement, rejuvenation as they are for height increase. While these nutrients and supplements will certainly enhance your overall health and well-being, they only support your growth. By themselves they may not do much for height increase, but they can make a difference when combined with your mental imagery (self-hypnosis).

In this and the follow-up emails I will explore different nutrients and supplements and will also teach you how to transform the regular food your consume daily into food for growth. Remember, IT'S ALL IN YOUR MIND! The more you practice, the more effective it will become.

In this e-mail I will explore Human Growth Hormone (HGH) and HGH releasers: four major amino-acids that boost growth-hormone release.

HGH, also called Somatotropin, is a protein-like hormone that many researchers believe has greater capacity to prevent and reverse aging (and boost growth) than any other substance. HGH is released by the pituitary gland - in the tiny pea sized gland in the center of the brain.

HGH is like a messenger sent by the brain through the pituitary gland into the bloodstream to regulate and control cell activity throughout the body. The health of every organ and cell throughout the body is significantly impacted either directly or indirectly by the growth hormone.

Originally, human growth hormone was discovered in the 1920s, but it was not actually isolated until 1956. Shortly later, in 1958, a doctor at the New England Medical Centre administered the hormone to a growth-stunted child. To everyone's amazement, the child soon began to grow.

In normal 21-year olds, blood levels of HGH are approximately five times greater than the levels in 61-year olds. By the age of seventy, 40% of adults have a level of HGH deficiency equal to that found in growth-stunted children.

Amino acids are building-blocks of protein and protein is the building block of all living cells. The greatest portion of the human body weight, after water, is protein. A healthy liver can produce approximately 80% of the body's required amino acids.

You can get amino-acids from the food you eat, or you can buy them in capsules, tablets or powders. If you choose to take them as nutritional supplements, some researchers suggest that you will get the best results if you take all four amino acids together at the same time.

Medical Director Giampapa of Longevity Institute International (Montclair, NJ), recommends daily intake consisting of: 2 grams L-Arginine, 2 grams L-Ornithine, 1 gram L-Lysine and 1 gram L-Glutamine. While higher doses of these amino-acids prove to be more effective, very high amounts (e.g. over 10 grams of Ornithine) may result in gastrointestinal distress (diarrhea and pain).

To achieve greatest effectiveness as an HGH releaser, L-Arginine should be consumed on an empty stomach at bedtime. HGH release occurs 30 - 60 minutes after falling asleep, and also during and just after vigorous exercise.

**NOTE:** Before consuming any nutritional supplements, it is recommended that you consult with your medical doctor. Certain people should avoid taking Arginine supplements as it may have adverse effects (e.g. people with viral infections).

Arginine (L-Arginine) boosts nitric oxide, a compound that relaxes blood vessels, keeps arteries flexible and boosts blood-flow and thus it is promoted as a great supplement for cardiovascular problems.

If you have read supplemental articles on Mind-Body Connection I have sent you with your Grow Taller With Hypnosis program, than you already know that from the bio-chemical perspective, most changes created in the body through the use of hypnosis are effected by stimulating the blood-flow.

Arginine is also promoted as a supplement that boosts muscle growth, improves wound healing, combats fatigue, stimulates the immune system, supports erectile functioning (enhances sexual performance), and causes the release of growth hormone.

Dietary sources of Arginine: chocolate, wheat germ, oatmeal, dairy products (cottage cheese), beef (roasts, steaks), pork (ham), nuts (walnuts, hazelnuts, peanuts, almonds, Brazil nuts), seeds (pumpkin, sesame, sunflower), poultry (chicken), seafood (halibut, lobster, salmon, shrimp, tuna), chick peas and cooked soybeans.

Ornithine (L-Ornithine) is an important anti-aging amino acid that promotes growth and is precursor of Arginine. It is also thought to help build immune system, promote wound healing and support liver regeneration. Arginine and Ornithine are closely related. While Arginine is incorporated into body proteins, Ornithine is a tool used to make those proteins. The body converts Arginine supplements into Ornithine and can convert Ornithine supplements into Arginine if needed.

People who are poorly nourished or who lack protein may be Ornithine deficient. Ornithine is usually supplemented together with Arginine, as they have similar effects. The most common use is in body-builders as a growth-hormone stimulant. A dose of 1500 - 2500 mg twice daily is recommended for growth. Side effects may include insomnia.

Lysine (L-Lysine) is amino acid involved in tissue repair, enzyme production, growth and it boosts the immune system. Lysine is concentrated in muscle tissue and helps in the absorption of calcium from the intestinal tract, the promotion of bone growth and the formation of collagen. Collagen is an important body protein that is the basic matrix of connective tissues, skin, cartilage and bones. Dietary needs for Lysine are estimated at about 1000 mg. A deficiency may contribute to reduced growth and immunity.

Some dietary sources of Lysine: dairy products (ricotta, cottage cheese, dry milk), eggs, seafood (tuna, shrimp, crab, halibut), beef (steak) pork (spareribs, Canadian bacon), wheat germ, pumpkin seeds, pistachios, peanuts, sesame seeds.

Glutamine (L-Glutamine) is one of the most common amino acids in the body and plays an important role in several metabolic functions. Glutamine is necessary for making and repairing cells. Glutamine contributes to approximately 60% of free amino acids within the skeletal muscles. Glutamine is anti-catabolic - it spares muscle tissue after exercise or other physical stress. It readily crosses blood/brain barrier and becomes glutamic acid, a potent brain fuel.

Although the body generally has enough Glutamine, extreme stress caused by surgery, disease, a long illness, or even vigorous exercise can deplete these stores. When the body's own stores of Glutamine run short, supplements or dietary sources of Glutamine can help restore the balance and help one recover more quickly.

Some dietary sources of Glutamine: meats, milk, soy protein, raw spinach, raw parsley, and cabbage. Cooking may destroy Glutamine.

It is suggested that Glutamine be consumed shortly before sleep and after physical exercise.

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## INEXPENSIVE PROTEIN DRINK - MILK SHAKE

1 cup of milk (regular or dry) or soy beverage

1 banana

1 egg (whole or just white of an egg)

you can also add chocolate

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## SLEEP

If you measure the height of your body before you go to sleep and when you get up, you may notice that your height increased while you were asleep. This happens because during the day, while you are in upright position, your bones and joints are compressing because of earth's gravitation. While you sleep (in horizontal position), your bones and joints are decompressing and the body becomes longer.

Your body grows while you sleep. It is during the night that your body releases growth hormones, as well as decompresses. While it is generally recommended that you sleep for 8 - 10 hours, each individual has different needs.

It is recommended that you sleep on a flat, firm bed and preferably without a pillow.

Right before you go to sleep do one of the following: either listen to the tape, or do the exercises below (doing them only in your mind is just fine).

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## PHYSICAL EXERCISE

Dr. Jeana Phillman, a medical doctor at San Juan Pediatric Hospital states that according to studies - you will grow another inch if you hang on a bar every day for five minutes, for about three months. To improve your chances of growth, she recommends you take two big orange calcium tablets (50 ml) and take one in the morning and another in the evening.

### DOING THE EXERCISE IN YOUR MIND

As you may have guessed, you can actually do the whole exercise in your mind. You can close your eyes, take three deep breaths to help you relax and IMAGINE yourself hanging on the bar (for five minutes a day), FEELING it as REAL as you can. As Dr. Erickson said, "You can PRETEND anything and master it."

Numerous experiments in sports performance have proven that the exercises performed in mind only (through self-hypnosis) have the same effectiveness as the ones performed physically.

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Again, I'd like to repeat. You can get all the growth you desire with self-hypnosis alone. Adding the nutritional supplements, stretching and other exercises will make you feel good, but by itself may not add to any significant growth. For exceptional results, you have to use your mind.

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# GROW TALLER BONUS REPORT 2

## CLEARING UP MISCONCEPTIONS ABOUT HYPNOSIS

I'd like to clear a few misconceptions about hypnosis. Hypnosis is a natural state of mind which all of us experience right before falling asleep, as soon as we wake up, when we are watching TV, when we are immersed in reading a good book, while daydreaming, when we drive a car and find ourselves at our destination without having any idea how we got there because our minds were preoccupied with our inner world. At all those times we lost some awareness of our outer environment, and/or our experience of the outer environment was altered in some way.

Some people think that when they are in a state of hypnosis, they will be unconscious or asleep, which is not true, because hypnosis is not sleep. When we sleep our attention is diffused, when we are experiencing hypnosis, our attention is focused.

Some people think that a hypnotist has power over them and can make them do whatever he or she wants, even if they don't want to do it. This is also not true. A hypnotist can guide us and offer us suggestions, but it is up to us to accept or reject those suggestions. When we get a suggestion to do something we don't want to do, we will either dismiss the suggestion or come out of hypnosis.

Here are also two books you may read if you like to get a better understanding.

[Self-Hypnosis: The Complete Manual for Self-Change Master The Power of Self-Hypnosis](#)

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## YOUR SUBCONSCIOUS MIND

We have ONE MIND, which is arbitrarily divided, according to its functions, into conscious, subconscious, and superconscious. Some hypnotists just use the term unconscious to refer to subconscious and superconscious. Other hypnotists use only the term subconscious when referring to the faculties of both subconscious and superconscious, to make it less complicated.

Conscious mind is analytical and has a critical faculty. We use it when we make a distinction between different things. Conscious mind is also linear (sequential) and logical. With conscious mind we differentiate between past, present and future. With conscious mind we think about the relationship between the cause and effect.

Conscious mind lives at the level of appearances and effects. It looks at appearances and believes them to be true. When we look at our bodies, we see an effect of our past thoughts and feelings, of the beliefs we have already impressed upon our subconscious.

Subconscious mind is holistic, global. It does not have critical faculty, therefore to access the subconscious mind, we have to by-pass critical faculty of the conscious mind. Critical faculty is like a door that lies between the conscious and the subconscious mind. We enter the subconscious through our feelings and through our imagination. Anytime our thoughts are accompanied by feelings we are impressing those thoughts upon our subconscious mind, whether intend to or not.

In subconscious mind there is no time - there is only now, there is no space - there is only here. That is why when we desire to imprint an idea upon the subconscious, we imagine that what we desire to happen is true for us now. We don't imagine that it is going to happen some time in the future, because for the subconscious mind no future exists, for subconscious mind only now exists. We do what little children do when they play games - we pretend that what we want to experience is happening now. We act as if what we desire to have, we have now.

Subconscious mind communicates through emotions and symbolic imagery. Subconscious mind is also a repository of all your past experiences. In spiritual traditions, it is referred to as soul. Doubts, fears, worries and concerns are feelings and any idea accompanied by them will be impressed upon the subconscious and cancel out the what we wanted to impress upon the subconscious in the first place. That's why it is important to keep out all doubts and fears, like weeds out of the garden.

Subconscious mind is like a robot, like a computer. It doesn't think, nor make decisions. It merely executes what we program into it with perfect precision. It simply computes whatever we put into it, and the result we see is demonstrated through our bodies and through our affairs. Every thought accompanied with feeling becomes impressed upon our subconscious. That is why it is said that we have no secret thoughts. Sooner or

later they become express through our bodies and through our affairs. Every word we say becomes impressed upon our subconscious.

Subconscious mind has no sense of humor. It accepts everything literally. If we say something in jest, subconscious mind accepts it as if we really meant it and sooner or later creates it for us. say with feeling becomes impressed upon your subconscious.

Part of a global, holistic quality of the subconscious mind is that it does not differentiate between "you" and "another". In subconscious mind there is only ONE. Thus what we imagine and feel something for or toward another person, our subconscious accepts it as if we desire it to happen to ourselves.

Because superconscious mind is accessed through the subconscious, often just the term subconscious is used when referring to both this functions. Superconscious is also referred to us God Mind, universal mind, Divine Mind, cosmic consciousness, One Mind, and by many other names. It is all-knowing, all-powerful, and omnipresent. It is the realm of perfect ideas. Superconscious knows of no limitations. It is universal and expresses through all of us. When we align, our conscious mind (thoughts), and our subconscious mind (feelings), with the superconscious mind we express harmony and perfection through our bodies and our and our life. We then have access to infinite life, power, wisdom and abundance. If though all of this is available to all of us all the time, we can access only as much as our beliefs held in our subconscious mind will allow. Our beliefs act as filters, keeping out of our experience all that which doesn't match the world-view we hold onto.

When we live at the level of the superconscious mind, we are able to do things that were previously impossible. Here we are truly free of all limitations. All that we desire to manifest here manifests instantly.

Here are a few good books on the power of subconscious:

[The Power of Your Subconscious Mind](#) [The Wisdom of Florence Scovel Shinn](#) (4 books in 1) [The Wisdom of James Allen](#) (5 books in 1) [Magic in Your Mind](#)

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## ENERGIZING MENTAL EXERCISE

On the first Growing Taller audio tape/CD, there is a brief mention of the exercise I'd like you to do for just a few minutes in the morning. It is one of the several ways I will explore for generating vital energy. Your body needs energy to transform, to grow.

Here's the exercise. Imagine that you are standing in the middle of the Cosmic Energy Field, and there is nothing else around you other than pure vital energy, life-force (you can imagine this energy as a brilliant white light, if you like). With every breath you take, imagine that together with the air you are absorbing this vital energy into your body. With every exhale, you are exhaling only empty air. Imagine that you body is like a sponge, hungrily absorbing the vital energy with your every breath. When you exhale, you exhale only empty air. With every breath you take the intensity of energy is building up in your body. If you like, you can also imagine it having an instant effect on your body, making it grow taller.

You can begin with 7 breaths on the first morning and then add an extra breath each day until you take in about 40 breaths of vital energy. Don't strain when breathing. Just breathe the way you normally do.

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## HERBAL SUPPLEMENTS FOR GROWTH

The main activity of these herbs in general is as a sexual stimulant, sports performance enhancer, growth booster, and general body tonic.

### Tribulus Terrestris

Body builders use Tribulus Terrestris because they believe that it is a safe alternative to anabolic steroids. Tribulus Terrestris is testosterone enhancer. It enhances sports performance and is known to significantly "lift" the performance in bedroom. It increase sexual desire both in men and in women and is sometimes used as an aid in treatment of infertility and impotence. Recommended daily dosage is 750 - 1,250 mg.

### Pueraria lobata (Kudzu vine)

Common names for this vine are: mile-a-minute vine, foot-a-night vine; and vine that ate the South. In Georgia, the legend says that you must close windows at night to keep it out of the house. For culinary and medicinal purposes, the root (Radix Pueraria, or Ge Gen in China) of kudzu is used. Actions of kudzu root:

relaxes and dilates blood vessels, increases blood flow, calms and soothes nerves, has follicular hormone effect (stimulates the release of estrogens). Recommended daily dosage is 9 - 15 mg (2 - 3 capsules) 2 times per day.

### Catuaba

Catuaba has a long history in herbal medicine as an aphrodisiac. The Tupi Indians in Brazil first discovered the qualities of the plant and over the last centuries have composed many songs praising its wonders. Catuaba is considered a central nervous system stimulant with aphrodisiac properties and in addition to treating impotence is used for general exhaustion and fatigue, poor memory, and insomnia. Recommended daily dosage is 9 - 15 mg (2 -3 capsules) 2 times per day; or 30 drops of an extract 2 times per day.

### Sarsaparilla

Sarsaparilla contains the steroids: sarsapogenin, smilagenin, sitosterol, stigmasterol and pollinastanol and the saponins: sarsaponin, smilasaponin, sarsaparilloside, and sitosterol glucoside among others.

Saponins and plant steroids found in many species of plants, including Sarsaparilla, can be chemically synthesized into human steroids like estrogen and testosterone. It is uncertain whether this chemical synthesization also occurs in the human body or only in the laboratory.

Sarsaparilla has been used for centuries as an aphrodisiac, for the treatment of impotence, as a general tonic, for physical weakness, and as a blood purifier.

The majority of Sarsaparilla's pharmacological properties and actions have been attributed to a pharmacologically active group of phytochemicals called steroids and saponins. The saponins have been reported to facilitate the absorption by the body of other drugs and phytochemicals which accounts for its history of use in herbal formulas as a bioavailability and herbal enhancement agent.

### Muir Puama (Potency wood)

Muir puma has a long history in herbal medicine as an aphrodisiac, and as a tonic for the nervous system.

The active constituents found in the natural bark thought to be responsible for Muir Puama's effect are not water soluble nor are they broken down in the digestive process. Therefore taking a ground bark or root powder in a capsule or tablet will not be very effective. High heat for at least 20 minutes or longer in alcohol is necessary to dissolve and extract the volatile and essential oils, terpenes, gums and resins found in the bark and root that have been linked to Muir Puama's beneficial effects.

### Suma

The Indigenous Peoples of the Amazon region have used the root of Suma for generations for a wide variety of things including a general tonic, energy and rejuvenating tonic, aphrodisiac, as well as a general cure-all for many types of illnesses. Suma has also been called "The Russian Secret" because it is taken by Russian Olympic athletes to increase muscle-building and endurance without the side effects associated with steroids. This action is attributed to the anabolic agent, beta-ecdysterone as well as three novel ecdysteroid glycosides which are found in high amounts in Suma.

Suma is considered a tonic for the cardiovascular system, the central nervous system, the reproductive system, and the digestive system and is used to treat hormonal disorders, sexual dysfunction and sterility.

Nutritionally, Suma root contains 19 different amino acids, a large number of electrolytes and trace minerals including iron, magnesium, cobalt, silica, zinc and the vitamins A, B-1, B-2, E, K, and pantothenic acid. The high content of germanium accounts for its properties as an oxygenator at the cellular level.

### Maca

Maca has been used medicinally for centuries to enhance fertility. This energizing plant is also referred to as Peruvian ginseng, although Maca is not in the same family as ginseng. The nutritional value of dried Maca root is high, resembling cereal grains such as maize, rice and wheat. It has 59% carbohydrates, 10.2% protein, 8.5% fiber and 2.2% lipids. It has a large amount of essential amino acids and higher levels of iron and calcium than potatoes.

Maca is growing in world popularity due to its energizing effects, fertility enhancement and aphrodisiac qualities. Other traditional uses include increasing energy, stamina and endurance in athletes, promoting mental clarity, treating male impotence, and helping with menstrual irregularities and female hormonal

imbalances including menopause and chronic fatigue syndrome. It is used as an alternative to anabolic steroids by bodybuilders due to its richness in sterols.

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## POSTURE

You can increase your height almost immediately by improving your posture.

There are three common posture problems. The first one is swayback, where your lower back's curve is exaggerated. This is usually caused by weak abdominal muscles, excessive stomach fat or a bad habit. The second one is rounded upper back. This is an effect of weak shoulder muscles or poor standing posture. The third is referred to as poke neck. Here the head is thrust forward at the neck. This is mainly a result of a habitual behavior.

The spinal column consists of 26 vertebrae. It's length is a bit more than half of your total height. Between each vertebrae is a disc. This disc is made up of pads of soft tissues containing mainly water and fluid. Discs alone make up about one fifth of your the length of your spinal column. Increasing your disc space would have a great impact on your overall height.

By standing and walking tall and straight, you can improve your posture. You can imagine that there is a string attached to you head and going through your spine, pulling you upward.

One simple exercise to improve your posture is by leaning against a wall. Keep your head, shoulder blades, buttocks and heels against the wall. Use your muscles to pull back your neck, waist and knees to minimize the space between your body and the wall. Strengthening the relevant muscles will relieve unnecessary stress and compression on your discs. As a result, your height will increase.

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## ENERGIZING EXERCISE

Here is another simple exercise. This exercise will increase your level of energy, rejuvenate your body and stimulate the glands in your body, increasing the release of growth hormones. You'll also learn how to direct this energy to increase the height of your body and how to further impress the image of your taller body upon your subconscious.



Stand erect with arms outstretched horizontal to the floor, palms facing down. Keep your arms in line with your shoulders. Spin around clockwise (to the right) until you become slightly dizzy. Generally, you should begin with about 5 spins a day and increase a spin a day until you do 21 spins.

To prevent dizziness, before you begin to spin, focus your vision on a single point straight ahead of you. As you begin to turn, this point will leave your field of vision. When you face that direction again, refocus on your point.

Stop as soon as you feel dizzy, or when you performed up to 21 spins. When you stop spinning, close your eyes and turn them upward. Turning your eyes upward (as in prayer) helps you to access your subconscious mind.

Bring your palms up together, in front of your chest, as in prayer. This hand gesture/position will also help you to access your subconscious.



Now, repeat, silently or out loud, with conviction and feeling, the following affirmation:

**"I am growing taller now. I am growing taller now. I am growing taller now. So be it! I am grateful!"**

While repeating this affirmation imagine your body as tall as you want it to be.

By spinning to the right, you generate energy - from the Universal Energy Field, absorbed through the energy centers in your body (chakras). This part of the exercise, by itself, stimulates endocrine system and rejuvenates the body.

However, you can immediately direct this energy and intentionally use it to grow your body taller, by turning your eyes upward, putting your hands in "prayer" gesture/position (Namaskara Mudra), imagining your body the way you want it to be and repeating the above affirmation.

The Sanskrit word mudra means seal. In the most antiquated times, mudra (hand gesture or position) was used with mantra (affirmation) to seal the pattern of energy. Mudras start electromagnetic currents within the body, affect neurology, and create an effect on human body and mind.

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## BASKETBALL MIND GAMES

Australian psychologist Alan Richardson took three groups of basketball players and tested their ability to make free throws. Then he instructed the first group to spend twenty minutes a day practicing free throws. He told the second group not to practice and had the third group spend twenty minutes a day visualizing that they were shooting perfect baskets. As might be expected, the group that did nothing showed no improvement. The first group improved 24 percent, but through the power of imagery alone, the third group improved an astonishing 23 percent, almost as much as the group that practiced (physically).

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**WHATEVER YOUR MIND CAN CONCEIVE, YOUR MIND AND BODY CAN ACHIEVE!**

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# GROW TALLER BONUS REPORT 3

## JOURNAL

At this point I would like you to get a binder or a note-book and to start recording your experiences with self-hypnosis, exercises - particularly mind-training exercises that will begin with this report.

This will be your own personal journal and the purpose of it is to allow you to track your progress.

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## A PLACE OF POWER

On some of the program tapes/CDs you are instructed to go to a place of power. Even though the place of power is sometimes symbolically represented as a place - either as an imaginary sanctuary or laboratory, or a physical space is designated for this purpose - a place of power is really a state of mind, a state of consciousness of oneness - where past, present and future meet, meet as one, there is only NOW (eternal now).

Here your taller body already exists. It is real as soon as you imagine it. The moment you expressed desire for a taller body, you created it - it exists now even as you read these words - only in a higher dimension, on a higher vibratory level and all it needs is just extra energy (more energy than you can get from devitalized food or even supplements) to be brought into your visible and tangible experience. You will learn different ways for generating this extra amount of energy.

For now, while listening to the tapes/CDs, all you need to do to get closer to this state/place of power is RELAX as deeply as you can. The more often you listen to the tapes/CDs, the more you practice becoming totally relaxed, the deeper state of relaxation will you be able to experience.

If you are new to hypnosis, please check out this [FREE DEMO](#) which will help you to greatly accelerate your progress and experience deeper levels of mind and deeper levels of hypnosis instantly.

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## EXERCISE FOR DEVELOPING WILL-POWER

You will write this exercise in your journal. It is a very simple exercise and the purpose of it is to establish stronger connection between your conscious intent and your subconscious mind. You want your subconscious mind to take your desire and intent to have a taller body seriously, don't you?

Take your journal and write down seven things that are easy for you to do, but which you have been postponing to do, because they are not so interesting, or you were just simply lazy. For example: write a letter to Sarah, make a phone call to uncle Jim, clean your desk, call that long-lost friend you were meaning to, clean the room, wash those windows, scrub the bathtub, read 20 pages from self-hypnosis book, have the oil changed in the car, sort out your financial records, etc. You get the idea.

During the next seven days, assign one of those things to one of the days of the week. For example: Day 1: Write a letter to Aunt Sadie Day 2: Wash the laundry Day 3: Write a new resume Day 4: Sort out monthly receipts Day 5: Clean the mess on the desk at the office Day 6: Clean the room Day 7: Wash the dishes

It may just happen that even though these are really easy things to do, you find yourself preoccupied with other things and you find excuses not to do some of those things. Not this week! Even if you end up partying all night, even if emergency occurs, go ahead and do the things you planned to do - even if you have to stay up all night to complete the task. Say to yourself that no matter what happens, you are going to do the planned tasks and then go ahead and do them!

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## EXERCISES FOR DEVELOPING CREATIVE IMAGINATION

Here are two parts of the exercise that will open and program your subconscious mind to come up with creative solutions. Write them both in your journal.

During the first week of this exercise, each day pick a different object and write down in your journal 50 - 100 different ways to use that object. An object can be a pencil, a spoon, a glass, a book, a shoe, a coat-hanger,

etc. You can take a spoon in your hand or just look at it, or pretend that you have become a spoon, and consider 50 - 100 different ways in which you could use that spoon. At first you may come up with more or less obvious uses, but when you run out of those, you'll begin to consider some unusual ways of using the spoon. So under the uses for a spoon you may write: to eat, to open a can, to prop a window, to stir food, as a page-holder in a book, as a measuring device, as an antenna, to break an egg, for catapulting food at your favorite joker, as a back-scratcher, etc.

During the second week of this exercise, each day pick one activity that you do regularly, as a routine, in the same way, and during this week do in in some way differently. For example, if you are always taking the same route to go to school or to work, pick another route. If you have a morning routine, change it in some way. If you always behave in the same way in some situations, change your behavior.

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## AFFIRMATIONS

Affirmations are positive statements you choose to impress upon your subconscious mind in order to create a desired change.

The best affirmations are stated in the positive (what you want to experience, not what you don't want to experience) and are stated as if you already "are" or "have" the desired experience.

You can also add your name to the affirmation.

Examples of good affirmations: I, [name], am 185 cm tall now. I, [name], am growing taller now and I will keep on growing until I am 185 cm tall.

You can also add 2nd and 3rd person affirmations (as if someone else was making the statement to you, or about you to another person).

Examples: You, [name], are 185 cm tall. (2nd person - someone talking to you) [name] is 185 cm tall. (3rd person - someone talking about you)

Mechanical repetition of an affirmation just won't do. To have greatest success with affirmation, you need to get into a state of power. You can get into this state by **PRETENDING** and **IMAGINING** yourself as a being of power (if it helps you, you can imagine yourself as a wizard, or a magician). Imagine that **EVERY WORD** you say is a **COMMAND**, backed with power. Speak your words with **CONVICTION** and **EXPECTATION** that every word of your affirmation will come back to you **FULFILLED**.

There are many different ways in which you can use affirmations, and I'll mention some other ways later. You will greatly increase the effectiveness of your affirmations and the power of your word, if you practice saying what you really mean, if you keep your promises, and if you speak only when you really have something meaningful to say instead of engaging in mindless chatter.

To build confidence using affirmations, you can first experiment with issues that are not life-and-death situations, situations that you'd enjoy if they happened, but if they don't it's not big deal. This will allow you to "let go" and "let it happen" without feeling tense about the situation.

For example, you can state an affirmation in the morning that you are going to experience some wonderful surprise this week (or today) and watch for wonderful surprises coming your way with a sense of joyful anticipation.

Or, you can think of some dear friend you haven't heard from some time and you'd enjoy meeting with this friend or talking with this friend and you can create an affirmation stating that a friend is going to call you now or that you're going to meet with him (or her).

In the beginning, you may meet with more success if you create affirmations for general situations, rather than specifics that are tied to specific people or events. As you meet with success and build confidence you can move on to more specific people or events.

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## FASTING

I'll go over more nutrients later on, now I'd like to mention fasting. When you abstain from food, your body has an opportunity to rest, to cleanse, and your body releases more growth hormones.

You can fast one day per week. If you are used to eating heavy food you may find it more challenging, and

easier if you just switch to eating lighter food once a week. Instead of eating steaks, you can eat only raw food - fruits, nuts, salads. Then you can progress to one day a week on fruit juices, and then on a day (24 hours) drinking only water.

### **A RECIPE FOR A GREAT CLEANSING DRINK DURING FASTING**

In a glass of water, squeeze the juice of one fresh lemon, add maple syrup and a pinch of cayenne pepper.

You can drink as many of these "lemonades" as you like throughout the day, while you are fasting.

You may also find it easier to fast if you first prepare yourself mentally, as well as if while abstaining from food, you do energizing exercises - absorbing the pure energy - light into your body - through breathing.

The best day to pick up for fasting is when you can have enough time to just rest and relax. It's a very good time to listen more often to growing taller tapes/Cds as your subconscious mind will be more open to suggestions.

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### **STRETCHING EXERCISE**



Lie down with your face down on the floor. Start as if you were going to do push-ups. Both the arms and legs are held straight supporting you and are spread out about the width of your shoulders and hips. Toes are in the flexed position.

With your arms stretched, perpendicular to the floor, extend the head back and arch the back so that the body is in a sagging position. Gently move your head backward as far as possible.

Now breathe in and bend at the hips, bringing the body up into an inverted "V". At the same time, tuck your chin to chest. Exhale as you lower your body down.

Repeat all the movements gently. You can begin with 3 repetitions (or more, if you feel comfortable), and add 1 extra repetition daily, until you are performing 21 repetitions.

This exercise further opens the energy centers in your body and stimulates the movement of energy throughout your body.

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# GROW TALLER BONUS REPORT 4

## IMPORTANCE OF KEEPING SILENT

When you received this program I mentioned in the papers you got with the program that you need to KEEP SILENT about the fact that you are using self-hypnosis (the power of your mind) to grow taller. I do need to repeat this point because some participants of the Growing Taller program didn't get the point.

There are two reasons for KEEPING SILENT - and this does not apply only to using self-hypnosis with growing taller, but with any other project you may choose to work on - using the power of your mind. Even I don't discuss my "inner work" projects with anyone, even my closest and best friends - until the results become manifested and everyone can see them.

The first reason for keeping silent is that WHEN YOU DISCUSS your "work in progress" with others, you dissipate the energy that would be otherwise used for your self-hypnosis project - in this case - for growing your body taller.

It works like this: Imagine that your growing taller project is like a balloon. Every time you sit-down to do self-hypnosis, to focus and concentrate, to feel as if you are already as tall as you desire, you are adding air to the balloon. Every time you talk about your project you are letting the air out of the balloon. And you'll see the results only when your balloon is filled with air. I hope you get the point.

The second reason for keeping silent is that you don't have yet sufficient understanding of the process to be able to argue the validity of what you are doing with those who know even less about it and may for that reason attempt to put down what you are doing.

You don't have enough experience and conviction about the process to be able to stand firm against other people's attacks. And other people, who know nothing about the process may laugh at what you are doing and may even get angry at you for having the guts to follow your dreams.

Anyway, the last thing you need right now is someone filling you with more doubt when instead, you need to build your confidence. Just follow the program and do the exercises and read more books and materials that teach you how you can get what you want.

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## FEELINGS THAT ARE HAZARDOUS DO YOUR PROGRESS

Here are some feelings and attitudes that will UNDO your progress and you need to be aware of them and deal with them.

Feelings of anxiety, impatience, wondering whether this self-hypnosis stuff is working or not, wondering when it's going to work, etc. These feelings simply program your subconscious for failure, because you begin to focus wholeheartedly on what you don't want, instead of what you want to happen - and what you focus on, you get.

Here's what happens when you indulge in these feelings. You imagine that your body is basically stuck the way it is, you charge this image with emotion and this makes it become even deeper impressed upon your subconscious mind, making it even harder to change.

Any image accompanied with feelings becomes impressed upon your subconscious and sooner or later expresses through your body. If you invest half-an-hour a day enthusiastically imagining your body growing taller and then you invest another 23 1/2 hours imagining that it is not growing - guess what will happen? You're not going to make any progress.

Here's what to do when you become aware of these thoughts and feelings. First, realize that they are old habits. You may even imagine painting a big "X" sign over them, or a word "CANCEL", or "DELETE", or you can imagine pushing it far away from you, see it dissolving into nothingness. Second, replace these thoughts with the image of the body YOU WANT to have. You may even imagine this image growing bigger and brighter, stepping into this image and noticing how good you feel about yourself. As you practice this, you will drain the "old" image of all its power and it will be replaced with the "new" image and you'll see results sooner.

---

## HOW TO IMAGINE YOUR TALLER BODY

Your subconscious mind does not differentiate between what you imagine and what you believe to be "real". For your subconscious mind it is all the same. Whether you perceive something as being outside of yourself, or you perceive it as taking place in your fantasy world, all that your subconscious mind knows is that it is happening IN YOUR MIND.

As I mentioned earlier in your subconscious mind, there is ONLY NOW. When you think of your taller body, don't imagine that it is going to be taller next year, IMAGINE that it is AS TALL AS YOU WANT IT TO BE ALREADY - NOW. If it's easier for you can first IMAGINE IT GROWING, but when you reach your desired height in your imagination - HOLD ONTO that IMAGE and to that FEELING of having that TALL body NOW.

If you keep on imagining your body as if it will go to be taller later on, your subconscious mind will keep on postponing the growing process. The only thing that will be impressed upon your subconscious is what you IMAGINE and FEEL NOW.

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## AN IMPORTANT POINT

You are not going to grow through your personal effort, struggling and straining. You (your personal self) IS NOT the one that's doing the growing - so YOU CAN'T FORCE the growing process. The more you try to FORCE it - the less will it work. The only thing you'll find is that you are getting very exhausted from the process and that nothing seems to be happening.

It is the Infinite Power within you that will grow your body - if you let it. And to let it - you need to DETACH from your outcome and trust that this Power within you (whether you call it your subconscious, unconscious, superconscious, God, the intelligence of your body, Universal Mind Power - or whatever) knows how to grow your body without your help.

This is very much like you ordering a food from the restaurant. You only need to place an order with the waiter and then just wait there for the food to come to your table.

With Growing Taller, you place order through your subconscious mind by IMAGINING YOUR BODY AS IF IT IS ALREADY AS TALL AS YOU DESIRE IT TO BE and FEELING HOW IT FEELS HAVING THIS TALL BODY. That's all that you need to do.

Then you LET the POWER within you TAKE OVER. It's like placing an order with the Universal Kitchen. Your attitude here is the same as when you give your order to the waiter in the restaurant. You don't go to kitchen to check how they are preparing your meal, you don't sit there and worry whether they are preparing it or not, you don't need to know the recipe for the meal you ordered, you don't need to do anything else about this meal except sit there perhaps excited about the delicious food, awaiting its arrival on your table. You don't sit there wondering whether the cook knows how to cook, you don't go to help him out to cook your meal, you TRUST that it will be just what you ordered.

Perhaps you can remember some time in your life when you wanted something very much and then only when you forgot all about it or didn't care any more whether you get it or not, the desired thing appeared effortlessly. That's because at some point you were willing to detach from the outcome.

If you ever went to a casino, perhaps you notice someone playing the same number over and over on the roulette game and the number never came. Then as soon as that person left the table, the very next number was the number the person was betting on. That's because the person finally detached and allowed the number to come.

OK - so here's what you do. While you are listening to the hypnosis tapes or using self-hypnosis in any of the ways we'll explore in future Bonus Reports, you focus completely on HAVING THE TALL BODY NOW. When you are done with your self-hypnosis work, just imagine the Power within you taking over the process trusting that it knows what to do to grow your body taller and knowing that it always manifests ALL of your THOUGHTS accompanied by FEELINGS. Then you don't need to do anything else about it until the next self-hypnosis session. It's really simple.

If you practice using self-hypnosis and this process on some issues that are not too important for you, you'll find it easier to DETACH from the outcome, gain experience and BUILD CONFIDENCE in the process. This will reflect in greater success with your Growing Taller project.

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## PRETENDING YOUR EYES CAN'T OPEN

On your tapes/CDs there is an instruction to close your eyes and to pretend that you can't open them, or to relax them until they "don't work". Just in case you're wondering why are you asked to do this.

Your conscious mind knows that you can, of course, open your eyes if you so choose, however by pretending that you can't open your eyes, trying to open your eyes and pretending that they can't open - you're by-passing the critical faculty of your conscious mind and allow your subconscious mind to take over. Your critical faculty is the door that stands between your conscious mind and your subconscious mind. When you choose to "PRETEND" you shut off your critical faculty and open the door to subconscious mind. That's hypnosis. It's that easy.

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## THE LAW OF PRODUCTION

On your first tape/CD you listen to the application of this law over and over, so that it becomes impressed upon your subconscious mind. When you really GET IT, you'll make a big leap in your progress, because you will have overcome the major stumbling block - that of a doubt.

The Law of Production is a Universal Principle and it works just as accurately as any other natural law. It is IRREVOCABLE LAW and it does not err. It applies throughout nature. It works for plants and it works for people and through people. You are using it even now, though perhaps unknowingly and unconsciously - however it works even if you are completely ignorant of it.

The LAW is that ALL THINGS MUST PRODUCE ACCORDING TO THEIR OWN KIND. If you plant a fenugreek seed, the only thing that will sprout out of it is fenugreek - it will never turn into an apple. And every seed that you plant will grow and MULTIPLY ACCORDING TO ITS OWN KIND.

With people, the SEEDS that they plant are THOUGHTS. The garden in which you plant these seeds is your SUBCONSCIOUS MIND. And whatever seeds you plant there will grow and multiply according to their own kind. Of that YOU CAN BE CERTAIN.

If I am repeating myself, that's because I want you to really get this point.

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.

As you plant the seeds of your taller body in your subconscious mind, they will produce according to their kind. The law of production will produce anything, whether it be grain, inventions, plenty, or your taller body, it is the same.

When you plant the seeds of your taller body by imagining your body "as if" it is already the way you want it to be, your task is to keep out the weeds of fear and doubt, knowing that the law cannot fail. You must cultivate the seeds, by regularly listening to the tapes, or imagining your body the way you want it to be (pretending that it is as tall as you want it to be now), but otherwise you must keep your human hands out, knowing that only the Infinite Power (unconscious, subconscious, superconscious, God, Universal Mind) within you can make your body grow. You must also remember that the law is irrevocable and it cannot err. If you planted the seeds of your taller body, they will produce your taller body.

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## TREASURE MAP

Here's a fun project for you. Not only have I used it with amazing results for many years, I have found out that some multi-billion dollar companies are teaching it during seminars for their employees. That's because it works.

Here's what you're going to do. Take a piece of paper and either make a drawing or stick a picture of yourself or of someone who is as tall as you desire to be. Whatever works best for you. You can also add a symbol for Infinite Power within you - it doesn't matter whether this symbol means anything to anyone else as long as it is meaningful for you. You may also add to this drawing other people or things, or a lifestyle that you'd like to have along with your taller body or as a result of having your taller body.

At the top of the paper you can write: "Through the Infinite Power that's growing me, I am now as tall as I desire to be"

Under or on the drawing or the picture of your body write down your desired height.

At the bottom of the page write: "My body now grows easily My heartfelt thanks So Mote It Be!"

The phrases that rhyme become impressed upon your subconscious mind more effectively. Expression "So Mote It Be!" seals the statement, or the chant.

Now, either put your masterpiece somewhere where you can see it just before you fall asleep, or if you don't have privacy, put it in a binder and every evening before you go to sleep, relax, look at treasure map, and pretend that the image is alive (you'll learn how to really bring it to life in the next Bonus Report) - as if you were watching the movie, and then imagine stepping into it and acting out what you portrayed on your treasure map.

When you begin your 15-minute session, repeat the words written on the top several times, just the way you learned in the last report to speak affirmation - with feeling of power and conviction. You may repeat the words silently or aloud and feel as if you were speaking from your "power center", from your solar plexus (the place where you get that "gut" feeling).

When you finish your 15-minute session, repeat the words written on the bottom three times - this time feel this words coming from your heart - really FEEL your HEART opening up and carrying those words and the images you visualized during your session. Then imagine that this image has floated up as an order to the Universal Kitchen, and that the Higher Power is taking over it and go to sleep with assurance that while you sleep it is growing your body taller.

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## DETOXIFICATION

Detoxification regimes aim to remove stored toxins from the body. A toxin is defined for our purposes as a substance whose presence in the tissues leads to deterioration of the healthy functioning of the body. It can be a normal waste product of metabolism that has not been properly excreted from the body, or the result of an abnormal substance ingested in food or absorbed through the skin or lungs.

If you cleanse your body first, it will absorb and assimilate whatever nutrients you take, much more effectively.

There are essentially two stages to detoxification. The toxins have to be first transferred from the tissues in which they are stored into the lymphatic circulation and then into the bloodstream. Then, they must be removed from the body, via the lungs, kidneys or sweat glands or through the liver and colon. During this process, it's beneficial to keep to a pure diet with a high intake of organic fruit and vegetables, and free of artificial additives or processed foods.

Try to be calm, to reduce the disturbance to metabolic processes caused by stress. Appropriate relaxing herbs, such as skullcap or passionflower can help with this. Fasting for one to three days on water and/or fruit juices is often recommended, too, and is good for giving the detox process a kickstart.

While I'll focus here on herbs most commonly used for detoxification, the process may also involve treatments such as saunas and massages.

You may find good products for detoxification in your local health food store, or use the herbs described below:

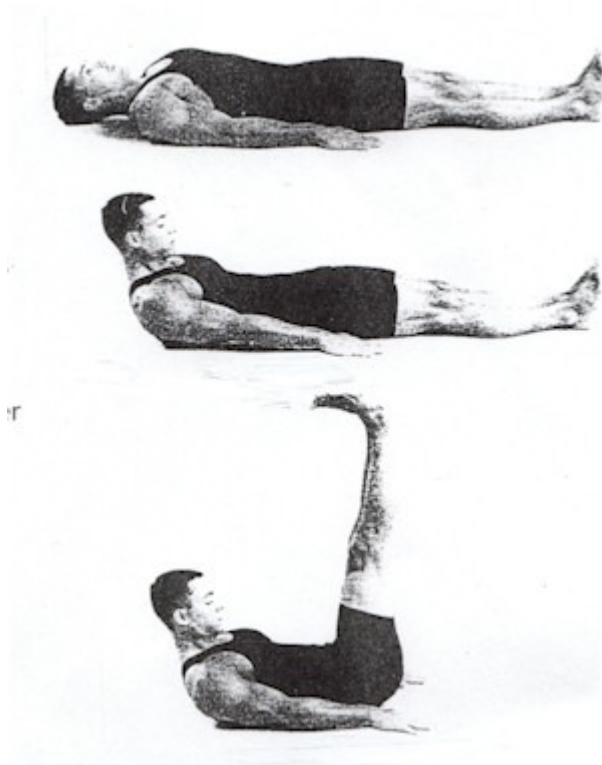
- **Burdock** - Contains Chromium, Iron, Magnesium, Silicon and Thiamine. Burdock root cleanses blood, releases water retention, stimulates digestion, helps the functions of kidneys, liver and gallbladder. The recommended dose is 1 teaspoon of burdock root cooked for 15 minutes in 1 cup of water.
- **Dandelion** - One ounce of fresh leaves contains large amounts of Vitamin A and Calcium, a well as substantial amounts of Vitamin B1, Vitamin C, Sodium, Potassium and Trace Elements. All parts of Dandelion are edible. The roots are used to build the blood as well as a good healer for liver diseases and blockages. The root can also be roasted and used as a coffee substitute, similar to Chicory Root. It will strengthen the liver, clean the blood, pancreas, spleen and kidneys.
- **Psyllium Seed/Husks** - When soaked in water or liquid the seed gives out a substance like jelly which lubricates the intestines. It acts like a colon broom, sweeping gently through the colon and helping remove debris and toxins. When trying Psyllium is is important to make sure that you increase your water intake. At least another 8 ounce (1 glass) of water for each dose you take. A normal dosage would be a teaspoon in a cup of fluid. Mix it vigorously and drink it immediately.

- **Cascara Sagrada** - Nutritionally supports stomach, liver, pancreas and gallbladder. It helps body relieve constipation and is not habit forming. It is cleansing, as well as nourishing, to the colon. It is also known to assist with digestion.
- **Chickweed** - Helps the body eliminate mucus and fatty plaque from the system. It nourishes the gastrointestinal areas and has soothing properties. It is a natural blood cleanser, as well as an herb that addresses fat accumulations.
- **Chaparral** - Has the ability to cleanse deep into the muscles and tissue walls.
- **Cayenne Pepper** - Stimulates blood circulation and increase the effectiveness of other herbs. It also helps digestion and health of secreting organs.
- **Garlic** - One of nature's most powerful antibiotics. It has the ability to stimulate cell growth and activity. It has rejuvenative effect on all body functions. Garlic stimulates the lymphatic system to throw off waste.
- **Apple Cider Vinegar** - It helps to maintain a youthful, vibrant body and to fight germs and bacteria naturally, assists in the regulation of calcium metabolism, helps correct blood consistency, aids the digestion and assimilation of food and helps control and normalize weight, and helps remove toxins and crystals from the joints, tissues and organs.
- **Triphala** - An effective blood purifier that stimulates bile secretion as it detoxifies the liver, helps digestion and assimilation, and significantly reduces serum cholesterol and lipid levels throughout body. As a result, it is regarded as a kind of universal panacea and is the most commonly prescribed herbal formula by Ayurvedic doctors.

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## PHYSICAL EXERCISE

This appears similar to typical abdominal exercises. By raising the head to the chest, you are creating an extra stimulus to the solar plexus chakras and the conception vessel moving through the center of the trunk. Be sure you have a thick rug to protect your back as you lay on the floor.



Lie flat on the floor, face up. Fully extend your arms along your sides and place the palms of your hands against the floor, keeping fingers close together. Then raise your head off the floor tucking your chin into your chest. As you do this, lift your legs, knees straight, into a vertical position. If possible, extend the legs over the body towards your head. Do not let the knees bend. Then slowly lower the legs and head to the floor, always keeping the knees straight. Allow the muscles to relax, and repeat the exercise as many times as you



**can - up to 21 repetitions.**

**Breathe in deeply as you lift your head and legs and exhale as you lower your head and legs.**

**This is not an easy exercise and will cause a lot of groaning at times. The promise of straight legs, rather than the saddle-bags of lowered hormonal action and digestive sluggishness will spur you on.**

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# GROW TALLER BONUS REPORT 5

## THE PRINCIPLE OF ONENESS

I have mentioned this principle before, but now I'll go a step further. First thing to realize is that there is **ONLY ONE THING** in the Universe - in alchemy it is referred to as **ONE THING**, in physics as **ENERGY**, in spirituality as **GOD** or **SPIRIT**. You may call it any way you like, I'll refer to it by using different names interchangeably in order to explain different properties and principles (laws) which govern it.

At this point I just want you to realize that on sub-atomic level, your body is made out of the same stuff as the computer in front of you, as the chair you are sitting on, as the air that you breathe, as the earth upon which you walk. Regardless of its outer appearance, underneath it is all made out of the same **ONE THING**. This **THING** is mind-like in nature and that's why you can change the form of anything with your thoughts.

I'd also like to point out that contrary to popular belief, your mind is **NOT** in your body, *your body is in your mind*. You'll get to experience this, too.

Some of the attributes of this **ONE THING** are omnipotence (it is all powerful), omnipresence (it is everywhere present), omniscience (it is all knowing), abundance (it is the source of everything), love and peace.

The power is expressed as energy. The more energy = more power, less energy = less power. In order for your body to change, to increase in height it needs energy. You learned some ways of accessing extra energy, you'll learn some other ways later.

From the perspective of physics, everything in the universe is made out of energy. Energy moves in circular motion and creates a **VIBRATION**. The faster the spin of any given thing, the higher is its vibration. The slower the spin of any given thing, the slower is its vibration.

The higher the vibration of an object, the more energy and power it has and the more thought-like it appears. The slower the vibration of an object, the less energy and power it has and the more dense and unchangeable it appears.

The reason that I'm teaching you to "raise the vibration" of your consciousness and your body is because you'll have access to more energy and you'll experience changes faster and easier. The side effects of this "raising of vibration" is that everything you want to create will the power of your mind will happen much faster - some things will happen even instantaneously.

Your physical eyes can register only certain range of frequency (vibration). Whatever has higher vibration will appear **INVISIBLE** to the physical sight. Remember, it does not mean that the thing does not exist, only that your eyes are not capable of registering it. However, you may still be able to perceive these **INVISIBLE** things with your mind (with your third eye - it's in the middle of your forehead, above and between your eyes).

As you are raising the vibration of your consciousness and of your body, you may have some spontaneous experiences that feel like a leap into another dimension. Because your vibration will be higher you may perceive things that others will lower vibration normally cannot.

Your goal when raising the vibration of your consciousness and your body (your body is simply an expression of your consciousness) is to align your conscious and subconscious mind with your superconscious mind.

Here's what happens when you align your mind with **ONE** (Universal) **MIND**. Imagine that your individual mind and self is like a drop of water, while the **ONE MIND** is like an ocean. By surrendering, merging with it, joining with it, aligning with it, you gain access to all of its attributes and they begin to express through you as fast or as slowly, as much or as little as you allow it.

You use your conscious mind by consciously choosing and focusing on the attributes of the **ONE THING** - within you and all around you. Through repetition and desire this becomes impressed upon your subconscious mind and thus all "three of your minds" - or rather all three functions of your mind are aligned.

Here is one thing you can do (you can put aside some time during the day for this contemplation):

**"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."**

The above paragraph is an excerpt from [Life and Teachings](#).

You can also just sit and relax and contemplate for half an hour different attributes of this ONE THING: love, light, power, peace, abundance, timelessness, omnipresence.

For example, just relax and imagine that everything around you, all things, the air you breathe, the chair on which you are sitting, your body, the food you eat - everything - is made out of love. The idea is to experience this FEELING everywhere within you and all around you. If you think of any person (friend or apparent enemy), imagine that he or she is made not out of flesh and blood, but out of love. If you do this genuinely you are bound to experience some wonderful surprises in your life even after you do this only one time - because through the feeling of love you will become fully aligned with your superconscious and you will be connected with the power and will allow things to appear spontaneously and effortlessly in your life.

You can also use music, in your meditation / contemplation, that helps you to elicit the desired feeling. If you are working with love - you can also listen to some music that gets stimulates this feeling of love inside of you.

Through daily repetition of this exercise, this vibration will become impressed and established in your subconscious - it will create a quantum leap in your progress with your growing taller program.

Then when you are in this deeply loving state, contemplate your taller body and imagine it being created out of this love. In truth, your body will grow and take shape faster as you fill that image with pure love.

Whatever marvels and miracles you experience with this exercise, write them down in your journal, but don't chat with others about them. Remember, you are accumulating energy to be used to grow your body taller not to entertain others.

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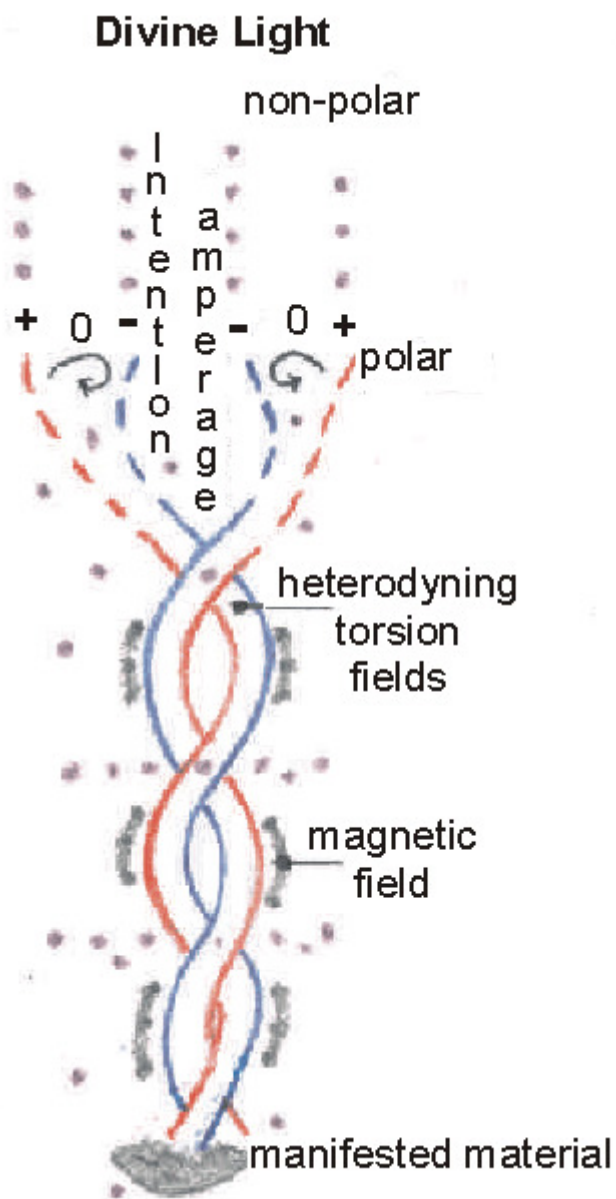
## THE PROCESS OF MANIFESTING FROM THE UNIVERSAL SUBSTANCE

The term manifest is used continuously with no thought given to how it is possible. Material just does not appear from nothing. To manifest means to make certain by transitioning into the human visual range. The drawing below suggests one of the methods used. Sub-atomic particles (Divine Light) are linear and non-polar.

When intention is introduced, the subtle particles slow and transition into cyclonic events. Cy means complimentary state of action and of course clone means a copy of an original form. This implies that everything in the universe is manifested Divine Light.

The process can be visualized by imagining two bathtub drains, one in the north hemisphere and one in the south. In the tub there is no polarity. By intent, Divine Light slows forming whirlpools which acquire plus and minus in the outer bands and neutral at Walter Russell's fulcrum or Gregg Braden's zero point. Each drain sets up a torsion field, and because of the plus and minus fields we have heterodyning torsion fields. Any two of the inside bands spinning toward each other, are attracted (likes attract at that speed) and begin to form filaments which wrap like planetary nodes, chakras, DNA and flesh.

That which has manifested is continuously bombarded with Divine Light. This causes thrust and spinning and sets up a magnetic field around the materialized object. Absolute knowledge dwells in the Light, so it is easy to see how it is obscured in the denser fields or circuits.



(adapted from [Theodynamics](#))

## CREATING A THOUGHTFORM

You can do this exercise in conjunction with the "Treasure Map" you created earlier. You should do this exercises for 7 days straight when working with one goal and then take a break for a week, or work with another goal. You can use it to increase the height of your body or for anything else you desire to create.

You will learn to create a thoughtform - a ball of energy. Here's how you are going to do this. First rub the palms of your hands together, the similar way you'd rub them when it's cold to get warm. You'll probably feel your hands getting warmed. If you now slowly separate your hands and bring them closer together, eventually you will feel a slight resistance - perhaps an inch or so away from your physical hands - that's your energy body. You don't have to repeat this first part of the exercise. It is mentioned here just to help you feel the sensation of energy in your hands.

Now, hold your hands in front of you about six inches apart with the palms facing each other as if you were holding a basketball. You can hold your hands one above the other (as in the picture below) or as if you holding the ball from the sides (left and right), whichever way feels more comfortable for you.



Now, *will* the energy to flow between your hands while at the same time sending the love from your heart, power from your eyes to the area between your hands. You will it to flow, by imagining it flowing. You can also imagine the energy flowing from your solar plexus into the area between your hands. You can visualize this energy flowing in the form of brilliant white light.

When you feel the energy building up, place in it the image of your taller body and all those other things you portrayed on your "treasure map". Through this process you are "feeding" those images with life-force, with energy they need to manifest.

You can also imagine that with every breath you are drawing the pure energy from the Universal Source, and with every exhale allowing this energy to flow into your "thoughtform". As you are building your thoughtform, you can repeat the same chant you have written on the top of of your "treasure map" in the same way as mentioned in that section.

Or you can repeat:

"Thought of purity and light, Fresh energy I bring to you tonight, Through the Infinite Power that's growing me, My body is now as tall as I desire it to be!"

When you are done (anywhere from 15 minutes to 1 hour later - depending on how long you manage to maintain your focus - dispatch your thoughtform like an order to the Universal Kitchen, (your Superconscious) with the words (or something to this effect):

"Through all that I think and say and do I fully accept that my body is now becoming as tall as I desire it to be! And as my will, so mote it be!"

"I offer my deepest gratitude to the Great Cosmic Power For the fulfillment of my heartfelt desire!"

When you are done, just go about your regular business and forget all about the thoughtform until the next day. Repeat the process for seven days.

## CALCIUM

Calcium is the mineral in your body that makes up your bones and keeps them strong. Ninety-nine percent of the calcium in your body is stored in your bones and teeth. The remaining 1% is in your blood and soft tissues and is essential for life and health. Without this tiny 1% of calcium, your muscles wouldn't contract correctly, your blood wouldn't clot and your nerves wouldn't carry messages.

It is mainly the calcium in your diet that spares, or protects, the calcium in your bones. In addition to their structural role, your bones are your emergency supply of calcium. Your body actually tears down and builds bone all of the time in order to make its calcium available for your body's functions. If you don't get enough calcium from the food you eat, your body automatically takes the calcium you need from your bones. If your body continues to tear down more bone than it replaces over a period of years to get calcium, your bones become weak and break easily. This leads to the crippling bone disease called "osteoporosis."

Some good sources of calcium:

1 cup of whole milk - 315 mg of calcium 1 cup (8 oz) of yogurt - 415 mg of calcium 50 gr of swiss cheese - 450 mg of calcium 1 tablespoon of romano cheese - 302 mg of calcium 75 gr of sardines - 267 mg of calcium 75 gr of salmon - 208 mg of calcium 1 orange - 50 gr of calcium 1 cup of raisins - 80 gr of calcium

If you are not getting enough calcium from your food, you may need to take a calcium supplement every day. Here are some tips:

- Take your calcium supplement with meals.
- Take your calcium supplement in divided doses throughout the day.

You can take daily 1,300 - 2,500 mg of calcium daily.

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## PHYSICAL EXERCISE

Kneel on the floor with the body erect. Place your hands on the back of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest. Then throw the head and neck backward, arching the spine. Your toes should be curled under through this exercise. As you arch, you will brace your arms and hands against the thighs for support. After the arching return your body to an erect position and begin the exercise all over again. Repeat the exercise as many times as you can - up to 21 repetitions.

Inhale as you arch the spine and exhale as you return to an erect position.



This exercise is powerful for opening the solar plexus and the heart. As we begin life drawing in through the umbilical area, we tend to continue that habit of sucking in to the solar plexus, which is the seat of the Emotional Body, without any awareness of what we are taking in. All kinds of emotional energies enter in this way. We attract negative emotions that relate to those we ourselves are carrying. Thus fear or anger inside us acts as a magnet to people who are carrying the same kind of energies.

Whilst in the midst of a crowd, we draw those energies into us without ever even knowing it, though we may comment how shopping malls and theatres make us "tired". Contraction interferes with the functioning of the solar plexus ganglion that relays messages to the brain relevant to our sense of safety. The "fight or flight" reflex is stimulated by emotional reaction every bit as much as by physical response. This exercise provides an extension and a powerful lifting of the entire trunk, which is the opposite of a defensive, contractive stance.

By doing this motion, you are reversing the energy flow and raising the energy up to the heart area. As you do the motion, it feels almost as if the heart is reaching up to happiness, and indeed, it makes you feel happy to do it.

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# GROW TALLER BONUS REPORT 6

## THE THINKER AND THE PROVER

"All that we are is the result of all that we have thought. It is founded on thoughts. It is based on thought." - Buddha

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 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 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 he 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. - among many possibilities. He can think himself into living in a physical universe bound by limitations, in a spiritual universe free of all limitations, in an energy field-of-all-possibilities, in a scientific-relativistic universe - among others.

The Thinker can think himself sick, and can even think himself well again. He can think himself short, and he can think himself tall.

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 thought, if the Thinker changes his mind and decides the earth moves around the sun, the Prover will reorganize the evidence.

If the Thinker thinks "holy water" from Lourdes will cure his lumbago, the Prover will skillfully orchestrate all signals from the glands, muscles, organs, etc. until they have organized themselves into good health again.

If the Thinker thinks that he can grow taller by engaging the power of his mind, he'll grow taller; if the Thinker thinks that he cannot grow taller by engaging the power of his mind, he will not grow taller (or will find it proportionately harder to accomplish this goal with his mind, until he changes his mind).

Of course, it is fairly easy to see that other people's minds operate that way; it is comparatively harder to become aware that one's own mind is working that way also.

To explore the Thinker and the Prover, try the following exercises: (write down in your Journal your observations and experiences)

1. Visualize a quarter vividly, and imagine vividly that you are going to find the quarter on the street. Then, look for the quarter every time you take a walk, meanwhile continuing to visualize it. See how long it takes to find the quarter.
2. Explain the above experiment by the hypothesis of "selective attention" - that is, believe there are lots of lost quarters everywhere and you were bound to find one by continually looking. Go looking for a second quarter.
3. Explain the experiment by the alternative "mystical" hypothesis that "mind controls everything". Believe that you made the quarter manifest in this universe. Go looking for a second quarter.

4. Compare the time it takes to find the second quarter using the first hypothesis (attention) with the time it takes using the second hypothesis (mind-over-matter).
5. Convince yourself (if you are not already convinced) i.e. pretend that you are ugly, unattractive and dull. Go to a party in that frame of mind. Observe how people treat you.
6. Convince yourself (if you are not already convinced) i.e. pretend that you are handsome, irresistible and witty. Go to a party in this frame of mind. Observe how people treat you.
7. Believe that you can exceed all your previous expectations in all areas of your life (including how fast and how much you can increase your height).

From [Prometheus Rising](#)

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## THE PRINCIPLE OF MENTALISM

"THE ALL is MIND; the Universe is Mental." - The Kybalion

This principle embodies the truth that "All is Mind". It explains that THE ALL (which is the Substantial Reality underlying all the outward manifestations and appearances which we know under the terms of "The Material Universe"; "Matter"; "Energy"; and, in short all that is apparent to our material senses) is SPIRIT, which in itself is undefinable, but which may be considered and thought of as a UNIVERSAL, INFINITE, LIVING MIND.

It also explains that all the phenomenal world or universe is simply a Mental Creation of THE ALL, and that the universe, as a whole, and in its parts, has its existence in the Mind of THE ALL, in which Mind we "live and move and have our being."

Understanding of this great Hermetic Principle of Mentalism enables the individual to readily grasp the laws of the Mental Universe, and to apply the same to his well-being and advancement.

This Principle explains the true nature of "Energy", "Power," and "Matter", and why and how all these are subordinate to the Mastery of Mind.

From [Kybalion](#)

Exercise:

Go for a walk for 10 or 15 minutes (every day during these two weeks) and pretend that you are not walking in the physical world, but in the mental world. While you are walking, imagine that you are in the center of the Mind. Imagine/pretend that all the things that you see above and below you, to your left and to your right, in front of you and behind you are not solid, but only THOUGHTS.

Write your observations in your journal.

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## FEELING THE ENERGY/LIFE-FORCE IN YOUR FINGER

1. Hold a finger in the air and spend about two minutes or more feeling as much sensation in your finger as you can. Tune into the sensation in your finger and focus on intensifying your awareness.
2. Feel how the skin wraps around your finger. See if you can feel the blood as it moves through your finger. Use your imagination and see if you can feel how your fingernail sits on your finger. Try to feel sensation under your fingernail. The key is to use your focused attention to feel your finger completely.

The basic premise is that energy follows thought. Wherever you place your attention, energy follows. By increasing the sensations in your finger by moving and holding energy there, you are causing physiological changes to occur as well. These sensations may seem like ordinary sorts of feelings you have in your body, but as you will see, you are actually sensing life-force energy.

Most people will say that they can feel a tingling sensation in their finger. Some people describe the feeling as vibrating, buzzing, carbonated, or hot. Since everyone experiences things differently, people are likely to use different words. Some people describe the energy as heat, throbbing, thickness, heaviness, or simply as an increased awareness of the finger itself.

Sensing the life-force energy is not something foreign to us. Rather, the life-force is an energy we have always felt, but have just not learned to identify. If you are alive, and since you are reading this I'll assume



you are, you have been feeling it every minute of every day.

If you don't feel any of these sensations, try imagining that you are stroking your finger with a feather. Stroke your finger back and forth with this imaginary feather. Now pay close attention to whatever sensation you do feel in your finger. Take about a minute or so to feel any sensation. This sensation may not seem like much, and you may be using a word to describe it that I have not used, but whatever it is, I suggest you use that sensation as a starting point to experience the energy.

When doing this exercise, you may feel your whole hand tingling or even other parts of your body as well. If this occurs, this is OK, and it means you are doing wonderfully well.

From: [Quantum Touch](#)

Write your observations in your journal.

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## FEELING YOUR BODY PARTS

In this exercise we will bring energy and sensation to all parts of your body. The sensations you feel will probably be similar to those you experienced in your finger in the previous exercise.

This exercise is best done with the help of a friend. Alternatively, you can do it on your own.

1. Take your shoes off, and then while sitting or lying down, have your friend lightly stroke upward, from your feet to your ankles for a few seconds. The touch should cover as much surface area as possible on the feet and ankles in a gentle sweeping motion like petting a cat, for only about one or two seconds. After this upwards stroke, your friend should let go and not be touching you.

The purpose of this exercise is to assist you in being able to feel as much sensation as possible in your feet and ankles. Ideally, you will feel your feet with the same level of intensity that you felt in your finger earlier. Having the touch of a friend is useful in helping you focus your attention. Letting go is also an essential part of the exercise because it allows you to feel the sensations in your body yourself without being touched. If you cannot generate sensation in your feet, ask your friend to stroke them again. If you still can't feel anything, ask your friend to move on to the next step.

2. When you are ready, and you are feeling these sensations well, have your friend place her hands on the area just above the ankles for a couple of seconds moving upward towards your shins, and then let go.

3. Continue on up the rest of the body, stroking shins, knees, thighs, hips, lower pelvis, stomach, chest, neck, and up to the head. Then come down from the head to the shoulders, arms, and hands.

4. If you are doing this alone, touch your own feet and sweep upwards for about two to five seconds and then let go. Feel as much sensation as you can and repeat the upward sweeping as many times as necessary. Since another person's touch is little less predictable than your own, you may have to use a little more attention and focus when working alone. Continue stroking up the body towards the head, then down the shoulders, arms, and end with the hands.

Some people simply have a more difficult time being able to experience sensations in their body. If this applies to you and you are unable to feel a particular part of your body, just move on to another part of your body that you can feel. Repeating this exercise will assist you to clear the blocked areas over time. The more you repeat this exercise, the more easily you will be able to feel sensations throughout your body. You may discover that parts of your body where you had felt nothing before are now readily experiencing sensation.

Most people report that this exercise causes highly pleasurable body sensations.

From [Quantum Touch](#)

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## BASIC BREATHING TECHNIQUE

Breathing amplifies the power of the life-force, and its value cannot be overstated. The Indian yogis called the life-force in the air we breathe "Prana". The Hawaiian kahunas call it "Mana". They considered it an essential factor in the process of prayer and healing.

Most people are shallow breathers. Most common are the "upper chest" breathers. Other shallow breathers are "stomach" breathers. They tend to take shallow breaths in the area of the stomach.

The following exercise requires full breaths. Breathe through your nose unless the sheer volume of air makes it easier for you to breathe through your mouth. A full breath begins below the belly bottom and pushes the belly out on the inhalation. When the lungs are full, the breath should lift the shoulders lightly.

Practice taking some full breaths now. Place your hands on your tummy, below the navel, and inhale, feeling your hands being pushed away on the inhalation. Bring the breath all the way up to the top of your shoulders so they raise slightly. This may feel uncomfortable for a while, if you are not accustomed to deep breathing.

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## THE 2-6 BREATH

This is a very powerful breathing technique for boosting your energy. The name says it all: two counts for the inhalation and six counts for the exhalation. A count is about one second in length.

This breath requires a bit of effort. You have to really pull a good deal of air to fill your lungs with a complete breath in just two counts. There is no holding of the breath in this technique. The exhalation is smooth and even to the count of six.

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## THE 1-4 BREATH

The 1-4 breath is an extremely powerful boosting technique. Here you take a complete breath to the count of one and exhale completely to the count of four. Inhaling to the count of one requires a very strong effort and mouth breathing. Back off if you start to feel dizzy.

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## FIRE BREATHING FOLLOWED BY 2-6 or 1-4

This is the most powerful of the breaths for boosting the energy and can be done as often as one time every minute. Overuse of this breath can cause fainting. Back off from this technique if you start feeling faint.

Rapidly blow out and pull in large amounts of air five to seven times. Your lungs work like large bellows moving a great volume of air. You can imagine you are blowing out a candle that is two feet from you on the exhalation and then on the inhalation, you are pulling back in all the air you just exhaled. The inhalation and exhalation require mouth breathing and are very rapid, like fast panting, taking only a few seconds to complete the five to seven breaths. Once you have completed the rapid inhalation and exhalation, then immediately take in a very full inhalation and exhale for four counts or six, and then continue with techniques 2-6 breath or 1-4 breath.

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## CONNECTING THE ENERGY TO YOUR BREATHING

(You can combine this exercise with Building a Thoughtform you have learned earlier, as well as for some practices that will be mentioned later on.)

Now that you have moved the energy throughout your body and have practiced the basic breathing techniques, it is time to practice combining these elements together.

For this specific exercise, you can cup your hands together or gently close your hands to form "loose fists".

Start a 2-6 breathing pattern. Take full breaths on the count of two, with a full exhalation to the count of six, and place all your attention in your hands. Feel the energy building on the exhalation. Do this for a few minutes as you coordinate the exhalation with the sensation. Always work to increase sensation of the exhalation throughout these exercises. Don't worry about feeling the energy build in your hands on the inhalation. Focus on the six counts of exhalation. If you are doing this correctly, you will feel an increase of sensation in your hands.

With the hands still gently closed or cupped, start the 1-4 breathing pattern. Notice how the sensations in your hands change as you do this. Work to feel the sensations increase on the exhalation. This simply requires that you keep your attention in your hands and have the intention to increase the sensations. If you are doing this correctly, you should notice that the sensation in the hands has grown by changing the tempo of your breath. As long as you don't get yourself dizzy and fall over, the more air you are moving, the more the life-force will increase.

Start doing the fire breathing technique. Again, your hands should be gently closed or cupped as you do the breathing. Once you have finished the rapid inhalations and exhalations, take a large inhalation and go into a 1-4 or 2-6 breathing pattern. Now notice how the sensations in your hands have changed. If you feel an increase in sensations on the exhalations, you are doing a great job.

Now practice increasing the sensation in your legs and in your spine, instead of your hands, imagining your spine and legs becoming longer on every exhalation. Do this for about 15 - 30 minutes a day.

We'll explore more applications of this technique in future bonus reports.

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## NIACIN - VITAMIN B3

Niacin (nicotinic acid) derivatives include nicotinamide adenine dinucleotide (NAD, coenzyme I) and nicotinamide adenine dinucleotide phosphate (NADP, coenzyme II), which are coenzymes in oxidation-reduction reactions. They are vital in cell metabolism. It is an essential substance for growth.

Niacin is a water-soluble vitamin. It is important for the release of energy from carbohydrates and fats, the metabolism of proteins, making certain hormones, and assisting in the formation of red blood cells.

If you take niacin in an amount significantly larger than you have been taking in the past few days you are likely to experience a "flush," or a reddening of the skin and an itchy feeling. Niacin is a particularly important nutrient for improving the health of the heart and for improving blood circulation.

When you get that "flush" that means that the small blood vessels in your body are being expanded in size because of the niacin. Many of your small blood vessels, called "capillaries" are so small that blood cells can go through them only in single file. Sometimes, in fact, that small passageway is clogged and blood doesn't get through at all.

While the large organs of the body all have blood supplied from large arteries, a great deal of your body, particularly the parts near the surface (skin and surface areas) get their ONLY supply of blood (therefore also of oxygen and food!) from these small capillaries. So, if those capillaries are not carrying the blood, then those parts of the body are not getting nourishment and oxygen.

The niacin causes these small capillaries to get larger - so they might be able to carry two or three blood cells at the same time. This is a tremendous increase in blood flow.

You experience this as a reddening of the skin - simply because there is more blood close to the surface of the body. As this blood flows in these areas the cells of the small capillaries will also be getting rid of their waste products, and often they produce "histamine" as part of that process. That histamine is another natural substance produced by every cell in the body -- when the cell is under attack, or is getting rid of toxins.

Histamine causes an "itchy" feeling.

When you take niacin, begin with 100mg/day, for the first time you are probably going to have that "niacin flush" and feel itchy and have red skin.

Depending on when and what you ate, the sensation could last for 10 minutes or as long as an hour.

It is not harmful or dangerous. Some people worry about it, but it is actually a sign of very healthy cleansing and improved blood flow.

Once you have had the niacin flush with a particular quantity of niacin, usually the next day that same dosage of niacin won't create the same effect, and usually after a few more days you will have none of this sensation -- until you increase the dosage of niacin. When you take niacin to a new, higher level (from 100 mg, for instance, to 200 mg) you can experience the reddening again.

Niacin can be very effective and safe in lowering low-density lipoprotein cholesterol and triglyceride levels and also in increasing high-density lipoprotein cholesterol levels. In combination with other lipid-lowering drugs (eg, bile acid sequestrants), it has reduced the incidence of cardiovascular events and stopped the progression of coronary artery lesions. It may be the most cost-effective lipid(fat)-lowering agent currently available.

The presence of certain medical problems may affect the use of niacin, so it is best if you consult with your physician before taking it. Make sure you tell your doctor if you have any other medical problems, especially: bleeding problems or diabetes mellitus (sugar diabetes) or glaucoma or gout or liver disease or low blood pressure or stomach ulcer - niacin may make these conditions worse.

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## SWIMMING

If you like to swim, you can do few things. Swimming in a rhythmic and relaxed manner can help you enter into a trance-like state (hypnosis). While swimming, it is easy to feel your body as weight-less, so you can practice a variation of the previously mentioned exercise and imagining that you are swimming in the middle of the Universal Mind and that everything you can see around you is just another THOUGHT. Then you can extending this kind of observation to your body, and imagine that your body is just a THOUGHT as easy to change in size as your next thought, and then you can think and feel your body extending, becoming longer, as long as you desire it to be.

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# GROW TALLER BONUS REPORT 7

## IMPRINTS - ORAL BIO-SURVIVAL CIRCUIT

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.

Throughout the following reports we'll discuss 8 bio-circuits. Here's the first one:

### 1. The (Oral) Bio-Survival Circuit

This 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.

Any multi-cellular organism must, if it is to survive, contain a hard-wired bio-survival circuit, which very simple programs an either-or choice: GO FORWARD to the nourishing, the protective, or GO BACK, away from the threatening, the predatory.

Any mammal hooks the bio-survival circuit to the first imprinted bio-survival object: the teat. Bio-survival and orality are deeply blended in all mammals, including domesticated primates (humans). This is why, despite the Cancer Terror, an estimated 30,000,000 Americans still smoke cigarettes ... Others chew gum, bite their fingernails, gnaw their knuckles, scrunch pencil stubs, eat more than they need. Some chew their lips, gobble trunks and uppers, even much their mustaches.

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-martialed 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 hypnosis) begins by inducing the client 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, Hindu 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 sicklier all their lives and even grew up to be several inches shorter than the average adult height for their sex.

Teachings that dogmatically insists that Higher Power ("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.

From [Prometheus Rising](#)

## THE PRINCIPLE OF CORRESPONDENCE

**"As above, so below; as below, so above." - The Kybalion**

This principle embodies the truth that there is always a correspondence between the laws and phenomena of the various planes of Being and Life. The old Hermetic axiom ran in these words: "As above, so below; as below so above." And the grasping of this principles gives one the means of solving many a dark paradox, and hidden secret of Nature.

This principle is of universal application and manifestation, on the various planes of the material, mental, and spiritual universe - it is a Universal Law.

From [Kybalion](#)

Whatever you imagine in your mind, therefore, must manifest in your body and in your affairs.

## THE PRINCIPLE OF VIBRATION

**"Nothing rests; everything moves; everything vibrates." - The Kybalion**

This principle embodies the truth that "everything is in motion", "everything vibrates", "nothing is at rest"; facts which modern science endorses, and which new scientific discovery tends to verify.

This principle explains that the differences between different manifestations of Matter, Energy, Mind, and

even Spirit, result largely from varying rates of Vibration. From THE ALL, which is Pure Spirit, down to the grossest form of Matter, all is in vibration - the higher the vibration, the higher the position in the scale.

The vibration of Spirit is at such an infinite rate of intensity and rapidity that it is practically at rest - just as a rapidly moving wheel seems to be motionless.

And at the other end of the scale, there are gross forms of matter whose vibrations are so low as to seem at rest. Between these poles, there are millions upon millions of varying degrees of vibration.

From corpuscle and electron, atom and molecule, to worlds and universes, everything is in vibratory motion. This is also true on the planes of energy and force (which are but varying degrees of vibration); and also on the mental planes (whose states depend on vibrations); and even on the spiritual plane.

An understanding of this principle enables you to control your own mental vibrations as well as those of others. The Masters apply this principle to the conquering of Natural phenomena, in various ways. "He who understands the Principle of Vibration, has grasped the scepter of power", says one of old writers.

From [Kybalion](#)

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## THE PRINCIPLE OF RESONANCE

This is just another way of stating the above two principles. It is also referred to as the Principle of Attraction.

Energy moves in circular motion and thus creates a vibration. Everything is made of energy, including your body, and everything vibrates. The greater the speed of this vibration, the more power is released from the one releasing this vibration. You may also compare this to the higher current of electric power.

The higher the vibration of your consciousness (and your body - as your body is only a reflection of your consciousness), the easier and faster can it change. I know that I am repeating here what I mentioned earlier, but it is very important that you understand these concepts. I will repeat over and over again, that the way you raise your vibration and the vibration of your body is by focusing on the LIGHT and LOVE.

Exercise:

In the previous bonus report you practiced directing your energized breath through your hands and into your legs and spine. Now you can repeat those exercises, but this time add to this an imagery of brilliant White LIGHT and a feeling of LOVE. This is the essence of the secret and/or the answer to the question: what makes you grow your body faster and easier.

I'll continue now with the principle of resonance. If you put several guitars in one room and you strike a string on one guitar, the same tune will resonate in the other guitars.

Your thoughts and emotions create a vibration and whatever thoughts and emotions you entertain predominantly in your mind become impressed upon your subconscious from where they are released 24 hours a day automatically. Whatever you are experiencing in your life right now is a direct result of the vibration you are releasing.

The only thing you can ever attract into your experience is whatever resonates with the vibration you are releasing. If you don't like what you are experiencing in any area in your life, you can change it within yourself, and whatever you are attracting will automatically change. Whatever does not resonate with you any more will simply fall off.

If you desire to experience more love in your life, create that vibration within yourself first by holding onto loving thoughts and feelings and love is sure to follow. If you desire to experience more abundance, create that vibration within yourself by holding onto thoughts and feeling of abundance, and abundance must come into your experience. If you desire to experience a taller body, create the vibration of the taller body by holding onto thoughts and feelings of a taller body, and the taller body must manifest for you - because this is the universal law.

When you realize that there's no one out there that determines your destiny and what happens to you other than yourself, no other circumstance or condition that can affect the height of your body, other than what you choose to hold onto in your mind, you'll begin to feel powerful.

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## CLEARING EMOTIONAL OBSTACLES

Underneath every emotion you are experiencing is LOVE. In the presence of perfect love, fear is absent. The essence of fear is the belief that you can be attacked in some way. Anger comes from the belief that a part of you has been attacked, that some of your "rules" have been violated. Inability to express anger, results in depression. Prolonged repressed anger results in resentment. Every one of these emotions that is unlike love blocks the free flow of energy through your body and presents an obstacle in your endeavor to increase the height of your body. All of these emotions can be transmuted back into LOVE.

The following exercise will help you to clear the emotional obstacles from your subconscious.

#### Forgiveness Exercise:

Take a piece of paper and draw a vertical line in the middle, across the page. Even if you enjoy to type on the computer, do not type this affirmations, but write them with a pen in your hand.

On the left side of the page you are going to write:

"I, [your name], completely forgive myself."

Take a deep breath and then write on the right side of the page, whatever first comes into your mind. Whatever comes into your mind will come from your subconscious and may even surprise you.

Then, on the left side of the page, write again:

"I, [your name], completely forgive myself."

Take a deep breath and then write on the right side of the page, whatever first comes into your mind.

Repeat this process 70 times for 7 days - that a total of 490 affirmations:

"I, [your name], completely forgive myself."

With corresponding thoughts that emerge from your subconscious mind. By the time you are finished, you may even find yourself experiencing the state of utter bliss and happiness. You will also raise the vibration of your body and make it easier for your body to grow, as you will have removed the obstacles.

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## MIND-TRAINING EXERCISE - 1

### Follow the train of your thoughts

Find a comfortable place to sit down where you will not be disturbed. Relax your whole body, close your eyes and observe the train of your thoughts for five minutes trying to retain it. Simply become a silent observer of the train of thoughts that crosses your mind. The goal of the exercise is not to forget yourself, not to loose the train of your thoughts, but to observe them attentively. Extend the exercise every day by one minute until you can follow your thoughts attentively for 10 minutes at least after a week's training. Proceed to the next mind-training exercise only after you have mastered this one.

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## MIND-TRAINING EXERCISE - 2

### Visual Concentration

Find a comfortable place to sit down where you will not be disturbed. Put some objects in front of you, for example: a spoon, a pen, a glass, and fix your eyes on one of these objects for a while. Try to remember their colors and shapes exactly. Then close your eyes and endeavor to imagine that object plastically, in exactly the same form, as it is in reality. If the object vanishes from your imagination, bring it back to your mind. You can open your eyes and look at it to remind yourself how it looks like, then close your eyes and hold it in your imagination.

In the beginning, you may be successful in this experiment for a few seconds only, but with perseverance and repetition of the exercise the object will become more distinct, and reappearance and disappearance will take place more rarely from one exercise to the next. If you feel tired, change to the next object.

The purpose of the exercise is accomplished, if you can hold on to one object, without any interruption for five minutes.

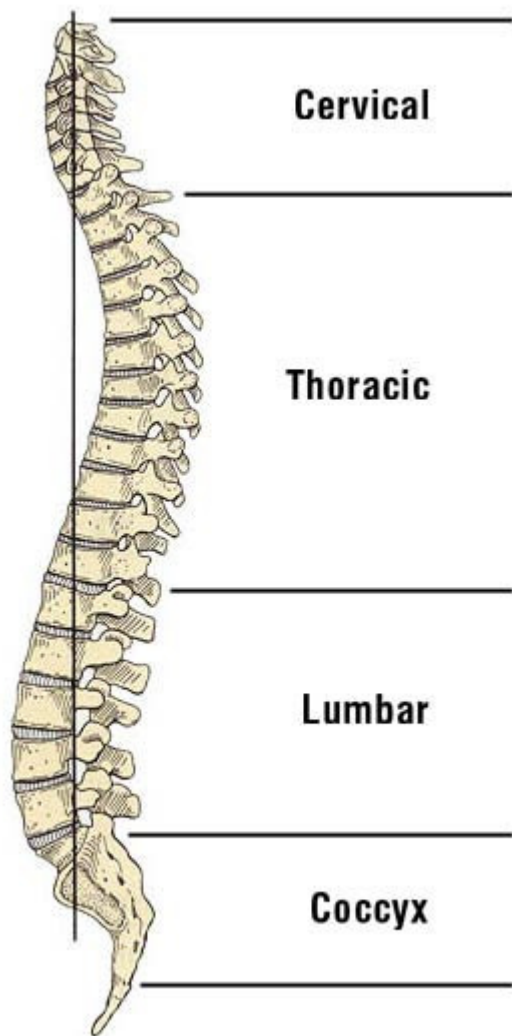
When you get to this point, you may also imagine objects with your eyes open. Now the objects will appear to



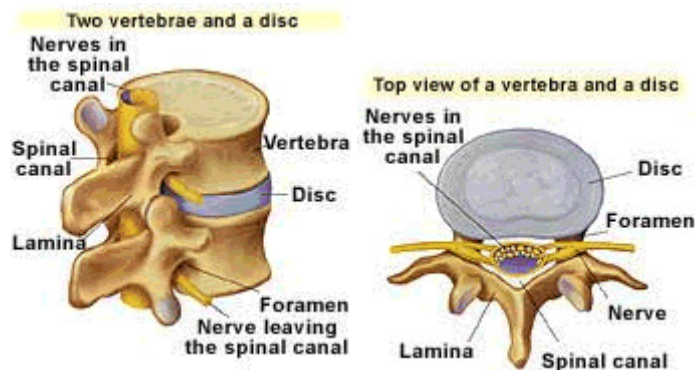
be hanging in the air and be visible in front of your eyes, in such a plastic shape as to, seemingly, be tangible. Apart from the one object you imagined, nothing else of the surroundings must be noticed. Your attention must be fully focused on the object only.

## YOUR SPINE

Your spine is composed of 33 short super-imposed bones called VERTEBRAE. There are: 7 cervical vertebrae, 12 dorsal or thoracic vertebrae, 5 lumbar vertebrae, 5 sacrum vertebrae, and 4 coccyx vertebrae.



Between each vertebrae are disks which are made of cartilage and serve as “shock absorbers”. This padding looks like a doughnut or a perforated wheel. Within each vertebrae are holes that form the spinal canal. Within spinal canal is the spinal cord.



Attached to the spinal cord and protruding between the vertebrae are 31 pairs of nerves: 8 pairs of cervical nerves, 12 pairs of thoracic nerves, 5 pairs of lumbar nerves, 5 pairs of sacral nerves, 1 pair of coccygeal nerves.

Cartilage is a firm yet elastic substance. With the appropriate exercises, you can stretch the cartilage between the vertebrae in the spinal column, the cartilage between the thigh bones, and the cartilage between the tibia or shin bones.

You can increase by developing your cartilage which increase the space between the vertebrae. Without proper exercise the cartilage becomes soft, it flattens and the bones eventually rub against each other. Stretching exercises will help you to strengthen your disks and increase their elasticity. In essence, the spinal column is like a coil. By stretching it up and down, forwards and backwards and from side to side, you can become taller.

Obesity hurts your spine by increasing its work load. By developing your stomach muscles you can eliminate the fat that surrounds your muscles.

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## BACKWARD BEND - CAMEL

The Camel enables you to exercise all of your back muscles and extend your spinal column, by bending your back fully. It is very useful for increasing spinal and hip flexibility.



1. Begin the posture by sitting on your heels. Keep your knees close together and your calves parallel with each other.
2. Place your arms behind your body with both palms flat on the floor. at your weight rests on your hands.
3. Drop your head backwards. Raise your hips and arch them forwards; walk your hands inwards to clasp your heels. Keep your back arched throughout.

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# GROW TALLER BONUS REPORT 8

## EMOTIONAL-TERRITORIAL BIO-CIRCUIT

The emotional-territorial circuit is imprinted in the "toddling" stage when the infant rises up, walks about and begins to struggle for power within the family structure. This circuit processes territorial rules, emotional games, or cons, pecking order and rituals of domination or submission.

The second circuit, the emotional territorial circuit is concerned entirely with power politics. This circuit appears in each newborn when the DNA master tape sends out RNA messenger molecules to trigger the mutation from neonate to "toddler", which involves first of all standing erect. Walking, mastering gravity, overcoming physical obstacles and learning to manipulate others politically are the vulnerable points at which imprinting and heavy conditioning occur. The muscles that perform these power functions are quickly programmed with what become chronic, life-long reflexes.

Depending on what happens in the environment, this circuit will organize itself into a strong, dominating role in the pack (or family) or a weak, submissive role. One can observe this imprinting process in any litter of puppies: it is very quickly determined who is TOP DOG and who is BOTTOM DOG.

Most mammals mark their territories with excretions, humans often mark their territories with ink excretions on paper.

The standard "authority" reflex on the emotional-territorial circuit is to swell the muscles and howl. The standard "submission" reflex is to shrink the muscles, lower the head, and "crawl" away.

If the first (bio-survival) circuit is chiefly imprinted by the mother, the second (emotional-territorial) circuit is chiefly imprinted by the father.

In the pre-ethological terms, the emotional-territorial circuit is what we usually call "ego". Ego is simply the mammalian recognition of one's status in the pack. The "egotist" behaves like "a two year old", in the common saying, because Ego is the imprint of the toddling and toilet-training stage.

In extreme cases, persons who take the heaviest imprint on the territorial- emotional circuit tend to be musculotonic. That is, they hold most of their attention and energy, in the muscular attack-defense systems and grow up medium weight - heavy enough to be hard to knock down, light enough to be quick and sinewy. Often, they become body-builders, weight-lifters, etc. and have an extraordinary absorption in demonstrating their strength. Even shaking hands with them, you get the message that they are not exchanging amity but demonstrating power.

Imprinting affects the whole nervous system. The nervous system affects the whole body. Any Method Actor knows this and his body will swell physically if he is playing a strong character and shrink if he is playing a weakling. Rod Steiger, in particular, actually seems taller or shorter depending on whether he is playing a Top Dog or a Bottom Dog.

Since we all contain a territorial-emotional circuit we need to exercise it daily. Playing with children is one good exercise - especially if you play with large groups, in which case you will have to referee mammalian territorial disputes. Swimming, jogging or whatever else appeals to you is good, to keep the muscles from feeling you are trying to starve them. Trying to "psych out" somebody else's emotional state is one of the best exercises for this circuit, and is very educational in general. It activates the old mammal centers in the thalamus where body-language communicates emotional signals.

Advanced work with this circuit, involving some hazards in personal relations, would involve such games as learning to bully somebody if you've never been able to do that before, learning to submit docilely if you've never been able to do that before, and learning to express anger appropriately and letting go of it when it is no longer necessary.

You can practice self-hypnosis or meditation, for two fifteen-minute sessions every day for a month, and then go see somebody who always manages to upset you or make you defensive. See if they can still press your territorial retreat buttons.

How imprints can be changed will be discussed as we proceed. The exercises provided with each imprint are intended to make imprints a little less rigid, a little more flexible.

Adapted from [Prometheus Rising](#)

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## THE PRINCIPLE OF POLARITY

**"Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled." - The Kybalion**

This Principle explains that in everything there are two poles, or opposite aspects, and that "opposites" are really only the two extremes of the same thing, with many varying degrees between them.

To illustrate: Heat and Cold, although "opposites", are really the same thing, the differences consisting merely of degrees of the same thing. Look at your thermometer and see if you can discover where "heat" terminates and "cold" begins! There is no such thing as "absolute heat" or "absolute cold" - the two terms "heat" and "cold" simply indicate varying degrees of the same thing, and that "same thing" which manifests as "heat" and "cold" is merely a form, variety, and rate of Vibration. So "heat" and "cold" are simply the "two poles" of that which we call "heat" - and the phenomena attendant thereupon are manifestations of the Principle of Polarity.

The same Principle manifests in the case of "Light and Darkness", "Large" and "Small", "Hard" and "Soft", "Black" and "White", "Noise" and "Quiet", "High" and "Low", "Short" and "Tall"!

The same Principle operates on the Mental Plane. Let us take a radical and extreme example that of "Love" and "Hate" - two states apparently totally different. And yet there are degrees of "Hate" and degrees of "Love", and a middle point in which we use the terms "Like" or "Dislike", which shade into each other so gradually that sometimes we are at a loss to know whether we "like" or "dislike" or "neither". And all are simply degrees of the same thing, as you will see if you will but think a moment.

And, more than this, it is possible to change the vibrations of Hate to the vibrations of Love, in one's own mind, and in the minds of others. You may have had personal experiences of the involuntary rapid transition from Love to Hate, and the reverse, in your own case and that of others.

Through the application of the Principle of Polarity, you can transmute "Poverty" into "Wealth", "Low Self-Esteem" into "High Self-Esteem", "Lack" into "Abundance", "Short Body" into a "Tall Body". In short, the "Art of Polarization" becomes a phase of "Mental Alchemy".

- Adapted From [The Kybalion](#)

## MENTAL TRANSMUTATION

**"Mind (as well as matter) may be transmuted, from state to state; degree to degree, condition to condition; pole to pole; vibration to vibration. True Transmutation is a Mental Art." - The Kybalion**

The word "transmute" means "to change from one nature, form, or substance, into another; to transform." (Webster)

Accordingly, "Mental Transmutation" means the art of changing and transforming mental states, forms, and conditions, into others.

The first of the Seven Hermetic Principles is the Principle of Mentalism, the axiom of which is "THE ALL is Mind; the Universe is Mental", which means that the Underlying Reality of the Universe is Mind, and the Universe itself (and this includes your physical body) is Mental - that is, "existing in the Mind of THE ALL."

If the Universe is Mental in its nature, then Mental Transmutation must be the art of CHANGING THE CONDITIONS OF THE UNIVERSE, along the lines of Matter, Force and Mind. So the Mental Transmutation is really the "Magic" of which the ancient writers had so much to say in their mystical works and about which they gave so few practical instructions. If All be Mental, then the art which enables one to transmute mental conditions must render the Master the controller of the material (physical) conditions as well as those ordinarily called "mental."

Not only may the mental (and physical) states of one's self be changed or transmuted, but also the states of others may be, and are, constantly transmuted in the same way, usually unconsciously, but often consciously by some understanding of the laws and principles, in case where the people affected are not informed of the principles of self-protection.

And more than this - every material (physical) condition depending upon the minds of other people may be

changed or transmuted in accordance with the earnest desire, will, and "treatments" of person desiring changed conditions of life.

- Adapted From [The Kybalion](#)

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## GROUP ENERGY

Other than visualizing yourself growing taller, you can imagine other members in this group (or people who desire to grow taller in general) as growing taller. You can imagine them standing in a circle around you; you can also imagine hundreds or thousands of people standing around you, forming many concentric circles, and all of them growing taller easily and effortlessly. You can experiment with this and find out what gives you the most powerful "growing feeling". You may feel that the people around you are "reflecting" your own power to grow taller easily and may consequently find it much easier to grow taller faster.

While it is not recommended to talk with others what you are doing - an exception to this rule is if you know someone who is as dedicated to this program as you are, and who is willing to participate in it together with you. When two or more people focus on the same thing, the energy generated is much more than doubled.

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## DO OR DO NOT DO, BUT DO NOT TRY!

Perhaps you saw the movie "Empire Strikes Back" (from Star Wars Trilogy). One of the generally favorite dialogues is between Yoda and Luke Skywalker where Luke was being taught the power of telekinesis to lift his spacecraft out of the fog.

At some point Luke says to Yoda "I'll give it a try."

And Yoda replies with "No, try not! Do, or do not. There is no try!"

Then Luke complains that he can't because the craft is too big, and Yoda responds with "Size matters not ... look at me ... judge me by my size do you? My ally is the Force and a powerful ally it is. Life greets it and makes it flow. Its energy surrounds us and binds us. Luminous beings are we!"

Luke continues, "You want the impossible!" When Yoda actually levitates the ship, Luke responds, "I don't believe it!" and Yoda says, "That is why you fail."

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## SCIENTIFIC IMPOSSIBILITY

Do you know that it is "scientifically" impossible for the bumblebee to fly? According to recognized aerotechnical tests, bumblebees cannot fly because of the weight and shape of their bodies in relationship to the total wing area. However, the bumblebees do not know this, so they fly anyway!

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## NEW POSSIBILITIES

The following amazing historical story was allegedly found in a diary in Magellan's own handwriting. You've most likely heard of Magellan, who sailed around South America and landed there. He had three huge masted ships anchored out a distance in the sea. The natives couldn't see those ships because they were so far beyond anything they could ever imagine, and they had no reference point for sailing vessels of that magnitude. The natives could see the small boats that Magellan's crew used to row up to shore. The traders that the Spanish used to come ashore were similar to the natives' own canoes. However, the natives absolutely could not see the big ships. When they looked out upon the waters, they saw a clear horizon with nothing upon it and kept saying "I can't see it."

Then, the native shamans appeared and said, "If you look out there on the horizon and envision this boat, it is about this big and this long and this high." So the natives strained and looked again and again, and finally one of the natives said, "Does it have a red flag?" and the shaman said, "Yes!" They were sensing a possibility and concept for something for which they had no previous framework or reference point. Once one of them saw the red flag, they filled in the gaps.

This is a wonderful demonstration of how when our perceptions change, gradually everything becomes clearer and filled with new possibilities.

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## IMAGINATION

"Imagination is taking an image and adding power to it. When you take an image and focus your creative attention upon it, you hold yourself in vibrational harmony with the image. Now you and the image are vibrating at the same [frequency] and the Universe will find things that match it to bring it to you. If you are only briefly identifying the image of what you want, and mostly observing it is not here, then the Universe is matching the image that is dominant within you." - Abraham

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## MIRROR, MIRROR ON THE WALL

One of the simple ways to get inside your subconscious and to discover inner obstacles toward realization of your desired goals is by using a mirror (the one you have in the bathroom will do).

Look into your reflection in the mirror and state, for example, that you can grow taller easily now. Then, wait for a response that pops up in your mind. You'll either meet with a wholehearted agreement "yes, you can", or a statement of disagreement - "no, you can't".

If you get a negative response, ask "why not" or "why not specifically". Keep on exploring until you get some specific information.

You can also ask "what do you need to do (what can you do)right now in order to grow easily now" - then go and do what you need to do.

A point I'd like to make here is that if you promised yourself or someone else that you'll do something, you may need to make good on your promise. You'll also find out that as you "keep your word", your subconscious will take your suggestions more seriously.

When you correct whatever you needed to correct, do the mirror exercise again, until you get a wholehearted "yes".

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## CLEARING OBSTACLES WITH FIRE

Do this only if you have a safe place where you can light a small fire. Fireplace would be excellent.

As may be obvious from a physical standpoint, fire has a tremendous power of transformation. You can use it also to overcome internal obstacles. Even just sitting beside the fire clear the "energy body".

Here's what you can do. Take a piece of paper and think about the obstacles and limitations you may still be experiencing in achieving your desired height increase. The obstacles may be anything from having a challenge believing that you can grow, to the feelings of frustration or lack of patience and persistence. Really get into your emotions, feel them and express on a piece of paper what you're feeling. In other words, get them out of your system, out of your mind, and put them down on that piece of paper. When you're done writing, set this paper on fire (in a safe place), all along visualizing all of your obstacles burning just the way that piece of paper is burning and see the way for you opening so that you can grow easily now.

Alternatively, if you can sit beside the fire - as a last resort even a candle flame will do - you can gaze and the fire all along imagining that the specific obstacle is dissolving and the way is opening up for you to grow taller easily and faster than before.

Of course, you can use the same method to get rid of any other obstacles in your life. If you have challenges with people, instead of putting them into fire (bad, bad karma), you can imagine a circle of fire blazing all around you, protecting you from any adverse influences. Here, you must make sure that you are not the one who is initiating those adverse influences.

It is recommended that you keep focusing on your problem dissolving for at least about half an hour at a time and that you work with one obstacle until you get results, before you move on to the next. It may be sufficient to do this process only once for a specific obstacle to dissolve, or you may need to repeat the process for seven days, at which point you should take a break (sometimes it takes few days or longer for the effect to manifest, so if change is immediately visible, it does not mean that it's not working yet).

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## CLEARING OBSTACLES WITH WATER

Here again, you should work with one obstacle at a time, until you get results. You can use water in several ways to get rid of the obstacles. This exercise does not require any extra time. You only need to remember to do it when you are normally washing yourself.

One way to do this exercise is throughout the day when you are washing your hands. All you need to do is imagine as realistically as possible that together with removing dirt from your hands, you are also washing away the obstacle. Just imagine it flowing out of you and down the sink and completely dissolving.

Another way to do this exercise is when you are having a shower. You can visualize that together with the dirt from your body, the body is washing away the specific obstacle, or that the old cells from your body are being washed away and replaced with new cells, and that your whole body is being changed in the process - a new taller body is taking place of your old body - the whole transformation is occurring while you're having a shower. Imagine as vividly as you can your new taller body taking form.

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## MIND-TRAINING EXERCISE - 3

### Auditory Concentration

Find a comfortable place to sit down where you will not be disturbed. Now you can either listen to a specific sound for a while (if you have it recorded on a CD) or around the house, or just recall a specific sound. Examples for this exercise are: ocean waves, rustling of the leaves, wood burning in a fireplace, tic-toc of a wall-clock, wind-chimes, (church) bells, rain, waterfall, etc.

You may do this exercise with your closed (perhaps, that will be easier in the beginning) or open. You must be able to focus on your chosen sound exclusively (for this exercise) without allowing any visual images to accompany the sounds. In a later exercise, you'll focus on several senses at once. In this exercise you only focus on the specific sound. If an image appears in your mind, just allow it to dissolve.

The purpose of this exercise is accomplished, if you can hold on to one sound, without any interruption for five minutes.

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## MIND-TRAINING EXERCISE - 4

### Tactile Concentration

Find a comfortable place to sit down where you will not be disturbed. You may either put the objects with different textures in front of you, or you may simply recall the sensation of those objects on your skin. Examples for this exercise are: a cotton ball, silk scarf, a rock, a piece of metal, a feather, glass, candle, a piece of leather, water, ice, cardboard, a tree-branch, a skin lotion, etc.

The purpose of this exercise is to help you focus on the sensation of a specific texture (cold - warm, wet - dry, soft - hard, smooth - rough, etc.) to the exclusion of anything else.

If you have an object in front of you, you can handle it for a few minutes and then put it aside, and recall that sensation as vividly as you can.

The purpose of this exercise is accomplished if you can hold on to one sensation, without any interruption for five minutes.

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## MIND-TRAINING EXERCISE - 5

### Kinesthetic Concentration

Find a comfortable place to sit down where you will not be disturbed. For this exercise, you are going to focus on an internal feeling. Examples for this exercise are: lightness, heaviness, warmth, cold, peace, happiness, love, abundance, freedom, etc. - without allowing any images or sounds into your awareness, only focusing on the specific feeling.

The purpose of this exercise is accomplished if you can hold on to one feeling, without any interruption for five minutes.

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## SPINAL TWIST

This posture stretches the spine, helping it to regain this mobility. As the vertebrae are mobilized, the roots of the spinal nerves and the nervous system are toned and provided with an increased blood supply. Work both sides of the body equally to gain the full benefit of the exercise.



1. In preparation for the Spinal Twist, sit on your heels. Knees and feet should be together, and the chest faces forwards.
2. Gently shift your buttocks down to the floor on the left side of your legs. Keep your back straight and centered over the buttocks.
3. Bring your right knee in close to your chest, and gently lift it over your left leg; place the right foot flat on the floor by your left knee.
4. Keeping your body straight and upright, turn your body to the right and place your right hand flat on the floor. Raise your left arm and stretch it up above your head.
5. Twist your body to the right and look over your shoulder. Carry your left arm around your right knee, clasping your right ankle. Hold the pose for 30 seconds. Repeat on the other side.

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# GROW TALLER BONUS REPORT 9

## THE TIME-BINDING SEMANTIC CIRCUIT

This bio-circuit is imprinted and conditioned by human artifacts and symbol systems. It "handles" and "packages" the environment, classifying everything according to the local reality tunnel. Invention, calculation, prediction and transmitting signals across generations are its functions.

The third semantic circuit handles artifacts and makes a "map" (reality tunnel) which can be passed on to others, even across generations. These "maps" may be paintings, blueprints, words, concepts, tools (with instructions on use transmitted verbally), theories, music, etc.

In ordinary language, the semantic circle is usually called the mind. Many existentially thinkable thoughts are socially unthinkable, since (a) everybody in a given society has roughly the same semantic imprint and (b) this is reinforced daily by assumptions that are mechanically taken for granted.

Thus, a genius is one who, by some internal process, breaks through to Circuit VII - a minor neurological miracle loosely called "intuition" - and comes back down to the third circuit with the capacity to paint a new semantic map, build a new model of experience. Needless to say, this is always a profound shock to those still trapped in the old robot-imprints, and is generally considered a threat to territory (ideological head space).

In closing, let us be reminded that Giordano Bruno was burned at the stake for teaching that the earth moves. Was he guilty or not?

From [Prometheus Rising](#)

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## THE PRINCIPLE OF RHYTHM

**"Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates." - The Kybalion**

This Principle embodies the truth that in everything there is manifested a measured motion, to and fro; a flow and inflow; a swing backward and forward; a pendulum-like movement; a tide-like ebb and flow; a high-tide and low-tide; between the two poles which exist in accordance with the Principle of Polarity described previously.

There is always an action and a reaction; an advance and a retreat; a rising and a sinking. This is in the affairs of the Universe, suns, worlds, men, animals, mind, energy, and matter.

This law is manifest in the creation and destruction of worlds; in the rise and fall of nations; in the life of all things; and finally in the mental states of Man (and it is with this latter that the Hermetists find the understanding of the Principle most important).

The Hermetists have grasped this Principle, finding its universal application, and have also discovered certain means to overcome its effects in themselves by the use of the appropriate formulas and methods. They apply the Mental Law of Neutralization. They cannot annul the Principle, or cause it to cease its operation, but they have learned how to escape its effects upon themselves to a certain degree depending upon the Mastery of the Principle. They have learned how to USE it, instead of being USED by it.

The Master of Hermetics polarizes himself at the point at which he desires to rest, and then neutralizes the Rhythmic swing of the pendulum which would tend to carry him to the other pole.

All individuals who have attained any degree of Self-Mastery do this to a certain degree, more or less unconsciously, but the Master does this consciously, and by the use of his Will, and attains a degree of Poise and Mental Firmness almost impossible of belief on the part of the masses who are swung backward and forward like a pendulum.

- Adapted From [Kybalion](#)

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## THE WORLD IS WHAT YOU THINK IT IS

Depending on your point of view a water gourd can be half-empty or half-full. Depending on your plans the rain can be good for the crops or bad for the picnic. Depending on your attitude, a problem can be an obstacle or a challenge. These are clear, obvious, and understandable ways in which our thinking affects our experience.

In a more subtle way - but a way very well documented in the fields of psychosomatics, psychoimmunology, and motivational psychology - we know that thoughts of fear, worry, anger, and resentment can make us sick and diminish our effectiveness, while thoughts of confidence, determination, love, and forgiveness can make us well and increase our performance.

Extending into the metaphysical realm, we come across the idea that thoughts will telepathically attract their equivalent. In other words, to put it very simply, positive thoughts will attract positive people and events, and negative thoughts will attract negative people and events. This is less obvious than the previous examples, but millions of people acknowledge the concept and a careful and honest appraisal of your thoughts and your life will clearly demonstrate the effect.

Then there is the deeper esoteric idea shared by many spiritual teachers around the world that your experience is determined by your faith / beliefs, by what you believe in. And both ancient and contemporary history are full of examples of the power of thought in the form of prayer, faith, and conviction to change physical conditions, events, and circumstances.

In addition to recognizing the effects on experience of attitude, expectation, telepathy, and belief, shamans also hold the exceptionally subtle idea that LIFE IS A DREAM; that, in fact, we dream our lives into being.

Now, at first this sounds so weird that it's confusing and seems illogical because you can knock your hand against a wall and feel its solidity, you can hear the sound around you, and you can see lots of objects in great detail. The wall you knocked your hand against isn't really solid, and neither is your hand. Both are composed of molecules which are composed of atoms which are energy fields vibrating at different frequencies. The only reason your hand didn't go through the wall was because both it and the wall are vibrating at frequencies so close in range that they interfere with each other. At the same time, radio and television frequencies, for instance, pass right through the wall and your hand as if they weren't even there. When you struck the wall you weren't hitting a solid object. Instead, two energy fields met and the information was transmitted to your brain where it was interpreted by you, based on memory, as the experience of hitting a wall.

And the sound that you hear? Let's assume it's music. But it really isn't music you are hearing directly. You are experiencing a vibrational wave pattern moving through the air which hits your eardrum and is translated into an electrical nerve impulse received by your brain. Your brain then gives out a signal that you interpret based on memory again, as music.

Finally, the objects that you see are only seen because light energy bounces off other energy fields toward your eyes, where the frequencies are translated into patterns that you interpret as objects. What appears to be external reality is really all in your head. Why, that sounds like a dream.

While you're still reeling from that, think about this. Have you ever had a dream at night that seemed just as real or even more real than your daily experience? If so, then you know the only way you could tell the difference was that THIS dream (or reality) had more memories you could hook into it. However, from the shaman point of view, memories are only other dreams.

If you've not had such a realistic dream, you may have heard or read about people who have had what psychologists and psychiatrists like to call "hallucinations" that for them were every bit as real, or more real, than the dream we call ordinary experience ("hallucination" means "your dream doesn't match my dream").

Think about the fact that the only test we use for the reality of such experiences is whether or not someone else experienced them. And even that isn't always enough. If you are angry about being left out or you don't like what others say they've experienced, you can always call it "mass hallucination".

For the shamans, the experience we call ordinary everyday reality is a mass hallucination, or to put it more politely, a shared dream.

If this life is a dream, and if we can wake up fully within it, then we can change the dream by changing our dreaming.

- From [Urban Shaman](#)

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## EXPLORING THE POWER OF THOUGHT

If the world is what you think it is, then you ought to be able to change your world by changing your thought. Sit up comfortably with your eyes open and turn your head as far as you can to the left and look straight ahead. Find something in your line of sight that you can remember as a marker and bring your head forward again. Now, close your eyes, keep your head still, and IMAGINE that you are slowly turning your head to the left very easily and loosely, without any strain, way past the marker until you are looking directly behind you without any problem at all. Imagine the sensation and the feeling as well as the sight. Then imagine bringing your head slowly back to the front. Now, open your eyes and turn your head physically to the left. To the degree you were able to imagine the feeling in your mind you will now feel that your head moves easily farther than it did before and your line of sight is well past the marker.

What you just did was change your body by changing your mind. You imagined being able to do something different, and your body responded to your thought by changing what was possible only moments before. It's a simple demonstration full of powerful implications.

- From [Urban Shaman](#)

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## GROWING TALLER THROUGH DANCING

If you like to dance, you can use dancing to help you enter trance and grow taller. When we dance, we are able to become more aware of our energy body. The energy field is intrinsically related to mind; just as the brain has its own energy patterns which follow the course of electro-chemical energies along neural pathways, so mind is a directing 'force' in the energy field. Mind, combined with physical movement, can direct the flow of energy in the energy field.

Energy dancing is a form of dance which takes the dancer into a trance state, an altered state of consciousness which accesses the magical realms of inner space. The dancer not only moves muscle and sinew to express the rhythms of music, but also through breathing and concentration, moves energy within the body. Common breathing pattern in trance dancing is "fire breath" which consists of two fast inhalations through the nose and one slow exhalation through the mouth.

Trance Dancing is an ancient spiritual ritual which invites Holy Spirit to embody the participants and to give the visions or to heal them through spiritual ecstasy. Dance is synonymous with the prayer, a demonstration of reverence. Dance is a doorway to the soul or 'spirit within' and if you dance into the state of ecstatic trance you will connect completely to the healing powers of Holy Spirit. Trance dance is pure ecstatic energy. Trance dance is the vehicle by which you become that energy and that's what makes it remarkable. At the level of Spirit, anything is possible.

Drumming, rhythm, sound, movements and breathing are the main elements for focusing our attention. Why? We know that sound for very long, long time. It is the beating of our heart. That constant beating sound is a meditative and relaxing sound. Put your head on the breast of your beloved one and you will fill the peace, love and safety. What you will do with the crying baby? You will take it into your arms and hold it near your heart.

The beat moves us into a trance state when the rhythm is unbroken, and constant. At some point your ego will decide it is safe sufficient to release all controls and surrender you to the Higher Self. If you listen to the rhythm - eyes close or shielded by a blindfold, breath flowing in patterns - and move, a gradual release of your ego will take place. It is not permanent. It's a temporary place that you go, but it does have lasting effect. When you come back out of trance, less of your ego is there and more of your higher self is present - more of your intelligent self, your wisdom. People who dance over extended periods of time notice a marked increase in frequency of insight and revelation.

Gabrielle Roth, a trance-dancer said:" Any spiritual work is about bringing forces, fields of energy-the physical field, the emotional field, and the mental field-into unity, into oneness. How does that happen? It happens through the breath. The breath is the spirit, the Holy Spirit. The breath is the catalyst. The breath shakes things up and moves things. It keeps things moving. The difference between life and death is breath. A dead body doesn't move; that's it. Conversely, then, a live body, a living body, would move fully. Every little cell would be alive and vibrating. I consider that we're a series of vibrations; we're pure energy. When we're plugged into the master current, to the big current, to the master vibe, it's held together by an invisible force called breath. So we want to make more and more space for our breath. The deeper you breathe, the more fully you're alive.

Whether you choose to dance while listening to trance-dancing music, or to any other kind of music that has a trance-inducing effect for you - you can imagine yourself connecting with all the power, feel the energy

moving in your body and then focus on your body growing taller. It's easy and it's fun.

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## PHYSICAL EXERCISE - THE WHEEL

The Wheel may look difficult, but it is worth working at slowly and systematically, as it can bring great strength and flexibility to the spine and back muscles.



1. Lie on your back, bend your knees, and put your feet flat on the floor, near your buttocks, hold your ankles.
  2. Put your hands flat on the floor behind your shoulders with the fingers pointing towards your shoulder blades.
  4. Lift your hips, arching your entire spine and dropping your head back. Only your hands and feet remain planted on the floor. Aim to hold this posture for 30 seconds.
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# GROW TALLER BONUS REPORT 10

## IMPORTANCE OF FEELINGS

When you watch a movie, if you really enjoy it and get into the action of the movie, you experience emotions. Even though you know that you are only watching a movie, and that what you're watching is not real, you get absorbed in the action and you may cry or laugh, your heart may begin to beat faster, you may even feel scared - even though none of it is real, you experience emotions and you create real changes in your body.

When you listen to the growing taller tapes/CDs, it's important to get just as emotionally involved - because EMOTIONS create the changes in your body. It is important that you imagine and FEEL as if your body is growing taller, to the point that you actually do experience a REAL sensation taking place in your body.

If you just listen to the tapes/CDs while your mind is wondering elsewhere, without any feeling of growth, it will be a long time before you'll see results.

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## DIFFERENT GROWING TALLER RECORDINGS

Even though you can experience results even by listening only to the first growing taller recording (129-1) - all success reports I have received so far are from the people who have been listening consistently to the whole series (129-1-6).

The purpose of different recordings in the series is to help you get into the right state of mind as well as to help you experience progress faster.

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## THE EXERCISES IN THIS PROGRAM

The purpose of the mind-training exercises presented in the Bonus Reports is to help you train your subconscious for success, to help you to experience mind-body connection and the effect your thoughts have not only on your body, but on the rest of your life, and to help you to enter the right state of mind that enables you to experience height increase.

If you have not yet experienced the desired progress in your height increase, I'd like to know if you've been doing all the exercises from the Bonus Reports and if you've been writing them down in your journal.

Your success with height increase is very much related to your motivation and your interest. If you truly want to increase your height, you'll demonstrate it through your action, your involvement - you'll give it your best shot.

I will do whatever I can to help you experience height increase and it's important to understand that this is a 50%-50% relationship. After I do my part, you need to do yours, too.

If you've been listening to all the recordings, and you've been doing all the exercises in the Bonus Reports, and have been writing your experiences in the journal and you still feel stuck, then contact me so that I can help you to move forward.

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## THE "MORAL" SOCIO-SEXUAL CIRCUIT

This is imprinted by the first orgasm-mating experiences at puberty and is conditioned by tribal taboos. It processes sexual pleasure, local definitions of "right" and "wrong", reproduction, adult-parental personality (sex role) and nurture of the young.

This socio-sexual circuit is activated and imprinted at adolescence, when the DNA signal awakens the sexual apparatus. The teenager becomes the bewildered possessor of a new body and a new neural circuit oriented to orgasm and sperm-egg fusion. The pubescent human, like any other rutting animal, lurches about in a state of mating frenzy, every call gasping for the sexual object.

Most sexual dysfunctions are hooked into the nervous system at these adolescent moments of acute imprint vulnerability.

We can tell precisely at what period in time a person was sexually imprinted by noting which fetishes continue to turn him or her on.

Primitives (so-called) know these facts and surround all the points of imprint vulnerability with rituals, "ordeals", "rites of passage", etc. well designed to imprint the desired traits of a well-integrated member of that tribe at that time.

The fourth circuit can almost be called the guilt circuit: almost everybody, almost everywhere, is quite busy hiding their real sexual profile and miming the "accepted" sex role for their gender in their tribe.

There is one omni-purpose taboo which exists in every tribe. That taboo stipulates that sexuality shall not be unregulated by the tribe. That is, even though no other taboos are universal, the taboo against living without taboos remains constant.

An American President may not marry his own sister (if he wants to get re-elected); an Egyptian Pharaoh had to marry his own sister. Both the President and the Pharaoh are expected to obey local rules.

The principle function of the socio-sexual circuit, in the higher primates (humans), is to form an adult personality - a parent. By definition, the parent is one who cares for the young of the species; by genetic necessity, the parent also cares about the young. In symbolizing humans, this means planning, hoping and having aspirations. In the language of the mystics, this means being "attached" and "trapped" on the wheel of karma"; the first effort in most mystical traditions is to break this fourth-circuit attachment by taking a vow of celibacy.

- From [Prometheus Rising](#)

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## CAUSE AND EFFECT

"Every Case has its Effect; every Effect has its Cause; everything happens according to Law; Chance is but a name for Law not recognized; there are many planes of causation, but nothing escapes the Law. - The Kybalion

This Principle embodies the fact that there is a Cause for every Effect; an Effect from every Cause. It explains that: "Everything happens according to Law"; that nothing ever "merely happens"; that there is no such thing as Chance; that while there are various planes of Cause and Effect, the higher dominating the lower planes, still nothing ever entirely escapes the Law.

The Hermetists understand the art and methods of rising above the ordinary plane of Cause and Effect, to a certain degree, and by mentally rising to a higher plane they become Causes instead of Effects.

The masses of people are carried along, obedient to environment; the wills and desires of others stronger than themselves; heredity; suggestion; and other outward causes moving them about like pawns on the Chessboard of Life. But the Masters, rising to the plane above, dominate their moods, characters, qualities, and powers, as well as the environment surrounding them, and become Movers instead of pawns. They help to PLAY THE GAME OF LIFE, instead of being played and moved about by other wills and environment. They USE the Principle instead of being its tools. The Masters obey the Causation of the higher planes, but they help to RULE on their own plane.

- Adapted from [The Kybalion](#)

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## ENERGY FLOWS WHERE ATTENTION GOES

Two of the most successful and long-practiced techniques used by shamans are meditation and hypnosis, because both make use of this principle.

The word "meditation" comes from a Latin root "med", meaning "to measure", which is shared with a word meaning "to heal" that leads to the word "medical". You are meditating whenever you are engaged in sustained focused attention on anything, and according to this philosophy such attention channels the energy of the universe into manifesting the physical equivalent of the focus.

However, the manifestation is not just the equivalent of what you are looking at, saying, listening to, or doing. It is the equivalent of the sum total of your entire attention, including habitual expectation, during the meditation.

Hypnosis is just another kind of meditating. There is no generally agreed on definition of hypnosis, because

some people treat it as a process and others as a state. As a state, hypnosis is simply a condition of sustained focused attention, just like meditation.

Since energy flows where attention goes, those aspects of your present experience which seem enduring are the effect of habitual sustained focused attention carried on by your "ku" (subconscious). If you like what you've got, that's great. If you don't, then you need to shift the attention of your subconscious into a new pattern.

It is not new to either physics or metaphysics to say that EVERYTHING IS ENERGY, but the logical implications are interesting because they include the idea that thought is energy and that one kind of energy can be converted into another kind of energy.

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## EXPLORING ENERGY FLOW

To demonstrate how energy flows where attention goes, and how thought affects physical energy, pick up a chair by its seat and feel the weight of it. Then put it back down. Now focus your attention on the very top of the chair's back and pick it up by the seat again. If your focus is good the chair will feel lighter. Regardless of how you want to explain it, the practical fact is that if you want to lift anything, you will find it easier to do if your attention is focused on the very top of the object or even in the air a foot above the object.

- From [Urban Shaman](#)

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## MIND-TRAINING EXERCISE 6

### Accumulation of Vital Energy

Sit in a relaxed position and inhale the vital energy, out of the universe, into your body, through the lungs and the pores of your whole body. With each inhalation, imagine that you are breathing in more and more vital energy, accumulating it, and storing it in your body. You need to feel the pressure of this vital force like compressed steam in yourself, and imagine the compressed vital energy coming out of your body like heat-waves from a radiator. With every breath, the forces of pressure and radiation increase, strengthening and spreading all around you.

You can then imagine this vital energy compressing within your spine, making it longer. You can also imagine this vital energy stretching and growing your whole body.

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## MIND-TRAINING EXERCISE 7

### Transfer of Consciousness

You can sit or lie down for this exercise. Then imagine that you are transferring your consciousness into your spine. To do this simply pretend that you are your spine. Then imagine as you are breathing in that you are just breathing through your spine. With every breath, you are accumulating vital energy into your spine, with every exhalation, your spine is stretching, extending, becoming longer. You need to imagine this so plastically, and so realistically that you are, in fact, able to feel a different sensation in your spine.

Then repeat the exercise - do the same exercise with your legs.

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## BOW POSTURE

The bow works all parts of the back simultaneously, increasing strength and suppleness in the spine and the hips. While holding the pose, the arms are held taut, and this helps to stretch the neck, leg, arm, and shoulder muscles.



**1. Lie on your front with your forehead on the floor. Bend your knees and reach your arms back until your hands can grip your ankles.**

**2. Inhale. Raise your head, chest, and legs and attempt to straighten your legs. Hold the pose for 10-30 seconds while breathing normally. Exhale as you release the pose. Repeat three times.**

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# GROW TALLER BONUS REPORT 11

## THE HOLISTIC NEURO-SOMATIC CIRCUIT

This 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.

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 grayish, "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.

- From [Prometheus Rising](#)

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## GROWING TALLER AND SEX

Once in a while, some of the participants would send me an e-mail asking about how does sex influence height increase - should they have more sex or less sex, or, God forbid, no sex at all?

There are two aspects in which you can use and/or manipulate sexual energy. During sexual arousal, you experience a build up of energy; during orgasm, a release of sexual energy. The process that occurs during sexual arousal and release is the same that occurs in the process of manifesting anything, and in the process of programming your mind through self hypnosis.

The first part consists of generating and focusing the energy, the second stage to release of this energy. During sex the sensations may be greatly amplified, and may feel more intense that if you were just generating energy to build a thoughtform and then releasing it to manifest your goal; and it may be different in intensity than just focusing your mind and energy on the height increase, and then releasing this energy, forgetting about it and letting your subconscious mind take over. From the perspective of energy, you are doing the same thing - generating energy and releasing it - and whatever you focus on (other than the pleasant sensations during sex) will tend to materialize in your life sooner or later. That's the essence of sex-magic.

This may be challenging for some people, so I'm not asking you to necessarily go for it, but am providing this information more to satisfy the curiosity of some people - if you were to focus on height increase, while you are experiencing sexual arousal and then maintain that focus, imagining and feeling your body being taller, at the point of the release of sexual energy (orgasm), you'd then effectively utilize that energy toward speedier height increase.

If you were to abstain from sex for a while before going through the above process you'll have more energy available. If you were to practice arousing yourself half-way (while focusing on height increase), and then stopping, allowing the energy to calm down, and then again arousing yourself half-way, and stopping and repeating this process several times, then the final release of energy, with the focus on height increase would be even more powerful.

From a different perspective, men lose energy through the release of semen, and women through the blood (menstrual cycle). Apparently in order for a body to create one drop of semen, it has to use 350 drops of blood. In order to create this blood, body needs to use the energy (it could otherwise use for height increase).

While some traditions would for this very reason advice abstinence from sexual activity, the thought of which does not appeal to most young people, some Taoist techniques provide techniques for enjoying sex and having orgasms, while retaining the semen, drawing this energy back into the body, and storing it for other needs of the body (in this case, for height increase). The similar techniques used by women lead to temporary arrest of menstrual cycle, preventing further loss of blood (the menstrual cycle resumes when the practice of these techniques is discontinued).

For the sake of those who may be interested in these techniques, I will share them in future Bonus Reports.

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## THE PRINCIPLE OF GENDER

"Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes." - The Kybalion

This Principle embodies the truth that there is GENDER manifested in everything - the Masculine and Feminine Principles ever at work. This is true not only of the Physical Plane, but of the Mental and even the Spiritual Planes.

On the Physical Plane, the Principle manifests as SEX, on the higher planes it takes higher forms, but the Principle is ever the same.

The Principle of Gender works ever in the direction of generation, regeneration, and creation. Everything, and every person, contains the two Elements or Principles, or this great Principle within it, him or her. Every Male thing has the Female Element also; every Female contains also the Male Principle.

If you would understand the philosophy of Mental and Spiritual Creation, Generation and Re-generation, you must understand and study this Principle. It contains the solution of many mysteries of Life.

- Adapted From [The Kybalion](#)

In the same way that through joining a man and a woman create a new body, so does joining of thoughts and emotions, of conscious and subconscious, of idea joined with desire (and conviction) give birth to new experiences in life.

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## THOUGHT AFFECTS PHYSIOLOGY

Physicist and psychologist Buryl Payne, Ph.D. writes:

"We Know that thoughts generated in the brain activate hormone secretions and stimulate other nerve

centers in the body. Thoughts, coded as neural impulses, travel along nerve axons, activating muscles and glands similar to the manner in which telephone messages travel over wires in the form of electrical signals. Experiments with GSR, a biofeedback instrument, attached to fingers or toes clearly demonstrate that mental activity reaches into the extremities of the body.

With sensitive EMG instruments, we can show that muscles are activated when we think about anything involving action or emotion, even though there may be no visible movement. Although we do not know how thoughts are generated in the brain, it seems clear that once present, thoughts are amplified by the brain and turned into actions. Every thought we think influences millions of atoms, molecules, and cells throughout the body. Besides this straightforward effect on the physical body, we know from general principles of physics that any acceleration of electrons produces some electromagnetic radiation."

There is ample documentation in the medical literature of the effects of strong emotions on the human body.

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## CORE BELIEFS and SEEDTHOUGHTS

"Core beliefs" are the basic assumptions and ideas upon which your everyday thoughts and actions are based. These deeply held values lead to almost reflex-like knee jerk actions in response to circumstances and events in your life. You may not be conscious of your core beliefs and their accompanying seed thoughts, but your core belief system affects every part of your being - physical, mental, emotional, and spiritual. Core beliefs can be altered by using consciously chosen seed thoughts.

A "seed thought" is a significant catalyst for a physical or emotional response. A seed thought is a thought you think frequently that either emanates from, or creates, your core beliefs. Just as the apple core contains seeds that sprout into an apple tree, you have, at your core, beliefs which shape you.

Seed thoughts include the attitudes and emotions surrounding the thought. These determine the potency of the seed thought, just as the soil around the seed determines the strength and vitality of the plant. A seed thought is an idea planted in the mind that grows into manifestation in the body. A seed thought can be health-promoting, it can help you to increase your height or, like a weed, choke out the life around it.

The body expresses in physical form both the positive and negative output of the mind.

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## DANGEROUS SEED THOUGHTS

Linda Zelizer is a hypnotist and psychotherapist familiar with the power of seed thoughts. One of her male patients had a heart condition. She noted the following interesting behavior:

"When he described certain upsetting incidents, he took his right hand and beat his chest, exclaiming, 'That just breaks my heart', suggesting to his inner mind the image of a broken heart.

Upon realizing this, he stopped beating on his chest and using those words. During hypnosis he gave himself positive suggestions by planting healthier seed thoughts such as 'My heart is strong and well.' His heart healed fine."

Phrases like "that breaks my heart" can create an image of a "broken heart" in the subconscious part of the mind which doesn't exercise discrimination or rationality. The seed thought "broken heart" becomes an imaged pattern of beliefs embedded in the body.

- From: "[Your body believes every word you say](#)"

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## A MOLECULAR CODE LINKS EMOTIONS, MIND AND HEALTH

In an article in the "Smithsonian" titled "A Molecular Code Links Emotions, Mind and Health", Stephen S. Hall wrote, "The classic view of the body as three separate systems is challenged as research points the way to the new medicine of the 21st century ... Some biologists believe we need to rethink some long-cherished principles, beginning with medicine's traditional separation of the central nervous system (the seed of thought, memory and emotion) from the endocrine system (which secretes powerful hormones) and the immune system (which defends the body from microbial invasions.)"

Molecules carry messages amongst the various anatomical systems. These powerful biochemicals, called neurotransmitters or hormones, have been referred to as "informational substances" by M.I.T. neuroscientist

Francis O. Schmitt. Some researchers say that learning how and why these substances work may influence medicine in the future similarly to the way genetic code research influenced medicine in the past. Further quoting Hall, "The informational substances, many of which are known to have a powerful effect on mood and emotion, provide a molecular way to understand the long-suspected connection between state of mind and state of health."

Schmitt's biochemical information substances seem to be the vehicles that carry messages - thoughts and emotions - to cells throughout the body. These messengers then stimulate the production of other substances that enhance or detract from the body's functions.

From: "[Your body believes every word you say](#)"

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## THE MASTER KEY #1

The things of the world are fluid to a power within man by which he rules them. You need not acquire this power. You already have it. But you want to understand it; you want to use it; you want to control it; you want to impregnate yourself with it; so that you can go forward and carry the world before you.

Day by day as you go on, as you gain momentum, as your inspiration deepens, as your plans crystallize, as you gain understanding, you will come to realize that this world is no dead pile of stones and timber, but that it is a living thing! It is a thing of life and beauty.

It is evident that it requires understanding to work with material of this description, but those who come into its understanding, are inspired by a new light, a new force, they gain confidence and new power each day, they realize their hopes and their dreams come true, life has a deeper, clearer meaning than before.

### Master Key #1 (1 - 23)

1. That much gather more is true on every plane of existence, and that loss leads to greater loss is equally true. [Those who have, who focus on abundance will have more; those who don't have, who focused on lack will lose even more.]
2. Mind is creative, and conditions, environment, and all experiences in life are the result of our habitual or predominant mental attitude.
3. The attitude of mind necessarily depends upon what we think. Therefore, the secret of all power, all achievement and all possession depends upon our method of thinking.
4. This is true because we must "be" before we can "do", and we can "do" only that which we "are", and what we "are" depends upon what we think.
5. We cannot express powers that we do not possess. The only way by which we may secure possession of power is to become conscious of power, and we can never become conscious of power until we learn that all power is from within.
6. There is a world within; a world of thought and feeling and power; of life and light and beauty, and although invisible, its forces are mighty.
7. The world within is governed by mind. When we discover this world we shall find the solution to every problem, the cause of every effect; and since the world within is subject to our control, all laws of power and possession are also within our control.
8. The world without is a reflection of the world within. What appears without is what has been found within. In the world within may be found Infinite Wisdom, Infinite Power, Infinite Supply of all that is necessary, waiting for unfoldment, development and expression. If we recognize these potentialities in the world within they will take form in the world without.
9. Harmony in the world within will be reflected in the world without by harmonious conditions, agreeable surroundings, the best of everything. It is the foundation of health and a necessary essential to all greatness, all power, all achievement, and all success.
10. Harmony in the world within means the ability to control our thoughts, and to determine for ourselves how any experience is to affect us.
11. Harmony in the world within results in optimism and affluence; affluence within results in the affluence without.

12. The world without reflects the circumstances and the conditions of the consciousness within.
13. If we find wisdom in the world within, we shall have the understanding to discern the marvelous possibilities that are latent in this world within, and we shall be given the power to make these possibilities manifest in the world without.
14. As we become conscious of the wisdom in the world within, we mentally take possession of this wisdom, and by taking mental possession, we actually come into actual possession of the power and wisdom necessary to bring into manifestation the essentials necessary for our most complete and harmonious development.
15. The world within is the practical world in which the men and women of power generate courage, hope, enthusiasm, confidence, trust and faith, by which they are given the fine intelligence to see the vision and the practical skill to make the vision real.
16. Life is an unfoldment, not an accretion. What comes to us in the world without is what we already possess in the world within.
17. All possession is based on consciousness. All gain is the result of accumulative consciousness. All loss is the result of scattering consciousness.
18. Mental efficiency is contingent upon harmony; discord means confusion; therefore, he who would acquire power must be in harmony with the Natural Law.
19. We are related to the world without by the objective mind. The brain is the organ of this mind and the cerebro-spinal system of nerves puts us in conscious communication with every part of the body. This system of nerves responds to every sensation of light, heat, odor, sound and taste.
20. When this mind thinks correctly, when it understands the truth, when the thoughts sent through the cerebro-spinal system to the body are constructive, these sensations are pleasant and harmonious.
21. The result is that we build strength, vitality and all constructive force into our body, but it is through this same objective mind that distress, lack, limitation and every form of discord, and inharmony is admitted into our lives. It is therefore through the objective mind, by wrong thinking, that we are related to all destructive forces.
22. We are related to the world within by the subconscious mind. The solar plexus is the organ of the mind; the sympathetic system of nerves presides over all subjective sensations such as joy, fear, love, emotion, respiration, imagination and all other subconscious phenomena. It is through the subconscious that we are connected with the Universal Mind and brought into relation with the infinite constructive forces of the Universe.
23. It is the coordination of these two centers of our being, and the understanding of their functions, which is the great secret of life. With this knowledge we can bring the objective and subjective minds into conscious cooperation and thus coordinate the finite and the infinite. Our future is entirely within our own control. It is not at the mercy of any capricious and uncertain external power.

- From the [Master Key System](#)

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## CREATIVE VISUALIZATION EXERCISE

If you still have a challenge with visualizing, or if you want to further improve your visualization skills, do this exercise. It may be somewhat challenging, but persistence pays off:

Sit comfortably. Close your eyes (after you read the instructions). Take four deep breaths slowly in and out. Imagine you are in 4th dimension, in your etheric spirit body.

Using your mind and your spiritual body, stretch out your right hand and see it before you. You notice that your arm has a radiant luminescent quality and light shimmers through it.

With your mind manifest (construct with your Will) a cube, 7 inches by 7 inches by 7 inches, in a bright shiny shimmering golden color, floating one inch above your hand. Look at this cube and SEE its beautiful radiance.

Now with your mind power, slowly spin this cube clockwise (as seen from above). Watch it spin for a few seconds and appreciate the fact that it is in fact REAL and is happening in the 4th dimension. It is no longer just imagination, it is REAL. While the golden cube spins gently, manifest a 10 inch diameter blue-green ball, 2

inches above the spinning golden cube. The ball looks like earth viewed from outer space but it is much more brilliant in color. It seems like it is shining from within and the colors are beautiful beyond description. Appreciate the beauty of this beautiful miniature earth shining bright, above the spinning golden cube.

Again, with the power of your mind, WILL the little earth down over the spinning cube so that it perfectly envelops the cube and now, in the palm of your hand you have the luminescent earth with the spinning golden cube inside. Watch it for a few seconds and appreciate its beauty.

Now manifest a brilliant white pyramid, made of diamond, a few inches above the globe in your hand. The pyramid is large enough to fit over the blue-green earth in your hand, but hold it there, floating above the earth for a few seconds. Notice how it sparkles brightly with beautiful streaks of light shooting off into the distance every now and then.

Using your WILL again, spin this diamond pyramid anti-clockwise (as seen from above). See the sparkles shimmer and many more light streaks fly off into the distance as the pyramid starts spinning. Notice how the earth stands still and how the cube and the pyramid spin in the opposite directions.

With your WILL, bring the spinning pyramid down OVER the earth globe in your hand ... and it fits perfectly. Now you have a golden cube spinning inside the earth and both of these are now inside the brilliant spinning diamond pyramid. Sit and watch this creation of yours for as long as you want. Notice its incredible beauty. Feel the radiant Light of your creation shining warmly on your hand and your face.

Now from your Heart center, your own Heart chakra, project a beam of brilliant white Light, a beam of pure divine Love, into your spinning creation and see how it responds to YOUR Love. Let your creation glow with your Love.

With your mind and WILL accelerate the spinning of the pyramid and the cube to superfast Lightspeed, and as it instantly responds to your WILL, see your creation burst forth into brilliant intense golden white light that shines for millions of miles into the galaxy.

Hand this wonderful gift of YOUR Love and Light to our Mother, the Earth ... WILL it from your hand, see it fly off your hand and swoop through the night sky and enter deep into the core of our planet earth. Watch it travel and illuminate the earth from within as it settles at the core of our planet. See how your gift of Light and Love adds to the radiance of our earth. See the ripples of Light and Love spread out to the surface where it touches the hearts and minds of every living creature on the earth.

What a beautiful, glorious GIFT from you to the universe, to our galaxy, to our planet earth and to every living being on earth.

You created this gift. It is part of YOU ...

## THE SUBSTANCE OF DREAMS

Man must KNOW that whatever he can think is possible else he could not think it. Man's very hopes and dreams reach out to stamp their imprint upon the elements of things "waiting to become!" By his pure, unwavering hopes man can gather those elements into tangible form. Such is the stuff from which man's dreams are made.

A dreamer dreamed and then forgot his dream as he became engrossed in what is termed, "more practical things". In time he permitted the dream to fade from his mind and his heart as doubts took over his life. In relinquishing his hold upon his dream, through lack of faith, he gave up his right to fulfill it. Yet that dream remains a waiting promise for anyone who follows and who thinks those same thoughts again. Each time they are re-thought they are engraved more deeply upon the archived scroll of promise. It may be that they were thought many times before there comes forth the one whom faith and courage has fashioned strong enough to follow through - and so with power to fulfill.

The very power to "believe" is the element of which faith itself is formed. And faith contains the substance of all things that are possible to hope for as man's mind opens to view the wonders of eternity. Thus the possibility of all existable things awaits the conception of man's thoughts and the patient nurturing of his emotions as faith fulfills the seed and brings it forth full formed. This is the law of creation.

Every day man is beholding the "impossible" dreams of the past coming forth into reality. Within man's being is the power to "PROVE all things and ability to hold fast to that which is good." One can only prove all things by living them or by fulfilling them.

- From Man Triumphant by Annalee Skarin

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## PLOUGH POSE

The shoulder stand leads into the plough, a position in which your feet touch the floor behind your head to create a powerful forward bending of the spine. The plough increases overall flexibility, The chin rests on the neck and massages the thyroid gland.



1. Supporting your back, inhale deeply, and then exhale as you lower your legs.
2. When your feet touch the ground, lay your arms on the floor with the palms down. Hold for 30 seconds. Slowly roll out of the position.

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# GROW TALLER BONUS REPORT 12

## CULTIVATION OF ENERGY

As I mentioned before, your body needs energy to grow. In this, and in the following Bonus Report, I will go over some energy cultivation practices.

The qi gong (chi kung / energy cultivation) exercises provided here are from Falun Gong. I have chosen them because they are very simple and very effective. Even within the very few days of performing these exercises you will feel the difference (increased energy) in your body and may experience it as a sensation of heat.

The Falun of Falun Gong is an intelligent, spinning body of high-energy substances. It rotates according to the order of the entire grand movements of the cosmos. In a sense, the Falun is a miniature of the universe.

People who practice Falun Gong are able to not only rapidly develop the power and supernormal abilities, but also to procure a Falun through cultivation. Once developed, one's Falun exists as an intelligent entity. It automatically spins ceaselessly in the practitioner's lower abdominal area, constantly absorbing and transforming energy from the universe and ultimately converting the energy in the practitioner's body.

When rotating clockwise, it vigorously absorbs energy from the universe and that energy is very strong. Its rotational power becomes stronger as a person's potency increases. When rotating counterclockwise, it releases energy and provides healing to all beings, rectifying abnormal states, so the people around the practitioner benefit.

A human body is composed of flesh, blood, and bones, with different molecular structures and components. The molecular composition of the human body is transformed into high-energy matter through cultivation. The human body then undergoes a change in its fundamental properties as it changes the vibration.

The most noticeable feature of cultivation methods that cultivate both mind and body is that they prolong a person's life and deter aging. Falun Gong also has this noticeable feature. Falun Gong works this way: It fundamentally changes the molecular composition of the human body, storing the gathered high-energy matter in each cell and ultimately allowing this high-energy matter to replace the cellular components. Ultimately the person can preserve youth.

According to records, there was a person in Britain named Femcath who lived for 207 years. A person in Japan named Mitsu Taira lived to be 242 years old. During the Tang Dynasty in our country, there was a monk called Hui Zhao who lived to be 290 years old. According to the county annals of Yong Tai in Fujian Province, Chen Jun was born in the first year of Zhong He time (881 AD) under the reign of Emperor Xi Zong during the Tang Dynasty. He died in the Tai Ding time of the Yuan Dynasty (1324 AD), after living for 443 years. These are all backed up by records and can be investigated—they aren't fairy tales.

Falun Gong practitioners have come to have noticeably fewer wrinkles on their faces, which have a rosy, healthy glow, thanks to cultivation. Their bodies feel really light, and they are not a bit tired when walking or working. This is a common phenomenon.

Human body is a small universe. The energy of the human body circles around the body, and this is called the circulation of the small universe, or the heavenly circulation. The Small Heavenly Circuit, in its true sense, circulates inside the body. Through this internal circulation, all of a person's meridians are opened up and expanded from the inside of the body to its outside. Falun Gong calls for all meridians to be open at the outset.

The Great Heavenly Circuit is the movement of the eight Extra Meridians, and it goes around the entire body to complete one cycle. If the Great Heavenly Circuit is opened, it will bring about a state in which a person can levitate off the ground. This is what is meant by "ascending in broad daylight".

The heavenly circuit in Falun Gong is much greater than the movement of the eight Extra Meridians that are discussed in regular cultivation methods. It is the movement of all the crisscrossing meridians located throughout the entire body. All meridians of the entire body need to be thoroughly opened at once, and they all have to move together. These things are already embedded in Falun Gong, so you don't need to deliberately do them or guide them with your thoughts.

The objective of opening the meridians is to allow energy to circulate and to change the molecular composition of cells, transforming them into high-energy matter. The meridians of non-practitioners are



congested and narrow. The meridians of practitioners gradually brighten and have their congested areas cleared. The meridians of veteran practitioners widen, and they will widen even further during cultivation at higher levels.

Falun Gong consists of five sets of movements, which are Buddha Showing A Thousand Hands Exercise, Falun Standing Stance Exercise, Penetrating the Two Cosmic Extremes Exercise, Falun Heavenly Circulation Exercise and Way of Strengthening Divine Powers Exercise.

The Buddha Showing A Thousand Hands Exercise is centered around stretching to open up all energy channels. After practicing this exercise, beginners will be able to acquire energy in a short period of time and experienced practitioners can quickly improve. This exercise requires all energy channels to be opened up at the outset, enabling practitioners to immediately practice at a very high level.

The movements of this exercise are quite simple and easy to learn. Though the movements are simple, on the macro-level they control many things evolved by the entire cultivation system. When practicing this exercise, your body will feel warm and you'll experience a unique sensation of there being a very strong energy held. This is caused by stretching and opening all the energy channels in the entire body. Its purpose is to break through areas where the energy is blocked, to enable energy to circulate freely and smoothly, to mobilize the energy within the body and under the skin, circulating it vigorously, and to absorb a great amount of energy from the universe. At the same time, it enables the practitioner to quickly enter the state of having a Qigong energy field. This exercise is practiced as the basic exercise of Falun Gong and is usually done first. It is one of the methods to strengthen cultivation.

The Falun Standing Stance Exercise is a tranquil standing exercise composed of four wheel-embracing movements. The movements are monotonous, and each posture is required to be held for quite a long time. Beginners may feel their arms heavy and sore initially. After the practice, however, their entire body will feel relaxed without any feeling of tiredness. As the frequency and length of practice increases, practitioners can feel a Falun rotating between the two arms. Frequent practice of the Falun Standing Stance will enable the entire body to completely open up and enhance the energy potency. Falun Standing Stance is a comprehensive cultivation method to increase wisdom, upgrade levels, and strengthen divine powers.

Penetrating the Two Cosmic Extremes Exercise is intended to penetrate the cosmic energy and mix it with the energy inside of one's body. A great amount of energy is expelled and taken in. In a very short time, the practitioner can expel the pathogenic and black Qi from his body and take in a great deal of energy from the cosmos so that his body can be purified, reaching the state of "a Pure-White Body" quickly. In addition, while doing the hand movements, this exercise facilitates the "opening of the top of the head" and unblocks the passages under the feet.

Falun Heavenly Circulation Exercise enables energy of the human body to circulate over large areas. Rather than going through only one or several channels, the energy circulates from the whole Yin side of the body to the Yang side over and over again. This exercise is much superior to the average methods of opening up the energy channels, or, the great and small heavenly circulation. It is an intermediate-level exercise of Falun Gong. On the basis of the previous three sets of exercises, this one is intended to open up all the energy passages throughout the body (including the great heavenly circuit), so that energy channels will be gradually connected throughout the whole body from the top to the bottom.

The most outstanding feature of this exercise is to use the rotation of Falun to rectify all the abnormal conditions of the human body, so that the human body, the small cosmos, returns to its original state and the energy of the whole body can circulate freely and smoothly. When reaching this state, the practitioner will have achieved a very high level of cultivation.

The Strengthening Divine Powers Exercise is a tranquil cultivation exercise in Falun Gong. It is a multi-purpose practice intended to strengthen one's divine powers (including supernormal capabilities) and energy potency by turning Falun with the Buddha's hand gestures. This is an above intermediate-level exercise and was originally kept as a secretive practice.

I recommend that you do these exercises before you listen to the growing taller recordings, because the exercises will also bring about a state of inner calmness.

To watch the videos, you will need to have "[Real Player](#)" installed on your computer. If you don't have it, you can download it by clicking [here](#).

You can save these videos on your computer by right-clicking the following links and selecting "save target as" from the pull-down menu.

[Instructional Video - Exercise 1](#)

[Instructional Video - Exercise 2](#)

[Instructional Video - Exercise 3](#)

[Instructional Video - Exercise 4](#)

[Instructional Video - Exercise 5](#)

**Alternatively you can download the e-book with detailed information about the exercises with illustrations by right-clicking [here](#).**

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# GROW TALLER BONUS REPORT 13

## FLASHLIGHT TECHNIQUE

I don't know who is the author of this technique, but I found it interesting and wanted to share it. If you have made "treasure map" described in one of the earlier Bonus Reports - you can use this technique, as another way of working with that treasure map. If you haven't made it (or if you lost it), you can make another one now. As you'll see you can use this technique in many other areas of your life.

The man who came up with this idea stated that he had difficulty visualizing and that the idea for the following technique was inspired when he read about the subliminal advertising in cinemas (to sell popcorn and coke).

The technique consists of creating a visual representation of your goal in the form of pictures and appropriate statements i.e. if you'd like to attract a new car in your life, you'd stick the picture of your car on the wall with a statement "I now own ..."

Then you set up an alarm clock to wake you up sometime after you'd be soundly asleep (a few hours after you've fallen asleep) and when it's going to be pitch black dark in the room. Keep the flashlight, preferably with a straight off/on switch rather than the pushbutton, beside the alarm clock.

When the alarm clock goes off, grab the flashlight, flash the flashlight at the picture (of your goal on the wall) three times, making a pause of a second or two between the flashes. Then go back to sleep and forget about your goal. This process will allow your goal to go straight into your subconscious.

You should work on ONE goal at a time. When that goal is accomplished, move on to the next.

If you share the bedroom with another person and it's not convenient to have an alarm clock ring in the middle of the night, an alternative method would be to glance at the picture as soon as you awaken, close your eyes for a second, look at the picture again, close your eyes again and then look at the picture again, and then forget about the goal and go about your daily business.

You could also glance at the picture several times just before you fall asleep.

He says his friend, whose hobby is collecting expensive hi-fi equipment, used this technique for one month and won \$1,000 of hi-fi equipment and that's the first time he ever won anything.

Another friend of his, used the same technique to win the affection of a particular girl. He took her photograph secretly, enlarged it, and stuck it on his bedroom wall, used the technique for 5 weeks and the girl came to him.

The young man who came up with his technique desired to make progress with his guitar playing and is thrilled with the progress he made in the past six months, whereas before no matter how hard he tried, nothing much happened. He also used the technique to buy a new car, for cash. The money just keeps on coming to him from every direction.

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## DEVELOPING SUPERNATURAL POWERS AND ABILITIES

All supernatural powers are developed through the practice of concentration, meditation and absorption.

Concentration consists of holding the mind fixed upon the Inner Light and the power/ability you desire to attain. To do this, you can imagine yourself standing in the center of the sphere of dazzling, brilliant white Light, allowing everything else to fade from your awareness.

Meditation is a prolonged concentration. Ordinarily a thought-wave arises, remains in the mind for a moment, and then subsides, to be succeeded by another wave. In the practice of meditation, a succession of identical waves are raised in the mind; and this is done so quickly that no wave is allowed to subside before another rises to take its place. The effect is one of perfect continuity.

After your mind has been focused on a single thought through meditation for some time, you'll reach the stage of absorption. At this point you'll feel that you have completely merged with the object of your focus, that there is no longer separation between you and what you are contemplating, but instead that you have become the very idea you have been focused on.

It has been said that if the mind can be made to flow uninterruptedly toward the same object for 12 seconds, this may be called concentration.

If the mind can continue in that concentration for 12 x 12 seconds (2 minutes and 24 seconds), this may be called meditation.

If the mind can continue in that meditation for 12 x 2 minutes and 24 seconds, (28 minutes and 48 seconds) this may be called lower absorption.

And if this absorption can be maintained for 12 times that period (5 hours, 45 minutes, and 36 seconds) this may be called total absorption.

By completing the above process on any specific ability or strength, one obtains that ability or strength. Using the above process to focus on your taller body will create a physical change in your body.

All these and many other powers of knowledge may also come to one whose mind is spontaneously enlightened through purity.

The more specific list of powers is listed in [The Yoga Sutras of Patanjali](#).

While all these powers may be impressive in the worldly sense, they are considered obstacles on the spiritual path, or rather, attachment to these powers is considered an obstacle, as is attachment to anything else.

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## INSPIRATIONAL STORY

You can change your life no matter what. Consider the testimony by Ed Thiessen:

"Six years ago, if you would have told me I would ever be happy and healthy, I wouldn't have even smiled at the thought. My health was so bad I couldn't even imagine being well.

That was before someone introduced me to the Silva Method [of self-hypnosis] and the power of the mind.

When I was born in 1962, I wasn't expected to live, but if I did it was predicted that I would have severe brain damage and cerebral palsy. It was later found out, through further examination, that I had muscular dystrophy as well. I was also partly deaf, had severely crossed eyes, and was legally blind.

The "experts" didn't give my parents much hope I would ever be able to read or write or function in the "outside" world - outside of a state institution. Because of this and my declining health, they didn't expect me to live for long.

At the age of two I had my first surgery on my eyes to correct my vision and my crossed eyes.

From 1967 to 1979 I was placed in institution and special schools and went through several operations on my legs and eyes to try to correct my many problems. But none seemed to really help. My eyesight, hearing, and speech were getting worse.

Then, in the early part of 1978, a volunteer gave me a book she had been reading. I often looked at books to see how many words I knew. As I read and reread the book *The Silva Mind Control Method* many times, over a period of time I mastered the techniques in the book. At times I even slept with the book. I wore the book out.

The doctors couldn't understand it, but my health seemed to be getting better. I did not tell them what I was doing - it's called "programming".

First I began walking. In a short time I no longer needed braces for my legs and arms. My hearing was restored, as well as my speech.

They said I would lose my eyesight, but, after I went to level [relaxed state of body and mind] three to four times each day, my eyesight improved. In the early part of 1980 I was able to leave the institution for good.

A few months later my aunt heard about Silva Mind Control, and she thought it would help me. She did not know how much it had helped me already. In December of 1980 we took the class.

The class helped me even more. My health improved greatly. In 1981 I stopped wearing glasses, and now I have 20/20 vision and am in perfect health.

**In 1982 I took my GED test for my high school diploma and only missed one question, in trigonometry. That was because I did not program for the problem.**

**I used to have to buy two pairs of shoes for every one I needed, as my feet were not the same size. I programmed at the beginning of last year (1983); now both my feet are the same size. One foot grew three sizes in less than a year.**

**All that is left from the past is a slight limp. That will pass soon. That is one of my projects for 1984.**

**My success is not a "miracle", and I didn't do what I did because I am a super-special person. What I did, I believe anyone can do. It just takes belief, a method, and a lot of work."**

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# GROW TALLER BONUS REPORT 14

## INTRODUCTION TO NLP

NLP (Neuro-Linguistic Programming) was created by John Grinder, a linguist, and Richard Bandler, whose background was in mathematics and gestalt therapy. Their combined work led to the development of a system for modeling human excellence. They called their system and techniques "Neuro-Linguistic Programming" (NLP).

The name Neuro-Linguistic Programming is meant to symbolize the relationship between the brain, language and the body. Since it is the study of human excellence and subjective experience, it is important to remember that NLP is a model - a set of tools with its usefulness meant to be the measure of its worth.

NLP presents specific procedures which can be applied effectively in any human interaction. It offers valuable skills which can be used to organize our experience or the experiences of another.

In the NLP model the basic process of change involves: a) finding out what the present state of the person is ... b) adding the appropriate resources that will produce ... c) the desired state (goal or outcome)

The techniques and patterns of NLP are available to identify and define present states and desired states and then to generate access to the appropriate resources to accomplish the most effective change.

NLP is founded on two fundamental principles:

### 1. The Map is Not the Territory

There is a difference between the world and our experience of it. We experience the world primarily through our senses.

No two human beings have exactly the same experiences. The model that we create to guide us in the world is based in part upon our experiences. Each of us may, then, create a different model of the world we share and thus come to live in a somewhat different reality.

### 2. Life and Mind are Systemic Process

Emotions, physiological responses, perceptual input, internal processing, and behavioral output occur simultaneously and through time. Each influences responses in all others. Our experience therefore is a complex system and sets of sub systems all of which interact and influence each other. None is separate or without impact. Thus if you construct a future internal representation of a communication going well or badly it will impact your behavior, perceptual input, emotions, etc. in ways that congruently respond to that thought. When you are a part of someone's experience you enter their system and impact their experience at that moment and through time by way of stored internal representations. Mind and body affect each other.

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## CHARACTERISTICS OF EXCELLENCE

An effective communicator accepts the responsibility of getting the response he or she wants. The components of this are:

### A Specific Outcome

- To know exactly what you want to communicate or achieve

### Sensory Acuity

- To recognize the patterns of communication and thinking in yourself and those around you.
- Sensory acuity is recognizing the difference between subjective evaluations and objective information - a requisite skill for rapport.

### Flexibility of Behavior

- Knowing how to do something differently if what you are doing (saying) is not working.
- Having choice in the patterns of your communication styles to adjust your behavior and expression

with respect to the listener's unconscious patterns.

## Congruence

- All of your sub-personalities, all of your parts, need to be in agreement with what you want.
- 

## REPRESENTATIONAL SYSTEMS

People communicate their experience through five senses: sight, hearing, touch, taste, smell. In NLP these channels of communication are referred to as representational systems.

The five representational systems are:

- Visual (sight)
- Auditory (hearing)
- Kinesthetic (feeling, touch)
- Olfactory (smell)
- Gustatory (taste)

Olfactory and gustatory channels are usually grouped under kinesthetic representational system in NLP.

People see images about their experiences (visual) or ... They talk or hear about their experiences (auditory) or ... They have feelings about their experiences (kinesthetic)

The way in which people subjectively represent their experience (or model of the world) will be the way in which they communicate about those experiences. Each person has a primary, or favored, representational system. Then, they have a secondary channel and the third is typically out of their awareness. Generally, people will utilize their primary and secondary representational system (or channel).

---

## PERCEPTUAL POSITIONS

Three Basic Points of View in Communication

First Position

- Self, Participant, Associated

You are viewing the scene from the perspective of your own eyes. You are in your own body, feeling your own feelings.

Second Position

- Other, Associated

You are viewing the scene as though you are the other person, through the other person's eyes. From this perspective you can "see" your own face and actions from the other's perspective.

Third Position

- Observer, Dissociated

You are viewing the scene as though you are an observer. You can see yourself, what you look like, your actions as well as who you are interacting with, the set and setting, etc.

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## RAPPORT

Rapport is defined as the ability to make a person(s) feel that they are understood by you, so that they can trust and comprehensively communicate with you. Rapport is a process not a state. Rapport is being neither sympathetic or being liked, but rather symmetrically responding to another's model of the world.

The ability to establish and maintain rapport is essential to the gathering of behavioral information necessary to model an expert as well as to powerfully and usefully influence another person's experience and behavior.

Using rapport building skills is the most gentle way of entering another person's system or model of the world. We do this by a technique called pacing. Pacing means to mirror or to become like the other person in regards to mood, body language, speech, breathing, beliefs and opinions.

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## RAPPORT AND PACING OF EXPERIENCE

Each person is an individual. No two people understand the same sentence the same way. It is important to discover what a person's concept of himself or herself happens to be vs. trying to fit them into your concept of what he/she should be.

Pacing is the most gracious way of entering another person's model of the world. Pacing allows you to establish rapport. Once rapport is established by pacing, you may attempt to lead.

Leading is taking someone's model into new territories. It also means the competency to elicit desired behavioral states in others.

Rapport is a critical NLP skill upon which all other techniques and concepts are built.

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### TYPES OF RAPPORT

#### Cultural Rapport

Part of everyone's world model is a cultural milieu, including those social and personal beliefs that are a function of your national, racial, religious, sub-cultural history and present environment. Matching and respecting another's beliefs will engage still another element of rapport.

#### Content Rapport

Content Rapport has to do with addressing what is idiosyncratic in someone's life. Content of a communication will be based on, and indicative of, certain beliefs within that person's model of the world. Accepting another's belief regarding a situation and then demonstrating that acceptance in the content of your own communication, you will have rapport through the content.

#### Behavioral Rapport

When behaviors become so closely identified with another that you are for him/her an unconscious and accurate source of feedback, concerning what he/she is doing, you are behaviorally in rapport.

Behavioral rapport is when you offer back to another person his/her own behavior, primarily non-verbally. In NLP we say - People like people who are like themselves.

#### Behavioral Rapport Skills

- Matching/mirroring body posture
  - Hand gestures
  - Predicates
  - Voice (tone, tempo)
  - Breathing
- 

## SENSORY ACUITY

Sensory acuity is placing your attention on your physical sense experience and noticing things that you had not previously noticed. Sensory acuity is recognizing the difference between subjective evaluations and objective information - a requisite skill for rapport. Pattern recognition is fundamental in sensory acuity skills.

With the development of sensory acuity skills you can identify and recognize micro-behavioral shifts in yourself and others and through this knowledge gain additional choices in any interaction. In other words you will better know what is happening.

Sensory based (observation) is descriptive of the physical sense experience:

- Arms folded
- Legs crossed
- Skin flushed



- Rapid voice tempo
- Foot tapping

Non-sensory based is interpretive, mind reading and may or may not be accurate:

- Embarrassed
  - Stupid
  - Angry
  - Happy
- 

## CALIBRATION

Calibration is an important key in successful communication. Calibration is the recognition of a certain internal states in a person by non-verbal signals. When you are astute in your observation (calibration) you begin to know more accurately what is going on in another's experience. Calibration is a means of checking the process of rapport.

### The Elements of Calibration

#### Voice

- predicates
- tempo
- timbre
- tone
- volume

#### Breathing

- location
- pauses
- rate
- volume

#### Eyes

- accessing cues
- pupil dilation

#### Skin Color/Reflection

- flushing
- blushing
- paling

#### Physiology

- muscle tone
- lower lip size
- position
- posture

### Visual Calibration

Visual Calibration is the skill of noticing the subtle non-verbal expressions your listener unconsciously presents to you, such as:

- Breathing: location, pauses, rate
- Skin color: flushing, blushing, paling
- Physiology, muscle tone, lower lips size, position, posture

### Auditory Calibration

Most people do not listen to the sound of their own voices. It is hard to vary the tone, tempo, and volume if you are not aware of it. Like a musical instrument you are capable of changing tone, tempo, volume. You can gain control of these nuances of sound in your speech through awareness and practice.

## Kinesthetic Calibration

**Kinesthetic means both tacitly what you can perceive on the surface of your skin and the visceral feelings that have more to do with the emotional states - curiosity, fear, love, anxiety, excitement. Kinesthetic calibration entails matching or mirroring any physical manifestations of non-verbal communication. Sometimes it is as simple as moving your hands in the same direction as that of the person you are with. It could also be tapping on the table at the same rhythm or breathing at the same rate as the respiration of whomever you are communicating with.**

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# GROW TALLER BONUS REPORT 15

## ANCHORING

In NLP anchoring refers to the process of associating some internal response with environmental or mental trigger, so that the response may be quickly, and sometimes covertly, re-accessed.

Anchoring is a process that is on the surface similar to conditioning process used by Pavlov to create a link between a hearing of a bell and salivation in dogs. By associating the sound of a bell with the act of giving food to his dogs, Pavlov found that he could eventually just ring the bell and the dogs would start salivating, even though no food was given. The association is considered reflexive and not a matter of choice.

In NLP this type of associative conditioning has been expanded to include links between aspects of experience other than purely environmental cues and behavioral responses.

A remembered picture may become an anchor for a particular internal feeling. A touch on the leg may become an anchor for a visual fantasy or even a belief. A voice tone may become an anchor for a state of excitement and confidence.

A person may consciously choose to establish and re-trigger these associations for him or herself (and for others, too). Rather than being a mindless knee-jerk reflex, an anchor becomes a tool for self-empowerment. Anchoring can be a very useful tool for helping to establish and reactivate the mental processes associated with creativity, learning, concentration and other important resources.

The notion of "anchoring" first emerged in NLP when Bandler and Grinder were first modeling the hypnotic techniques of Milton Erickson. Erickson often used or suggested particular cues as posthypnotic triggers to help a person change his or her internal state or re-access a hypnotic trance.

Grinder and Bandler generalized the use of these cues and triggers to include other types of internal processes, without the need of first establishing a hypnotic state.

It is significant that the metaphor of an "anchor" is used in NLP terminology. The anchor of a ship or boat is attached by the members of the ship's crew to some stable point in order to hold the ship in a certain area and keep it from floating away. The implication of this is that the cue which serves as a psychological anchor is not so much a mechanical stimulus which causes a response as it is a reference point that helps to stabilize certain internal state. To extend the analogy fully, a ship could be considered the focus of our consciousness on the ocean of experience. Anchors serve as reference points which help us to find a particular location on this experiential sea, and to hold our attention there and keep it from drifting.

The process of establishing an anchor basically involves associating two experiences together in time. In behavioral conditioning models, associations become more strongly associated through repetition. Repetition may also be used to strengthen anchors. For example, you could ask someone to vividly re-experience a time when she was very creative and pat her shoulder while she is thinking of experience. If you repeat this once or twice, the pat on the shoulder will begin to become linked to the creative state. Eventually a pat on the shoulder will automatically remind the person of the creative state.

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## ANCHORING AND LEARNING

A good way to begin to understand the uses of anchoring is to consider how they can be applied in the context of teaching and learning. The process of anchoring, for instance, is an effective means to solidify and transfer learning experiences. In its simplest form, anchoring involves establishing an association between an external cue or stimulus and an internal experience or state, as in example of Pavlov ringing the bell for his dogs.

A lot of learning relates to conditioning, and conditioning relates to the kind of stimuli that become attached to reactions. An anchor is a stimulus that becomes associated with learning experience. If you can anchor something in a classroom environment, then you can bring the anchor to the work environment as an associative reminder of what was learned.

As an example of this, a research study was done with students in classroom. The students had to learn some kind of a task in a certain classroom. Then the researchers split the class in half and put each of the groups in a different room. Presumably this was because there were environmental cues that were associated with the material they had been learning.

We have all probably been in the situation of experiencing something that we wanted to remember, but when we got into a new environment where all stimuli were so different, it was easier to forget. By developing the ability to use certain kinds of anchors, teachers and learners can facilitate the generalization of learning. There will certainly be a greater possibility that the learning will be transferred if one can also transfer certain stimuli.

There is another aspect to anchoring related to the fact that Pavlov's dog had to be in a certain state for the bell to mean anything. The dogs had to be hungry in order for Pavlov to anchor the stimulus to the response.

Similarly, there is an issue related to what state learners are in, in order to effectively establish anchor. For instance, a transparency is a map, but it's also a stimulus. That is, it gives information, but it can also be a trigger for a reference experience. An effective teacher needs to know when to send a message or not to send a message. If people have a sudden insight - an Aha! - and you turn on a transparency, it is going to be received and associated in a different way and associated in a different way than if people are struggling with a concept.

Timing can be very important. It is important for a teacher to time presentation of material in relation to the state of his or her learners. If a teacher has a cognitive package to present, such as a key or a visual map, he or she must wait for the moment that the "iron gets hot". When the teacher senses that there's a kind of readiness, a surge, or an openness in the group, at that moment he or she would introduce the concept of show the key words. Because the point of anchoring is that the teacher is not just giving information, he or she is also providing a stimuli that gets connected to the reference experience of the learners. This is why stimuli which are symbolic are often more effective anchors.

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## KINESTHETIC ANCHORING

Kinesthetic anchoring is a form of associative conditioning which uses physical touch as a primary stimulus. A classical form of kinesthetic anchoring in NLP is a gentle touch on a person's arm, shoulder, or knee.

Kinesthetic anchors often create stronger associations with respect to feelings and emotional responses than visual or auditory anchors, because touch is more intimately associated with the body.

Another advantage of kinesthetic anchoring is that touch can be modulated easily and unobtrusively. A common way to establish a kinesthetic anchor is to adjust a pressure of a touch to vary in correspondence with the intensity of a particular emotional response.

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## AUDITORY ANCHORING

A common way to establish an auditory anchor is through a specific word or phrase, or through a voice inflection.

Voice inflection involves shift in the pitch or loudness of voice. Inflection is defined as "the act or a result of curving or bending". Therefore, voice inflection involves "curving" or "bending" the qualities of voice. Vocal inflection is what gives the voice music or texture, and is one of the primary ways people have of delivering messages so that they are accepted subliminally by the subconscious mind.

Voice inflection is often used to mark such distinctions as those of case, gender, number, tense, person, mood or voice. If a person, for example, were to say, "You will be surprised at the *many* discoveries you *will* make", increasing pitch or loudness for the italicized words, the person would be stressing both the number (many) and the tense (the future = will make).

Voice inflection is an important tool for storytelling, hypnosis, covert influence, and communication in general.

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## VISUAL ANCHORING

A common way to establish a visual anchor is by making a gesture with a hand, through a facial expression, by changing location (moving from a place where you are standing), etc.

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## ESTABLISHING AN ANCHOR

One of the skills of effective teaching or learning is being able to 'imprint' something by catching those moments when information will be associated with positive or powerful internal states. Pavlov found there were two ways of creating associations. One was through repetition, the continual association between a stimulus and a response. The other had to do with connecting an intense internal state to a particular stimulus. People, for example, remember the details of highly emotional experiences with no repetition at all. The association is made immediately.

These are two important aspects related to establishing an anchor. One is the continued reinforcement of the anchor. Pavlov found that if he started ringing the bell and not giving the food, eventually the response to the bell would diminish and fail. For an anchor to last for a long time, it has to be in some way reinforced. This is an important issue with respect to continued self-learning.

The other aspect has to do with the richness and intensity of the experience one is attempting to anchor. As an example, let's say a couple is preparing for childbirth. The husband is usually in the role of the coach to the expectant mother. One of the challenges of being a coach during birth is that the experience is so intense that it's hard to transfer everything you know because the real situation is so different than the one in which you practice. You practice breathing and the various other techniques at home in a comfortable state, but when the reality happens it's a completely different situation that makes it difficult to remember all the techniques that you have practiced.

One helpful strategy is to make an anchor. When the expectant mother is in the state that she wants to be able to maintain throughout the birth process, she can make an internal anchor, such as a symbol. She could be asked, "What would symbolize this state?" Let's say she imagines a nautilus shell - a snail shell that has a big opening on the bottom. The couple could then actually buy one of these shells. Then during all their practice sessions, the expectant mother could focus her eyes on the shell. The shell may then be brought into the hospital during the actual child birth process, and be an ongoing trigger to help generalize the desired state to the actual birthing process.

As another example, let's say a team leader is trying to get a group into a positive state for brainstorming, and has done a very nice job of creating a motivated state. The question is, how can the leader anchor that state so that he or she can get back that same degree of motivation more quickly in the future? One way is through particular behaviors, such as a special eye contact, or facial expressions, that could be used again later to trigger that state. Another way is to use something external as a means to draw the focus of the group - like pointing to a flip chart or referring to a transparency.

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## NATURAL ANCHORS

Natural anchors relate to the fact that not all stimuli are equally effective as anchors. We form associations with respect to some cues more readily than others. Clearly, the ability to make associations with respect to environmental cues in order to choose appropriate responses is vital to the survival of all higher animals. As a result, various species of animals develop more sensitivity to certain types of stimuli than others. Rats, for instance, who are given two water dishes containing safe or tainted drinking water, learn very quickly to distinguish the safe from the tainted water if the tainted water is a different color than the safe water. It takes them much longer to learn to distinguish the two if they are simply put in two containers of different shapes. Color is a more "natural" associative anchor for rats than shape. Similarly, Pavlov found that his dogs could be conditioned to salivate much more quickly and easily with sound as a stimulus than if visual cues, such as colors and shapes, were used as a conditioning stimuli.

Natural anchors are probably related to basic neurological capabilities. Words, for instance, are able to form powerful anchors for humans, but not for other species. Other mammals (provided they can hear) respond to tone of voice more than the specific words being used. This is presumably because they lack the neural apparatus to be able to recognize verbal distinctions to the same degree of detail that humans do. Even in humans, some sense organs and parts of the body have more discriminative capacity than others. A person's forearm, for example, has less tactile nerve endings than the palm of the hand. Thus, a person is able to make finer discriminations with the fingers and hands than with his or her arms.

The awareness of "natural anchors" is important in selecting types of stimuli to be used for anchoring. Different types of media can be used to help make certain types of associations more easily. With people, individuals may have certain natural tendencies toward certain types of anchors because of their natural or learned representational abilities. A visually oriented person will be more sensitive to visual cues; kinesthetically oriented people may make associations more easily with tactile cues; individuals who are auditorily oriented will be responsive to subtle sounds, and so on. Smells often form powerful anchors for people. This is partially because the sense of smell is wired directly to the association areas of the brain.

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## COVERT ANCHORS

Sometimes the most powerful anchors for people are those in which the stimulus is outside of awareness. These are called "covert" anchors. The power of covert anchors comes from the fact that they bypass conscious filtering and interference. This can be useful if a person (or group) is struggling to make a change because his or her conscious mind keeps getting in the way. It also makes covert anchors a powerful form of influence.

Covert anchors are often established with respect to stimuli that are from an individual's least conscious representational system. A highly visual person, for instance, may be unaware of subtle shifts in tone of voice. Voice, then, may become a rich source of unconscious cues for that person.

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## ANCHORS AS META MESSAGES

Anchoring is often considered to be a purely mechanical process, but it is important to keep in mind that we are not merely robots. A touch on the shoulder or arm may certainly be a stimulus from which to form and anchor, but it can be interpreted at the same time as a "meta message" about context and relationship. Many cues are not simply triggers for responses but are symbolic messages as well. Placing one's on the upper center of another person's chest (over the heart) is a stimulus, and is also a very symbolic gesture.

These types of symbolic and relational messages can be either a help or hindrance to anchoring, depending on whether or not they are aligned with the type of response one is attempting to anchor.

As a rule of thumb, for example, if you are using kinesthetic anchors, it is better to establish anchors for negative states toward the periphery of the body (i.e., knees, forearms, or locational anchors). Anchors for positive states can take on more intensity if they are established on areas of the body closer to a person's center or core.

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## WELL FORMEDNESS CONDITIONS FOR ANCHORS

The "Well-Formedness Conditions" for anchoring summarize the key elements necessary for establishing an effective anchor. They essentially relate to important characteristics of both the stimulus and response one is attempting to pair up, to the relationship between stimulus and response, and to the context surrounding the stimulus and response.

### 1. Intensity and "Purity" of the Response

Intensity has to do with how fully a particular state or response has been accessed. Even from Aristotle's time it was observed that the more vivid and intense a particular response was, the more easily it was remembered, and the more quickly it became associated with other stimuli. It was easier for Pavlov to "condition" hungry dogs to salivate, for example, than satiated dogs. If a person has accessed only a small amount of the state or experience you are anchoring, then the anchor can only be associated with that particular amount. Incidentally, "intensity" does not simply have to do with a person's degree of emotional arousal. A person may be in a very strong disassociated state, in which he or she feels no emotional reaction at all.

"Purity" of response has to do with whether or not the response or experience you are attempting to anchor has been "contaminated" by other irrelevant or conflicting thoughts, feelings or reactions. It is possible that a person may very intensely experience the state to be anchored, but also mix it with other states and experiences. Another way to state this condition is that you will get back exactly what you anchor. As they say in the parlance of computer programming, "Garbage in, garbage out." If reaching out to anchor someone with a touch makes him or her suspicious, then that suspicion becomes part of the state that is anchored. If you ask a person to think of something positive, but that person is recalling a disassociated memory of the event, and judging whether or not he or she has chosen the right event, then you will be anchoring disassociation and judgment.

### 2. Uniqueness of the Stimulus used as the "Anchor"

The condition of "uniqueness of stimulus" relates to the fact that we are always making associations between cues in the world around us and our internal states and reactions. Some stimuli are so common that they make ineffective anchors, largely because they have already been associated with so many other contexts and responses. Shaking hands or touching a person's shoulder are much less unique stimuli than a touch on

the middle digit of the little finger. Unique stimuli are better and longer lasting anchors.

It is important to note that "uniqueness" is not the same as "intensity". A more intense stimulus is not necessarily a more effective anchor. A more intense stimulus may be unique, but very subtle, even unconscious stimuli (such as the subtle smells and sensations that trigger allergic reactions), may be unique and thus very strong anchors.

### 3. Timing of the Pairing of Stimulus and Response

The relationship in time between stimulus and response is one of the key conditions of effective association. According to the basic 'laws' of association, when two experiences occur close enough together a sufficient number of times, the two experiences become associated with one another. Studies involving classical conditioning have shown that this association proceeds only forward in time; that is, the stimulus (the bell) must precede the response (salivating when eating food).

There also seems to be an optimal interval at which various types of associations are most easily made. For quick reflexes such as an eye blink, this interval is about one-half second; longer or shorter intervals are less effective. For slower reactions such as salivation the interval is longer, perhaps two seconds or so. In learning verbal associations timing is much less critical than in classical conditioning. Verbal pairs are learned with almost equal ease whether presented simultaneously or separated by several seconds.

In NLP, the optimal anchoring period is determined in relationship to the peak of the intensity of the response or state one is anchoring. It is generally taught that the stimulus should be initiated when the response to be anchored had reached about two-thirds of its peak. If possible, the anchoring stimulus should be held until just after the state has stabilized or begins to diminish. In this way, the association is created between the stimulus and the crest of the response. To do this, the response must be "calibrated," so that the behavioral characteristics of the response are known before the anchoring is attempted.

### 4. Context Surrounding the Anchoring Experience

Context is an important influence on anchoring that is often ignored. The context or environment surrounding an interaction contains many cues which may effect the anchoring process. Even though they are not the primary focus of attention, environmental cues can become anchors. In what is called "context association," the general environment may begin to elicit a response that is being conditioned to a specific stimulus. (Context association is the basis for "locational anchors.")

It is interesting to note, in this regard, that Pavlov first accidentally discovered the notion of conditioned reflexes as a result of contextual conditioning. For his research on digestion, Pavlov needed to collect saliva from his laboratory animals. He stimulated saliva flow by placing meat powder in the dog's mouth; soon he noticed the dog would begin salivating at the sight of the experimenter, in the expectation of receiving meat powder.

In some cases, contextual stimuli may combine with the primary anchoring stimulus, making the environment part of the overall anchoring experience. Because of this, many anchors are "context dependent." That is, they work more effectively in the context in which they were initially established.

## CHAINING ANCHORS

In NLP, the term "chaining" relates to a form of anchoring in which experiences are linked together in a particular sequence, leading from a starting state to a desired state. The key element in establishing an effective "chain" is the selection of transition states, chosen to link the problem state to the desired state. These transition states function as the "stepping stones" to help the individual move more easily in the direction of the goal state.

It is often difficult for a person to cross the gap between the current state and the desired state. Let's say, for example, a person is stuck to a state of frustration and wants to be motivated to learn something new. It is difficult to just switch from frustration to motivation, and it would most likely simply create tension or conflict to attempt to force oneself from one state to another. Chaining would involve establishing two or three intermediate steps or states between frustration and motivation.

The most effective chains are those which incrementally pace and lead from the problem state to the desired state. If the problem state is negative and the desired state is positive, this would involve moving incrementally from the negative state to another state which is only somewhat negative; confusion, for example. From the somewhat negative state, a small but significant step can be made to a state that is slightly positive; let's say a curiosity about what might happen next. It is then relatively simple to take a step

from somewhat positive state to a desired state of motivation. Of course, depending on the physiological and emotional distance between the present and the desired states, more intermediate steps may need to be added.

When selecting states which are to be part of a chain, it is best if contiguous states have some degree of physiological, cognitive or emotional overlap. Frustration and confusion, for example, share some features. Likewise, confusion and curiosity overlap in relation to certain characteristics - they both involve uncertainty about an outcome. Curiosity and motivation also have similarities in that they both involve wanting to go in a particular direction.

Historically, NLP technique of chaining anchors has used kinesthetic anchoring. In this case, consecutive points on a person's body are used as the location for the sequence of states. For example:

**Anchor #1 - Wrist - the problem state (negative)**

**Anchor #2 - Forearm - something that is somewhat negative**

**Anchor #3 - Upper arm - something that is somewhat positive**

**Anchor #4 - Shoulder - the desired state (positive)**

Anchors are established and tested for each of the states in the chain. Then the anchors are "fired off" in the appropriate sequence to establish the movement from present to desired state. When setting the chain of anchors, the next anchor in the chain should be touched off just before the previous state has reached its peak intensity. In this way, the previous state itself also becomes a trigger for the next state. Generally, the anchor for the previous state is held for a second or two after the new anchor has been touched to help create an association between them. When the final anchor in chain is "fired", it is held longer than the other in order to ensure that the individual ends solidly in the desired state.

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# GROW TALLER BONUS REPORT 16

## SUBMODALITIES

Submodalities are the particular perceptual qualities that may be registered by each of the five primary sensory modalities (senses). Each representational system is designed to perceive certain basic features of the experiences it senses.

Our visual modality (sight) can perceive qualities such as color, brightness, shape, depth, etc.

Our auditory modality (hearing) can register volume, pitch, tempo, etc.

Our kinesthetic modality (feeling) can perceive such qualities as pressure, temperature, texture, etc.

These qualities are called "submodalities" in NLP since they are sub-components of each of the representational systems.

Here are some common submodalities:

### VISUAL

Brightness (dim - bright) Size (large - small) Color (black & white - color) Movement (fast - slow - still) Distance (near - far) Focus (clear - fuzzy) Location

### AUDITORY

Volume (loud - soft) Tone (bass - treble) Pitch (high - low) Tempo (fast - slow) Distance (close - far) Rhythm Location

### KINESTHETIC

Intensity (strong - weak) Area (large - small) Texture (rough - smooth) Duration (constant - intermittent) Temperature (hot - cold) Weight (heavy - light) Location

Each submodality registers qualities that may range between the two opposites e.g. dim - bright; color - black & white; loud - quiet; high - low; hot - cold, etc.

For practice purposes, you may pick two images, one of something that brings you pleasure and another of something you dislike and notice the "submodalities" - the difference in how you represent these images in your mind. Notice which one is brighter, which one is darker, etc.

Experiment with changing submodalities on these images and pay attention how your feelings toward what these images represent change, too.

When you get a grasp of submodalities, move on to Swish Pattern

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## SWISH PATTERN

The Swish Pattern is a popular NLP technique that is used to change automatic internal response associated with a particular mental image. Automatic internal responses are often associated with a particular image toward which the response is directed. This image acts as an "attractor" for particular feelings and behaviors.

The first step in the Swish Process is to identify the idea you desire to change and the image associated with that idea. As an idea to be changed get an image of your physical body as it is now.

The next step is to create an image of yourself you'd rather express i.e. your taller body. Of course, even though the second image is desirable, it may not yet act as strong "attractor" as the image of your body the way it is now. The repetition of the Swish Pattern process will change this.

The third step in the Swish Pattern is to explore which submodality qualities of the images influence the quality of intensity. This is done by alternating such qualities as the color, brightness, focus, movement, depth, shape, etc. of the images and noticing how it influences your feelings in relation to them.

The key is to find submodality qualities that diminish the intensity of response to the first image (your body as it is now) and to intensify the response of the image of your taller body.

The core of the Swish Pattern lies in the way the image of your taller body is substituted for the image of your body as it is now. The image of your body as it is now needs to be destabilized and replaced with the image of your taller body so that you have a sense of "going away" from your body as it is now, and "going toward" the new "attractor" i.e. your taller body - to the point that your taller body feels more real than your body as it is now.

In a typical Swish process, the initial image of your body as it is now would be big, bright and close so that its effect is felt as strong and immediate. Superimposed over the image of your body as it is now e.g. in the bull's eye of this image you would place a tiny bright dot, containing within it the image of your taller body.

The Swish process proceeds by exchanging the two images - you can begin slowly, however the trick lies in repeating the process as quickly as you can. In this exchange, you can imagine the bright dot exploding the image of your body as it is now so that nothing is left of it, while the image of your taller body takes over - the image becoming big, bright, in full color, while the image of your body as it is now completely dissolves into nothingness.

With every repetition you'd begin with the image of your body as it is now, and the image of your taller body placed in the bull's eye of that image as tiny as a bright dot, and then rapidly exchange the two images. You can add (imagine) sound effects such as "swish", or an "explosion" or whatever else you find appropriate.

I would recommend that, if you enjoy music, you pick a song that has a distinct beat and then mentally repeat the "swish pattern" on every beat. The more you engage in this process, the more miraculous results you will experience. If you can find enough time - you can engage in this process for about half-an-hour a day.

You may begin to practice Swish pattern slowly until you get a hang of the process, however for best results you should keep on repeating the process faster and faster until the process of exchange of images is faster than you can consciously keep track of.

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# GROW TALLER BONUS REPORT 17

## CHI BREATH

Chi is both breath and life force energy. Energy circulates in your body in channels often referred to as acupuncture meridians.

The most basic of all Taoist Yoga exercises are the breathing exercises. Following are two basic breathing techniques that you should know and practice in preparation for the following exercises. They are called Abdominal Breathing and Reverse Breathing.

### ABDOMINAL BREATHING

In Abdominal Breathing, you push down on your diaphragm as you inhale. Try to keep your chest and rib cage flat and relaxed as you breathe in. This causes your lower abdomen to expand on all sides. This is why it's called an Abdominal Breath. When your lungs are full, exhale slowly and allow the lower abdomen to contract, using a minimum of muscular force, and relax your diaphragm.

It is a very efficient breath, it is the way young children breathe. You not only take in more oxygen as you breathe, but you exert less muscular effort as you do and it has a massaging effect on your internal organs. As we age, our breathing tends to become more and more shallow. Abdominal and Reverse Breathing will help you to maintain deep, healthy breathing.

1. Exhale and pull in the abdomen and stomach toward the spine.
2. The chest and sternum (breastbone) relax and sink. Don't use any force. If you feel a slight pull or flattening of the chest, this is sufficient.
3. Inhale slowly through the nose. Try to keep the chest and stomach flat as you do.
4. Fill the lungs with air. Breathe down to the diaphragm and feel it push downward.
5. the abdomen expands on all sides (not just in front), like a beach ball, as you inhale. There is minimal or no expansion of the chest and/or stomach region above the navel.
6. When you've reached full capacity without straining yourself, exhale slowly contracting the abdomen with slight muscular force and relax the diaphragm.
7. The inhalation and exhalation should be slow, uninterrupted, of equal length and as silent as you can do them. You have made real progress when the breath becomes imperceptible.
8. Do at least three breaths - inhalation and exhalation - initially. If you can, do nine or more each time you exercise.

### REVERSE BREATHING

The second basic breathing techniques is called Reverse Breathing. It is the reverse of Abdominal Breathing. As you inhale, you push down on the diaphragm and pull in the lower abdomen toward the spine. When you exhale, you release and expand the lower abdomen. this is the way a fetus "breathes" inside his or her mother's womb. This breath has the same basic benefits as Abdominal Breath.

1. Begin by doing three Abdominal Breaths. At the final exhalation pull in your lower abdomen and flatten your stomach.
  2. Inhale slowly and pull the lower abdomen toward your spine. As you do this, you will feel a downward pressure on your perineum (between the back of your sexual organs and the front of your anus).
  3. Pull up on your perineum and sexual organs and simultaneously push down and lower your diaphragm.
  4. Exhale and release the sexual organs and diaphragm. Imagine that you are exhaling right through the walls of the lower abdomen, which expands on all sides.
  5. Do at least six Reverse Breaths at each session.
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## MICROCOSMIC ORBIT

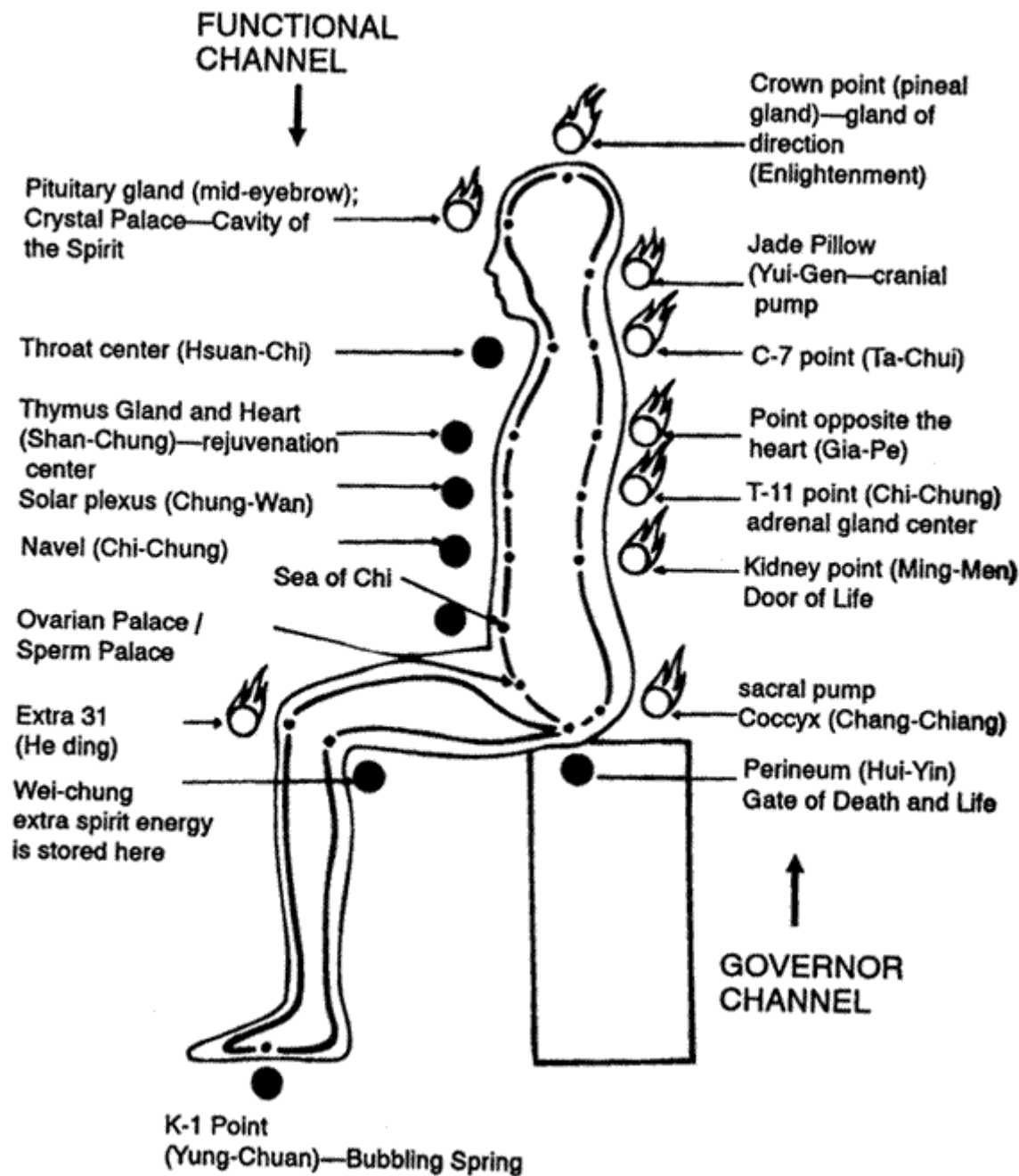
According to Mantak Chia's Awaken Healing Energy through the Tao, The Microcosmic Orbit practice is the beginning of the process of the integration of mind and body in Taoist esoteric practice. The circulation of the Life Force or Chi in the Microcosmic Orbit is the first form of circulation in the developing foetus. This energy flow continues, normally unnoticed, throughout life. Much of modern living consists of unnatural diet, stressful work patterns, poor posture and sedentary entertainment resulting in the gradual accumulation of blockages to the natural circulation of Chi. The opening of the Orbit is the beginning of the reversal of this process. It is an important and tangible form of self-healing.

Taoist Meditation practice starts with the opening of the Microcosmic Orbit. The Life Force (Chi) is introduced to each point on the body's two primary meridians or Yin and Yang energy channels. The front or Functional channel and the back or Governor channel are joined to form a circuit of continuous energy flow. This circuit is called the Microcosmic Orbit.

Practical, tangible health benefits result from opening the Microcosmic Orbit. Increased resistance to stress and illness are the most evident. A heightened general level of energy follows from the conservation and recycling of the Life Force. A distinctly more centered and harmonious awareness results from balancing of internal energies through their circulation in the Orbit. Lowered internal tension helps the immune system by promoting the freer flow of lymph fluids.

The Healing Tao is a practical system of self-development that enables individuals to complete the harmonious evolution of their physical, mental and spiritual bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioner learns to increase physical energy, release tension, improve health, practice self-defense and gain the ability to heal oneself and others. In the process of creating a solid foundation of health and well-being in the physical body, one also creates the basis for developing their spiritual potential. By learning to tap the natural energies of the Sun, Moon, Earth, Stars and environmental forces around us, the practitioner attains the ability to develop and nurture a solid spiritual body. The ultimate goal of Taoist practice is to transcend physical boundaries through the development of the soul and the spirit within man.

The Healing Tao practices are derived from ancient Taoist and Buddhist techniques rooted in the processes of nature and are linked to Traditional Chinese Medicine. They have been gathered and integrated into a coherent, accessible system for well-being. The Healing Tao is not a religion and does not require the belief in any set of deities or gods. The techniques work directly with the life force, Chi, flowing through the meridian system of the body. The aim of the Healing Tao is to restore the individual to a condition of harmony with the flow of the forces of nature. Master Chia's method of teaching is direct and practical. Years have been spent developing and perfecting techniques for passing these traditional practices to Western students. The emphasis is always on mastering the actual practice.



There are many ways to teach the Microcosmic Orbit. It can be done standing or sitting. The common denominator of all methods is to open the Governor and Functional channels, which comprise the Microcosmic Orbit and are the two main Energy Channels in the body. The Governor Channel begins at the perineum, the point between the genitals and the anus, and runs through the coccyx (tailbone), into the spine and up through the neck, over the top of the head, down to a point behind the eyebrows, finally reaching the top of the palate, in the roof of the mouth just behind the teeth. The Functional Channel runs from the top of the palate, inside the mouth, down through the neck, chest, solar plexus, navel and past the genitals to the perineum. Energy can flow in these channels in either direction. However, in most people these channels can be blocked or weak.

To complete the Microcosmic Orbit, we must join the Governor and Functional Channels. Chi is raised up from the perineum past the base of the spine and up the Governor Channel, over the head and down the Functional Channel in the front of the body to the perineum (or Hui Yin). The key to getting the orbit started is by "throwing the switch" - lifting the tip of the tongue to the roof of the mouth, and thus "completing the circuit".

The flow of Chi is directed by your mind. We generally begin to do the Microcosmic Orbit by concentrating on a point behind the navel known as the Lower Tan Tien. With a few weeks of practice, this navel center will begin to feel warm when you concentrate on it. This warm feeling will move into the Microcosmic Orbit. This practice is often referred to as the Warm Current meditation. At the end of the session, which should last

fifteen minutes or more, your concentration returns to the navel and energy is stored there in the Lower Tan Tien by circulating the Chi around the navel.

The Tan Tien is at the center of the body. Its exact location differs in each person, but its general location is one to one and a half inches directly behind and slightly above the navel. The Taoists believed that when a human fetus was still in the womb, it received a special type of Chi through the umbilical cord. It was called Prenatal Chi and circulated freely in its Microcosmic Orbit as well as in all its other energy meridians. The fetus was maintained in a state of perfect health, growth and equilibrium. After birth, the Prenatal Chi slowly loses its control over the body. As time passes, the Chi no longer freely circulates in the meridians. These meridians, or energy channels, become blocked resulting in emotional imbalances, physical ailments, sickness and frailty in old age.

the following is a guided Microcosmic Orbit session along with a description of all important energy points the Chi passes through the Governor and Functional Channels.

Establish a smile in your eyes. Direct your smile down to the Navel Center, the Lower Tan Tien. It is right underneath your navel, an inch to an inch and one-half inside. The navel is the point where we originally drew energy from our mother. It is the source of original energy. It is our Earth Center, the Lower Tan Tien.

Smile into the navel. When the Navel Point is open, you feel balanced. When the navel point is closed down or obstructed, it results in sloppy, picky, or distracted behavior.

Now, inhale and exhale rapidly. Expand and contract the abdomen with short, quick Abdominal Breaths. Breathe in and out through your nose. Do eighteen quick breaths. The navel area should become much warmer. This is called Bellows Breathing.

Now, smile down to the Sexual Palace. For women, it is known as the Ovarian Palace, and is about three inches below the navel just above the vagina. In men, it is known as the Sperm Palace and is located at the base of the penis, beneath the public bone.

When the Sexual Palace is open, you have a sense of creative and personal power. When it is closed down, it is difficult to enjoy life.

Put your concentration on the Sexual Palace. Now, move the energy back and forth from the Sexual Palace back up to the navel Point and then down again. Do it a few times as if you were "washing" the channel. Up, then down. Inhale up to the Navel Point, exhale down to the Sexual Palace.

Smile down to the perineum, the Gate of Death and Life. Energy can escape from this point so it must be sealed. When the perineum is open, you feel grounded. When it is closed down, you feel insecure. Move the energy back up to the Sexual Palace, then down to the perineum a few times.

Next you must pull the energy around the coccyx so it can rise up the spine and enter the Governor Channel. To do this, use Reverse Breathing. First inhale and contract the perineum, the point between the sexual organ and the anus. Take a second sip of air and contract the anus itself. Now take a third sip of air and contract the muscle about an inch above the anus just below the coccyx. Exhale. As your technique improves, the movement becomes rhythmic.

Do the three step contraction method again. Inhale, contract the perineum, inhale again without exhaling and contract the anus. Now inhale again and contract the muscle about an inch above the anus on the backside. Feel the Energy come around the lower part of the body.

Now press down on the ground with your feet and feel the Energy rise up and enter the lower part of the spine to the Sacral Point. This point is located an inch or two up from the tip of the coccyx. When the Sacral Point is open you feel balanced. When it is closed you feel as if you are imprisoned by your past.

Inhale and pull up on the perineum. The Energy rises up to the Kidney Point (or Ming Men). This is located on the spine opposite the navel. When the Kidney Point is open one feels gentleness. When it is closed, you feel fear of being taken advantage of.

Move the Energy down to the Sacral Point then back up to the Kidney Point. When you exhale it moves down to the Sacral Point. When you inhale it moves up to the Kidney Point. Wash the channel a few times.

Now, inhale again, pull up on the perineum, and the Energy moves up the spine to the Adrenal Point, located opposite the solar plexus. When the Adrenal Point is open one feels a sensation of freedom. When it is closed, there is a feeling of burden and obstruction.

Again, move the Energy down to the point below, the Kidney Point. Exhale down to the Kidney Point, inhale up to the Adrenal Point. Do it a few times. Wash the channel, and feel the channel opening.

Now, inhale again, pull up on the perineum and the Energy rises up the back all the way to the base of the skull, the Jade Pillow, or the Small Brain Point. When the Jade Pillow is open, you feel inspiration. When it is closed, you feel that life is suffocating.

Wash the channel. Moving the Energy down to the Adrenal Point, then back up to the jade Pillow. Exhale down, inhale up.

Pull in your chin a little, straighten the back of your neck. Inhale, pull up on the perineum and the Energy rises to the Crown Point (Pineal Gland Point). Located this point by imagining a line drawn from the mid-eyebrow point over the top of your head. This line intersects a second line drawn from the top of the right ear over the top of the head to the top of the left ear. The point of intersection is the Crown Point. When the Crown Point is open you can receive guidance from higher forces and you radiate happiness. When closed, you can have delusions, illusions, headaches, erratic mood swing and may feel you are a victim or slave.

Move the Energy down to the Jade Pillow then back up to the Crown Point. Do this a few times. Exhale down, inhale up. Wash the channel.

Inhale again, pull up on the perineum, the Energy moves down to the mid-eye brow point. Three inches inside the skull at the mid-eyebrow point is the Pituitary Point. When the Pituitary Point is open you feel wisdom. When it is closed, there is a sense of indecision.

Move the Energy back and forth between the Pineal and Pituitary Points. These points are within the brain. Feel the center of your brain expand and light up. This entire area is known as the Crystal Palace.

Make sure your tongue is raised to the upper palate directly behind your teeth. This is known as the Palate Wind Point. Further back on the hard palate is the Fire Point. Even further back at the beginning of the soft palate is the Water Point, directly beneath the pituitary gland.

Now inhale, pull up on the perineum, draw the Energy all the way up to the Crown-Pineal Point. Then exhale down to the pituitary Point, then down to the Palate Point also known as the Heavenly Pool.

By moving your tongue back and forth on the palate, the best position can be found for the Energy to pass through the palate to the top of the tongue. This is experienced as a current, a sensation of electricity, coolness, warmth, tingling, numbness, or something sufficiently different to warrant attention.

Now move the Energy up to the Pituitary Point and down to the Palate Point. Inhale up, exhale down. do this a few times. Wash the channel.

Now inhale, pull up on the perineum, pull the Energy up to the Crown Point. Exhale, the Energy goes down through the Pituitary Point, the Palate Point, and down through the tongue to the Throat Point. This point is located in the lower part of the throat. It is the communication and dream center. This is traditionally a weak point that is hard to protect. When the Throat Point is open you speak more eloquently. When it is closed you feel an unwillingness to change.

Move the Energy up to the Palate Point and down to the Throat Point. Wash the channel. Do this a few times. Feel the Energy going up and down the throat and tongue.

Now inhale, pull up on the perineum, the Energy rises up the spine to the Crown Point. Exhale, it descends down the Functional Channel through the Throat Point and down to the Heart Point. This point is between the nipples for men, or one inch up from the bottom of the sternum (breastbone) for women. It controls the thymus gland. When the Heart Point is open love, joy, happiness, honesty and respect are felt. When it is closed one feels under attack and sorry for oneself.

Move the Energy up to the Throat Point, then down to the Heart Point. Wash the channel a few times.

Exhale and the Energy moves down to the Solar Plexus Point. When the Solar Plexus Point is open you feel you can take risks. When it is closed there is a sense of panic and worry.

Now move the Energy up to the Heart Point and down to the Solar Plexus Point a few times. Wash the channel. Inhale up, exhale down.

Exhale and lower the Energy to the Navel Point. Then raise the Energy to the Solar Plexus Point and lower it to the Navel Point a few times. Wash the channel.

You have now completed one circulation of the Microcosmic Orbit.

Once you feel the flow of Energy, it is not necessary to wash the channel. Just move the Energy in a continuous orbit, using your mind to direct the Chi.

With the concentration on the Navel Point, do a few rapid Abdominal Breaths to heat up the Navel Center. Exhale, pull up slightly on the perineum and the Energy descends to the Sexual Palace. Exhale again and it goes down to the Perineum Point.

Pull up lightly on the anus and then an inch above the anus and the Energy moves from the Bottom of the Functional Channel into the Governor Channel to the Sacral Point.

Now inhale and the Energy rises to the Kidney Point, to the Adrenal Point, to the Small Brain Point (Jade Pillow), and up to the Crown Point.

Exhale and the Energy descends to the Pituitary Point (or mid-eyebrows) to the Palate Point, down to the Throat Point, Heart Point, Solar Plexus Point and back to the Navel Point.

Do as many circulations as you want to.

At the end of the meditation, you collect the Energy at the navel.

**Men:** Circle Energy clockwise around the navel either nine or thirty-six times. This circle is about three inches wide. Starting an inch and one-half above your navel, circle from above to the left side of the navel, to below the navel. Come up on the right side.

Now reverse the direction. Do this six or twenty-four times. The Energy moves counter-clockwise. As you come to the final circulations around the navel, pull the Energy closer and closer to the navel and then directly into the navel on the final circle.

**Women:** Circle Energy counter-clockwise around the navel either nine or thirty-six times. The circle is about three inches wide. Starting an inch and one-half above the navel, circle from above, down the right side of the navel, to below the navel. Come up on the left side.

Now reverse the direction. Do this either six or twenty-four times. The Energy moves clockwise. As you come to the final circulation around the navel, pull the Energy closer and closer to the navel and then directly into the navel on the final circle.

## SEXUAL KUNG FU

As we age, the primary interior source of Jing energy in our bodies comes from the sexual organs. In men it is found in the semen and related male sexual hormones, and in women it is in the ova and the female-related sexual hormones. The sexual energy is converted into a powerful form of life-force inside of the body. As we reach puberty and young adulthood, the sexual Essence, converted into Sexual Energy, becomes the body's primary driving force. By middle age and later, when our sexual potency begins to wane, our energy levels begin to decrease substantially.

The Taoists realized that for men, the loss of semen used up vast amounts of Jing. This happens each time a man ejaculates. The Taoists developed many techniques to conserve sexual Jing and to convert more of this Essence into Chi. The practice of Sexual Kung fu is based on our ability to convert sexual Essence (Jing) into Life Force Energy (Chi).

Women lose Jing mainly during menstruation through loss of blood. Between a man and a woman having equally active sex lives, the man will lose more Jing. Taoists believe that this is a major reason why, on average, women live longer than men. They have more Essence available for conversion into Energy. From here on we will refer to sexual Jing as Jing Chi, or Sexual Energy.

Sexual Energy is the only energy in our body that increases in force when activated. When you are not sexually aroused, you probably aren't even aware of your Sexual Energy. But once you are sexually turned on, you can feel a tremendous increase in force in your body. How can you measure this increase in force? You cannot, but you can learn to harness it.

The Taoist sexual secrets are perhaps the most advanced the world has ever seen. There are exercises to be learned and practiced by yourself, called Single Cultivation. There are also exercises to be learned and practiced with a partner, called Dual Cultivation.

Our sexual organs have what the Taoists called two "Front Gates". If our sexual organs are weak, we leak Energy out of them. Here is an exercise called Closing the Two Front Gates, which was designed to strengthen and tone your sexual organs and prevent the leakage of Jing Chi, or Sexual Energy.

## CLOSING THE TWO FRONT GATES



**Men:** The first gate is located in the opening at the tip of the penis. If you put your concentration there, you can close off the opening. The second gate is located at the base of the penis, where it is attached to the body. Just behind this points is the urogenital diaphragm. If you put your concentration here, you can close this gate as well by contracting the urogenital diaphragm.

1. Lightly contract the gate at the tip of the penis.
2. Contract the gate at the base of the penis (urogenital diaphragm)
3. Simultaneously gently pull in on the muscles surrounding your eyes, as if you were trying to draw your eyes back into your eye sockets.
4. Do this three to nine times.
5. You do not have to coordinate this exercise with breathing, but you can if you want to. Experiment with pulling up on the inhalation and then with pulling up on the exhalation. Which way feels stronger to you?

**Women:** The first gate is the opening of the vagina. Concentrate on the opening of the lips of the vagina and contract them. The second gate lies inside the vagina in the urogenital diaphragm in front of the opening to the cervix. If you concentrate here, you can contract this point.

1. Lightly contract the gate at the lips of the vagina.
2. Contract the gate inside the vagina at the urogenital diaphragm.
3. Simultaneously pull in on the muscles surrounding the eyes.
4. Do this three to nine times.
5. You do not have to coordinate this exercise with breathing, but you can if you want to. Experiment with pulling up on the inhalation and then with pulling up on the exhalation. Which way feels stronger to you?

**Both Men and Women:** If you have any difficulty locating the second gate here is another exercise that also works well to strengthen the gate.

When you urinate, try to stop the flow of urine by squeezing deep inside your penis or vagina. The place you have to squeeze to stop the flow is the location of the second gate. Squeezing the first gate at the tip of the penis or lips of the vagina is unlikely to stop the flow by itself.

The Taoist Yoga approach to sexuality includes many techniques for strengthening the sexual organs and the entire groin area. We'll refer to this as Perineum Power. The perineum area includes the sexual organs, the perineum itself and the anus, as well as Pubococcygeus (PC) muscle which surrounds the entire area, running from above the sexual organs to the coccyx (tailbone). The benefits derived from strengthening this area are too numerous to mention. Your entire body sits on top of the perineum area. If it is weak, it weakens your whole body. Energy and Sexual Energy (Chi and Jing-Chi) easily leak out of the Front Gates (sexual organs) and Second Gate (anus) if the muscles here aren't toned. Learning to close or seal the gate helps to conserve the Energy and direct Energy to various parts of the body.

## TESTICLE AND OVARIAN BREATHING

The first sexual exercise you should know is called Testicle Breathing for men, and Ovarian Breathing for women. It is a simple and gentle exercise and is basically the same for both sexes.

Sitting near the edge of a seat, the man puts his awareness on his testicles; the woman puts here awareness on her ovaries. Taking a deep but gentle breath, the man uses his mind and slight muscular contraction to lift up the testicles. The woman slightly contracts the lips of the vagina while mentally pulling the ovaries' energy down to the perineum. When the Sexual Energy begins to increase, it is slowly led, by your mind, up to the coccyx (tailbone) and step by step up to the sacrum, spine, neck, and into the head. This procedure is done nine times, filling the brain with Sexual Energy. Men then spiral this energy nine times clockwise, then nine times counter-clockwise in the head. Women spiral this energy in the reverse pattern, nine times counter-clockwise and then nine times clockwise.

Lift the tip of your tongue to the roof of your mouth, just behind your front teeth. Mentally guide the Energy down through your tongue and continue down the front of your body and then store it (leave it) behind the navel. This exercise strengthens the entire pelvic area and bring revitalizing Sexual Energy (Jing Chi) up to the brain.

## THE BIG DRAW

Also known as the Power Lock for men and Orgasmic Upward Draw for women, the Big Draw is a powerful technique for drawing aroused Sexual Energy up to the higher centers of the body, thereby transforming it into Life Force and spiritual energy. These methods are used in both single and dual cultivation, which means that they can be practiced with or without a sexual partner. This exercise is especially important for men because it begins the process of learning to control ejaculation. This accounts for why men generally feel tired after orgasm. By learning to control orgasm, they can retain rather than lose this energy. Practice leads to the ability to actually have an orgasm without ejaculating. Women do not lose Sexual Energy during orgasm. They can experience multiple orgasms and actually feel energized. This is why the Taoists say that men's Sexual Energy is limited while women's Sexual Energy is unlimited. Women do, however, lose Sexual Energy during menstruation.

Again, the exercise is basically similar for men and women. Whether you are doing this with a partner or alone using masturbation, it is necessary that you be fully sexually aroused before starting the exercise. You should be close to orgasm. This is especially important for men. Once a man reaches orgasm, it's too late. This is less important for women, because they don't lose Sexual Energy from orgasm.

Begin by inhaling a short sip of air, then push the tongue up to the roof of the mouth and clench the teeth. Pull the chin inward toward the back of the neck, contract the muscles in the eyes and look upward toward the crown. Tighten your anus and buttocks and pull up the genitals. This activates the sacral pump which sends Sexual Energy up the spine. Clench the fists, arms and legs while keeping your shoulders and chest relaxed. While this all sounds complicated, when it is done, it all happens just about simultaneously. Sexual Energy is then drawn up the spine and into the head. It is spiraled there in the same manner as in Testicle/Ovarian Breathing. Then raise the tip of your tongue to the roof of your mouth and draw the Sexual Energy down to the navel and store it (leave it) there. You can do this exercise anytime you have privacy. It is not a good exercise to do just before you go to sleep because you will build your energy that can keep you awake.

Men, remember that you want to conserve as much Sexual Energy as possible, not to lose as much as possible. You don't want to become too sexually aroused so that all the Jing Chi is lost through orgasm and ejaculation. If you feel yourself getting too aroused, stop and do some rapid Abdominal Breathing and look up and to the left with your eyes. Use the index, middle and ring fingers of either hand to locate the depression in the perineum just behind the testicles and press inward and upward with the middle finger. The Taoist refer to this as the Million Dollar Point. You'll have to feel around for it before you do the exercise. Just pressing on the perineum will not stop the flow of sperm. You must find the small depression, your Million Dollar Point. By experimentation, you should be able to locate it. By practicing using masturbation, you can learn to have an orgasm, but prevent the loss of sperm. Afterward massage the perineum with the three fingers. The wealth of sexual knowledge gathered up by the taoists over the centuries was enormous. We have only scratched the surface here.

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## RECOMMENDED READING AND VIDEOS

If you'd like to learn more about Taoist Practices and Cultivation of Sexual Energy, here are some recommended books and videos:

[Awaken Healing Energy Through Tao](#)

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

[Healing Love Through the Tao: Cultivating Female Sexual Energy](#)

[Qigong Empowerment: A Guide to Medical, Taoist, Buddhist, Wushu Energy Cultivation](#)

[Spiritual Qi Gong: A Practical Taoist Manual for Health, Longevity and Self-Realization](#)

[Taoist Yoga and Sexual Energy; Internal Alchemy and Chi Kung](#)

[Awaken Healing Light: Guided Sitting Meditation \(VHS\)](#)

[The Inner Smile \(VHS\)](#)

[Sounds That Heal \(VHS\)](#)

[Healing Love: Taoist Sexual Energy Cultivation \(VHS\)](#)

[Chi Self Massage \(VHS\)](#)

**Chi Nei Tsang: Internal Organs Massage (VHS)**

**Iron Shirt Chi Kung: Level I (VHS)**

**Iron Shirt Chi Kung: Level II (VHS)**

**Fusion of the Five Elements Level I: Transform Negative Emotions (VHS)**

**Fusion of the Five Elements Level II: Cultivate Healing Emotions**

**Fusion of the Five Elements Level III: Open Psychic Energy Channels**

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# GROW TALLER BONUS REPORT 18

## DIMENSIONAL STRUCTURE OF CONSCIOUSNESS

Most scientists admit that there is no way to understand "subjective" phenomena in any scientific manner. What we actually experience within our own consciousness will never be experienced by others in any objective manner, remaining permanently beyond the bounds of science.

In quantum mechanics, it is the act of observation itself that determines the outcome of an experiment. Extremely small particles pop into existence at indeterminate locations in space and time only when they are observed, where they are (or if they are) in between observations cannot be determined. In modern physics things do not just happen in an empty dead universe - there has to be somebody, or some thing, observing an event for it to have physical meaning. This comes as a big surprise to physicists, who, until these effects were discovered, assumed that consciousness was an unnecessary appendage to the material world.

We assume that consciousness is **INSIDE** of space and time. We think of it as a complexity of neural processes somewhere in our heads. If we turn this around and think instead of dimensions within consciousness, a continuity develops between what we call subjective and objective phenomena. Dimensions of space and time contain what we call "objective" phenomena: objective experience is dimensional, subjective experience is not. An image (according to the author) is a thought, a thing, a concept, a feeling, or an object; in fact, it is all things, physical and non-physical. It is the sound of a raindrop falling on the roof, or of an airplane in the distance. It is the picture of a place never seen, the memory of a taste experienced long ago, the touch of warm fur, and the pain of standing too long in one position. It is anger and lust. It is the Andromeda Galaxy, a moon of Jupiter, or a photon. It is a ball rolling down a hill. It is a cloud moving slowly across the sky that puffs up into large white billows, until raked by the wind, and combed smooth into thin wispy strands of smoke. It is an idea that ripples the mind.

Images and slippery and hard to catch. they are like fish in a river: if you reach down and catch one, it squirms and wiggles while you hold it, and slips back into the water. Every thing is an image, and some things that are not things are images. Images are the sole content of consciousness, and constitute, for our purposes, ultimate reality. Reality consists entirely of images in their various forms.

There are images that are "real" and those that are purely "imaginary". The difference is that those we call "real" are experienced within a dimensional structure. Their dimensional context means that they are potentially experienced through any of the senses and also by any other observer.

Images experienced subjectively are non-dimensional. The difference between "real" and "imaginary" is the structure of the universe. Mental concepts differ from physical objects only by the context in which they are experienced, a context that we know as space, time, and mass. They are both images, and therefore composed of the same primordial substance, as we'll see (in the postings that follow).

An image is never complete unto itself, but always relates to other images in some way. A particular image is similar to another in that there is a greater image that contains them both. A red house, for instance, bears some similarity to a green one in that there is such a thing as "house" that contains them both. The larger image serves as a means to locate and identify smaller ones within it.

A pain in the jaws can be identified as a "toothache" because it is similar to other such experiences. We know what an "automobile" is when we see one because we have seen so many others before. Conversely, every image consists of smaller, more fundamental images.

A toothache is a combination of many separate "painful sensations", and an automobile is a particular arrangement of "bolts", "carburetors", and "seat covers".

Conscious activity is a constant arrangement and rearrangement of images into other images, hopefully better, simpler, or more efficient ones. It is always a fluid process, and there is no perfect image or system of images containing all of experience. One image that contains many others is - what author refers to as - a "realm". A realm is a structured part of consciousness, containing a specific form of information.

The "perceptual" realms are taste, touch, smell, hearing, and vision. There is also an "observational" realm of consciousness, consisting of information we experience through observers. It is similar in structure to the perceptual realms, and dimensionally related to them in the same way as they are to each other.

Realms are interrelated on the macroscopic level by coordinated dimensions. Three of these dimensions are spatial, and a fourth temporal (as demonstrated by Einstein in special relativity).

The perceptual realms are also interrelated on the quantum level. The visual and auditory realms, for instance, consist of information that is reducible to tactile sensation, and thus to the tactile realm.

Light is visual consciousness on the macroscopic level but at the same time tactile consciousness on the quantum level: each photon "touches" the retina as it becomes part of visual consciousness. The visual realm is, therefore, an outgrowth of the tactile realm. Extremely small images (objects approaching the energy of photons) are not exclusively visual or tactile (wave or particle) because the dimensional context within which they are experienced begins to disintegrate at this level. This is why we experience enigmas at dimensional extremes.

It is interesting that we notice the dimensional structure of consciousness only where it begins to unravel. We do not notice it in everyday life because it is everywhere. In the world we know, what we see and hear are patterns of light and sound in space. Space is implicit in the information - it is the potential that lends special meaning to perceptual images, setting them apart from other types of experience. By its dependence on a background of unrealized potential, sensory information creates the universe of space and time.

There is a wide variety of definitions for "information" from the field of information theory, most of which utilize the concept of "entropy", or choice. The best "channel" of information is that with the most entropy, or the most possibilities from which to choose. All information, in order to be information, depends on potential non information.

In a dimension, whether spatial or temporal, we have an infinite range of possibilities. This is the "entropy" needed as a background for the "order" we perceive in the form of sensory impressions. Actual sensory experience is "information" located at some point, or range of points, within a dimensional potential.

It is the dimensional context that compels us to think of a perceptual experience as somehow more real than imagination. We feel that we are seeing and hearing something "in the world", something more than mere patterns of photons and air molecules. Space-time does this by making an actual pattern of information in any realm of consciousness potential in all others, thus giving each pattern an apparent life beyond the realm of consciousness in which it is experienced. It is this potential perception that is commonly understood to be material substance.

A pattern of light, which could be "an illusion or hallucination", becomes an "object" due to the notions and relations we utilize to orient ourselves in the labyrinth of sense impressions. The labyrinth is an accumulation of sensory information from any or all of the five sensory realms, past and present, actual and potential. The "reality" we attribute to a sensory impression at any given location in space-time, is due to its potential perception in every other sensory realm at the same location. We confirm the "real existence" of an object we see or hear by touching it at the same place. If we do not touch it there, it is an illusion.

We touch only a very few of the visual images that we consider real. It is therefore, the potential for tactile perception that makes a visual images "physical".

Normally, we think of material objects existing in space-time causing visual, auditory, or tactile images of the same shape and size when we happen to be looking, listening, or touching. There must be something external to perceptual consciousness, we assume, that gives us all these sensory images at once. But there is nothing "out there" causing patterns of photons to match up with auditory and tactile patterns; visual information is perceived as a pattern in a potential that is already coordinated with every other sensory potential. A physical object is nothing more than dimensionally coordinated patterns of sensory information.

- ref. [Dimensional Structure of Consciousness: A Physical Basis for Immaterialism](#)

## EXPERIMENTS WITH SEXUAL ENERGY

The purpose of sexual exercises in the context of height increase is that they can serve as an additional tool to build and expand your energy level and you can use this energy to accelerate the growing taller process, by directing accumulated energy into your imagery of the taller body.

Let's look at what I'm talking about here when I say "energy" and "charge". For some people, I know, it's still a question whether there is such a thing as "life" energy. For my purposes, I am talking about energy, first of all, in the physical definition: the capacity to do work. That has many manifestations: chemical energy, heat, light, electricity, etc. Each of these forms of energy has an impact on its environment. In these postings, when I refer to energy, I am talking about the force that has to do with BEING, an ENERGY OF ALIVENESS. When it is no longer present, the physical system is no longer animated, even though other energetic processes continue in the body for some time.

I will be talking in terms of how it arises in the body, how it is restricted in the body, how it extends beyond the body, and how we can move it around. The importance of the exercises is that they help us to rearrange ourselves energetically more to our satisfaction.

"Charge" simply refers to the amount of this energy present in the system, whether overall or localized. It describes the level of energy in a system, as apart from the emotional flavor of the charge, i.e. whether we call it anger, annoyance, or range depends on the charge. The intensity, not the flavor. Sexually, low charge leads to boredom, lack of desire.

### **EXERCISE 1:**

This exercise to introduce you to charge is at once very basic and quite advanced. You could repeat it at any level of learning and still benefit.

Either with a partner you trust, or by yourself, build up sexual arousal (charge) to as high a condition of charge as you can, without climaxing and without tensing your muscles. Then stop and wait for an hour - again without contracting physically, emotionally, mentally. Be relaxed and surrendered. Turn your attention to the energy in your body (and beyond your body, if you like) and allow that energy to move as freely as you can. Lie still, or move. Make sounds, sing, dance. After an hour, continue to climax if you wish to.

In this exercise, in addition to charging the genitals, you are inviting an increase in the overall energy level of your being. What raising the energy level, and then pausing and waiting for a time at that level, does is to stretch your own capacity to contain charge. That means you can be more pleasurable excited sexually for a longer time before the reflex of orgasm, the orgasm itself will be more ecstatic.

Sometimes, it's true, people do not experience high charge as pleasurable; they experience it as discomfort. Those for whom high charge is uncomfortable usually experience sex less in terms of pleasure than as a way to relieve inner pressure. They don't want to spend much time - or any time - increasing their pressure, which is the way they would experience any heightening of their energy level. They want to discharge (or repress) what has already accumulated. They're often interested in having intercourse frequently - briefly, but frequently - to keep the systemic energy level relatively low. (You'll hear this referred to frequently as "Wham, bam, thank you, ma'am".) Given our cultural attitudes and upbringing around sexuality, it may be that this kind of experience is the usual. The idea of allowing charge to build up over a fairly long time, or deliberately building charge without immediately discharging it, may seem a strange idea to many people. The fact of the matter is, it's uncomfortable for some because they are at the limit of the energy they can systemically contain. Of course, it's relative: what's high for me may be low for you. But we can each stretch and expand the amount of energy we can hold while remaining relaxed; we can create a kind of energetic tonus that allows more and more intense experience of surrender, pleasure, and satisfaction.

The exercise brings us up again and again to the limit of what we can NOW contain (without discharging) and asks us to stay there relaxed, for some time. The energy is still in the system whether or not we are even aware of it. During the pause, the energy may disperse away from the genitals, bringing the whole body to a higher energy level. Later, if you do decide to carry on to climax, you will be starting over, but from a base line that is higher than the energy level you usually start from. The energy is there in your system, so when you draw it again into your genitals, you will be drawing with it more energy from the whole of you, and since you now have a bit more capacity, you'll go up higher than before. That means that gradually you can spend more and more time at higher and higher energy levels, pleasurable. After some practice this can develop into an experience called DWELLING IN THE VALLEY OF ORGASM.

# GROW TALLER BONUS REPORT 19

## SEVEN STATEMENTS THAT RELEASE A FLOOD-TIDE OF POWER FOR HEIGHT INCREASE

There is a miracle-working power in the universe which you may tap, and it can bring you the fulfillment of your every dream.

This cosmic power is a universal intelligence that flows in invisible wavelengths among all the elements of creation. Just as wavelengths exist which transmit sound and pictures through the television, so too, this cosmic intelligence works throughout the universe, producing its miracles of creation.

This Infinite Power speaks to the slumbering earth in the springtime, and each seed stirs with creative energy. All creation blooms with beauty and fragrance. The command to the sleeping seed is "Awaken!" and through a miraculous communication between the Infinite Mind (Superconscious) and Its creation, all life springs into instant awareness.

This Infinite Power speaks to the acorn and says, "Draw cosmic life and energy from the soil and become a giant oak tree!" Upon receiving the command, the acorn instantly becomes a center of magnetism, drawing to itself all the chemicals it needs to become an oak tree.

The universal secret of Infinite Power works in all of nature to evolve it to its ultimate perfection. It also works for you, when you learn how to invoke this Power that can bring you the destiny you desire, including the height increase of your body.

This cosmic power can work miracles for you when you learn a few simple words and project them to this Higher Cosmic Intelligence - you will create (attract) with effortless ease, what you have subconsciously programmed.

You can program your mind with anything you desire this Power to bring you and it will carry out your commands automatically. It cannot refuse your requests, for it is an automatic intelligence that works for anyone who knows how to use it.

Use the statements in the seven steps (listed below) for a period of two-three weeks, repeating the statements silently, as many times a day as you can. When you have programmed all the seven steps into your subconscious and superconscious minds by reading them two or three times, you can merely repeat the short, two-word statements (marked in bold letters) and they will instantly release the entire command that you have programmed into your higher mind.

Do not just repeat the statements mechanically - repeat them with a sense of conviction, like commands. If you have ever watched movies with magicians (perhaps Merlin), pretend that you are a magician and that your words are all-powerful commands that must be instantly obeyed. **THE SEVEN STATEMENTS**

### 1. Key Words: **I DESIRE**

I now invoke the power of my subconscious mind to release a flood tide of growth hormones that can make my body grow taller easily now.

### 2. Key Words: **I DREAM**

I dream the big dream, knowing that back of all creation is a blueprint or dream that has created everything in the universe. I am part of God's dream for perfect life, and I now invoke the power of my higher mind to increase the height of my body until it is as tall as I desire.

### 3. Key Words: **I DARE**

I dare to explore the new frontiers of adventure and excitement that beckon me in the future. I now program my taller body, my great destiny, made of up exciting new experiences, in which I shall carry out all my secret plans and ambitions. I shall have the courage to go for - even that which is considered impossible - to achieve the height increase I desire, to prove to the world that it can be done and to serve as inspiration to others.

### 4. Key Words: **I DO**

I aspire to great heights in my future destiny. I do things that will automatically bring me success. I do overcome the negative programming that has held me back and I now project my dream of taller body to the world of reality, knowing that it will come true.

### 5. Key Words: I AM

I now program my subconscious mind with my true identity and value, and with my tall body. I am created to know successful living on all planes of consciousness.

I am perfect. I am illuminated mentally and spiritually. I am worthy of the best life has to offer. I am completely attuned with the power and intelligence that can easily increase the height of my body now.

### 6. Key Words: I DISCOVER

I discover my own latent powers of mind. I project creative intelligence to my life and my body and shape it in the image that makes me feel good, successful and fulfilled. I discover the hidden secrets for creating any change in my body or in my life that I desire, secrets that very few have known about and have used them throughout the ages.

### 7. Key Words: I CLAIM

I now program into my subconscious mind that all the power, wisdom and wealth of the universe are mine by divine right. I now claim all good things in life. I claim my taller body now.

I claim the power and understanding to create any change in my life I desire easily and effortlessly, even to create my taller body now.

## HOW TO USE THE COSMIC POWER

1. To begin the flow of Cosmic Power in your own life you must use key words and statements. These key words flash a message to your subconscious mind of the things you want it to do for you. The subconscious mind is then programmed to contact the higher cosmic mind (superconscious), which is everywhere in the universe, and unites its power with the universal intelligence to shape the things you have asked for.

2. First, decide what it is that you want this higher power to bring you. Then sit quietly in meditation, and use the following statement:

### I UNITE

My conscious mind now unites perfectly with the subconscious and superconscious minds that perform miracles for me. I unite my mind with the cosmic intelligence that rules the universe. I invoke its aid now to bring me instant guidance, so that I may know the fastest way for me to increase the height of my body now and that I may understand the secret behind the height increase and how is it possible for me to have a taller body now.

After you have read the above statement at least seven times, with conviction, it will become deeply imprinted on your subconscious mind. You have now become programmed to the key words I UNITE, just as a computer is programmed with certain data. You are now programmed so that whenever you punch the key of your mental computer with the key words I UNITE, they will instantly trigger the automatic action of your higher mind centers.

You can then use the statement:

### I GROW

The Cosmic Power now easily and effortlessly increases the height of my body, until it is .... (inches, cm) tall. I make very fast progress and everyone around me comments with amazement and surprise how appear to be much taller now. The insist of measuring me and are in awe when they realized that I have accomplished something that they considered to be impossible. I just smile a secret smile, the one that says 'Yes, indeed I know something you don't (yet)'.

## OTHER STATEMENTS YOU MAY CONSIDER USING



## I ACHIEVE

My higher mind centers are now programmed with the awareness that I am striving for life's highest goals. I am no longer content with an ordinary destiny. I wish to achieve the greatest, create the most beautiful, and aspire to the highest goals possible of attainment.

I am now inspired by the lofty ideals that have motivated geniuses of the past. I duplicate their deeds; I emulate their patterns of thoughts. My mind becomes the receiving center for high and noble thoughts.

## I REMOVE

All obstacles and obstructions to my taller body are now instantly removed. I am a center of peace and calm. I am filled with confidence. No outer force has power to disturb my inner tranquility. I remove opposition; I remove any beliefs that may act as obstacles to my height increase and dwell in a core of inner stillness in which all my problems are instantly dissolved by the light of truth and understanding.

## I CONQUER

My body and all conditions in my life are subject to a higher law than the material and physical. I invoke that law in this moment. I conquer time and space. I REMOVE all obstructions and impediments to my height increase and see only the perfect flow of the stream of consciousness removing every negative force from my mind, body and environment.

## I RELEASE

I release all limiting beliefs from my mind now. My mind is fully open to ideas and beliefs that help me to allow my body to grow taller easily and effortlessly. My body is fully open to the inflow of Infinite Cosmic Power and Energy that grows and transmutes my body, even as I speak these words.

## I CHANGE

My entire mental attitude is now changing from negative to positive. I invoke the Infinite Cosmic Power to help me see only the bright side of life. Life is filled with joyous experiences. Good is on all sides. Light always banished darkness. The shadows of fear, hate, doubt and anxiety are now being banished by the bright light of my superconscious mind. I refuse to surrender my divine heritage of joy, love, peace of mind, riches, health, friendship, good, creative expression of my mind and body. I now put myself in the divine circuit of change and I become one with the Infinite Power that expresses through me as my perfect life.

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## OTHER MIRACLES PERFORMED BY THE COSMIC POWER

This Cosmic Power permeates all time and space. It works more readily for you, when you summon its mighty force, than it does for a flower or a baby chick.

Here are some of the miracles that Cosmic Power will perform for you:

1. You can direct this universal force to bring you money from unexpected sources and it will, suddenly and without effort on your part, produce sums of money according to your need and comfort zone.
2. You can direct this power to heal you of an illness that may not yield to medical knowledge, and this power will begin to heal your body perfectly.
3. With Cosmic Power you can break negative habits such as smoking, drinking, gambling or other destructive habits.
4. You can tune in to another person's thought waves and know if he is honest and what his thoughts are in regard to you.
5. You can command this Power to bring you your true soul mate, and no matter how many times you have been disappointed in love, the person you choose for love and marriage will come to you, as though hypnotized!
6. You can reach out with this Cosmic Power and contact the minds of wealthy and important persons and bid them to give you work, to help you advance your interests, and even to give you large sums of money!
7. With Cosmic Power you can attract houses, lands, stocks, jewels, cars, and other possessions which you

**will never lose.**

**8. You will have the power to sway the minds of your friends and magnetize them with your mind so they will form a charmed circle of close friendship that will remain forever.**

**9. Cosmic Power can improve your memory and give you the ability to retain facts, names, dates and summon them up at will.**

**10. Besides all these material and physical things, Cosmic Power can bring you peace of mind and peace of soul so that you can live in a troubled world, free of all anxieties and pressures, in perfect serenity.**

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# GROW TALLER BONUS REPORT 20

## AFFIRMATIONS FOR HEIGHT INCREASE

You can write down the following affirmations 10 - 20 times a day, you can repeat them throughout the day, you can use them in your visualizations for height increase, you can also add the music that helps you to create the right state of mind, a feeling of invincible power.

Your state of mind should be exactly like that of a wizard or magician, so pretend that you are one while working with these affirmations, pretend that you have all the power in the universe over your body, over your circumstances in life and over every speck of the universe both manifested (created) and unmanifested (existing only as a potential).

Put your limiting beliefs, or for that matter, any beliefs about yourself or about the world, aside for a moment, and pretend that these affirmations are totally through for you, while you are working with them. In time, they will produce changes in your life beyond your wildest beliefs. And, again, while working with these affirmations, do not advertise what you're doing, just work in silence and pay attention to results - be acutely aware of all the changes in your world that occurred as a result of these affirmations. The more you acknowledge the effects of your thoughts, the greater confidence will you instill in your subconscious mind, the greater power will your affirmations have and the faster will they manifest.

If you really get into the spirit of power while working with these affirmations, you are bound to experience some results even instantaneously.

When you are done writing your affirmations for the day, look for results. Expect the results.

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### AFFIRMATIONS:

I am in, one with, and completely amalgamated with all the power of God. My mind is one with the Universal Mind. I know everything. I am greatly loved. I love everybody and everybody loves me.

I am all powerful. I live and move and have my being in all power.

I am power.

I live and move and have my being in love.

I am love.

I live and move and have my being in Infinite Intelligence.

I am all-knowing.

I live and move and have my being in Light.

I am Light.

I am not this body, I am free. I am still as God created me.

I am created in the image and likeness of God.

I am created all powerful, all loving, all knowing.

I am timeless, universal, infinite.

I am the only power in my world.

My thoughts and my words are all powerful.

There is nothing outside of me.

I have invented the world I see.

My body is only a thought in my mind. I can change it as easily as I can change my thoughts.

**My body now easily takes any shape I desire it to take simply by my thinking it so.**

**I am the master of my body.**

**My body obeys all my instructions.**

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**You can also create your own affirmations. Some affirmations that are appropriate for you may emerge directly from your mind.**

**If you like to dance, put some music on and dance the "dance of power". Simply move your body and dance as if you were all-powerful. Get into the feeling. Imagine your body changing according to your thoughts easily now, happily obeying your command and taking any shape you'd like it to take. Imagine the cells and atoms of your body dancing and rearranging themselves in the rhythm of the music according to the pattern you choose.**

**Surrendering to the music is a wonderful way to get into a trance state, to communicate with your subconscious mind and to impress new beliefs, thoughts and ideas upon your subconscious mind. When you listen to the music you enjoy, when you surrender to dancing, you are in a perfect state of mind to create changes in your subconscious mind: playful, joyful, free of worry and anxiety, simply having fun - the door of your subconscious wide open.**

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## GROW TALLER BONUS REPORT 21

*"I have brought myself by long meditation to the conviction that a human being with a settled purpose must accomplish it, and that nothing can resist a will which will stake even existence upon its fulfillment." - Disraeli*

*"A passionate desire and an unwearied will can perform impossibilities, or what may see to be such to the cold and feeble." - Sir John Simpson*

*"It is wonderful how even the casualties of life seem to bow to a spirit that will not bow to them, and yield to subserve a design which they may, in their first apparent tendency, threaten to frustrate. When a firm, decisive spirit is recognized, it is curious to see how the space clears around a man and leaves him room and freedom." - John Foster*

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### MIND POWER IN HUMAN LIFE

Mind power has been known to the human race, in one form or another, from time before history was written. In the earliest records we find many traces of it among all people. And, even today, it is known and practiced, in a more or less ignorant manner, by all races, from the people of the highest civilization known to us, down to the African Bushmen.

Many have been turned away from a serious consideration of the subject by the fact that many of its forms have been accompanied by the grossest superstition, and the most absurd repulsive ceremonies. They have failed to see that underlying all the extravagant ideas and methods of application, there was to be found a fundamental law of Nature, as real and as constant as any other natural law or force. And inasmuch as this law is in constant operation, and all are subject to its influence and effect, does it not become the duty of intelligent people to acquaint themselves with this might force or law, in order that they may understand its workings; take advantage of its benefits; and protect themselves against its misuse?

Many ingenious theories have been advanced attempting to account for the phenomena of Mind-Power. And various cults and sects and "isms" have sprung into existence, the promulgators and leaders of which have used the accepted phenomena of Mind-Power as a foundation upon which to build airy structures of religion, philosophy, and metaphysics. Many of these cults have practically claimed a monopoly of the great natural force, and have assumed the right to be the sole custodians of the secrets thereof.

While it is true that that which is known as "magic" has always been mixed up with a mass of credulity, superstition, and meaningless forms and ceremonies, the close student will see that these excrescences and appendages necessarily arose from the superstitions of the mass of the people, and to the various forms of primitive religions that the race has fostered during the procession of the centuries and ages.

The careful student will be able to trace the possession of something real and true always manifesting among the various forms and ceremonies of the various ancient cults. There was always to be found an esoteric or inner cult, within the mass of exoteric or ignorant priesthood and followers of the temples. There was always the light of Truth burning in the holy of holies of the temples, for those who were sufficiently advanced to worship at its shrine.

And, among the dim records of the ancient mysteries that have come down to us from India, Egypt, Persia, Chaldea, Babylon, Greece, and Rome, and the other old centers of civilization and culture, we may always find the underlying principles of the existence of some mighty force connected with the human mind - or more particularly - the will - that was at the bottom of the mysteries, and magic, and miracles. Back of all the ceremonies, rites, and incantations was the esoteric idea that the will was the real force employed under the mask of incantation and rites assumed to impress the imaginations and minds of the populace. Back of the amulet and charm was the working of the will of the person wearing them, which was called into effect by the faith or imagination (a real power and not a fancy as many believe) of the man ignorant of the real force.

As the writer on this subject in the Encyclopedia Britannica has truly said (although he was ignorant of the truth underlying the silly forms): "There being an evident relation between an object and the thought of it, it becomes one of the chief practices of the sorcerer to try to make things happen by thinking about them". And the same writer in another place speaks of: "The element in Magic, not depending upon "spirits" depends upon imagined powers and correspondences in nature, of which the adepts avail themselves in order to discover hidden knowledge, and to act upon the world around them by means beyond the ordinary capabilities of men. Thus by mere effort of will," etc.

And the student who will look under the surface and read between the lines, will be able to see the evidence

of "mental magic" underlying all the forms of magic, mystery, and wonder-working miracles of all times and ages, and people - of all kinds, character or name.

The ancient mysteries of Egypt, Greece, etc. were systems of forms and ceremonies, wherein were hidden the use of Mind-Power. The sick were brought to the temples and healed. The minds of the populace were filled with the thoughts of victory impressed upon them by the will and subtle suggestions of the priests. What we know in these days as "mental suggestions", including that which we now call "affirmations" or "auto-suggestion", were understood and skillfully used by the priests, or magicians, in order to control the people.

And it must not be for a moment supposed that these forces were used for evil purposes. On the contrary, the priests were the real governing classes - the powers behind the throne - and they felt the responsibility of power, and endeavored by their knowledge of the occult forces of the mind to lead the people in the right path. Of course, selfish men there have always been, and we hear of cases away back in the early days of history where this power was prostituted for evil and selfish purposes, just as power is always capable of wrong application.

In all ages we learn of the healing of the sick by mental power, for Mental healing presents an unbroken line from the earliest days down to the present, concealed often under fancy trappings, but the same in principle always. And what we call "mental suggestion" has always been in force in the hands of the leaders of the race to influence, for good or evil, those under them.

To many it may seem almost sacrilegious to state that the highest uses of Mind-Power, such as leading the race up to higher ideas, aims and accomplishments - to success, happiness and health - are merely higher forms of the same force that is used by the ignorant and repulsive savage in his rites, and dark practice. But it is true. Mind-Power is like any other great natural force - it is above good or evil. It is neither good nor evil, but may be used for either. This is true of electricity, explosives and every other natural force. And we might as well look this fact squarely in the face.

The same force that is used by the modern "healer" when he or she "treats" a patient for health, success or some other desirable quality, is the same used by the Congo sorcerer, a Salem witch, a Hawaiian Kahuna, by the black Voodoo, by medicine men or even by devil-worshiper who may pray someone to death. The secret is this: The power does not come from the supposed source, but from within the mind of the man employing it. And, still more startling, to the uninitiated, is this statement, which is equally true: The power of the mind of the person affected is the real cause of the effect, rather than the power of the mind of the supposed causer, the latter merely calling into operation the power of the mind of the person affected.

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## DYNAMIC MIND POWER

In a nut-shell, all the forms of natural physical energy, or forces, known as light, heat, electricity, magnetism, etc. are held by science to be forms of energy arising from the vibration of the particles of matter. Now what causes the vibration? Motion of the particles, of course! And what causes the particles to move? Just this, the attraction and repulsion existing between them! And what causes the particles to exhibit this attraction and repulsion toward each other?

Now here is where we get to the heart of the matter: We have seen that the particles are attracted to, or repelled by, each other - in the matter of "likes and dislikes", "love and hates", or "pleasure or revulsion", or "comfortable and uncomfortable experiences related, however distant, to sensation", etc. And the attractions and repulsions are held to result from "capacity to experience sensations" and the power to "respond to sensations".

And both the power to receive and experience "sensations", and to respond thereto, are manifestations of mentality, also compared to "desire" and "will". And if mentality is the cause of the sensations and of the response there; and the latter are the causes of the attractions and repulsions; and the latter are the causes of the motion, to and fro, of the particles of matter; and the latter, in turn is the cause of the vibrations; and the vibrations are the causes of the manifestations of light, heat, electricity, magnetism, etc. then is it not justified to claim that mind and Mind-Power are the motive-force of all physical energy? And is it not justified to postulate the existence of a universal mental dynamic principle?

Now, for a moment, form a mental picture of this great universal dynamic mental principle; pervading all space; immanent in all things; and manifesting in an infinite variety of forms, degrees and phases. We can think of it only by means of symbols.

Let us then consider it as a great living, throbbing, pulsating, mentating Ocean of Dynamic Mind-Power. In the depths of that Ocean of Mind-Power there is quiet, and calm and peace - the embodiment of latent power, and

potential energy. On its surface are ripples, waves, great movements of energy, currents, whirlpools, eddies - phases of fierce tempest alternating with phases of calm and quiet. And from the depths of that Ocean of Mind-Power, all mental and physical power emerges and to its bosom all must return.

And in that ocean there is an infinite store of energy, from which may be drawn that which the human centers of consciousness and power require, when they learn the secret.

This Ocean of Mind-Power is our only source of dynamic energy, but we have at our disposal as much of its force as we can carry off over our channels of supply. It is the use of this power that we call Dynamic Mentation.

Each one of us is a Center of Power in that Ocean of Dynamic Mind-Power and each "I" is a master of the power. You have the Whole thing back of you - and you are free to draw upon it for all that your channel will carry to you. And you are allowed to enlarge your channel.

While it is extremely likely that there is a certain employment and manifestation of Mind-Power in the ordinary processes of reasoning, intellectual effort, etc., still Mind-Power seems to be more closely connected with the more elementary phase of mentation, such as feeling, emotion, and particularly desire and will.

In order that you may understand the operations of Mind-Power you may as well get into the habit of considering it as correlated to that which we call "will" (as distinguished from intellect and reason).

By "will" we are not referring to that phase or faculty of the mind which decides, determines, or chooses - although this customary use of the term is quite correct as applied to one phase of will, but to the more elementary sense of the term - the original sense, for the word is derived from the root meaning "to wish; to desire strongly". And in this elementary sense, the word "will" is used to designate that primitive, original, universal mental principle in life, which manifests in desire for action, and in the response to that desire.

In this sense will may be considered as Desire-Will, both being held to be phases of the same thing - or rather the two poles of the same thing. The desire-pole of this Desire-Will is connected with that which we call emotion, feeling, etc. which arouses it into action. the will-pole of this Desire-Will is connected with that principle of mental activity which we are considering under the name of Mind-Power - the dynamic aspect of mind.

Desire precedes action of will which releases the dynamic force of the mind - the Mind-Power. Desire is the coiling up of the steel-spring of Will - there is always a state of "tension" about desire - a state of "coiled-up energy" caused by "feeling", "emotion" or similar state which has been aroused by the sight of, or memory of, or thought of, some attractive object. the "feeling" inspired by the attractive object coils up the spring of desire, and this "coiled-up" energy supplies the "motive-power of the will.

But, remember this, some desires are acted upon, while others are rejected - neither men nor things act upon every desire. There is the other pole of the Desire-Will which must be called into action - and this leads us to a consideration of the matter of choice, determination, or decision, which is so often expressed by the term "will".

The choosing or determining phase of will is based entirely upon the degree of "feeling", or the degree of attractiveness of the objects presenting themselves to the attention - the strongest feeling, attraction, or motive-interest winning the day.

Fear is one of the strongest feelings influencing desire, and acts usually as a neutralizer of other feelings and desires, and is most potent as a motive influencing choice or decision - in fact, one is justified in regarding fear as the negative form of desire, being really a "desire-not-to".

The aspect of "action" is the true dynamic quality of will. And with action all will is intimately and inseparably connected. The "universal dynamic mental principle" which we call "Mind-Power" is not that phase of mind which manifests as intellectual, reasoning processes; but that phase of mind which is aroused by desire-will - and which ACTS.

## MENTATIVE INDUCTION

No two atoms of matter are in absolute touch with each other - there is always a distance between them - a space which thus separates them - which never can be traversed or overcome. There seems to be an individuality in these tiny particles which, although allowing them to form combinations, nevertheless prevents absolute blending or amalgamation. There is always a "keep your distance", or "thus far and no further" principle in Nature which holds every particle of matter individual and alone. Every ion, electron,

atom, and molecule of matter is alone, and separated even from its closest affinity by a "touch me not" circle of influence, which is mentative (from Latin "mentis", meaning "mind") in its nature. Even the hardest diamond, or piece of steel, is composed of molecules close together but yet separated by this circle of influence; and every molecule is composed of several atoms between which the same law operates.

And what is the force that traverses the space across which the particles themselves cannot travel? It is not electricity, or magnetism, for those forces are but the results of these circling and vibrations, and not their cause. It is Mind-Power exerted over the intervening spaces that attracts and holds these atoms and molecules in their places, and yet keeps them "at their distance". The process of intelligent communication between two separate elements of consciousness whether they be two atoms, or two minds, is referred here as "mentative induction". The word "induction" comes from the word "induce", which means "to influence". In electrical science the word induction is used in the sense of "the process whereby one body possessing magnetic or electrical properties reproduces that property in another body without direct contact".

And just as a magnet may communicate its properties of induction so may an electrified body communicate electrical states in another body without actual contact; and in the same way do the vibratory waves of Mind-Power from one mind, pass through the ether, and by induction set up similar mental states in the minds of other person within the "field of induction", and in the same way can a person communicate with the cells and atoms of his body, and for that matter with apparently inanimate objects around him.

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## MENTATIVE POLES

In any and all forms of Mind-Power manifestation, two different poles, or phases, are evident. We can refer to one as "the Emotive Pole", and the other as "the Motive Pole". The word "motive" means: "that which acts; wills; moves, chooses, controls." The word "emotive" means: "that which manifests feeling, emotion; agitation; passion; sensation, etc."

The Emotive Pole manifests actively as Desire-Force. The Motive Pole manifests actively as Will-Power.

Not only does desire cause the response of one's own will, but both desire and will are active forces in themselves, and act and react upon the desire and will poles of mentality of others. The entire practice of Mind-Power depends upon this underlying principle.

Your combined will and desire pouring out in the mentative current may produce a combined effect upon the minds of others, as well as create a desired effect in your own body. These two poles of the mind are both active and powerful in their effect. Both may be roused into intense activity, according to well-known laws, as we shall see.

What part of the mind seems to produce the greatest moving power and strength? Is it not chiefly that region of the mind that produces what we call emotions - feelings - desires - cravings - passions? Does not this part of the mind really cause the greatest incentive action on our part? Is not the whole moving-force largely summed up in the two words DESIRE and WILL? Think of this a moment.

Desire is the great inciting power of the mind. Desire is "that which incites to action." And you always act upon the strongest desire - subject always to the restraining influence of the reason, and the restricting or impelling influence of the will.

Desire originates in the subconscious mind, and often we can feel her there, before she emerges into consciousness, stirring us up with feelings of vague discontent and unrest. After a bit, gathering enough force, she emerges into the conscious field, and then begins to demand expression.

Many people think of desire as only the craving of a low nature, but desire really means a feeling that wants something - and that something may be the very highest aspiration of the human mind.

This desire in all of its manifestations has a mighty power of attraction and influence. It manifests as the Law of Mentative Attraction which is constantly drawing toward us the things we desire, and also drawing us toward them. Not only is this true on the conscious plane, but even on the subconscious. Our desires constitute our nature, and our nature is always operating the mighty power of Mentative Attraction.

The trouble with the most of us is that we allow our Desire-Force to be scattered, and diffused, thereby lessening its attractive power. It is only when we learn the secret of concentration and focusing the Desire-Force by will that we are able to get results above the average. The will is the director and controller of the Desire-Force, and upon its training and management depends the powerful use of the latter.

And not only does desire incite us to action - move us to accomplish its ends, but it also, when sufficiently strong, surges out from our minds in great waves and clouds of invisible and subtle energy or force, and



travels here and there toward the object of its inner urge - affecting, attracting, drawing, forcing the desire thing into submission to its cravings and demand.

The source of Desire-Force exists in every person, and it may be developed to a wonderful degree. The desires of the majority of people never get further than the faint, "want to" stage. These people "wish" for things in a faint, pink-tea way. They never want a thing hard enough to stir their Desire-Force into action and make things come to them, or else make it take them to the thing. The majority of people do not know how to desire. They do not know what it is to be filled with that intense, eager, longing, craving, ravenous desire that fills them with a new and mighty force, and makes them DEMAND things instead of merely asking for them. They are like sheep, pigeons, or rabbits, and sit meekly around while the strong ones of the race - the ones filled with masterful desire - walk around and pick up every good thing in sight. And it serves them right, too, for they are not exercising the force which Nature has given them for the purpose of fulfilling their dreams and visions. They have become beggars - mendicants of nature, instead of masters of her.

The forces of Nature are at the disposal of the man of vigor and determination and desire. Such a one has but to knock at the door of attainment and have it opened to him. Instead of doing this, the majority sit around the doorsteps whining that the door shall be opened. In the name of Human Power, get up, and fill yourself with a powerful desire, then march up to the door and smite it fiercely with your mailed fist, demanding masterfully, "Open for me, the Master!" And lo! it will fly open at your call

The will acts as the arouser, director, restrainer, concentrator, and manager of the great occult force of desire. What is generally known as Will-Power is often in reality merely Desire-Force strongly concentrated and directed to a focus by the power of the will.

Will-Power is more than a mere determination to act, although that mental attitude and action is manifested in Will-Power. It is a living force. Desire is the sister, and will is the brother twin. And both, together, manifest that which we know as Dynamic Mentation.

Will-Power is more than a mere mental faculty - it is a mighty attribute, the influence of which may extend far beyond the mind of the person manifesting it. One must train his mind so that he will hold it firmly in the grasp of the will, and prevent it from jumping this way and that way, instead of moving ahead to its purpose. When one has so trained his mind to be obedient to his will, that it can be held steady and "one-pointed", then is he in a position to direct his mentative currents to the best advantage.

It is not simply "holding the thought", it is "holding the desire" and backing it up with the will, that does the work. To create a thing you must want it with a burning, eager want that brooks no denial - backed up by a will that knows no such word as "can't" or "no".

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# GROW TALLER BONUS REPORT 22

## MIND OVER BODY

Every cell has its share of mind, and science shows us that each cell can and does live its life as a separate entity, always, however, subordinate to the whole system of cells, and the mind controlling it. And the mind in each cell, or system of cells, may be reached by the positive mind of a person, when properly applied.

In order to fully grasp the significance of this statement, you must remember that every organ, part, bone, nerve, vessel, tissue and everything else in your body, is built up of cells which have formed certain combinations. There are individual cells in your blood and other parts of the body; and there are cell communities in your body which perform certain functions and which you call "my spine", "my heart", "my leg", "my brain", etc. And there is mind in every one of them. And the mind in every cell, and in every organ may be reached by Mind-Power applied by the mind of oneself or another person.

The various theories, statements, forms, observances, dogmas and what not, have no other effect than giving a strong suggestion to people who are impressed by the same. Some people get better results when the mental influence of body is accompanied by some religious or semi-religious talk and explanation, which appeals to the emotional parts of their nature and makes them more receptive to the healing process of the mind. (Sacred shrines, images and relics cause cures in this way). Others get better results when some technical metaphysical theory is urged upon them, with a great show and use of long high-sounding words - they may not understand the words, but they think that there "must be something in it, for she used words that I couldn't begin to understand, and yet she knew all about them", etc. Others prefer the scientific explanation of the school of suggestion and/or hypnosis, which avoids metaphysical or religious theories, and yet get the results. Others, still, adhere to the mental science idea of the Universal Mind, and the personal mind, and they, too, get results. Other like the subjective mind, and objective mind idea - and they get results, too. They all get results - but some take more kindly to certain forms, and thus get better results.

One great potent factor in mental influence over healing and physical transformation is the removal of fear from the mind, by whatever means it may be accomplished, whether by reason, argument, faith, hope, or even by superstition. Fear is the most negative of the mental states and simply paralyzes the whole system. Fear and worry actually poison the cells of the body. This is a scientifically demonstrable fact. And if this pall of fear can be lifted by any means, then a big step in the direction of physical transformation has been effected. And hope, confidence, and belief, will lift that pall. whichever agency induces the greater degree of hope, belief, confidence, and expectancy, is the best for the particular case. but in all cases the principle of physical transformation is the same - MIND.

If the mental state of the person has been changed by induction / suggestion to a strong positive state - it will influence the mind in the body and its cells. If the mental image of a perfect, healthy, tall body being held in the mind of the person, it will influence the physical material of the body, and cells will begin to materialize in accordance with the pattern set before the mind of the cells, by the central mind of the person. this effect is wonderfully heightened if the person will direct his desire and will strongly toward height increase and recuperative or reparative action.

The desired mental state may be induced by auto-suggestion (self-suggestion) or by suggestion from another person - whether this either person is physically present and through the remote influence.

You may wonder when I speak of directing "suggestions" to the cells - you may ask "can the cells hear?" The cells may not be able to hear (you are transferring a "vibration", though), but the utterance of the words of the suggestion, by you, will enable you to direct your mind more directly and forcefully upon the cells and organs. You will see, as we proceed, that it is suggested that you "speak right up" to the cells and organs of the body, and telling them just what you want them to do. You may be surprised when you try this and see how they respond.

The first step is to induce a mental state of calm, of relaxation. This is quite important because this mental state enables you to become receptive to the impressions that you wish to make upon your mind. Relax every muscle, and withdraw the tension from every nerve, so that you will be relaxed, and "limber" all over, from head to feet. You need to feel perfectly at ease, and comfortable, in order that you gain best results.

Next, you should create and hold the mental image of your desired condition - taller body. Visualization is the key-note here. You must be able to see your body taller. Cast aside all negative thought, and doubts, and through yourself earnestly into the work before you. You will find that as your ability to visualize gets better, there will come to you a feeling of strength and power, and a sense of certainty about your work. All that you have to do is concentrate your full attention upon the mental image that you have visualize and earnestly

desire that the picture materializes. The more realistic your picture is made to appear to you, the greater the force sent forth, the greater the degree of success will you have in your growth.

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## ALTERNATIVE METHODS

Here is an alternative method. Sit down in your chair, after drawing up another chair right before you about 5 feet away from you. Imagine that "another" you is sitting in the chair across from you and to him as if it were another person. You would be really "talking" to your own "subconscious mind". You can use any affirmations that were mentioned in previous Bonus Reports. You can talk to the person, to the whole body or to individual parts of the body (to the mind in the cells of the body) you want to change / increase in height.

You can, of course, also talk to the mind of the cells in your own body. You can even give different organs of your body "pet" names, if that helps you to establish better "rapport" with that part of the body. The nearer you come to considering and treating the cells or organs as if they actually were "personalities" or "entities", the better will be your process with this method. This is no mere trick or bit of superstition - it is based upon good psychological principles and it has its reason in well defined occult laws. There is mind in the organ and cell, and you are reaching out to it. The way to reach the mind in the cells, cell-groups, organs, nerves, parts of the body, is to address yourself directly to it, just as you would to a person. You must think of the mind in the affected parts, as a "person" who is misbehaving. You may remonstrate with, argue with, coax, order or drive the "person" residing in the organ, just as you would different individuals. Sometimes coaxing is much better than driving, and sometimes the forceful method is necessary. You may either talk aloud to the mind in the organ, or else you may do your talking mentally. Tell it just what you expect of it - just what you intend it shall do - just what is right for it to do, etc. And it will obey.

You may find it helpful to use the hands at the beginning of this form of treatment, in the direction of tapping or patting the part of the body directly over the organ. This seems to have the effect of awakening the attention of the organ-mind, so that it becomes more receptive. It is akin to tapping the shoulder of a man on the street, to whom you wish to speak. In such cases, it is well to send the mental command "Here! Listen to me!" You can pass your hands over the part of your body you can reach as you give mental commands, and your hands serve to give an additional and strengthened suggestion when properly used.

A plain, simple way of giving this treatment is to awaken the attention of the mind in the organ or part, as above stated, and then proceed to mentally lecture it calling it by name, for example "Here, stomach!" or "Now, you liver", etc. Don't smile at this advice - just try it yourself and you will stop smiling. Then go on and tell the organ-mind just what you would tell it if it were an actual personality - a childish mind, for instance. You will soon find how quick the organ-mind is to awaken to your words, and to act upon your suggestions or orders. Follow the laws of suggestion in giving these treatment to the organ-minds - that is, remember the suggestive phases of repetition, authoritative demand or command, etc. Don't be afraid, but start in to give the organ-mind "a piece of your mind", and it will obey you.

As you work with different organs in your body, you may notice that there is a great difference in the "intelligence" of the mind in the several organs. For example, a heart may appear very "intelligent" and quite amenable to mind, gentle, coaxing suggestions and orders; while liver appears to be more stubborn and needing more forceful, insistent methods. The stomach may appear to be quite intelligent especially if it has not been brutalized by 'stuffing' and it will readily respond to treatment. A particular thing about the stomach is that it seems to like "jollyng" and "flattery" - tell it how good a stomach it is and how well it can do its work, and how much you trust it to run things right for you and it proceeds to "make good" and justify your praise and commendations.

The nerves respond readily to this form of treatment, along gentle coaxing line. The circulation of the blood may be increased to certain parts, or restrained, in this way. In this way the blood can be swept all over the body, creating a pleasant glow, and stimulating the growth of the body, or it may be drawn away from an aching head.

There are no fixed forms of treatment along these lines. You must acquire the "knack" by practice. The proper words will suggest themselves to you. The thing to do is to know what you want done, and then command the organ-mind to do that thing, using the same words that you would use in talking to a real person in the place of the organ.

Remember always that you are mind talking to mind, not to dead matter. There is mind in every cell, nerve, organ and part of the body, and in the body as a whole; and this mind will listen to your central mind and obey it. Carry this idea always with you when using this method, and endeavor to visualize the mind in the organs as clearly as you can, for by so doing you get them in better rapport with you, and can handle them to better advantage.

**Also remember that the virtue lies not in the mere sound of the words that happen to reach the organ or cells, but in the meaning and feeling behind the words. The purpose of the words is to help you focus on and express the feelings**

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# GROW TALLER BONUS REPORT 23

## COGNITION-ENHANCEMENT DRUGS

*by Michael Hutchison and John Morgenthaler*

**Picture this: You have a business meeting tomorrow with your Japanese distributor. This meeting requires that you be in top form for some critical negotiations. You have several reports to go over, many facts to memorize, and above all you have to get some rest.**

**Your first step? A trip to the drug store, of course. A meeting like this is much too important to take on without fine-tuning your biochemistry. You must create the optimal neurochemical conditions for learning and creativity. You ask the druggist, who then points you towards the shelf of cognitive enhancement compounds. You load up your basket with bottles of piracetam, vasopressin, hydergine, choline, DMAE, and maybe a little centropheoxine.**

**After arriving home, and taking the appropriate doses of each of these you go into your study to slip on your cranial electric stimulator along with your light and sound device. You know from your experience and that of many pioneers in the consciousness revolution that this particular combination of chemicals and brain machines has a synergistic effect that will create the optimal psychobiological state for the tasks that lie ahead. You can be sure that your Japanese counterparts are engaged in a similar manner.**

**After an hour in your study you feel very different. You are relaxed, yet alert and creative. Your brainwave activity has altered, and an EEG would show that it has become more regular and has increased in amplitude in certain frequencies, causing you to feel simultaneously profoundly relaxed yet in a state of intense concentration, loose and creative as well as mentally quick and alert. A brain-mapping device would show that the two hemispheres of your brain were in a state of "superconnection," with an enormous increase in the amount of information flowing between the hemispheres. At the same time, the rate of metabolism and the energy level of your brain cells has sharply increased. You are now in the optimal state to imprint new memories, to plan new and more creative strategies, to visually rehearse every detail of your upcoming meeting,**

**Sound far-fetched? Well, both the brain machines and the cognitive enhancement compounds already exist. Megabrain described a variety of devices that show evidence of enhancing cognition and the book also mentioned the cognition-enhancing effects of such neurochemicals as vasopressin. Since then other mind-magnifying drugs have emerged as well as even more astonishing evidence of their ability to amplify learning, memory and thinking. What we don't know is how to best use them together, or even whether they should be used together.**

**That's what we want to find out. The problem, as many of you are aware, is that it is extremely difficult for those interested in performing research into the effects of brain machines to obtain the necessary funding and support. Mainstream science, particularly those elements in control of doling out grants and funds to support research, and many of the universities and institutions engaged in research, seem to have little interest in investigating these machines. What research is done usually involves the therapeutic applications of the devices rather than the induction of peak performance brain states.**

**On the other hand, huge amounts of money are being spent for research into cognition enhancing drugs. But much of the research is being done by the big pharmaceutical companies, who are racing with each other to develop patentable memory enhancement drugs and to obtain FDA approval for these compounds. Since the FDA is primarily oriented toward treating diseases in a medical context, and has not shown much interest in giving its approval to drugs that simply improve people's memories or boost intelligence, the pharmaceutical companies are directing their efforts toward gaining approval for their cognition-enhancement drugs as treatments for medical problems such as Alzheimer's disease, multiple-infarct dementia and senility. Since financial analysts estimate that such cognitive drugs could quickly produce sales of well over a billion dollars a year in the U.S. alone, and ultimately outsell antibiotics and tranquilizers, the competition is fierce, and these companies are in no mood to investigate ways their substances might work synergistically or in combination with other substances or other mechanisms such as mind machines.**

**Also, since their efforts are directed toward drugs that are patentable, these companies have little interest in exploring the cognition enhancement properties of substances that cannot be patented. Vitamin C is a good example: in a controlled study in which healthy individuals were tested both for levels of vitamin C and IQ, those with higher levels of the vitamin averaged 5 points higher in IQ; when those with the lower levels of the vitamin were given vitamin C supplements, their IQ scores increased by over 3.5 points. In some way, Vitamin C is a cognition-enhancing substance. But, of course no one can patent vitamin C, which is cheap and**

readily available.

In another example, one widely available and unpatentable substance (DHEA) is rumored to have demonstrated in a recent study some success in, among other things, treating AIDS, as well as cognition enhancement; however, the drug company involved in the experiments is now apparently trying to conceal the discoveries about DHEA until it can develop some variant that is patentable (i.e. has commercial value), and has obtained a court order forbidding the scientist in charge of the study to even speak with anyone about the matter.

## WE HAVE MET THE GUINEA PIG AND IT IS US

And so, MEGABRAIN REPORT has concluded that if we really want more research into mind-machine mind-food interactions we'd better start doing it ourselves. Thus we ask you to join us in a series of surveys, tests and assessments designed to explore the interactions between brain machines and cognitive enhancement compounds. This is not to say we are advising you to take any of the cognition- enhancement substances we describe. No! We do not advise you to take these compounds, just as we do not advise you to use mind machines or do anything to enhance your mental functioning. High level mental functioning can be exceedingly dangerous and have frightening and unpredictable side effects, as individuals from Socrates to Jesus to Galileo have discovered.

However, we do have reason to believe that many of you are by nature curious, given to exploration and even experimentation-- that, in fact, many of you are already making use of some of these cognition-boosting nutrients. This being so, it seems clear to us that you have information that would be of interest and value to the rest of us. It's also clear that if there are hundreds or even thousands of you with such information, then by gathering it together, we can synthesize it, analyze it, begin to search for trends, tendencies, proclivities, and perhaps even make some important connections.

The first part of the survey is intended to be an open-ended exploration rather than a rigorous scientific study or an attempt to confirm an existing hypotheses. We hope not for solid conclusions or hard data, but rather to discover and delineate some interesting avenues for future research.

For example, we might receive many reports that the effects of piracetam are amplified when used with the light and sound devices. Then we could plan to focus more deeply on the particular machine/compound interaction, investigating the interactive effects over differing periods of time, using different sound and light frequencies and modes, and in various areas, such as memory, reaction speed, creativity and so on.

In this issue, we will introduce some of the more interesting compounds for cognitive enhancement, provide information about how to obtain each of them, present some methods for assessing and evaluating your own brain state and tracing your progress, and present a simple questionnaire. These self-assessment methods and our initial survey appear at the end of this article. First we will describe a few of the most promising cognition enhancing substances.

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## NOOTROPIC DRUGS

### PIRACETAM

"Last year a friend took me to hear Sun Ra and his Intergalactic Orchestra as a birthday present. I had just received a bottle of 800 mg tablets of Piracetam. My friend and I each took nine of the tablets (an "attack dose" they call it in the literature) before entering the hall. The music began 30 minutes later. I found myself able to concentrate as never before. I was completely lucid with absolutely no sense of intoxication. For the first time in my life I could hear each individual's horn's timbre (Sun Ra has about 10 horn players, often all playing massed harmonies.) My friend has worked as a professional saxophone player. He, too, reported extraordinary hearing and concentration abilities. My ears felt as though they were being stimulated from all directions at once, but the feeling was entirely pleasant. I was enthralled."

Piracetam has been the subject of intensive research for over 15 years, and has not only proven to be a powerful intelligence booster and cerebral stimulant, but also, even in massive acute and chronic dosages, appears to be nontoxic and to produce no side effects (it's so nontoxic one FDA employee reportedly claimed that since huge doses produce no toxic effects, it can't possibly have any pharmacological effects and must be physiologically inert). It is so remarkable in its effects and safety that its discovery by UCB Laboratories in Belgium sent virtually every other major pharmaceutical company scrambling to develop its own cerebral stimulant. This "Smart pill race" has resulted in the creation of a new drug category called the nootropics, from the Greek words *noos* (mind) and *tropein* (turn), meaning "acting on the mind".

Some of the nootropic drugs being tested now on humans include vinpocetine (being developed by Ayerst

Laboratories), which speeds up learning, improves memory and recall and seems to block the action of substances that disrupt memory; aniracetam (Hoffman-La Roche), which appears to be about ten times more potent in improving and protecting memory than piracetam, pramiracetam (Warner-Lambert/Parke Davis), which seems to improve learning and memory by enhancing the firing of neurons in the hippocampus (a key to the formation of long-term memories), and oxiracetam (Ciba-Geigy), apparently two to three times as powerful as piracetam (intriguingly, research shows that when oxiracetam is given to pregnant rats their offspring proved more intelligent than control groups--similar findings have been reported for the offspring of pregnant rats kept in "enriched environments". All of these substances seem remarkably nontoxic and free of side effects.

As yet, there is no nootropic drug that is approved by the FDA for sale in the US, but, keenly aware of the multi-billion dollar potential of nootropics, the drug companies are pouring big bucks into research that will satisfy FDA requirements by proving how they work (still not well understood), and by proving their effectiveness in treating medical problems such as Alzheimer's disease and senility. In this article we will focus on the most extensively tested and widely available nootropic compound, piracetam.

Piracetam has been proven to boost learning and memory in normal subjects as well as those who suffer cognitive deficits, and is also a cognitive enhancer under conditions of hypoxia, or too little oxygen (recent expeditions to climb Mt. Everest have included piracetam as an "essential" medication to treat frostbite and memory lapses caused by altitude). A variety of clinical studies with human subjects, including studies of young healthy volunteers, healthy middle-aged subjects with some memory decline, elderly subjects, elderly subjects with senility, and alcoholics, have proven that piracetam enhances cortical vigilance, improves integration of information processing, improves attention span and concentration, and can produce dramatic improvements in both direct and delayed recall of verbal learning.

It's effective in the treatment of dyslexia, stroke, alcoholism, vertigo, senile dementia, sickle-cell anemia, and many other conditions, enhances the brain's resistance to various injuries and boosts its ability to recover from injuries, protects the brain against chemicals such as barbiturates and cyanides, and is widely used throughout Europe and Latin America (where it is sold over the counter).

The subjective effect described by a lot of people is that it "wakes up your brain". In fact, it selectively stimulates the anterior or frontal part of the forebrain--that part of the brain that has evolved most recently, rapidly and remarkably in the course of our evolution from ape to human, and which is the seat of our "higher functions."

Piracetam works in a number of ways to increase energy within the brain. First, it steps up the production of adenosine triphosphate (ATP), the energy storage and energy generating molecules within our cells. It also boosts cerebral metabolism by improving cerebral microcirculation (blood flow), increasing the brain's use of glucose, and increasing the brain's oxygen utilization. It also seems to enhance protein syntheses in the brain (it's been proven that protein synthesis is an essential step in laying down long-term memories).

## SUPERCONNECTING THE BRAIN

Perhaps the most intriguing aspect of piracetam is that it has been proven to increase the flow of information between the right and left hemispheres of the brain.

As a result of experiments with human subjects one researcher concluded that piracetam causes the hemispheres to become "superconnected." Since there's increasing evidence that high level brain states--brilliance, insight, creativity, flow, peak performance, being "in the zone"--are a product of the integrated and synergistic functioning of both hemispheres simultaneously, we might suspect that piracetam enhances not only simple learning and memory but creative or syntheses thinking.

Piracetam's capacity to superconnect the hemispheres becomes even more intriguing in light of the evidence indicating that many of the most widely used mind machines and techniques for brain enhancement (such as binaural beat frequencies and the sound and light machines) function in part by facilitating integrated hemispheric functioning. This raises the possibility that since both the machines and piracetam seem to facilitate interhemispheric communication, there might be a potentiating or synergistic effect when such mind machines are used in combination with piracetam, resulting in a quantum leap in brain-enhancement effects.

**PRECAUTIONS:** Piracetam may increase the effects of certain drugs, such as amphetamines and psychotropics. Adverse effects are rare but include insomnia, psychomotor agitation, nausea, headaches and gastrointestinal distress.

**DOSAGE:** Piracetam is supplied in 400mg or 800mg tablets. The usual dose is 2400-4800 mg per day in three divided doses. Some literature recommends that the first two days a high "attack" dose should be taken. We have noticed that when some people first take piracetam they do not notice any effect until they take a high dose. Thereafter, they may notice that a lower dosage is sufficient. The drug takes effect in 30 to 60 minutes.

**SOURCES:** piracetam is not sold in the US. It can be purchased over the counter in Mexico or by mail order from the address below.

## HYDERGINE

"I first tried Hydergine six years ago during a visit to see my Dad at Christmas. He and I started taking 9mg and results were apparent to us both within two days. He was in his 40s, and began to remember events from when he was in his 20s as clearly as if they'd happened yesterday. What was interesting was that the events were nothing outstanding--just ordinary times. In other words, the everyday events had been stored away all these years, it just took some chemical prodding to jog them loose into the conscious mind.

I was in my early 20s and had similar memories going back to my childhood years. A unique opportunity had been presented to us to sit down and really share in the joys that our life had brought us. What a gift!"

A wealth of research going back over 20 years suggests that Hydergine may be what psychologist-pharmacist Ross Pelton calls "the ultimate smart pill." The substance, whose generic name is ergoloid mesylates, is made from a natural, organic source: the ergot fungus of rye plants (it was discovered at Sandoz laboratories by the visionary chemist Dr. Albert Hofmann, also known for his discovery of another ergot derivative, LSD 25). It increases mental abilities, prevents damage to brain cells, and may even be able to reverse existing damage to brain cells.

Hydergine acts in several ways to enhance mental capabilities and to slow down or reverse the aging processes in the brain. A few of the huge number of beneficial effects scientists have attributed to Hydergine include: increased protein syntheses in the brain; reduced accumulation of lipofuscin in the brain; increased quantities of blood and oxygen delivered to the brain; improvement of memory, learning and intelligence; beneficial improvements in brainwave activity; increased metabolism in brain cells; normalization of blood pressure; and increased production of such neurotransmitters as dopamine and norepinephrine (neurochemical messengers essential to the formation of memory, and also associated with arousal, alertness, elation and pleasure). Hydergine also functions as a powerful antioxidant and thus protects the brain against the damage caused by those infamous rascally free radicals (unstable and extremely reactive molecules produced by normal metabolism, which cause damage associated with aging, cancer and cardiovascular disease).

One way that Hydergine may enhance brain functioning is by mimicking the effect of a substance called nerve growth factor (NGF). NGF promotes the growth of dendrites--the long branching fibers by which neurons receive information from other neurons. Scientists studying the effects of learning on the brain have found it is directly related to dendritic growth. Hydergine seems to work by the same neurochemical pathway as NGF to produce neural growth.

While Hydergine is widely used for the treatment of senility, scientists have also studied its effects, both short term and long term, in normal healthy humans; these studies noted significant improvements in a variety of cognitive function, including alertness, memory, reaction time, abstract reasoning and cognitive processing ability.

**PRECAUTIONS:** If too large a dose is used when first taking Hydergine, it may cause slight nausea, gastric disturbance, or headache. Overall, Hydergine does not produce and serious side effects, it is non-toxic even at very large doses and it is contraindicated only for individuals who have chronic or acute psychosis.

**DOSAGE:** The US recommended dosage is 3mg per day, however, the European recommended dosage is 9 mg per day taken in three divided doses. Most of the research has been done at levels of 9 to 12 mg per day or higher, and there is some evidence that 3 mg per day is simply insufficient for significant cognition-enhancement effects. It may take several weeks or even months before Hydergine produces noticeable effects. Hydergine (though not its generic counterpart) is available in a sublingual form, and there is evidence that sublingual doses reach the brain in greater quantity.

**SOURCES:** Hydergine is available in the USA with a doctor's prescription, and approved by the FDA for the treatment of senile dementia and insufficient blood circulation to the brain--your doctor may not be familiar with the uses discussed. It can also be purchased over the counter in Mexico or by mail order from overseas (see below). In many cases these mail order companies sell the generic form, Ergoloid Mesylates. The FDA has rated the generic as biologically equivalent to the Sandoz product. More testing needs to be done on the question.

## VASOPRESSIN

"The most immediate result I get from using vasopressin is increased clarity and alertness. I can be logical without the usual speediness associated with caffeine use. After five minutes I've noticed that I'm busily



accomplishing tasks that I'd been putting off for a week. The duration is about two hours for the energetic feelings. Overall, I feel my short-term memory recall improving over the past two weeks of using vasopressin. It seems that the longer I use it, the more I can rely on my mind to be a portable note pad."

"I have smoked pot on a more or less (usually more) daily basis for 20 years. When I read that vasopressin is inhibited by pot, I found a source for buying some. Now I notice that when I use vasopressin with marijuana I still get stoned, but I have little or none of the 'dumming down' effect of the pot. And what a surprise to find that vasopressin intensifies orgasms!"

Vasopressin, called "the memory hormone," is a natural brain peptide, stimulated by acetylcholine and released in the pituitary. It actually helps create, imprint, and store memories, and is essential to remembering. Apparently vasopressin is involved in picking out and chunking together related bits of information from the stream of consciousness, integrating these chunks into coherent structures, and then "imprinting" these images or concepts into long-term memory by transforming electrical impulses into complex proteins that contain memories and are stored away in the brain. The act of remembering the stored information is also mediated by vasopressin.

Over 20 years ago scientists discovered that vasopressin had extraordinary effects on the memory of laboratory animals-- preventing chemically and electrically induced amnesia, actually reversing amnesia, and dramatically boosting the memory and intelligence of normal animals. These findings spurred much research into the cognition-enhancement effect of vasopressin on humans. Among the key findings are that small doses of the hormone can have striking success in quickly reversing traumatic amnesia (amnesia caused by injuries such as car crashes), can reverse age-related memory loss and actually restore lost memories, and can produce sharp improvements in learning and memory using measures such as abstract and verbal memory, organizational capacities, recall, attention, concentration, focus, short-term memory, optical memory, and long-term memory. It also boosts performance in such areas as reaction speed, visual discrimination, and coordination.

Vasopressin pours out during moments of trauma or extreme arousal, which may explain why those times seem to be so deeply imprinted in our brains, and are remembered with such clarity.

Vasopressin is also released by cocaine, LSD, amphetamines, Ritalin, and Pemoline (Cylert). Those who make frequent use of these drugs deplete their brain's vasopressin supply. The result is depression, and a decline in cognitive function. The frequent user's response to this depression is to take more of the drug, thus trying to wring more vasopressin out of their depleted brain: ultimately the well runs dry. Vasopressin, however, is not a drug but the actual brain hormone that has been depleted, so it can produce dramatic and virtually instantaneous improvements in mood and mental functioning.

Unlike stimulants, alcohol and marijuana do not deplete but actually suppress the release of vasopressin, which could account for the loss of memory many have noticed when drunk or stoned, or when trying to remember events that occurred while they were high.

Vasopressin can reduce the harmful effects of these drugs and enhance alertness, reaction speed and concentration.

Anecdotal evidence suggests that vasopressin can produce a state of euphoria accompanied by self-confidence, energy, assertiveness, and a sensation of extreme mental clarity. Many believe it is ideal for situations in which lots of new information needs to be processed and remembered--such as studying for an exam, learning a language, ploughing through difficult or complex works. Some use it for more mundane purposes, such as when they have to drive late at night and want to remain alert.

**PRECAUTIONS:** Vasopressin can occasionally produce the following side effects; runny nose, nasal congestion, irritation of the nasal passages, headache, abdominal cramps, and increased bowel movements. Angina sufferers should not use vasopressin, since it can trigger angina pains. Vasopressin has not been proven to be safe for use during pregnancy.

**DOSAGE:** Vasopressin usually comes in a nasal spray bottle. Most studies showing memory improvement have been done with a dose of 12 to 16 USP per day, which is one whiff in each nostril three to four times per day. Vasopressin produces a noticeable effect within seconds.

**SOURCES:** Vasopressin (known as Diapid and produced by Sandoz) is available in the USA with a doctor's prescription, but keep in mind that your doctor may not be familiar with the uses we have discussed (it is approved by the FDA for treatment of diabetes insipidus). It can also be purchased over the counter in Mexico or by mail order from overseas (see below).

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## MORE NOOTROPICS

### CENTROPHENOXINE

Centrophenoxine is a compound of two biochemicals- dimethylaminoethanol (DMAE) and parachlorophenoxyacetate (pCPA). Dimethylaminoethanol is a natural food component, found especially in fish, and is also a natural metabolite of the human body. Centrophenoxine's other half, pCPA, is a synthetic compound similar to a variety of plant hormones called "auxins."

One of the earliest discoveries from animal studies showed that centrophenoxine is extremely effective at reducing lipofuscin levels. Lipofuscin is a "garbage residue" biochemical conglomerate that accumulates over a lifetime, sometimes reaching 30% of the cell volume.

As cells accumulate ever more lipofuscin they become ever less functional, and they may die rapidly when a critical threshold of lipofuscin accumulation is reached.

The chief component of centrophenoxine is DMAE which is part of the choline betaine cycle, natural to human and animal cells.

By adding a methyl group (CH<sub>3</sub>) to DMAE, choline (also called trimethylaminoethanol) is formed. The choline thus formed may then be used to make other valuable biochemicals, such as the major neurotransmitter acetylcholine, or the essential membrane constituents phosphatidylcholine and sphingomyelin.

Choline can also be oxidized to make betaine (trimethylglycine), important for ridding the body of heart and artery toxic homocysteine, now considered one of the most important risk factors for heart disease.

Under fasting conditions, normal blood levels of choline range from 8 to 12 micromoles. When blood choline levels are below 14 micromoles, choline flows from brain cells into the bloodstream. When blood choline levels are above 14 micromoles, choline flows from the blood into the brain.

Unfortunately, when choline enters the blood from brain cells, it is derived from auto-cannibalisation, the choline containing phospholipids (which are critical brain cell membrane components) are broken down to provide the choline entering the blood.

There is evidence that excessive neuronal choline auto-cannibalisation over a lifetime may contribute to Alzheimer's disease.

While a natural foods diet, such as liver, meat and eggs provides high dietary levels of choline, the modern processed junk food/ synthetic diet provides little choline, as do vegetarian diets.

Simple choline supplements, such as choline chloride or bitartrate are often broken down, as much as 60%, by gut bacteria. Thus, centrophenoxine derived DMAE is an especially ideal source of blood and brain choline for several reasons.

Gut bacteria do not digest DMAE, thus avoiding that wasteful trap. The liver quickly and easily converts DMAE to choline as needed. Also, DMAE prevents choline from being irreversibly oxidized to betaine, further raising blood choline levels. Lastly, DMAE passes through the blood brain barrier far more easily than choline.

DMAE may be incorporated into brain cell membranes, where it functions as a powerful hydroxyl free radical scavenger. Or the brain cells may convert the DMAE to choline for their needs. With the help of an enzyme called "CAT", choline is converted to the learning/ memory neurotransmitter acetylcholine.

### VINPOCETINE

Vinpocetine is a powerful brain and memory enhancer that may yet eclipse all other smart drugs. Vinpocetine, it improves blood flow to the brain, makes it easier for the brain to use glucose and oxygen, and allows the brain to survive longer and better after periods of oxygen deprivation.

Vinpocetine increases the production of Adenosine Triphosphate (ATP) within the brain's neurons. Vinpocetine may prevent and help to treat Alzheimer's disease. Vinpocetine improves blood circulation within the brain. Vinpocetine prevents and treats multiple infarct dementia. Vinpocetine alleviates depression in 74% of cases. Vinpocetine improves the brain's utilization of glucose. Vinpocetine alleviates headaches in 78% of patients. Vinpocetine improves memory in normal healthy persons. Healthy subjects exhibited significant short-term memory improvement 1 hour after taking 40mg of Vinpocetine (62%). Vinpocetine improves the brain's utilization of oxygen and increases the resistance of neurons to the damage that would otherwise be caused by hypoxia. Vinpocetine alleviates speech impairment in 55% of cases. Vinpocetine prevents and treats stroke

Vinpocetine improves eyesight in many persons afflicted with eyesight disorders. Vinpocetine improves impaired hearing Vinpocetine alleviates vertigo in 77% of patients Several brain boosters (ginkgo biloba, vitamin E, phosphatidylserine, to name just a few) are known to help restore failing memory, but Vinpocetine dramatically enhances memory in even healthy individuals.

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## HOW TO OBTAIN COGNITION-ENHANCEMENT SUBSTANCES BY MAIL ORDER

While some of the substances described above are not available in the U.S., or are available only by prescription, it is easy and quite legal to obtain these substances by mail order. One reason some of these substances are not available in the U.S. is that they have not yet gone through the extraordinarily expensive and lengthy process required to obtain FDA approval. This does not mean however that it is not quite legal to use these substances. And some of the substances have been approved by the FDA for limited medical application. This does not mean that it is not quite proper to use these substances for "unapproved" purposes.

In the April, 1982 issue of the FDA Drug Bulletin, the agency included a policy statement clarifying the question of "unapproved" uses for drugs, clearly stating that "'unapproved' uses may be appropriate and rational in certain circumstances, and may, in fact, reflect approaches to drug therapy that have been extensively reported in medical literature... Valid new uses for drugs already on the market are often first discovered through serendipitous observations and therapeutic innovation." In sum, the FDA clearly approves of the "unapproved" uses as an important means for innovation and discovery.

Also, though it is not widely known, a July, 1989 FDA ruling now makes it quite legal to import effective drugs used elsewhere but not available in the U.S. The FDA now allows the importation and mail shipment of a three month supply of drugs, for personal use, as long as they are regarded as safe in other countries. The new ruling, FDA pilot guidelines chapter 971, was made as a result of heavy pressure from AIDS political action groups, which insisted AIDS sufferers were denied access to potentially life-saving substances that were widely used abroad but were still unapproved for use in the U.S.

In Home Health Services, a mail order pharmacy in Switzerland, is one of a number of companies established in response to this new FDA ruling. In Home carries a wide variety of drugs for cognitive enhancement, life extension, and the treatment of AIDS which are not available in the US.

All of the drugs discussed here can be purchased without a prescription. You can request a full price sheet by writing to:

In Home Health Services Dept. E POB 3112 CH-2800 Delemont Switzerland

You must include the following signed statement with your order. "I hereby declare that the products I am purchasing are not for commercial resale. They are for my personal use only. The supply ordered does not exceed three months usage, and they are used with the consent of my physician."

Another company with higher prices, but possibly faster service is:

INTERLAB PO Box 587 Newport Pagnell Bucks MK 16 8AA England

Again include this signed statement with your order: "I hereby declare that the products I am purchasing are not for commercial resale. They are for my personal use only. The supply ordered does not exceed three months usage, and they are used with the consent of my physician."

For many more sources where you can obtain Nootropics check the [Table of Sources](#)

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## **MORE INFORMATION ABOUT NOOTROPICS**

For more information you can check the following website:

[Cognitive Enhancement Research Institute \(CERI\)](#)

You can also get the following books:

[Smart Drugs and Nutrients: How to Improve Your Memory and Increase Your Intelligence Using the Latest Discoveries in Neuroscience](#) [Smart Drugs II: The Next Generation: New Drugs and Nutrients to Improve Your Memory and Increase Your Intelligence](#)

[Mind Boosters: A Guide to Natural Supplements that Enhance Your Mind, Memory, and Mood](#) [Mega Brain Power: Transform Your Life With Mind Machines and Brain Nutrients](#)

# GROW TALLER BONUS REPORT 24

## BRAIN WAVES AND MIND TECHNOLOGY

The purpose of this Bonus Report is to provide information on different technological inventions that may help you to increase focus, enter more easily into deeper levels of hypnosis and increase the energy level.

### Hemispheric Synchronization

Pioneered by researcher and inventor Robert Monroe, Hemi-Sync, short for hemispheric synchronization, is a scientifically and clinically proven audio-guidance process that works quite simply by sending different sounds (tones) to each ear by stereo headphones.

The two hemispheres of the brain then act in unison to "hear" a third signal (A Binaural Beat) the difference between the two tones. This is not an actual sound, but an electrical signal that can only be perceived within the brain when both brain hemispheres are working together.

The result is a focused, whole-brain state known as hemispheric synchronization or "Hemi-Sync," an optimal condition for improving human performance.

Specific combinations of Hemi-Sync signals, for example, can help individuals achieve laser-like focus and concentration. Different Hemi-Sync signals are used to facilitate profound relaxation, expanded awareness or other desired states.

Depending on the intended goals, music, verbal guidance or subtle sound effects are combined with Hemi-Sync to strengthen its effectiveness.

Hemispheric synchronization occurs naturally in daily life but typically only for random, brief periods of time. Hemi-Sync can assist individuals in achieving and sustaining this highly productive, coherent, brain-wave state.

Monroe's work inspired an entire industry of mind/brain products. After decades of research, and thousands of lab sessions, the extraordinary Hemi-Sync process remains unparalleled in its ability to assist us in harnessing our human potential.

**Note:** As of March 27, 2003 - Grow Taller Program Recordings have been enhanced with Brainwave \*Hemispheric) Synchronization Technology.

For each recording you have already purchased, you may get a new version at only \$9.95 (60% discount). The recording with Affirmations now has additional Bonus Track with Subliminal Suggestions for Height Increase.

### Binaural Beats

Binaural beats are auditory brainstem responses which originate in the superior olivary nucleus of each hemisphere. They result from the interaction of two different auditory impulses, originating in opposite ears, below 1000 Hz and which differ in frequency between one and 30 Hz (Oster, 1973). For example, if a pure tone of 400 Hz is presented to the right ear and a pure tone of 410 Hz is presented simultaneously to the left ear, an amplitude modulated standing wave of 10 Hz, the difference between the two tones, is experienced as the two wave forms mesh in and out of phase within the superior olivary nuclei. This binaural beat is not heard in the ordinary sense of the word (the human range of hearing is from 20-20,000 Hz). It is perceived as an auditory beat and theoretically can be used to entrain specific neural rhythms through the frequency-following response (FFR)--the tendency for cortical potentials to entrain to or resonate at the frequency of an external stimulus. Thus, it is theoretically possible to utilize a specific binaural-beat frequency as a consciousness management technique to entrain a specific cortical rhythm.

Uses of audio with embedded binaural beats that are mixed with music or various pink or background sound are diverse. They range from relaxation, meditation, stress reduction, pain management, improved sleep quality, decrease in sleep requirements, super learning, enhanced creativity and intuition, remote viewing, telepathy, and out-of-body experience and lucid dreaming. Audio embedded with binaural beats is often combined with various meditation techniques, as well as positive affirmations and visualization.

When signals of two different frequencies are presented, one to each ear, the brain detects phase differences between these signals. "Under natural circumstances a detected phase difference would provide directional information. The brain processes this anomalous information differently when these phase differences are

heard with stereo headphones or speakers. A perceptual integration of the two signals takes place, producing the sensation of a third "beat" frequency. The difference between the signals waxes and wanes as the two different input frequencies mesh in and out of phase. As a result of these constantly increasing and decreasing differences, an amplitude-modulated standing wave -the binaural beat- is heard. The binaural beat is perceived as a fluctuating rhythm at the frequency of the difference between the two auditory inputs. Evidence suggests that the binaural beats are generated in the brainstem's superior olivary nucleus, the first site of contralateral integration in the auditory system (Oster, 1973). Studies also suggest that the frequency-following response originates from the inferior colliculus (Smith, Marsh, & Brown, 1975)" (Owens & Atwater, 1995). This activity is conducted to the cortex where it can be recorded by scalp electrodes.

Binaural beats can easily be heard at the low frequencies (< 30 Hz) that are characteristic of the EEG spectrum (Oster, 1973). This perceptual phenomenon of binaural beating and the objective measurement of the frequency-following response (Hink, Koder, Yamada, Kaga, & Suzuki, 1980) suggest conditions which facilitate entrainment of brain waves and altered states of consciousness. There have been numerous anecdotal reports and a growing number of research efforts reporting changes in consciousness associated with binaural-beats. "The subjective effect of listening to binaural beats may be relaxing or stimulating, depending on the frequency of the binaural-beat stimulation" (Owens & Atwater, 1995). Binaural beats in the delta (1 to 4 Hz) and theta (4 to 8 Hz) ranges have been associated with reports of relaxed, meditative, and creative states (Hiew, 1995), and used as an aid to falling asleep. Binaural beats in the alpha frequencies (8 to 12 Hz) have increased alpha brain waves (Foster, 1990) and binaural beats in the beta frequencies (typically 16 to 24 Hz) have been associated with reports of increased concentration or alertness (Monroe, 1985) and improved memory (Kennerly, 1994).

Passively listening to binaural beats may not spontaneously propel you into an altered state of consciousness. One's subjective experience in response to binaural-beat stimulation may also be influenced by a number of mediating factors. For example, the willingness and ability of the listener to relax and focus attention may contribute to binaural-beat effectiveness in inducing state changes. "Ultradian rhythms in the nervous system are characterized by periodic changes in arousal and states of consciousness (Rossi, 1986; Shannahoff-Khalsa, 1991; Webb & Dube, 1981). These naturally occurring shifts may underlie the anecdotal reports of fluctuations in the effectiveness of binaural beats. External factors are also thought to play roles in mediating the effects of binaural beats" (Owens & Atwater, 1995). The perception of a binaural beat is, for example, said to be heightened by the addition of white noise to the carrier signal (Oster, 1973), so white noise is often used as background. "Music, relaxation exercises, guided imagery, and verbal suggestion have all been used to enhance the state-changing effects of the binaural beat" (Owens & Atwater, 1995). Other practices such as humming, toning, breathing exercises, autogenic training, and/or biofeedback can also be used to interrupt the homeostasis of resistant subjects (Tart, 1975).

## Brain Waves and Consciousness

Controversies concerning the brain, mind, and consciousness have existed since the early Greek philosophers argued about the nature of the mind-body relationship, and none of these disputes has been resolved. Modern neurologists have located the mind in the brain and have said that consciousness is the result of electrochemical neurological activity. There are, however, growing observations to the contrary. There is no neurophysiological research which conclusively shows that the higher levels of mind (intuition, insight, creativity, imagination, understanding, thought, reasoning, intent, decision, knowing, will, spirit, or soul) are located in brain tissue (Hunt, 1995). A resolution to the controversies surrounding the higher mind and consciousness and the mind-body problem in general may need to involve an epistemological shift to include extra-rational ways of knowing (de Quincey, 1994) and cannot be comprehended by neurochemical brain studies alone. We are in the midst of a revolution focusing on the study of consciousness (Owens, 1995). Penfield, an eminent contemporary neurophysiologist, found that the human mind continued to work in spite of the brain's reduced activity under anesthesia. Brain waves were nearly absent while the mind was just as active as in the waking state. The only difference was in the content of the conscious experience. Following Penfield's work, other researchers have reported awareness in comatose patients (Hunt, 1995) and there is a growing body of evidence which suggests that reduced cortical arousal while maintaining conscious awareness is possible (Fischer, 1971; West 1980; Delmonte, 1984; Goleman 1988; Jevning, Wallace, & Beidenbach, 1992; Wallace, 1986; Mavromatis, 1991). These states are variously referred to as meditative, trance, altered, hypnogogic, hypnotic, and twilight-learning states (Budzynski, 1986). Broadly defined, the various forms of altered states rest on the maintenance of conscious awareness in a physiologically reduced state of arousal marked by parasympathetic dominance (Mavromatis, 1991). Recent physiological studies of highly hypnotizable subjects and adept meditators indicate that maintaining awareness with reduced cortical arousal is indeed possible in selected individuals as a natural ability or as an acquired skill (Sabourin, Cutcomb, Crawford, & Pribram, 1993). More and more scientists are expressing doubts about the neurologists' brain-mind model because it fails to answer so many questions about our ordinary experiences, as well as evading our mystical and spiritual ones. The scientific evidence supporting the phenomenon of remote viewing alone is sufficient to show that mind-consciousness is not a local phenomenon (McMoneagle, 1993).



If mind-consciousness is not the brain, why then does science relate states of consciousness and mental functioning to brain-wave frequencies? And how is it that audio with embedded binaural beats alters brain waves? The first question can be answered in terms of instrumentation. There is no objective way to measure mind or consciousness with an instrument. Mind-consciousness appears to be a field phenomenon which interfaces with the body and the neurological structures of the brain (Hunt, 1995). One cannot measure this field directly with current instrumentation. On the other hand, the electrical potentials of brain waves can be measured and easily quantified. Contemporary science likes things that can be measured and quantified. The problem here lies in oversimplification of the observations. EEG patterns measured on the cortex are the result of electroneurological activity of the brain. But the brain's electroneurological activity is not mind-consciousness. EEG measurements then are only an indirect means of assessing the mind-consciousness interface with the neurological structures of the brain. As crude as this may seem, the EEG has been a reliable way for researchers to estimate states of consciousness based on the relative proportions of EEG frequencies. Stated another way, certain EEG patterns have been historically associated with specific states of consciousness. It is reasonable to assume, given the current EEG literature, that if a specific EEG pattern emerges it is probably accompanied by a particular state of consciousness.

As to the second question raised in the above paragraph, audio with embedded binaural beats alters the electrochemical environment of the brain. This allows mind-consciousness to have different experiences. When the brain is entrained to lower frequencies and awareness is maintained, a unique state of consciousness emerges. This state is often referred to as hypnogogia "mind awake/body asleep." Slightly higher-frequency entrainment can lead to hyper suggestive states of consciousness. Still higher-frequency EEG states are associated with alert and focused mental activity needed for the optimal performance of many tasks. Perceived reality changes depending on the state of consciousness of the perceiver (Tart, 1975). Some states of consciousness provide limited views of reality, while others provide an expanded awareness of reality. For the most part, states of consciousness change in response to the ever-changing internal environment and surrounding stimulation. For example, states of consciousness are subject to influences like drugs and circadian and ultradian rhythms (Rossi, 1986; Shannahoff-Khalsa, 1991; Webb & Dube, 1981). Specific states of consciousness can also be learned as adaptive behaviors to demanding circumstances (Green and Green, 1986).

### Synchronized brain waves

Synchronized brain waves have long been associated with meditative and hypnogogic states, and audio with embedded binaural beats has the ability to induce and improve such states of consciousness. The reason for this is physiological. Each ear is "hardwired" (so to speak) to both hemispheres of the brain (Rosenzweig, 1961). Each hemisphere has its own olivary nucleus (sound-processing center) which receives signals from each ear. In keeping with this physiological structure, when a binaural beat is perceived there are actually two standing waves of equal amplitude and frequency present, one in each hemisphere. So, there are two separate standing waves entraining portions of each hemisphere to the same frequency. The binaural beats appear to contribute to the hemispheric synchronization evidenced in meditative and hypnogogic states of consciousness. Brain function is also enhanced through the increase of cross-collosal communication between the left and right hemispheres of the brain.

### Rhythmic Sound and the Brain

Studies have shown that vibrations from rhythmic sounds have a profound effect on brain activity. In shamanic traditions, drums were used in periodic rhythm to transport the shaman into other realms of reality. The vibrations from this constant rhythm affected the brain in a very specific manner, allowing the shaman to achieve an altered state of mind and journey out of his or her body .

Brain pattern studies conducted by researcher Melinda Maxfield into the (SSC) Shamanic State of Consciousness found that the steady rhythmic beat of the drum struck four and one half times per second was the key to transporting a shaman into the deepest part of his shamanic state of consciousness. It is no coincidence that 4.5 beats, or cycles per second corresponds to the trance like state of theta brain wave activity. In direct correlation, we see similar effects brought on by the constant and rhythmic drone of Tibetan Buddhist chants, which transport the monks and even other listeners into realms of blissful meditation.

The gentle pulsating rhythms (binaural beat) of new Grow Taller CDs with brainwave synchronization act in a similar fashion, yet because the frequencies are computer generated, they are precise, consistent and can be targeted to induce highly specific and desired brain states. Much like tuning a radio to get a particular station, new Deep Trance Now CDs enhanced with brainwave synchronization can induce a variety of brain states enhancing experience of deeper states of hypnosis, focus, concentration, vivid visual imagery etc.

There are generally four groupings of brain wave frequencies/rhythms which when dominant in the brain correlate with a specific state of mind.

1. Beta waves range between 13-40 HZ. The beta state is associated with peak concentration, heightened alertness and visual acuity. Nobel Prize Winner, Sir Francis Crick and other scientists believe that the 40HZ beta frequency may be key to the act of cognition.
2. Alpha waves range between 7-12 HZ. This is a place of deep relaxation, but not quite meditation. In Alpha, we begin to access the wealth of creativity that lies just below our conscious awareness - it is the gateway, the entry point that leads into deeper states of consciousness. Alpha is also the home of the window frequency known as the Schuman Resonance, which is the resonant frequency of the earth's electromagnetic field.
3. Theta waves range between 4-7 HZ. Theta is one of the more elusive and extraordinary realms we can explore. It is also known as the twilight state which we normally only experience fleetingly as we rise up out of the depths of delta upon waking, or drifting off to sleep. In theta we are in a waking dream, vivid imagery flashes before the mind's eye and we are receptive to information beyond our normal conscious awareness. During the Theta state many find they are capable of comprehending advanced concepts and relationships that become incomprehensible when returning to Alpha or Beta states. Theta has also been identified as the gateway to learning and memory. Theta meditation increases creativity, enhances learning, reduces stress and awakens intuition and other extrasensory perception skills. When the brain is in Theta it appears to balance sodium/potassium ratios which are responsible for the transport of chemicals through brain cell membranes. This appears to play a role in rejuvenating the fatigued brain.
4. Delta waves range between 0-4 HZ. Delta is associated with deep sleep. In addition, certain frequencies in the delta range trigger the release of Growth Hormone beneficial for healing, regeneration and height increase. This is why sleep, deep restorative sleep is so essential to the healing process.

### Light and Sound Machines

Light and Sound (L&S) machines combine pulsed tones or binaural beats with light stimulation (flashing lights in your eyes).

Long ago – in the 1930's – researchers found that repetitive light stimulation caused brain waves to follow and pulse at the same frequency.

From this knowledge of the effects of light and sound stimulation it was but a small step to the development of a variety of Light-Sound devices that you can find on the market today. These devices give off light flashes through goggles and sound stimuli, usually through earphones, that will cause the brain to adjust to a desired brain wave frequency and consequently generate the corresponding level of awareness.

### Radionics

Biocircuits, radionics, subtle energy, chi generators, orgone, and psionics are all so-called "technologies" for manipulating the body's energy fields (life-force) .

Radionics as a form of mind programming using Chi or Life Force, has been reported to be helpful in a wide variety of conditions, for creating success, personal growth, goal setting, body energy increase, vitality, creating charisma, sexual performance, sports goals, and much more.

It is interesting to note that, the positive subconscious changes that take place in the mind of the person that is the receiver of radionics treatment, actually trips new situations in their life, that help them to facilitate their own healing. As above, so below. The mind is a higher level than the physical world, and that means that what we 'think', we get. If we change the subconscious programs and thoughts, than the physical life of the individual receiving the radionics treatment has to change. A radionic treatment, can be used for clearing all forms of problems, including emotional issues, childhood abandonment, sleep disorders, stress relief, sports competition, confidence, memory improvement, intimacy, identity issues, public speaking, childhood brainwashing, phobias, procrastination, power issues, depression, anxiety, goal setting, success with career, and also helping you to feel worthy to attract the right love partner.

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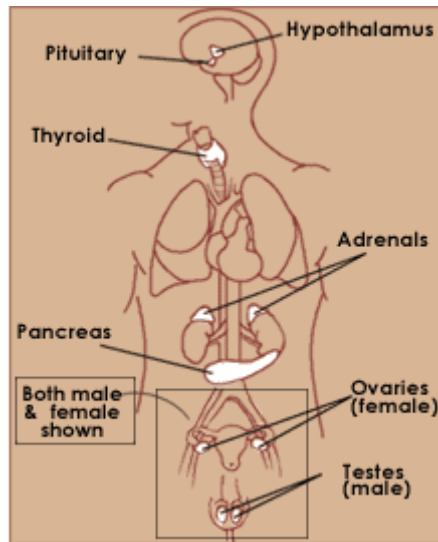
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# GROW TALLER BONUS REPORT 25

## ENDOCRINE SYSTEM

Although we rarely think about them, the glands in the endocrine system and the hormones they secrete influence practically every cell, organ, and function of our bodies. As the body's chemical messengers, hormones transfer information and instructions from one set of cells to another. They regulate our mood, growth and development, tissue function, metabolism, and sexual function, and in women they support pregnancy and other reproductive processes.



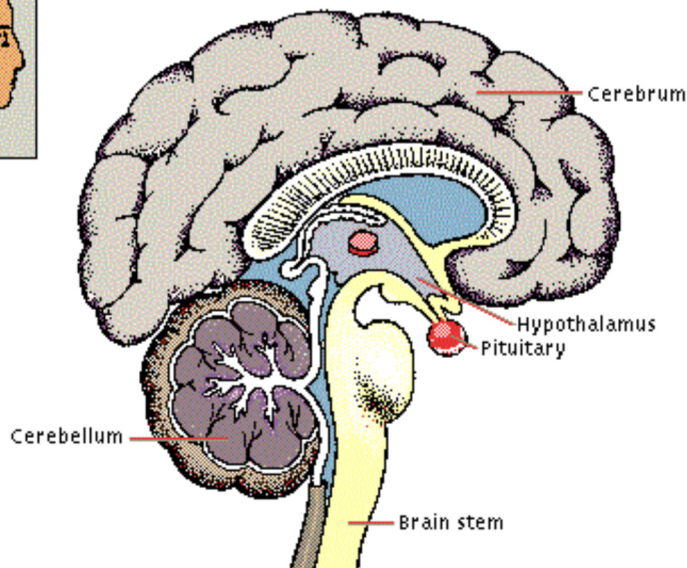
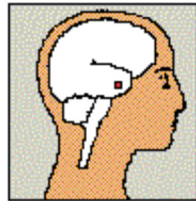
The endocrine system's effects on the body are wide-reaching. Its message-sending hormones influence the operations of all of the body's tissues and organ systems. This centralized role in controlling body functions is sometimes compared to that of the nervous system. But in general, the endocrine system operates in a less rapid but longer-lasting manner than the nervous system, regulating slower processes, such as metabolism and cell growth. The nervous system's functions, on the other hand, are more immediate, such as the control of breathing and body movement.

Although hormones circulate throughout the bloodstream, each kind of hormone affects only its target cells that are genetically programmed to receive and respond to its message. Hormone levels vary and can be influenced by factors such as stress, infection, and changes in the balance of fluid and minerals in blood. A gland is a group of cells that produces and secretes chemicals into the body. It selectively removes materials from the blood, concentrates or alters them, and secretes the finished chemical product for use somewhere in the body.

Endocrine glands release more than 20 kinds of chemical messengers, or hormones, directly into the bloodstream where they can be transported to exert their effects on cells in areas of the body distant from the gland itself.

The major glands that make up the human endocrine system are the hypothalamus, pituitary, thyroid, parathyroids, adrenals, pineal body, and the reproductive glands - the ovaries and testes. The pancreas is also part of this hormone-secreting system, even though it is also associated with the digestive system because the exocrine part of the pancreas also produces and secretes digestive enzymes into the intestine. Although the endocrine glands are the body's main hormone producers, some nonendocrine organs - such as the brain, heart, lungs, kidneys, liver, thymus, skin, and placenta - also produce and release hormones.

## HYPOTHALAMUS & PITUITARY GLAND



The hypothalamus, a collection of specialized cells that are located in the lower central part of the brain, is the primary link between the endocrine and nervous systems. Nerve cells in the hypothalamus control the pituitary gland by producing chemicals that either stimulate or suppress hormone secretions from the pituitary.

Although it is no bigger than a pea, the pituitary gland, located at the base of the brain just beneath the hypothalamus, is considered the most important part of the endocrine system. It's often called the "master gland" because it makes hormones that control several other endocrine glands. The production and secretion of pituitary hormones can be influenced by factors such as emotions and seasonal changes. To accomplish this, the hypothalamus relays information sensed by the brain (such as environmental temperature, light exposure patterns, and feelings) to the pituitary.

The tiny pituitary is divided into two parts: the anterior lobe and the posterior lobe. The anterior lobe regulates the activity of the thyroid, adrenals, and reproductive glands. Among the hormones it produces are growth hormone, which stimulates the growth of bone and other body tissues and plays a role in the body's handling of carbohydrates, fats, protein and minerals; prolactin, which activates milk production in women who are breast-feeding; thyrotropin, which stimulates the thyroid gland to produce thyroid hormones; and corticotropin, which stimulates the adrenal gland to produce cortisol and other hormones.

## THYROID GLAND

The thyroid, located in the lower neck, is shaped like a bow tie or butterfly and produces the thyroid hormones thyroxine and triiodothyronine, which control the rate at which cells burn body fuels (from food) to produce energy. As the level of thyroid hormones increases in the bloodstream, so does the speed at which chemical reactions occur in your body. Thyroid hormones also play a key role in bone growth and the development of the brain and nervous system in children. The release of thyroid hormones is controlled by the pituitary gland.

Attached to the thyroid are four tiny glands that function together called the parathyroids. They release the parathyroid hormone, which regulates the level of calcium in the blood with the help of calcitonin, which is produced in the thyroid.

## ADRENAL GLANDS

The body has two triangular adrenal glands, one on top of each kidney. The adrenal glands have two parts, each of which produces a set of hormones and has a different function. The outer part, the adrenal cortex, produces hormones called corticosteroids (aldosterone, cortisol, adrenal androgens, and others) that influence or regulate salt and water balance in the body, the body's response to stress, metabolism, the immune system, and sexual function. The inner part, the adrenal medulla, produces catecholamines, such as epinephrine. Also called adrenaline, epinephrine increases blood pressure and heart rate when the body experiences stress.

## PANCREAS

The pancreas produces (in addition to others) two important hormones, insulin and glucagon. They work together to maintain a steady level of glucose, or sugar, in the blood and to keep the body supplied with fuel to produce and maintain stores of energy.

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## ACUPRESSURE AND ACUPUNCTURE

Acupressure and acupuncture, as well as other therapies such as Shiatsu and reflexology, are based on the concept of a person's energy, or life force. This life force, known as chi or qi (pronounced chee) travels through the body along pathways called meridians. Traditional Chinese medicine dictates that there are 20 meridians. However, in acupressure and acupuncture, most work centers around 14 meridians: the 12 regular meridians and two extra meridians known as the Conception Vessel and the Governor Vessel.

A block in the flow of our chi results in discomfort or even disease. To release this blocked energy, or to promote energy flow to a certain area, the acupressure practitioner presses an acupoint. Traditional Chinese medicine has identified more than 300 acupoints along the 14 meridians. Each is assigned a Chinese name and an alphanumeric code.

The Japanese practice of Shiatsu, which literally means "finger pressure," is similar to acupressure. In acupressure and Shiatsu, thumbs are most commonly used to apply pressure, although other fingers, knuckles, palms, elbows and even feet can be used in some of the therapies. The degree of pressure that is applied varies, as does the duration. Anything from moderate to penetrating pressure is employed for several seconds to several minutes, and the treatment can be performed once or repeatedly.

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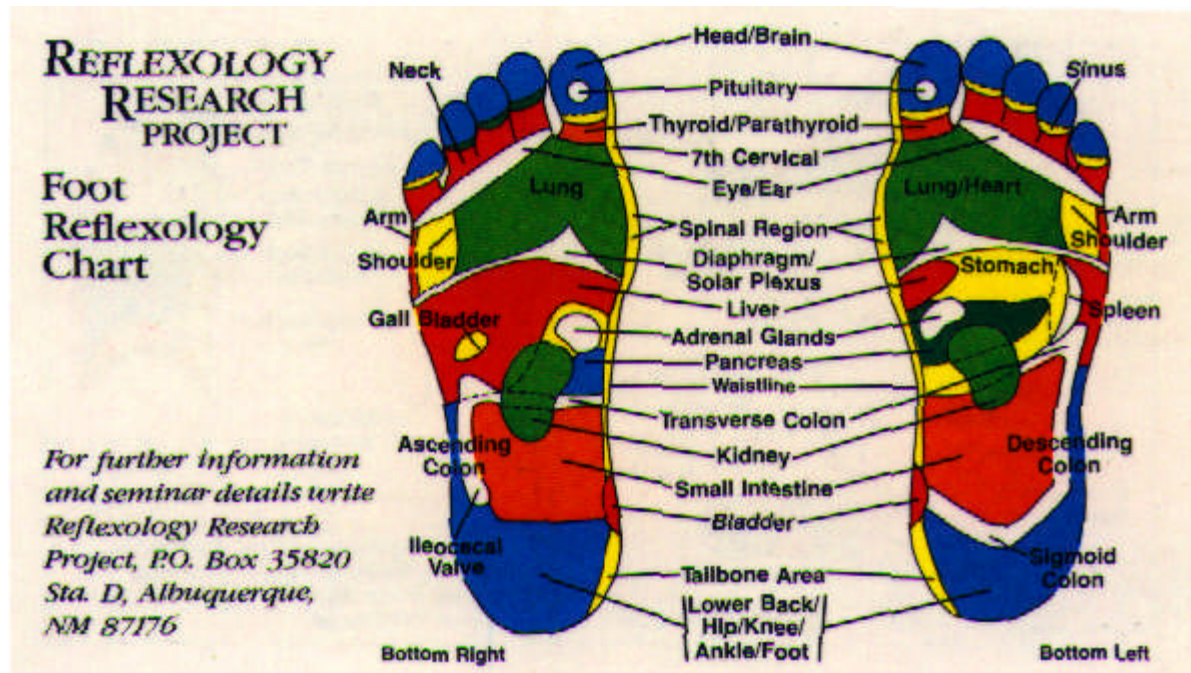
## REFLEXOLOGY

The ancient healing art of reflexology has been known to man for many thousands of years. It was first practiced by the early Indian, Chinese and Egyptian peoples.

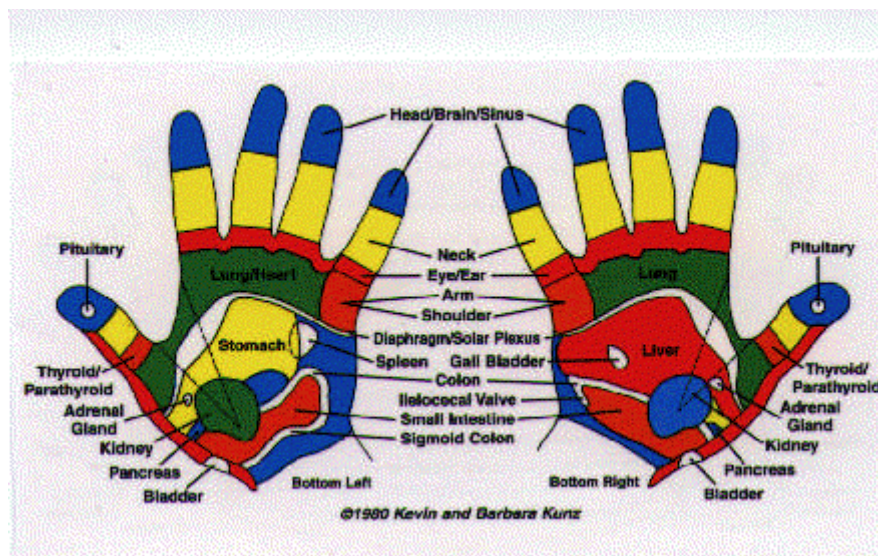
In 1913 Dr. William Fitzgerald, an American ear, nose and throat surgeon, introduced this therapy to the West. He noted that pressure on specific parts of the body could have an anaesthetising effect on a related area. Developing this theory, he divided the body into ten equal and vertical zones, ending in the fingers and toes. He concluded that pressure on one part of a zone could affect everything else within that zone. Thus, reflex areas on the feet and hands are linked to other areas and organs of the body within the same zone.

In the 1930's, Eunice Ingham, a therapist, further developed and refined the zone therapy into what is now known as foot reflexology. She observed that congestion or tension in any part of the foot mirrors congestion or tension in a corresponding part of the body. Thus, when you treat the big toes there is a related effect in the head, and treating the whole foot can have a relaxing and healing effect on the whole body.





Pressure applied to the reflexology point produces a mirrored response in the body. The response will be found in specific parts according to the specific points of the foot that have been touched. The link between these corresponding parts seems to be through energy, rather than through a direct material link.



The significant stimulation points for height increase:

Pituitary Gland (thumb on hand; toe on foot)

Thyroid Gland (base of thumb; base of toe)

Adrenal Glands (on the palm and foot - below Thyroid)

Pancreas (further below Adrenal Glands point)

You can stimulate these points by applying extended pressure; by massaging the point; through electromagnetic stimulation - by applying (sticking a small magnet to the reflexology point or with a TENS device).

## GROW TALLER BONUS REPORT 26

You have reached the end of the first year with this program. This in no way means that you should discontinue the program - as a matter of fact I'd like to encourage you, if you have not yet met your height increase goals, to stick with the program until you do. I'd also like to encourage you to use the learnings you have gained to improve other aspects of your life, to work on your other dreams, too. The principles that apply to using self-hypnosis for height increase or to change or enhance any other area of your lives are the same, and the skills you have gained are transferable.

If you haven't achieved your desired goal with height increase, or even if you're not yet convinced of the benefits of self-hypnosis, I'd like to remind you that even the famous Dr. Milton Erickson sometimes spent over 400 hours with a client just training him to get into the right state of mind for successful changework with hypnosis. Some people experience more immediate results than others, yet regardless of how much time is required, genuine effort is sooner or later rewarded. If you have strong enough reason WHY you must increase your height, if you keep the image of all the benefits in your mind, if you keep on thinking of your body as you desire it to be, instead of the way it is (if you'd like it to change more), if you're looking forward to the changes with a sense of gratitude toward the creative power of your mind (your subconscious), eventually you'll get the desired results.

I'd like to conclude these Bonus Reports with a 4-step Power Process for Height Increase:

### Step 1: Establish Contact with Infinite Power

Imagine yourself standing in the middle of the ocean of Infinite Power. Simply allow everything else to dissolve from your mind and keep in your mind only the idea of this omnipresent Power that permeates everything around you and within you.

You may repeat silently or aloud the following affirmation to help you remain focused: "I live and move and have my being in Infinite Power".

### Step 2: Identify yourself with this Power

You can imagine yourself merging with this Power, the same way that a drop of water merges with an ocean. You can imagine yourself expanding until you feel yourself encompassing and permeating everything. You can imagine that your body is like an empty vessel and that with every breath you are inhaling this Power into your being. You can create your own imagery as long as you ultimately create this feeling within you that you are merged with this power to such an extent, that there is none of you left (as you knew yourself) and the only thing that exists is this Power - and you are this Power. It is important to get that FEELING, not just to imagine it as an idea.

You may repeat silently or aloud the following affirmation to help you remain focused: "I am in, one with and completely amalgamated with All Power".

### Step 3: Get a sense that you are a Master of Your Body

Imagine yourself as the Power that controls all the functions of your body. Imagine that your body is your servant and that it must obey whatever you command it. Stay with this imagery until you get the feeling that your body is readily and expectantly awaiting to fulfill every one of your commands, until you get this feeling of certainty that you are the absolute master of your body.

You may repeat silently or aloud the following affirmation to help you remain focused: "I am the master of my body".

### Step 4: Imagine and feel the outcome you desire as already fulfilled

Now vividly imagine the changes you desire in your body as if they already happened. You can speak to the cells in your body, to your body as a whole or to individual organs in your body, directing them firmly, yet lovingly what you want them to express and feel those changes taking place, as every cell of your body is eagerly obeying your command.

Thank your body for always readily obeying all of your commands, for always doing for you exactly what you want it to do.

If someone asked you for a favor, you'd be more willing to help someone who was deeply appreciative of

**your help, rather than someone who took you for granted. Well your body and your subconscious work just the same way. The more appreciation you express, the more thankful you feel for what your body has been doing for you up to this point, the more willing will your body obey your future desires and commands. Talk to your body and thank it for all those things it did for you so far which you took for granted.**

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**I would greatly appreciate if you'd send me an email letting me know how much you have increased in height during the year you have worked with this program as well as whether you have worked with it consistently, what difficulties you had - what helped you the most, etc.**

**In exchange for your success story, I will send you one CD of your choice as a gift.**

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