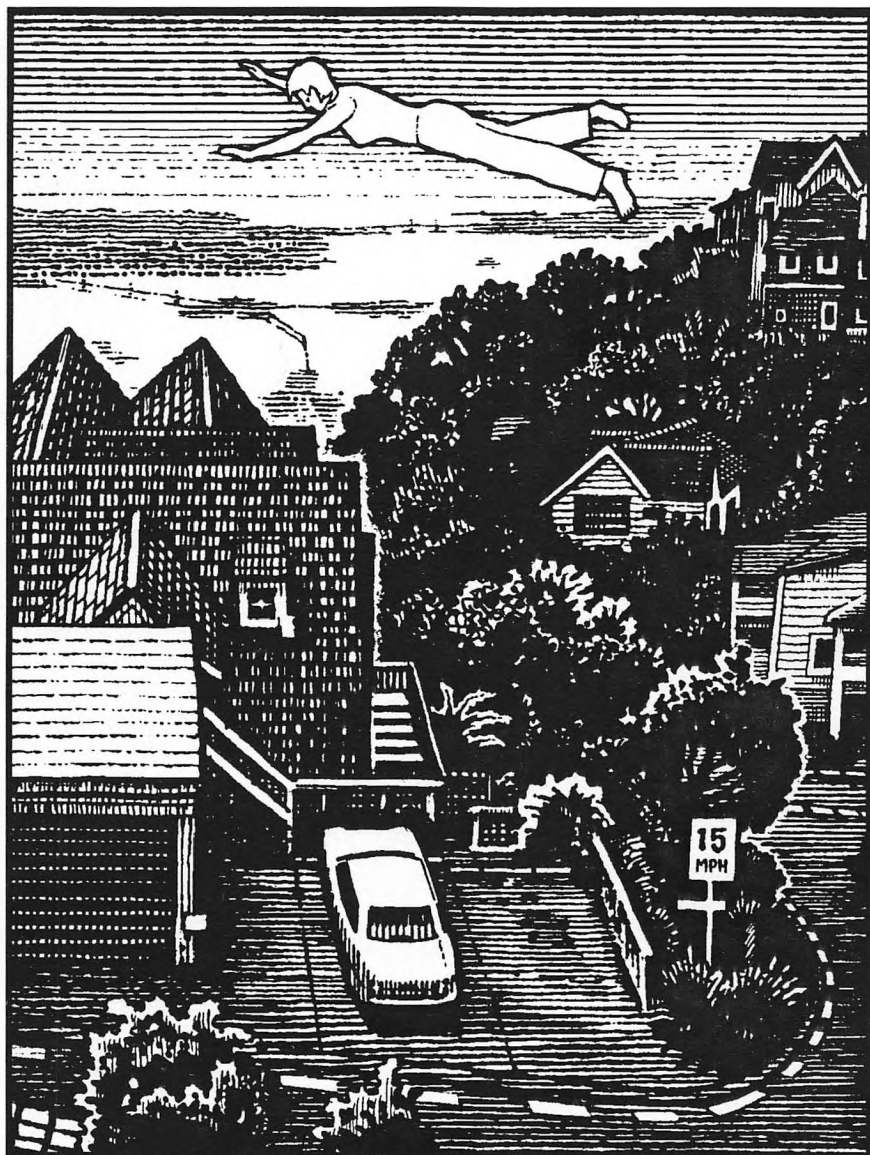


ASCENSION



Pamphlet No. 4 in The Camelopard Series
A Course of Study for Aspiring Mentalists

REMEMBER!
ALL IS AETHER



MENTALISM =
WILL OVER AETHER

ASCENSION

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Written by Clint Marsh, Illustrated by Jeff Hoke
"TAMQUAM ALTER IDEM"

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This Pamphlet: is the fourth in a series of instructional booklets teaching the tenets of mentalism, the practice of will over aether. Topics covered in the series include psychisms (the development of the mind's capacity for astonishing feats using aether), astral projection (travel in the astral, elemental, and elysian worlds), and spiritism (communication with aetheric intelligences). The material herein builds considerably upon three previous pamphlets: "The Nature of Aether," which describes the basics of aether and the aetheric plane; "Aetheric Beings," which describes the various intelligences that dwell within the aether; and "Aetheric Exercises," an instructional guide to the daily exercise regimens all aspiring mentalists should undertake. Handsome fold-out charts accompany the latter two pamphlets. A bundled set of these three pamphlets and the charts may be ordered by sending \$11, post paid, to the address below.

Subscriptions: to The Camelopard Series are \$20. Thirteen pamphlets are planned for the series; subscribers will receive an entire set of pamphlets, one of each, as they become available. Make checks payable to Clint Marsh. Subscriptions may also be ordered using a credit card at our online store. Visit www.wonderella.com for details.

Correspondence: The editor welcomes reports from aspiring mentalists who have attempted the exercises outlined in The Camelopard Series, as well as general commentary and questions on the material presented. Such letters will be printed in future numbers of *The Camelopard*.

*Please send all change of address notices to:
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First Printing, December 2002

“It’s not far, by bird, from a cloud to a man . . . everything is
transmutable into everything.”

— Paul Eluard, *A Toute Épreuve*

INTRODUCTIONS

To *The Camelopard*

At the height of their glory, the ancient Romans controlled vast amounts of Europe, Asia, and Africa. Merchants brought wonders from the far reaches of the empire to Rome to be displayed for the enjoyment of the emperor and the public alike.

One of these wonders they called the camelopard — a creature with the head of a camel and the spots of a leopard. Now known as the giraffe, this graceful, elevated animal evoked a sense of mystery and wonder in its day. It is from this fine beast that *The Camelopard* borrows its name.

By bringing far-flung knowledge before the public, the editor of this series of pamphlets hopes to inform and enlighten in the manner of the merchants of ancient Rome. *The Camelopard* endeavors to explain to the common man the nature and practice of mentalism and of the aetheric plane that makes mentalism and other extraordinary feats possible. Exercises for aspiring mentalists adorn the pages of each and every issue of the series.

Each pamphlet in the Camelopard Series provides theory, history, and insight into the aetheric plane and its uses in mentalism. It is hoped that the reader will use the examples to the best of his ability, and will contact the editor to tell of the results.

To This Pamphlet, “Ascension”

Of all Man’s fancies, the dream of flight is one that has diminished little since the days of Icarus. The advent of air travel in the early 20th Century brought people to the skies, but still the dream lives on in everyone’s mind, including, no doubt, yours. And it is the mind that will serve as the vehicle for your first true experience of flight.

As a reader of the Camelopard Series and a practitioner of the exercises described in its pages, you are already well versed with the basics of aether, the universal substance that ties all things together. Now you are about to learn how you can use the aether to perform a singularly spectacular feat — astral projection.

Building on the set of exercises known as the Aetheric Dozen (see the previous pamphlet, "Aetheric Exercises"), you will explore the astral world using memory and visualization techniques that will open your eyes to a whole new world, one made of a much finer grade of aether than the world we normally inhabit. By forming and then separating your astral body from your material form, you will achieve free movement — including flight — in this other world.

It is my sincere wish that you follow the instructions presented in this pamphlet and send in an account of your results should your experiments yield remarkable results. The practice of astral projection is an incredibly exciting one and I wish you the best of luck with it.

Yours truly,
Clint Marsh
Series Editor, *The Camelopard*
1204 Neilson Street
Berkeley, Calif. 94706

INTERNAL AETHER

Careful readers of *The Camelopard* thus far will have learned much about a type of aether called “internal aether.” In this essay we will explore the functions and limitations of this substance. Keep in mind that internal aether goes by many names. All these names mean essentially the same thing:

internal aether
personal aether
the mind
the consciousness
the aetheric body

Internal aether is differentiated from external aether in that it is the aether that composes what you think of as your self — that is to say your personality or consciousness. Internal aether composes your physical and aetheric bodies, your thoughts, your feelings, your memories, and your personality. In a word: you.

Your internal aether is controlled in much the same manner as your physical body. Think of this: some of your material body’s functions are subconscious or involuntary. These functions include breathing, blinking, reflexes, and other reactions and essential life processes. Other functions of your body come naturally to a grown person but are voluntary, such as walking, talking, and performing complex tasks like driving a car or cooking. Just as you control your body to do these things, so you control your internal aether to perform its functions. In fact, as you are cooking or sleeping or breathing in the material world, your aetheric body is doing the same in the aetheric.

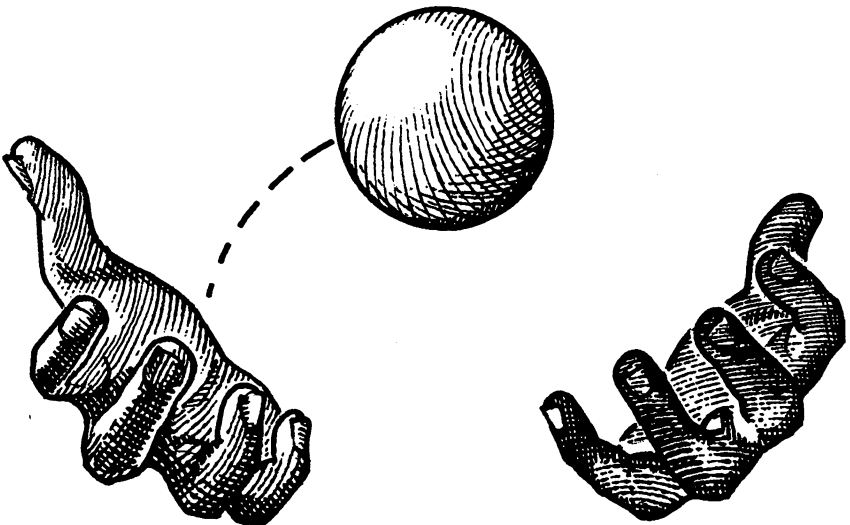
External aether, in contrast, is defined as all the aether that composes things that are not you. You can no doubt name a countless number of things that are not you. Right now, the things closest to you that are made of external aether are this pamphlet, the clothes you are

wearing, the air you're breathing, and the place in which you're reading this pamphlet.

An Exercise to Strengthen Internal Aether

In order to use your internal aether to its fullest potential, the aspiring mentalist must exercise his or her aetheric body (composed of internal aether) just as an athlete would exercise his or her physical body. Here is a simple exercise you can perform as part of the Aetheric Dozen set of exercises you learned in the last pamphlet.

The next time you complete the Aetheric Dozen — that is to say, you have performed all the exercises and are standing with your replenished aetheric body in your practice space — do something totally mundane while your consciousness remains in the astral frequency. What are the objects in your practice space that you could pick up or use? If you have properly visualized the aetheric plane around you, then they should all look like faintly glowing doubles of the actual material objects. Keeping your mental vibration high, walk over to one of the objects and use it the way you would normally. Keep this simple at first — it is better to pick up a ball and toss it from one hand to the other than to read a book, as reading takes more focused concentration and reflection which you need in order to keep your consciousness in the astral frequency.



Tossing a ball, folding some laundry, eating a cracker — all these things are perfectly good to do for the purposes of this exercise. What's important to think about as you do it is not so much the activity itself but the motions your body is making to perform the activity. Your hands are moving, no doubt. Maybe your legs are too. What about your head? If you've cho-

sen a mundane task like those listed above, you will be able to think about how your body is moving and how what you think translates directly into what you do, or rather, what is done. Because your internal aether is your consciousness, the more conscious you are of your body — its movements and functions — the stronger your internal aether becomes.

Do this exercise after your daily dozen for a few days, and see if you notice anything about yourself that you didn't know before. It is not necessary to keep doing this exercise every day after that, but remember that it is there for you if you need to strengthen your consciousness of your body.

Common Questions About Internal Aether

“Under what circumstances does internal (or personal) aether become external aether, and vice versa?”

The answer to this question is more complicated than it appears at first glance, and in fact there are no hard and fast rules governing what is and is not internal aether. What are some examples of the external becoming the internal in the material world? Drinking a glass of water, smoking a cigarette, even the simple act of breathing all take outside material and incorporate it into our bodies. As aetheric beings we can incorporate the external into our selves in much the same way. In fact, we do it as a matter of course, for when you eat a piece of fruit in the material world, you take the fruit's aether just as you take its flesh, and both provide nourishment to your respective bodies.

Think about exercise 11 in the Aetheric Dozen — “Drawing Aether to the Body.” In that exercise, you bring your aetheric envoy (internal aether sent forth from the body) back into your aetheric body. With practice, you can consciously bring external aether into your aetheric body. This topic will be explored in a later pamphlet.

“Does internal aether have a personality of its own?”

Yes it does, but that personality is the same as your own. In rare cases, the personality of an individual's aether is significantly different than that of his or her material world personality. This is usually caused by mental illness or possession by a poltergeist force or an equally powerful aetheric being which commands the personality. In those instances, the internal aether is still the victim's own, even though it is no longer under his or her control.

“At what rate does internal aether vibrate?”

I'm so glad you asked that question, because it brings me to my next subject. . .

MANY BODIES, ONE SELF

Depending on its vibrational frequency, your internal aether composes one of a number of sublime bodies that exists in tandem with your material self. Most of the time your internal aether is vibrating at a rate within the material range, albeit on the aetheric plane. Because the aetheric plane exists our material and aetheric selves can exist simultaneously.

Presented here is a reproduction of a chart first shown in pamphlet no.2, "Aetheric Beings." As you meditate and raise or lower your internal aether to other worlds within the aether, your consciousness changes from its normal material-aetheric form to one more suited to the new world it inhabits.

The Other Worlds and Their Aetheric Vibrations, A Vibrational Map of the Aetheric Plane

ELYSIUM
THE ASTRAL WORLD
THE LOWER ASTRAL WORLD
.....
THE MATERIAL WORLD
THE ELEMENTAL WORLD

If you've been practicing the Aetheric Dozen, then you may have already made an astonishing realization: Each time you have raised your mind's frequency to the astral world, your personal aether has done likewise and formed an astral body. While you practice the exercises

the astral body inhabits the same space as your physical body. In this pamphlet you will learn techniques for moving your astral body to other places while your physical body remains still.

The Sublime Bodies

The Elemental Body: The aetheric form known as the elemental body exists at the lowest aetheric vibration and is the most dynamic of all the sublime bodies, due to the variegated nature of the elemental vibrational frequency. Depending on where in the elemental world your travels take you, your elemental body will become fiery, earthy, watery, airy, or a combination of the four. In some instances the elemental body can exist in the material world. Techniques for creating and using your elemental body will be discussed in a pamphlet later in this series.

The Material-Aetheric Body: This body is known as the “material-aetheric” body instead of just the “material body” to help you keep from confusing it from the physical body you use every day in the material world. Your consciousness is in its material-aetheric form when you go about your mundane day-to-day affairs, not practicing mentalism or altering your mind’s vibration through meditation or other means. You use your material-aetheric body when you daydream, putting yourself in places or situations that are totally imaginary.

The Astral Body: Most of the feats and techniques you will learn as a mentalist will use the astral body. The astral body is an ideal vehicle for mentalism and aether manipulation for a number of reasons. Firstly, the heightened awareness achieved through astral-vibration meditation focuses the mentalist sufficiently for aetheric work. Secondly, the astral world is a remarkably pliable place, so aspirants will find it a welcoming venue for their experiments. Thirdly, the variety of beings and energies existing in the astral world provide the diversity essential to progress as a mentalist. There are other, lesser reasons illustrating why the astral world is ideal for mentalism, and as you perform your own studies there you will no doubt come up with a list of your own. “A Separate Self,” the fourth essay in this pamphlet, gives a considerable amount of information about the astral body.

The Elysian Body: The elysian body is the aetheric form your consciousness takes on once its vibration is raised past the upper limits of the astral world and the Lethan field separating the astral and elysian frequencies. At this point in your studies Elysium is nothing but the remotest of destinations reachable in your aetheric travels, so for now we will not dwell on the functions of this sublime body.

INITIAL EXERCISES

The activities we take part in on a day-to-day basis can also be performed in the astral world. In fact, a simple thing like a walk around your neighborhood can serve as the perfect introduction to astral projection. The material world offers many illustrations that can help you understand aether more fully. In this essay you will learn three material world exercises that will prepare you for your initial forays into the astral world.

Exercise 1: Awake Around the Block

Have you got a short route that you walk on a regular basis? Perhaps you go to a store or a bus stop a few blocks from your house several times a week, or maybe you have incorporated a short stroll into your exercise program. Regular walks such as this improve your physical health. When you practice mentalism, you can perform similar walks in the astral world to improve your aetheric well-being!

Make sure the route you choose is a short one, with your furthest point no more than three blocks from your house, and try this: the next several times you go out on your walk give yourself extra time to notice the details of the world around you. Set aside a week to do your walk a few times in a much more conscious manner than usual. Take half again or twice as much time on your walk so you can observe as much as possible. Look, listen, and smell the things around you on your way, paying extra attention to sensations you don't normally notice. Breathe deep, getting a real feel for the air of the place. Is it sunny? Are there lots of buildings? How many trees or other plants do you pass on your walk? Are there many people around?

When you return from your walk, take some time to remember what you can of it. Retrace your steps in your mind, ideally spending as much time in recollection as you did on your stroll. Memory is strange. We tend to remember only certain large or remarkable things we see or hear. As a student of mentalism you must remember what all your senses are telling you, and the details of everything you experience. At first you may find that you are remem-

bering your journey as a series of more powerful sensations connected by less memorable ones. As you practice your recollections, your memory will improve, thus improving your visualizations of this trip.



Exercise 2: Getting to Know You

Here is an exercise that will help you visualize your projected astral body. Stand naked in the bathroom or any other well-lit room that has a full-length mirror in it. Examine your reflection as you stand about an arm's length from the mirror. You know your body so well, because you inhabit it and use it constantly. Get a good sense for the proportions of your body and how you look from the side and front. Look over your shoulder or use another mirror to get a look at yourself from behind. Then close your eyes and take a few minutes to picture your reflection from each angle. Open your eyes and compare your mental image to the reality in the mirror. Do this a few times.

Now stand very close to the mirror, almost to the point where you're so close you can't focus. Look at your face. Study its details just as you studied your body's details. A mental picture of your face is vital to beginning astral projection, so pay close attention. Now close your eyes and visualize your face. Can you see it? Concentrate on its image for a minute or so and then open your eyes to your reflection. How close is your mental picture to the real thing? Keep studying your face and picturing it in your mind until you know it well.

Step back from the mirror and see your whole body again. Begin to notice your breath.

Take a few deep breaths, and on one of your inhales, close your eyes and picture your body. When you exhale, open your eyes and see your reflection. Do this several times to increase your mental familiarity with your body, and then repeat the exercise focusing on your face.

When you are through with this exercise, take a break from such introspection. Read a book or go outside. Be around other people. It will do you good, and will let the things you've just thought about sink in to your subconscious, for recall later.



Exercise 3: Dissolution Illustrated

As you learned in the exercise “Inky Flares” — from the second pamphlet in this series — water is an excellent medium for conducting experiments to illustrate the properties of the aether. In the exercise described here, you will need a (preferably transparent glass) bowl of water filled nearly to the top, a sharpened pencil, and a small box of sugar cubes.

Imagine that the bowl of water represents the room you are in. The room is filled with aether, as it always is, and you are in it. With your fingers, carefully set a sugar cube in the bottom of the bowl. Now look closely at the sugar. After a moment or two you will see the sugar beginning to dissolve. Watch as it does. Notice how the solid cube slowly comes apart and melds with the water around it. Make note of how this particular sugar cube dissolves. Put another in and notice if it behaves the same way.

After you've watched these two dissolve on their own for a bit, put another cube in. Stir the water around with your pencil, creating a whirlpool in the bowl. Pay close attention. How does this affect the dissolution of the sugar cube? Try other things with the pencil. Flake away bits from the edges of the cube, poke directly into its center, twiddle the pencil just to the left or right of the cube and notice how the sugar comes apart when you do.

Perform these experiments again the next day, always noting how different conditions affect the dissolving sugar cube. Write down your perceptions, but remember to keep track of them mentally as well. Think about some of the dissolves mentally during your next meditation session.

A SEPARATE SELF

This essay will guide you through the formation and separation of your astral body from your material body. In truth, it will instruct you in your first astral trip. Because of the importance of this exercise, aspirants are advised to read this essay through at least once before following any of its instructions.

This exercise should be performed at the end of one of your daily aetheric regimens (see “Aetheric Exercises”), while you are still vibrating in the astral world, and one day after performing the “Getting to Know You” mirror exercise presented in the preceding essay. It’s okay to go back and do the mirror exercise again if it’s been more than a day. Remember to wait until the next day to try this exercise, though, to give your mind some rest and to be sure you can truly recall the memories.

Lay down on your bed or on the floor near a wall, facing the ceiling. When you are more accomplished with this technique you can try it while standing or sitting, but for now, it’s safer to try astral projection on your back, so you don’t have to worry about keeping your physical body’s balance.

The aetheric-material grounding you perform in the Aetheric Dozen involves your foot links. Your foot links continue to provide your firmest grounding while you are on your back. Put your bare feet against a wall, if possible, while you are lying down, to keep physical contact between the soles of your feet (which hold a pair of aetheric links) and the material world.

If you have just completed the Aetheric Dozen, your consciousness is already vibrating in the lower astral range. Your initial astral trips will take place in this vibration. Deeper travel into the astral world will be outlined in a future pamphlet in this series.

At this point your astral body occupies precisely the same space as your physical body. What we must do is transfer your consciousness outside your material form. The first step in accomplishing this is to form a very clear, very precise mental picture of your body.

Continue the deep meditation used for your aetheric exercises — focus on your breath. If

it helps, think of the astral world as a deep blue wave of energy washing over you, as you have done before. Remain in this state for a minute or two before continuing.

When you are ready, shift your focus from your breath to the memory of your face in the mirror the night before. Allow yourself plenty of time to form a clear mental picture of your face, with all its details. Think deeply on it. Imagine this face floating directly above your own face, so that you are looking into a mirror image of your own visage, just like last night. Only this time, it is real.

Once you've established a good representation of your own face floating directly above your own, move your attention down to your chest link. From this microscopic portal in your solar plexus you must now emit a good deal of your personal aether.

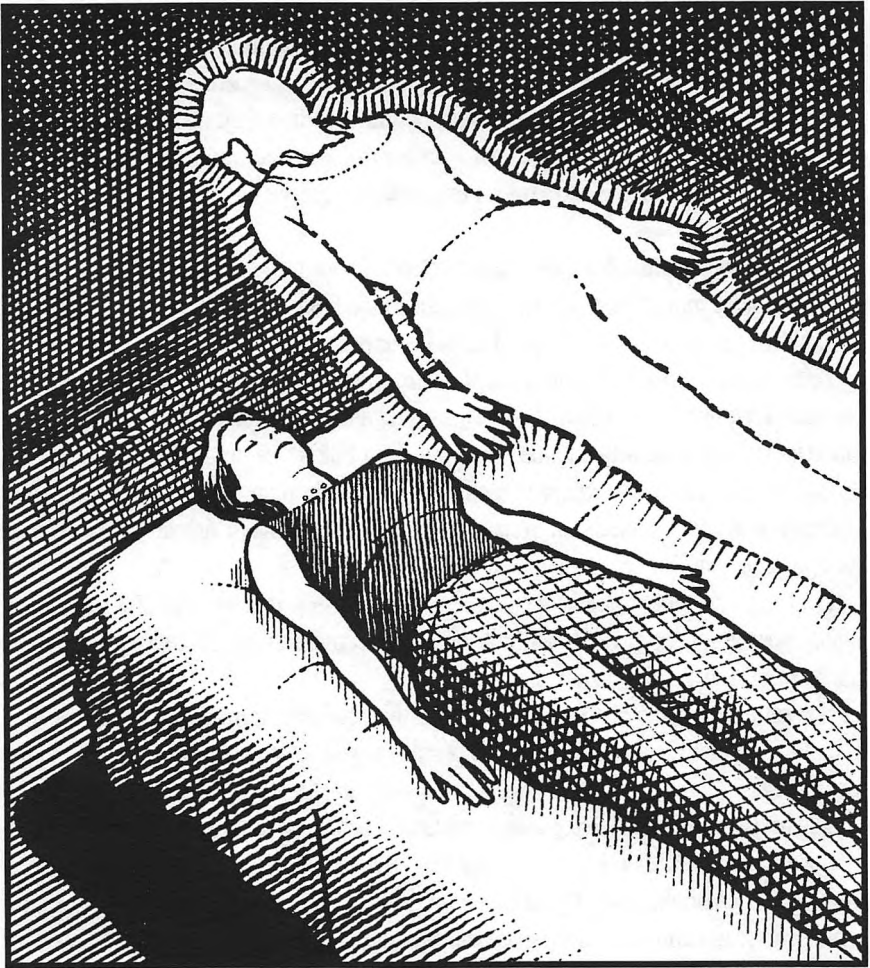
Do not be frightened by this prospect. At all times during your astral travels, you will be in complete control of your aetheric body. There is no danger in emitting this internal aether. Start slowly, letting the aether come from your chest link like a steady stream of smoke. It should coalesce just above you, into a cloud of vaguely human form. Let your awareness gradually shift with this emission, your consciousness expanding to include the space above your physical body.

Emit enough aether to make a cloud about the size of your body, even if it seems a bit vapory. Now rest in this mode for a minute or so, your consciousness split between your material body and the cloud of aether above it.

Now stare into the cloud of aether, and look at the face you've formed in it. Take some time to make sure the face remains as close as possible to your own, a steady vision with all the features there. The eyes are the same, the facial structure, the lips, nose, and hair are all the same. This is an important step, so take your time. There is no hurry.

Once your visualization is strong, hold it in your mind and feel your consciousness filling the cloud. The visualization of your face, and the eyes in particular, anchors your shifting consciousness as it moves from the space within your material body to the space just above it. Blink when you need to, keeping the face right above yours with those eyes blinking right back. Once you've brought your consciousness completely up to the floating space blink again, and realize that the face you see is no longer the face of your astral counterpart, that floating double made of so much of the stuff that is, essentially, you. No, the face you see is that of your material body, and you are looking down at it from above. Your consciousness is now in your astral body, floating free above your physical form.

Your initial movement in your astral body shouldn't be too difficult if you take it slowly. Float higher into the room until your astral body is about five or six feet off the floor. Continue to focus on your face below so you don't get disoriented. Once you're high enough, lower your astral feet to the floor so that your astral body is standing upright. When this is done, take a deep breath or two and look around the room. What do you see? Is everything as you remember it?



You will find that walking isn't really necessary while your consciousness is in this form. Simply think of where you want to move to and you go gliding along, your feet just above the floor. Try it. Spend some time moving about the room or even the house in your astral form. Don't leave the house during this trip, though — the essay following this one will guide you through your first "outdoor" astral trip.

Although it's unlikely, you may run into one or more spirits, elementals, or other aetheric beings on your initial journey. Do not be alarmed. Nearly all these beings are harmless, and most won't even notice you as they go about their otherworldly business. If you are ever frightened by them and do not wish to remain in their company, simply leave the area. If you feel safer nearer your physical body, move there.

When you're ready, begin to reintegrate your personal aether. Do this gradually, as a quick

reconnection of your two selves can cause an unpleasant mental shock. Successful reintegration can be done by merely reversing the process by which you projected in the first place. Float your astral body above your prone material world form, ideally no more than twelve inches away. Align your astral face with your material counterpart, and focus on your breathing. Allow yourself to remember what everyday physicality is like, the way your material body feels. Let this feeling grow slowly in you, a gradual realization throughout your entire body as you shift your consciousness back to its earthly state.

When you are ready, breathe deep, hold it, and as you exhale open your eyes to see the ceiling of the room. You are back in your physical body. Gradually bring your vibration back to the material world. There's no need to rush. Relax and breathe for a minute or so in the material vibration. It is no doubt quite exhilarating.

You've just made your first astral trip. Way to go!

ASCENSION

This is a very exciting time in your aetheric development. You've just completed your first astral trip, and while it was very brief, it was astoundingly important. This essay will instruct you in your first astral excursion of any considerable length. You're well prepared for this trip, because it will take you on the same route you've been traveling on your walks around the neighborhood. This time, however, you will take your walk using your astral body.

This exercise is best performed on a day where you've gone on your neighborhood walk followed by a session of the Aetheric Dozen. Like the previous exercise, this one should be done lying down with the soles of your feet touching the wall. Go through the procedure of forming the astral body, floating it just above your prone form.

Once your consciousness has been transferred to this suspended body and you feel relaxed in it, bring your feet to the floor and look around the room. This is at least your second time outside your body. Do you notice that anything has changed from before? Look at your material form, breathing in unison with you. It will be fine while you are away. If you are ever in danger, your astral and material bodies will rejoin in an instant. Do not be afraid.

Now move from this room to the door of your house. Can you see the door plainly? Reach out and open it. "Walk" through and close the door behind you. Pause here. Remember to breathe.

Float several feet away from the door and look around. Take in the view — what do you see? Breathe deeply and savor the air. The air out here is different than that in your house. Give yourself a few seconds to get accustomed to this scene, and then begin your trip around the block.

Move at a normal pace along your path, if not a little slower than usual. There is a lot to see, a lot to hear. What do you notice? Does the sky seem familiar? Look at the buildings and the ground around you. Are there trees? Are there people? Keep moving, but retain an active awareness of what's happening around you.

Continue your journey to its furthest point, if you can, and then turn around and head for

home. Aside from the floating, gliding attitude your body takes on during astral flight, remember to move as you normally would, using your hands to open and close the door when you return. Return to your practice space. You'll reintegrate your personal aether into your material body just as you did before, floating above and staring face-to-face into your own eyes. Keep breathing. Close your eyes and visualize your body getting more solid, more heavy, more anchored in the material world.

When you are back in your physical form — and when you are ready — open your eyes. It's natural to feel a bit disoriented after an astral projection session. Allow yourself time to regain your bearings once you've come back to the material vibration. Lie still and think about your trip. If you've maintained a slow, steady reduction in vibration on the way back down to the material world, you shouldn't have any adverse reaction to your projection. Take it slow. You might even feel invigorated and excited once you're back. After all, you've just done something amazing!

Going Higher

If you've closely followed the directions given so far in this pamphlet, all your astral travels to this point have covered the same ground you've tread during your normal, material-world walks around your house and the neighborhood in which you live. No doubt you're hungering for something a little more spectacular in your astral projections. No doubt you're thinking about flight to higher and more inaccessible places.

Even though humans are earthbound creatures by nature, we've all dreamed (while awake or asleep) of flying high above the earth at one time or another, hoping perhaps to escape from some dreary reality below or just to feel completely exhilarated by unencumbered movement among the clouds.

This being the case, the barrier the aspiring mentalist has to surmount to achieve true astral flight (that is to say, astral flight unlimited by gravity) isn't the imagining of the act of flight, it's the visualization. As you know from reading *The Camelopard*, the imagination is the starting point for all mentalism, but before any imagined idea can have any validity in the material or astral world it must be visualized with a great deal of concentration.

Material-world experiences can help you visualize astral flight. Within reason, you should have a material-world experience as close as possible to your astral flight.

I say "within reason" because I don't want to encourage you to put your physical body in danger as part of your aetheric studies. In fact, one of the greatest advantages of mentalism is that the aspirant can use his or her mind to do things that are impossible for the body to achieve.

So please don't go out and jump off a cliff in search of the feeling of flight necessary for this exercise. The aether in the astral world behaves like water at times, so if you are to excel at astral flight, it's good to have a working knowledge of how your body moves underwater.

Swim often, taking careful note of how the water feels around your body. Scuba diving is also recommended, as the prolonged dives beneath the surface will accustom you to floating movement in another world.

Equally important to the sense of flight is a visual picture of what the earth looks like from above. Do you ever travel by plane? The next time you do, pay special attention to the ground below you. How does it look? Can you see your house from the air? Study maps of your hometown, paying close attention to your neighborhood. Then go outside and compare what you see on the maps to the actual houses and geographical features there. Stand on your roof and look around. How does your neighborhood look from up here? When you're ready, you should try to visit the skies above your town on the aetheric plane.

Psychic Residue

When you move on the aetheric plane, you leave a trail behind you, a "psychic residue" that is similar to the signs and scents left behind as an animal moves through the forest. This residue trail is made up of internal aether that breaks away from your aetheric body as you take in new experiences and sensations. In the material world as well as the aether, this trail also accounts in part for our ability to remember places we've been and things we've done.

Although the trail is nearly imperceptible to initiates, to whom aetheric bodies will appear to glow and seem to be trailed by a blurred afterimage of themselves only a few inches in length, experienced mentalists see the psychic residue clearly and can use it in tracking other aetheric beings or to determine what type of intelligences have come through an area in the astral world. It is this psychic residue trail that your astral body follows to get back to your material body. Even though it's best to retrace your steps back to your material body when finishing an astral trip, the astral body is able to snap back instantly, if need be, by following the psychic residue trail.

Dissolution of Aether

At times you may find it useful to clear out a room-like space on the aetheric plane for use as a mental "workshop." Perhaps you are plagued by distracting thoughts and need to focus your attention on a particular thing. Maybe you are unable to practice in your normal quiet space and need to find stillness in the midst of boisterous surroundings. Whatever the reason, the technique behind the creation of such a workshop is a useful one.

Recall the sugar exercise from earlier in this pamphlet. In it, you watched as a sugar cube dissolved slowly into the surrounding water. With proper visualization, you can mentally "dissolve" objects on the aetheric plane, temporarily obliterating their influence on you. This technique — like all others you are learning — is limited only by your imagination.

Start out with this simple exercise. Clear your practice space of all objects save a chair, a book, a glass of water, and a pair of shoes. Sit in the chair, facing the objects, and enter a

meditation in the lower astral frequency. Visualize the room, its walls defining the boundaries of the space that will become your aetheric workshop. Visualize the book, the glass of water, and the pair of shoes in the room, and also yourself in the chair. Think about the book, focus your attention on it. The book represents an object or thought that stands in the way of your concentration. It is a foreign object that must be removed from the space. Look closely at the book (you can do this with your eyes open or closed, whichever feels more comfortable to you), so close that you can see the texture of the cover. All surfaces have a texture, even if at first glance they appear smooth. Look at the texture of the cover of the book, and as you do, imagine an eddy of aether washing away at it. Bits flake off, float away from the cover, and dissolve into nothingness. Keep concentrating on the book. Once the cover is broken away and gone, let the pages come loose, float above the book and break apart rapidly, joining the eternal flow of the aether. Keep up this thought until the whole of the book has been dissolved. If you like, visualize a sharp spike of aether working away at the book, just like your pencil did to the sugar cube in the earlier exercise.



You might well wonder, Is the book now destroyed? No it is not, not in the slightest way. What you did was dissipate the thought of the book, the image of the book in your mind. If you look again, you may see the book back where it was, solid as ever. Try not to let this happen as you move your attention to the glass of water and then the shoes, dissipating each in the same way, as if they are made of sugar and are submerged in a turbulent pool.

What difficulties do you notice as you dissolve these other objects? Does the glass shatter or does it flake away like the book? Does the water in the glass steam as it disappears or does it drain into nothingness, as if someone were drinking it with an invisible straw? Do you picture the laces of the shoe untying before they dissolve, the elements of the shoe coming apart as if it were being disassembled by hand, or does it break up as if it were made of a single substance — as you and I know it truly is.

Once you've dissolved all three objects, rest a bit in your meditation and enjoy the room in its new uncluttered state. Does it take much effort to keep the objects invisible? Do they keep slipping back into view? Maintain the room's blank state for at least five minutes before allowing the objects to come back in. When you do, there is no need to rebuild them in the aether. You'll no doubt find that the objects reappear with little effort on your part. It's just a matter of noticing them again.

The paradox behind this exercise is that in the aether, thought is reality. The things you actively try not to think about are the very things that will crop up in front of you. It's vital that you learn to clear your mind of thought, making your self as blank as the room you've just cleared. This can only be done through regular meditation and practice.

You may find it easy to dissolve things like books and glasses of water — all it may take is to close your eyes to forget about their presence. Out of sight, out of mind, after all. But what if you need to clear unwanted sounds from a room? What about smells? You must form techniques that help you clear these intruding sensations from your attention. Practice sitting in a crowded cafe, focusing on one conversation for a while and on another later. Then let the overall warble of voices merge, and, closing your eyes and your mental ears, dissolve the cacophony into nothing. Memorize scents, including the smell of nothing at all, and bring them back as needed. With practice this will become easier.

THE DWELLER ON THE THRESHOLD

*The Lestrygonians and the Cyclops,
the fierce Poseidon you will never encounter,
if you do not carry them within your soul,
if your soul does not set them up before you.*

— Constantine P. Cavafy, *Ithaca* (1911)

Being human, each of us carries within ourselves a tremendous amount of psychic burden. Most often the result of experiences gained in childhood, this mental baggage weighs us down and hinders our capacity for mastery over aether. In order to move ahead in your studies of mentalism, it's necessary to take stock of this burden and remove it from your self.

As it invariably does, the aether gives aspirants a very concrete representation of this psychic burden. It is called the Dweller on the Threshold, and you will meet it in the astral world early in your travels.

The Dweller's appearance is unique to everyone. One person's Dweller might appear as a great beast crouched in the middle of a road. To another person, the Dweller is a wall of fog or an endless field that cannot be crossed. No matter its appearance, in each case the Dweller's purpose is the same: to stop your aetheric advancement dead in its tracks.

It seems unfair, doesn't it? Here you are on the verge of great achievement on the aetheric plane, and this creature, this monstrosity now stands in your way. Why?

That, dear aspirant, is a question that only you can answer. For just as the Dweller looks different to each and every one of us, so is the Dweller different. It is made up of all your past failings, your fears, your insecurities. Everything that's ever stopped you from fulfilling your desires and living out your dreams is bound up in the flesh of this unsettling creature, be it bottomless sea or stony serpent in appearance.

Facing the Dweller is not as awful a fate as you might think. In a way, the Dweller is giving you an opportunity, forcing you to come to grips with everything that's ever held you back, to

examine why it is that you limit your own capacity — which is phenomenal — by believing falsehoods about who you are or what you can achieve. By setting it all before you now, when

you are at the brink of terrific personal development, the Dweller is actually doing you a great favor.



Crossing the Threshold

The ancient Egyptians, among others, believed in a being similar to the Dweller, one who guards the crossing point between life and death. The role of the aetheric Dweller you'll meet isn't much different, for when you meet it you are ending your first life — that of the Mundane — and stepping fully into your new life as a Mentalist.

Despite its outward appearance, which as you know by now could be anything, the Dweller is not a single entity but an amalgam of legion thought-form elementals (see the pamphlet "Aetheric Beings," p.22), each one representing a particular aspect of your

life that has stifled you or held you back from fulfilling your potential. Just like the Dweller, these creatures can appear as something completely unrelated to their true nature, but when you see each one you'll realize what it is. These elementals will appear to you separate from the Dweller, breaking off from the greater form one by one. Each one must be met and understood for what part it has played in your life. It must then be dissipated using the technique you learned earlier in this pamphlet.

But when you dissolve the elemental, you are not wiping it from your memory or temporarily clearing it from the space in which you are standing, like you did with the glass of water or the book. No, you're doing something much more powerful. By dissolving each elemental at the Threshold you are accepting its force in your life and making it clear that you will no longer let it hold you back.

The work you are doing here is mental — it is for the good of your mind. This process will not remove bad habits or unpleasant thoughts from your life, but it will stop you from being mentally restricted by them.

Expect the process to be emotional, as it is bringing up old memories and experiences that may have been swept under the rug. This process is also slow — do not expect it to be easy or fast. Take as much time as you need. It may take more than one session with the Dweller to

overcome all its aspects. This is okay — there is no need to push yourself too hard. Take your time at the Threshold, long enough to appreciate what it is you're doing for yourself. In the end you will appreciate the time you took, because the experience is deeply personal and rewarding, and will make you a more complete person.

Once you have reconciled with the Dweller, it will bow and will not meet your gaze. You can pass freely across the Threshold and into the next stage of your mental development and your life. You will not meet the creature again.

In a sense, crossing the Threshold will be one of the greatest feats of mentalism you will ever perform, because you will be overcoming your self, your past, and all the things that have ever limited you.

All is aether.

Mentalism is will over aether.

And in the end, nothing's really holding you back, is it?

GOING ON

This pamphlet has outlined a number of practical exercises for the aspiring mentalist to perform in the astral world. No doubt you can think of many others you would like to try. By all means, experiment!

Practice your astral flight, and attempt feats as they come to mind. Astral travel is a dynamic, fantastic experience, one that you should try to get the most from. Use the skills you've learned in your practice here to do things you wouldn't normally try with your material body, to go to places that are physically impossible for you to visit.

Try the psychism experiments you learned in "Aetheric Exercises." You may find clairvoyance, telepathy, and telekinesis to be surprisingly different while projecting. Notice how your thoughts affect your surroundings, how even your subconscious musings alter the environment in a subtle way.

Keep an eye out for other aetherics in the astral world. Most of them are benign, many not even paying much attention to you. You are all like fish swimming in a vast ocean, each going about its own business. All the same, remain aware that there are aetheric beings out there that wish harm on others. The aether is a "transparent" substance in that a being's motive or purpose is often clear when you encounter it, but powerful aetherics can throw up a mental smoke screen that masks their true intentions. Be careful.

But above all, enjoy your new knowledge and work to use the aether in a meaningful way. Keep practicing the Aetheric Dozen, and meditate on what the aether means to you.

As always, should you have any remarkable experiences while studying mentalism, or should you have a question about the aether, please write to *The Camelopard*. This issue's Letters column reprints two such letters detailing interesting aetheric phenomena encountered by readers just like you.

LETTERS TO THE CAMELOPARD

To the Public and the Press: The editor seeks questions and commentary regarding this pamphlet, as well as results from the experiments described herein. Address all correspondence to *The Camelopard*, 1204 Neilson Street, Berkeley, Calif. 94706. Email your letters, if you must, to marsh@wonderella.com. Letters should include your full name and address, which will not be printed but are necessary should we need to contact you.

Dear Editor,

I have a mentalism situation with my dog. His name is Flike, and he lives at my aunt's house in the country because I don't have room in my apartment.

So I was house-sitting, see, while my aunt was away, and I was outside in her back yard in the middle of the night, and all of my links were fully active, and I had ejected my personal aether.... Let's just start there.

In retrospect I believe I was probably being reckless, pushing my limits, and I wish I had followed your suggestion of having someone observe the meditation. Unfortunately, I was so tired that I was not all that careful about gathering the aether back to me and redistributing it as you describe in your "Aetheric Exercises" pamphlet. I kind of moved it around my neck haphazardly and

once I got it back in I think the percentages were way off.

That same night there was a windstorm that blew some trucks off the road and the whole thing was on the morning news. Well another thing it blew over was the fence that keeps Flike in. Luckily he stayed in his house, and I had a chance to hook a chain to his collar and to the faucet before he noticed that he wasn't fenced in.

But now Flike is carving a semi-circle in the yard as he manically sweeps back and forth at the end of his chain, barking at the house and at the guys fixing the fence. And he keeps that chain so taut that if you are out there when he goes by, it will scrape your shins and knock you down. He already tipped over the umbrella table. That's how taut!

When I stand at the faucet and call him,

he stays at his limit, looking at me. Tugging on his chain. That's the weird thing — even when he faces the house, he keeps the chain stretched tight.

Now I could be way off base but I find it very interesting that the spot where I stood with my links fully activated now appears to be the center point of a circle of blown-down fencing, two or three repair people, and a dog who refuses to slacken his chain. While I don't claim to have mastered even the starter psychisms in your latest pamphlet, I think there is a non-zero chance that I did this. The problem is that I'm not sure how to undo it. The fence will go back up in a day or two and the workers will disperse, but Flike shows no sign of coming nearer the house, even when coaxed with whistles or bacon. He seems confused about his limits — his outer limit has merely been reduced temporarily but he seems to think that his outer limit has been replaced with an inner limit. Which is not true!

I tried placing a caterpillar on the chain in hopes that it would mesmerize Flike as it inched its way toward him, but, my God, he went into some kind of gymnastics like we have never seen. Flike, I mean. One fence guy called him a jumping bean, and indeed his movements were bean-like if you imagine a bean leaping repeatedly straight up and if you imagine it chained to a faucet like Flike is. I mean there is no reasoning with this dog, and I feel sorry for the caterpillar, which flew off the chain and slinked off into the grass.

My aunt told her personal veterinarian about what happened and he's coming over to have a look. First of all, why does my aunt

have a personal veterinarian, is one thing. And another thing is I hope he is an animal lover because if he's not, I worry about his ability to get his head around this situation. I hope he does not suggest severe repercussions for those involved such as me and Flike. I have already assumed that he is not an aspiring mentalist, but I will raise the subject and see what he says because it could grease the wheels.

I have told my aunt that when the fence is finished she needs to unhook Flike at his collar first, NOT at the faucet, because if she unhooks the chain at the faucet, that dog is likely to tear around the yard in flagrant disregard of all of his limits with his tongue and a chain in tow, whipping around, rattling across the deck.

My aunt is already "plenty hot" from how we had to compact her lawn implements into the corner of the yard outside of Flike's arc. My hope is that, once unhooked, he will be back to normal. I have a small fear that once released from the house he will be pinned against the new fence, further repelled from the spot where I stood, but surely that won't happen.

I'm writing to tell you that it is important not to get carried away, but I want to make it clear that I am not slamming dogs because I recognize that in many cases they are one of man's top friends and that their energy can often be harnessed for good, if only as an inspiration to those who are lethargic. This I do not dispute. I am saying that control is something I need to work on as I aspire to greater mental feats, and I am going to train my experiments on blunt, inanimate objects

for the time being, until I get a better feel for my capabilities.

Other aspiring mentalists might want to do the same.

Cautiously,

R.D., San Francisco, Calif.

P.S.: On an unrelated note, I have found that a sip of cool water from a nearby source is a nice way to finish a tiring mental exercise. Try it!

Dear Editor,

As an accomplished initiate in several mystic arts, I came to "Aetheric Exercises" with perhaps a different perspective than the novice reader. I had several noteworthy experiences during a run-through of the "Aetheric Dozen," which I hereby offer for your amusement.

While visualizing the aetheric plane (step 2), I perceived interesting attributes of the objects surrounding me in my room. Specifically, I perceived them not in terms of their shape, outline, color, and such, but in terms of their meaning. Books flew off their shelves and fluttered open, words chattering in my mind. My laundry bag seethed as a vortex of cleanliness. Etc. Then, while visualizing my aetheric body (step 3), I perceived not just the ten aetheric links, but a vast array of points and lines of glowing aether. I had wondered

how the links would appear to me, with my experience of similar but different models of the extra-material body (the chakras, the Tree of Life, etc.); to my surprise, I saw all of these points and flows, and many more, superimposed and coexisting. The attributes of the 10 named links, however, became immediately apparent. Though I could perceive something like aetheric nodes in, say, my ankle, knee-cap, calf, shinbone, etc., their significance was not so clear.

I found that my previous skills with other magical systems lent themselves directly to the application of steps 4 through 9, and the basic manipulation of aether came to me quite readily. I encountered one especially noteworthy phenomenon while taking a brief aetheric journey to an upstairs room. Focusing my senses through the blue pyramid, I floated up through my bedroom ceiling and down the hall to my housemate's room. She wasn't there. However, I found that my intention to visit her was sufficiently strong that I was suddenly flung downtown to her place of employ, where I watched her happily at work. Do you have an interpretation of this phenomenon? Was there an aetheric gateway from her room to her job? Or did my knowledge and intent grant me the ability to journey like that? Or was it something else?

Sincerely,

A. MacW., Oakland, Calif.

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