

Contents

I. Introduction

1. Congratulations! 3
 2. What is a Chi-Generator? 4
 3. About Low Frequencies, Mind Machines and the Performer 2400 6
 Frequencies of the Performer 2400 and their effects 7

II. First Steps with your Equipment

1. Inspection 9
 2. Warranty 9
 3. Disclaimer 9
 4. Become acquainted with your Equipment! 9

III. The Equipment

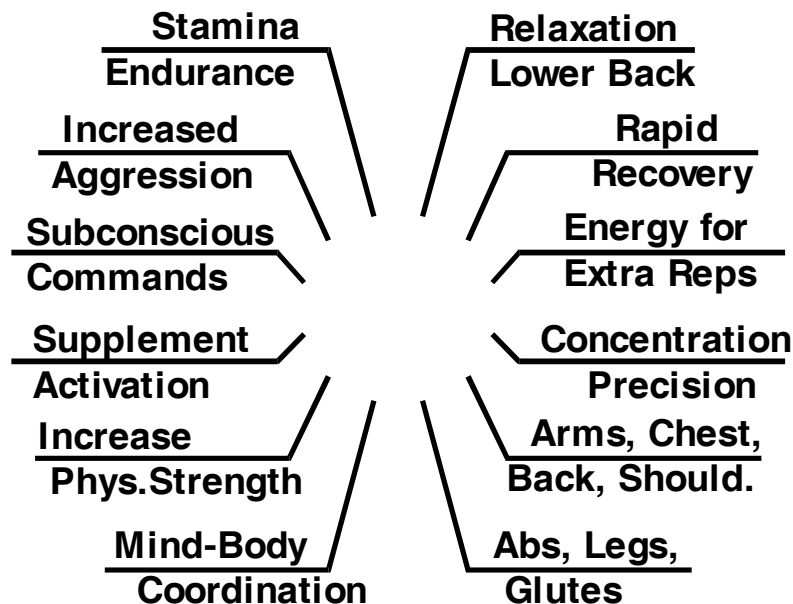
Performer 2400 10
 Power Boosters 11
 Exterior Precision Module EPM 2400 11

IV. Operation of the Welz Chi Generators

1. Setting up and testing the frequencies 12

V. Step-by-step Introduction

1. First Steps 13
 1.1. Feel the Chi Energy Output 13
 1.2. Feel Differences in Energy Output 13
 1.3. Feel Energy Output at a Distance 14
 1.4. Energize Yourself with a Structural Link 14
 1.5. Energize Distilled Water 14
 1.6. Relax Yourself 14
 1.7. Self-Programming 15
 1.8. Intermediate Self-Programming 15
 1.9. Project Chi at another person 16
 1.10. Relax another person 16
 1.11. Activate another person 16
 1.12. Intuition, Intelligence, Creativity 17
 2. Autogenic Training 18
 3. Examples of Success Strategies and effective Trend Management 32
 3.1. The pitfalls in more detail: Examples 33
 3.2. Potential Solutions - The Wheel of Success! 36
 3.3. Example of the Fat-Buster - Success in Weight Control and Fitness 37
 3.4. Example of Business Success, Wealth, Leadership, 39
 3.5. The Ladder of Success 43
 3.6. Business Consulting, Success Consulting 43



I. Introduction

1. Congratulations!

With your decision to acquire a Welz Chi Generator from HSCTI you have opened wide the door to a successful future.

The Welz Chi Generators (orgone generators) are an amazing new technology that is a combination of the recent discoveries in hyper space physics with existing knowledge of life force physics. Hyper space is a space that is defined by the laws of transfer of life energy with its specific characteristics and natural laws.

In the following, we are going to introduce you to this new technology systematically. Since the subject matter that you are about to penetrate is likely very new to you, it is important that you familiarize yourself thoroughly with the information in this manual. Take your time to study everything thoroughly. Your investment in time will certainly pay off!

We will introduce you to a theory of this new technology first. This way you can gain an understanding of the nature of your device and what you can do with it!

The next things you do are various exercises and practices that will make you familiar with the function of the device so that it will be relatively easy for you to work on more complex situations.

Finally you will be introduced to advanced methods of using your device, methods and possibilities

Soon you will find out that the amazing potential of this new technology is technology that will appear as natural to you as it is easy to apply - provided, of course, that you are open to innovation.

It is very important that you take your time studying the material in this manual and that you proceed systematically when familiarizing yourself with the device. You have invested a good amount of money in it. If you want to get the fullest benefit from using your device, it is necessary to be thoroughly acquainted with the theory and practice of its operation.

Therefore, you should only work with your device and this manual when you can invest the necessary time in it and work with it in a relaxed manner. Your device generates orgone, or life force! It may be difficult for you to perceive (see, feel) this energy and work with it consciously, if you are distracted by other important or urging situations. If this is the case, we suggest that you postpone work with your device. Above all, practice patiently and with concentration, then it will be easy for you to perceive life force soon and to harness it for any purpose!

One more thing: We have taken great care in this manual to define words that may be new to you whenever they appear first. However, there may be additional

words that you may not know or understand immediately. For this case, we suggest that you have a dictionary handy to look up these terms. It is well known that the skipping of certain words or terms that are not understood at first can lead to a misunderstanding of the subject matter that is studied, even to giving up the studies all together. Such skipping naturally can cause that whatever instructions follow will be acquired and understood incompletely or not at all. To prevent that, please be sure that you know the terms that we are using. It is in your own interest!

When using your Chi generator correctly and effectively, you will have a lifetime of success and fun with it. In the course of time, you will certainly use your device for many different situations, including situations that are much beyond the scope of what we are going to show you in this manual. Your Chi generator is a device with near-infinite flexibility and so are the potential uses of this extraordinary device! For instance, you can project life force in many ways: to humans, animals, plants, objects, even specific situations and trends towards results that you intend to achieve, as you will find out later. The only limit is your imagination.

After these introductory notes, we are going to deal with life force that your generator is producing. It is important that you understand the theory that is the basis for the technology of these devices, so that you can make use of them fully. Be sure to work through all experiments and exercises that you find in this manual. Once you have done this, you will soon cherish the beneficial, relaxing, constructive and positive effects of your Chi generator and orgone radionics device!

2. What is a Welz Chi Generator?

During the course of human history, life force received many names: In the East it was called Prana (India), Chi (China), Ki (Japan). In Hawaii, it was Mana, in the West it was Od (Karl von Reichenbach), Orgone (Reich), Animal Magnetism (Mesmer), Auxones (Waerland), and many others.

What is life force?

Life Force (Orgone, Od, Prana, or Chi) is an energy that is universally present in the universe. Its main characteristics are dynamic flow and pulse. In this respect, there is similarity the electromagnetic fields, as you will find out later.

For the accumulation of life force, certain materials proved to be very effective. Franz Anton Mesmer used oaken barrels that he filled with iron filings to attract life force. Apparently, assuming a connection of life force with magnetism he drew a conclusion that led him to the developing of powerful life force accumulators: Perhaps this was more a coincidence than the result of a correct recognition of the characteristics of life force (animal magnetism).

Mesmer's assumption and consequent success reminds us of Marconi who assumed that the electromagnetic frequencies follow the curvature of the Earth when he succeeded in his first transatlantic signal transmission with the help of EMF's. Marconi was not quite correct as far as

fundamental characteristics of electromagnetic frequencies are concerned, yet it worked, because an atmospheric layer reflects the frequencies that he used! This and Mesmer's oak barrels, show that sometimes even wrong assumptions can lead to significant technological advances. For Mesmer's barrels there was little political incentive to pursue his inventions while in the case of Marconi, although he too was ridiculed by skeptics at first ("signals can transfer only through wires, therefore ..."), the political will was there, mostly due to the war efforts of many nations. For a path breaking invention to "make it", it generally takes such a political will! In the past many significant innovations and inventions have been blocked by religious interest. In Europe, many innovative scientists were burned at the stake by "skeptics" who claimed to know the laws of God and nature, while in China the shackles of a religion- and tradition-based bureaucracy simply did not allow any application of innovation and technological progress for centuries!

Wilhelm Reich, at last, discovered that what he called "organic materials", i.e., materials that contain carbon or silicone such as paper, wool, cotton, sand, or glass wool attract and hold life energy while metal has the characteristic of attracting life force and immediately repelling it. Reich used this dynamic interaction to build his orgone accumulators: he built boxes with alternating layers of organic and metallic matter. The outside is organic while the innermost layer is metallic. He recognized that the capability to attract and store life force (orgone) increased with the increase of layers.

Karl Hans Welz, the inventor of the orgone generator (Welz Chi Generator) developed Orgonite, which is a material that uses a metal alloy with extremely strong attractive and repelling characteristics in combination with a special type of epoxy, plus a few other enhancing materials that will remain classified for the time being. This mixture has proven to be by far the most effective one for the accumulation and, in the case of the Welz Chi Generators, the generation of life force, or orgone. All Welz Chi Generators are made with this material!

Therefore, with your Welz Chi Generator you have a device that has been designed according to the newest knowledge of Orgone Physics. It generates massive amounts of life force rather than accumulating it. When you start working with your Welz Chi Generator and perform the practices that we describe in this manual, you will soon realize how it feels to work with concentrated life energy. In fact, most humans have sufficient sensitivity to feel the energy that comes from the output pipe. Some can even see it! If you performed any one of our transfer tests, you know what we are talking about!

On the other hand, don't worry should you not feel the life force initially. With a bit of practice and, above all, the necessary relaxed attitude and concentration almost everybody is capable to feel life force within a relatively short time. If you think of your first attempts to ride a bicycle, you know what we are talking about here. Here too you moved the handle bar extensively to keep balance. Later you mastered this fully and keeping of your balance was no longer a problem. In a similar way, the perception of life force will be quite natural to you.

About Low Frequencies, Mind Machines, and the Performer 2400 and EPM 2400

*A typical feature of the Performer 2400 and ESM 2400 is the use of frequencies for very specific effects. For you to appreciate the special characteristics of the **Performer 2400 Welz Chi Generator and the EPM 2400 Exterior Precision Module**, it is necessary that you understand the principles of low frequency technology.*

*Prior to the invention of the **Welz Chi Generator**, perhaps the most important method of effective self-improvement resulted from new knowledge of the working of the human brain. It has been well established that every thought, feeling, sensation, and level of awareness has a corresponding brain wave pattern, or frequency. If, on the other hand, you want to determine what level of awareness you want to harness for your success, you can do so by controlling your brain waves. We know of Alpha, Beta, Theta, and Delta brain waves, all in the low frequency range from approx. 1 Hz to 40 Hz (cycles per second).*

In fact, this method of controlling brain waves with low frequency input is not new at all! In the 1930's researchers found that repetitive light stimulation caused brain waves to adjust to the same frequency.

For decades now, some "new age gurus" and other cult leaders made use of repetitive sound pulses, often of the inaudible and subliminal kind, so that they can cause their captive audiences to be more receptive to their preaching. Much earlier than that, as far back in time at the very dawn of humankind, shamans used drumming (repetitive pulses, or beats, naturally of low frequency) to put their audiences into altered states and cause them to have experiences that they would not have in their normal state of daily activities. In our times, this type of pulse or "beat" is used in many events where the capturing of audiences and the temporary control of their habits (or minds) is important, such as in fashion shows, exercise machine advertising, TV commercials, military training, church, and infomercial pitches to the public, to name just a few.

*For a long time, **the Light-Sound device has been** the instrument of choice when it comes to causing the brain to adjust to specific frequencies. Therefore, you can find a variety of fairly good Light-Sound (LS) devices on the market today. A LS-device typically stimulates the brain indirectly with light flashes in otherwise blackened goggles and sound stimuli (beats) through earphones. These stimuli will cause the brain to adjust to the frequency of the flashes and sounds and consequently generate the corresponding level of awareness. However, **all LS-devices have a serious flaw:** You will always depend on earphones and goggles for any LS-device to be effective. In other words, if you want to access a specific level of awareness such as charismatic appearance, calm, or creativity, **you need to get the stimuli through earphones and goggles.***

*It is obvious that **you cannot wear these LS-devices when you really need***

them! Just imagine appearing on a date, an important business meeting, or a sports event with a LS-contraption on your head! And you cannot do creative writing, or art, either while using a LS-device on your head. You need to wait till you can take it off your head, but then your brain waves may adjust back to their usual state.

That's exactly where the Performer 2400 and the EPM 2400 that's connected with a Welz Chi Generator make a difference – a big one!!! By **now** it is obvious that the technology of the Welz Chi Generator is far superior over the conventional type mind machines. This is so, because **the Performer 2400 and the EPM 2400** can be set to emit Low Pulse Orgone (Chi energy) in the exact frequency of brain waves: Alpha, Beta, Theta, or Delta. When you are in a field of LPO (Low Pulse Orgone, or Chi), your brain can adjust almost instantly to its frequency, **because** the detour over sensory perceptions of light and sound or over questionable electric mini-shocks (as in some more recent mind machines) is no longer necessary. **Life Force that pulses in brain wave frequencies means faster and reliable results.** You achieve the corresponding states of mind almost instantaneously!!! The most striking advantages of your Performer 2400 over conventional type mind machines is the fact that **you can project Low Pulse Chi Energy** at any distance and that you power yourself up with life force (chi energy) in addition to receiving the precise frequency! Simply use a of structural link such as the transfer disk of the **Performer 2400**, put it into your pocket, **and go to a business meeting, on a date, to the gym, to a sports competition, or anywhere else. Nobody will notice your invisible helper!**

There is absolutely no need any more for you to have those cumbersome and ridiculous goggles, earphones, or other contraptions, on your head ever again! You run your **Performer 2400 and your EPM 2400** in the desired brain wave frequency and you carry a structural link (transfer disk) on you. That's all! You may relax or go about your usual business at any place.

Frequencies of the Performer 2400 and their effects

1. 0.5 very relaxing, against headache, for lower back pain, organ-muscle resonances (0.1 - 1) lucid dreaming (0.1 - 3), increased immune function - Endorphin
2. 1.05 Helps hair grow + get its color back [RA]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects, speeds recovery time), regeneration - lactic acid Wholesome relaxation to help recovery
3. 4.0 Reduction in levels of exhaustion. (extra reps) Those who suffer from Chronic Fatigue exhaust very easily. When moved to 4-Hz these individuals showed marked improvement in the length of time between the occurrence of exhaustion

after certain exercises were completed Associated with object naming, an important aspect of memory. Extrasensory perception; Enkephalin production - Back

4. *5.9 golf, shooting, precision (reduce) Fear, Dizziness; Concentration and Precision*

5. *6.88 Associated with collarbones (Effects=vitality, overall balance, stability) Belly - Front*

6. *7.69 Associated with shoulders (Effects=strength of the arms, expansion, teaching) Arms and Shoulders*

7. *7.83 Schumann earth-ionosphere resonance, grounding, anti-jetlag, anti-mind control, improved stress tolerance. leaves you feeling revitalized like you've spent a day in the country. psychic healing experiments;; reports of accelerated healing/enhanced learning - "the earth's natural brainwave"*

8. *10 - enhanced release of serotonin & mood elevator, universally beneficial, Acts as an analgesic, especially for hangover & jet lag. clarity, normalcy, anti-convulsant, Motor impulse coordination (Motor Control cortex); Learning a foreign language; Centering, sense of well being & decreased pain (caused by increase in beta-endorphins) [RED]; Adrenal Stimulant [RS]; Significant improvements in memory, reading & spelling are reported (in conjunction with 18 HZ) rhythm resync, activate kidneys, raise body temp, Acts as an analgesic,*

9. *10.5 mind/body unity, Legs*

10. *20.0 - energy Schumann Resonance Imposing subconscious commands on another (thought center), growth hormone (helps develop muscle, recover from injuries, rejuvenation effects); Adrenal Stimulant,*

11. *25.0 confidence of victory in sports Increased Aggression*

12. *32 Desensitizer; enhanced vigour & alertness, more reps, overall training Stamina and Endurance*

II. First Steps with your Device:

1. Inspection + Material Return Instructions

Upon receiving, inspect your Welz Power Generator, Radionics Device, Exterior Module(s), and other devices.

2. Warranty

Manufacturer replaces, repairs, or exchanges defective devices within one year from date of purchase, provided that the defect is not the result of inappropriate use. This warranty does not cover any AC adapter or other power supply.

3. Disclaimer

All items from HSCTI are solely for research purposes. Many scientists state that the concepts of universal life force, chi energy radionics, etc., do not belong to what they assume science should be. Therefore, it is your personal decision whether or not you accept the existence of life force, or chi energy, and in the effectiveness of any practices that use life force. This instruction manual contains descriptions of suggested purposes and uses of these devices that are based on such beliefs. They reflect the personal opinions of practitioners of life force technologies, lay persons as well as professionals, that the manufacturer does not necessarily endorse.

Therefore, the manufacturer assumes no responsibility for any damages that may occur as a consequence of such beliefs.

The devices from HSCTI have no therapeutic value at all and should never be used for such purposes. If you are sick and you think that you need healing energies, consult with a physician!

How can I use the Welz Chi Generators and Orgone Radionics devices?

As you have seen in the introduction, the Welz Chi Generators are devices that you can use to charge anything you want with life force. In Part IV you find a step-by-step introduction to the use of the Welz Chi Generators. With the Orgone-Radionics device, you can systematically work on yourself by generating positive trends that eventually can lead to positive permanent change.

If you have read the introduction part well, I am certain that you got very good ideas of how you can use your device. Let's continue now with a description of the devices.

III. The Equipment

IMPORTANT: This manual is specifically written for persons who are using the Welz Chi Generators for sports, bodybuilding and fitness training. Therefore our focus, description of equipment and instructions how to use the equipment, will be on these applications.



The Performer 2400 is the ideal Device for the Entry Level. It is a Welz Chi Generator that is specifically designed to boost your performance! It features a built-in Frequency Module that has been designed for twelve accurate special pulse settings, each of which features effects that are important for your power performance:

- 1. very *relaxing* (Endorphin frequency), strengthens *lower back*, organ-muscle resonances,
- 2. HGH-frequency, helps develop muscle, recover from injuries, rejuvenation effects, *rapid recovery*
- 3. Reduces exhaustion, *energy for extra reps*.
- 4. *Concentration and Precision*, especially for golf, target practice, etc., reduce Fear
- 5. vitality, focus on *Arms, Shoulders, Upper Back, Chest*
- 6. vitality, focus on: *Abs, Legs, Glutes*
- 7. grounding, anti-mind control, improved stress tolerance; feeling revitalized like you've spent a day in the country; *Mind-Body Coordination*
- 8. *Increase Physical Strength*, mood elevator, sense of well being & decreased pain, especially for hangover & jet lag, improved learning, centering, raise body temp,
- 9. mind/body unity, enhances *activating supplements*
- 10. energy, vitality, imposing subconscious commands on another (body language, projecting self-confidence), therefore good to win competitions, rejuvenation effects
- 11. confidence of victory in sports, *Increased Aggression*, "energetic steroid"
- 12. Desensitizer; enhanced vigor & alertness, more reps, overall training, *Stamina and Endurance*

The Performer 2400 supplies you with continuous chi energy! It includes Transfer Disk for smooth and continuous supply of powerful life force. With it you receive an instruction manual with many suggested frequen-

cies.

Power Boosters

- **PBT 2001 - For Increased Aggression**
- **PBT 2002 - For Concentration and Precision**
- **PBT 2003 - To Boost Stamina and Endurance**
- **PBT 2004 - For Wholesome Relaxation, Rapid Recovery**
- **PBTBH - Potency Booster - To Boost Male Potency and Sexual Performance**



EPM 2400 Exterior Precision Module

An exterior precision module with accurate frequency settings anywhere between 0.01 Hz and 99.99 Hz. The EPM 2400 increases your options, boosts your chances to win! With it, you can double the output of the Performer 2400 while providing this additional trend energy to increase effectiveness of your strategies for success! The EPM 2400 Exterior Precision Module upgrades the Performer 2400 to the Performer 2400 DPM



Range: 0.01 Hz to 99.99 Hz **Precision:** 1/100,000. **Price** \$699.00

Purpose: The "Input EPU" jack of the Performer 2400 leads to its second generator. This second generator can be powered up with the pulse input of the EPM 2400. Advantages of the EPM 2400: **When both generators are activated, you can work with at least double the power output of your Performer 2400.** An option would be to run the interior pulse generator at the 7.83 Earth Resonance Frequency, a favorite of many and at the same time set the second generator at any frequency you desire.

Part IV: Operation of the Performer 2400 and Accessories

Note: These basic instructions may be applied to any Welz Chi Generator and orgone readionics equipment. They help you to get used to your equipment!

1. Setting up and testing the frequencies

(1) Plug the DC plug of the Power Adapter into the power jack of the device.

(2) Plug AC-DC Power Adapter(s) into a wall outlet.

(3) Now the LED (Light Emitting Diode / Control Light) should be blinking.

(3.1.) Performer 2400: Test all 12 positions of the rotary switch. The LED should blink in each position.

(3.2.) EPM 2400: Turn the module on. The display should show a frequency of 7.83 Hz (Shumann resonance). The right button is for random frequencies that you can use in conjunction with a radionics device. The left button moves the numbers right from the decimal point up when depressed. When you simultaneously depress the right middle button, the numbers left of the decimal point will increase. The left middle button causes the numbers right of the decimal point decrease while pressed. Again, when you depress the right middle button at the same time, this will cause the numbers left of the decimal point to decrease.

Part V: A Step by Step Introduction into the “Techno-Magic” of NCP

Introductory Note

Basic use of the Performer 2400 is very easy. The twelve positions tell exactly what type action you can use to help you in your sports activities, fitness programs, and bodybuilding. From the basic use, you can expand into more complex applications of self-improvement, trend management, and mind control. It is very important for the beginner to go through the step-by-step practices outlined in this part of the manual before working with complex situations! This compares to the training any beginner has to do before becoming proficient in the use of a computer or any other sophisticated piece of technological equipment. Nobody in his or her right mind would want to hot-rod a new sports car before having gained sufficient driving experience! After your first acquaintance with the equipment, you continue to work on relatively small issues, ideally beginning with yourself. Then you proceed with projecting energy to others, again in relatively small issues. Eventually you will gain the experience and confidence

that is necessary for a successful use of the equipment even in very complex situations, including methods of mind control.

I strongly advise that you follow these instructions step by step, without skipping anything. This will help you to get the right “feel” for your equipment! The time invested and the persistence in your practice will certainly pay off in the form of full mastery of your new equipment!

1. First Steps and Basic Examples for Self-Help and Trend Management! (any device)

1.1. Feel the Chi Energy Output

Turn the Performer 2400 on and hold the center of your palm (either hand) approximately 1 inch (2 - 3 cm) in front of the output pipe of the EPG or radionics device. You should feel a gentle warmth, tingling, or cool breeze. The type of feeling depends very much on the system of nerve endings that react first. Persons who are skilled with their hands usually feel the cool breeze rather than warmth. Do the same, holding your hand about 1 inch above the transfer disk. The transfer disk should be at least at 6 ft distance from the device, ideally in another room.

Do the same thing with your wrist. Then point the machine (about 1 to 2 inches away) at the center between your eyes.

Rule: The Performer 2400 should never be on the ground or on a concrete floor. In such a case, there is a possibility that the chi energy literally would be “grounded.” Use a table, chair, or some other non-metallic stand.

Note: Do not get alarmed if, after getting used to your equipment, you do not feel the output anymore as strongly as you did in the beginning. At some point you will have energized your body to capacity. At this point it will not draw any more as much life energy as in the beginning. Consequently your nerve endings will no longer react as strongly. **Feeling less indicates a diminished flow of chi from the machine into your body as a result of its saturation, not diminished performance of your EPG!**

1.2. Feel Differences in the Energy Output

Turn the Performer 2400 on. Then set it at the lowest level, i.e., the slowest blinking speed, by turning the dial all the way to the left. Feel the output. Then turn the dial all the way to the right. The control light will be “solid” with no blinking. Again feel and compare. Feel with wrists and forehead and compare these sensations as well.

1.3. Feel the Energy Output at a Distance

Attach the Booster part of the PBT 2000 to the output pipe of your Performer 2400 or simply use the transfer disk that comes with the device. Put the transfer disk at a table that is at least 6 ft away from the device. Practice also as described in 1.2.

1.4. Energize Yourself with a Structural Link

Now it is time to direct the energy toward yourself. Since Chi energy transfers at any distance (with the right structural link!), all you need to do is carry the transfer disk with you. You may also make a transfer diagram on paper: For smooth transfer of energies, uniqueness of the transfer diagram is important. With unique transfer diagrams, leakage of energy is less likely. Use a copying machine for exactness! Design anything, even a scribble, and then make photocopies of the individual designs: two, or in some instances, three. Discard the original diagram after you finished copying. You end up with two designs that will have nothing like it anywhere. Put one diagram in front of the Performer 2400. Take the other one somewhere else, put it on a surface, and check for transfer! Do not put it on your knee, because your body will draw the energy and the palm of your hand will not be capable of feeling it.

Set the speed of the pulse output at its highest level (Position 12). Carry the transfer disk or transfer diagram on yourself for about one or two hours. Note the feeling of being energized that you have.

Wait for at least two hours before you continue. Better yet, wait overnight. Now you set the Performer 2400 at its lowest level (the slowest blinking rate possible) by turning the knob all the way to the left. Again, carry the transfer disk on you for one to two hours. Compare the feelings.

High frequencies activate, while low frequencies calm down.

1.5. Energize Distilled Water

Distilled water is "dead" as far as life energy is concerned. That's the reason for its bland taste. For the following experiment you need two bottles of distilled water. One bottle you put somewhere, at least 10 ft away from the Performer 2400. Point your Performer 2400 at the other bottle for at least 12 hours. Compare the taste of the water in the two bottles. You'll be amazed!

1.6. Relax Yourself

Turn on your Chi Generator. Set the pulse rate at its lowest level or at position 1

for relaxation. Lie down and put the transfer disk (or transfer diagram that you made) onto your chest or simply lay it beside yourself. Stay in this relaxed state for about half an hour. If you have mastered Autogenic Training, you will notice a significant deepening of the state of relaxation when you practice in conjunction with using your Performer 2400.

1.7. Self-Programming

The relaxation practice was the first step towards programming yourself. Now you can continue to use other programs. For these practices you adjust the speed of the pulse (frequency) to an adequate rate. The EPM 2400 comes with a list of pulse speeds for specific purposes that go beyond the twelve basic setting of the Performer 2400. Test the ones that fit your program.

Besides the basic pulse frequencies, you may use filters and/or settings for: Creativity, Charisma, Convincing Speech, Leadership, People-Skills, Power to Analyze, Scientific Thinking, etc.

If you have any of the specialty power boosters, slide its booster part over the output pipe and carry the transfer disk on you. Limit the time to two or three hours at the beginning.

You can enhance significantly the effect of your self-programming with the practice of Autogenic Training. You find an introduction to it in this manual.

1.8. Intermediate Self-Programming

(with the Help of Autogenic Training, if mastered)

Set the Performer 2400 up with the setting of the trend that you intend to project upon yourself, perhaps a filter (this can be a supplement, ideogram or any other supporting object), or both. Carry the transfer disk on you. Then you relax yourself with the help of Autogenic Training and use a formulaized resolution, reflecting the desired trend, such as rapid recovery every time you focus on it. In this case, the setting of the Performer 2400 pulse is at the "rapid Recovery" position. Practice for 5 to 10 minutes. If you are not familiar with Autogenic Training, simply relax fully, with the trend energy directed to yourself.

After getting out of the state of relaxation or Autogenic Training, leaving the setting of the RAD and/or the same filters in front of the EPG, you set the pulse at a higher frequency. Keep carrying the transfer disk on you. Project the chi energy to yourself for two to three hours.

I strongly suggest mastery of Autogenic Training to enhance the success of your practice with the Performer 2400.

1.9. Project Chi to Another Person, Hand or Forehead

For this experiment, you need someone else who is willing to work with you. If you do not find a suitable partner, do the same projections upon yourself. Get a picture of that person (or yourself) and make at least two color photocopies of it. A black-white photocopy will do, if it is too much trouble to get a color copy. Take one of the copies and mark the forehead of the person. Put the picture onto the well (the metal plate) of your Performer 2400 and set the pulse to "Mind Body Coordination". The person should feel the energy. As an alternative, you may do the same thing with a picture of yourself.

Next, take another picture of the same person. Do not mark anything, but focus on the center of the palm (or any other part of that person's body) and set your radionics device at the rate for that part while you are focusing. Check if the person feels the impact of chi energy. Again, do the same projection toward yourself.

Next, simply write the name of that person on a piece of paper and the part of the body to which you intend to project chi energy. Use the same setting of the Performer 2400.

1.10. Relax Another Person

The next practice is similar to practice #1.6. However, in this case you relax the other person at a distance. Put a picture of that person into the well of the chi generator or orgone radionics device and set the pulse at the "Relaxation" position. Turn on your Chi generator. Ask that person for feedback. Under no circumstances should you carry a transfer disk, since this could direct the energy towards yourself. Perform the same experiment on yourself.

1.11. Activate Another Person

Relaxation itself energizes, of course, especially when it is combined with a flow of life energy into your body. The idea with this practice is as follows: pulse the chi energy at a brain wave frequency that has been connected with alertness and logical thinking (such as Stamina + Endurance, Increased Aggression, or Subconscious Commands). The result will be an activation of these functions of the plain waking state and better performance. You can, of course, do the same work on yourself.

Keep activation for two to three hours at a time.

1.12. Skills in Sports, Fitness and Body Building

- (1) If available, put the appropriate filter on the well of the Performer 2400.
- (2) Set the Performer 2400 on "Mind Body Coordination".
- (3) Get into a lying position.
- (4) Put the transfer disk or transfer diagram in your pocket or lay it on your chest.
- (5) Enter the state of Autogenic Training.
- (6) Visualize or imagine yourself with the envisioned skills.
- (7) After 10 to 15 minutes get up and put the transfer disk into your pocket and go about your business, ideally being involved in the activities that require the skills of your programming.
- (8) Keep the energy active and transferring to you for at least three hours.

2. AUTOGENIC TRAINING

A PRACTICAL GUIDE IN SIX EASY STEPS

BY
KARL HANS WELZ

Copyright 1991 by Karl Hans Welz.

All rights reserved. No part of this book may be reproduced in any forms or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without prior permission in writing from the author.

Published by HSCTI P.O. Box 1298 Woodstock, GA 30188

Autogenic Training has been developed by Dr. Schultz who published the first book on the subject in 1932. Dr. Schultz recognized that during hypnosis the subject experiences various feelings such as warmth and heaviness. He went on to teach practices to self induce these feelings and, consequently, hypnotic states. From this self induction practice comes the name, Autogenic Training. Auto-genic means self created.

Schultz, who was a physician, said that in its practical application, Autogenic Training is a system of very specific auto suggestive formulas to relax tensions and to alleviate psychosomatic disturbances, including many cases of insomnia, overweight, inability to concentrate, high blood pressure, constipation, skin problems, etc.

You can also use Autogenic Training to create a receptive basis for very specific formulaized resolutions. These resolutions can be a decisive help in solving many of your problems and in assisting you in many of your endeavors.

The practice of Autogenic Training causes a state of relaxation so deep that fifteen minutes of training can make up for a sleepless night.

Autogenic Training has been used successfully in Europe by thousands of people in every walk of life for more than half a century. In Europe, Autogenic Training is taught mostly in doctors' offices, in hospitals, and in universities.

One of the great advantages of autogenic Training is that almost anybody except young children can learn it by just reading a how-to guide book as this one. It is better, however, to practice with a group.

More important, Autogenic Training can be mastered in a relatively short period. Most people become proficient in it in a matter of a few weeks by practicing two or three times daily for five to ten minutes.

To practice Autogenic Training you need no tolls, paraphernalia, gurus, or physical exertion. It is self-generated in your mind.

Methods related to autogenic Training are Couéism ("day by day I am better and better" - after Émile Coué, who was one of the pioneers of hypnosis), progressive relaxation, Zen, and Yoga. Autogenic Training has more in common with Yoga than with progressive relaxation.

Dr. Schultz developed Autogenic Training in the first quarter of this century. He was drawing mainly from hypnosis and yoga. His first book, "Autogenic Training, Concentrative Self Relaxation," appeared first in 1932.

The basic practice of Autogenic Training consists of seven formulas that you repeat in a specific pattern:

I am completely calm (once)
My right arm is heavy (six times)
I am completely calm (once)
My right arm is warm (six times)
I am completely calm (once)
My heart beats calmly and regularly (six times)
I am completely calm (once)
My breathing is calm and regular ... it breathes me (six times)
I am completely calm (once)
My abdomen is flowingly warm (six times)
I am completely calm (once)
My forehead is pleasantly cool (six times)
I am completely calm (once)

You may then proceed with formulaized resolutions that you repeat between ten and thirty times. Such formulas are very effective, because you repeat them during an altered state of consciousness.

You end the session by canceling out the effects of Autogenic Training with the following formula:

Arms firm, breathe deeply, and open eyes.

In the following chapters, you will find a more detailed introduction in the various stages of Autogenic Training.

AUTOGENIC TRAINING AND HYPNOSIS

People who are under hypnosis experience usually two conditions: a feeling of heaviness and a pleasant feeling of warmth. Other feelings depend on the level of depth of the hypnosis.

It is important to know that hypnosis is in reality a self-generated state of mind that is helped by the suggestions of a skilled hypnotist. Autogenic Training goes one step further than hypnosis. In Autogenic Training, the subject is also the hypnotist. With Autogenic Training you self induce the physiological conditions of hypnosis. Once you have induced the physiological conditions of hypnosis, the psychological conditions of this state follow naturally!

Autogenic Training actually leads to deeper and more workable states of consciousness than most modern day hypnotists achieve in their subjects. This is so because most professional hypnotists use progressive relaxation as an induction method that brings their clients into a mere hypnoid state (a state looking like hypnosis, but actually being nothing more than a very light state of entering hypnosis) rather than real hypnosis. Usually they lack the skill to lead their subjects into deeper levels of hypnosis. Hypnoid states of consciousness lack the depth that is needed to bring about significant change in the subject.

In Autogenic Training the practitioner repeats formulaized resolutions instead of the positive suggestions that the hypnotist usually gives. The practitioner of Autogenic Training needs to be careful to formulate the resolutions correctly. The subconscious that is addressed with the resolution has the habit of taking things quite literally.

You may also use Autogenic Training to enhance the suggestions on a self-hypnosis tape. This is so because the state that you can reach with the method of autogenic Training is much more receptive than the states that the progressive relaxation techniques on tapes can ever induce. An unspecified formula such as '... and you are getting deeper and deeper into a state of relaxation and hypnosis' does not always do the trick.

HOW TO LEARN AUTOGENIC TRAINING

To learn Autogenic Training is very easy. All you need to do is sit or lie down comfortably and consistently repeat the formulas.

If you believe in the power of the method, you have an additional help that enhances the speed of your learning process. However, you need not have this attitude of believing. The method will show success rather rapidly. As a result of such direct evidence you will develop an unshakable confidence in the practice of Autogenic Training. Results are a much better motivator than thousands of words ever can be.

It is very important that you practice of Autogenic Training systematically on a regular basis. If you are a beginner, you should follow the instructions as closely as possible.

As a beginner, you should practice Autogenic Training two or three times every day, five to ten minutes every time. Ideal times are before you go to sleep and right after you wake up. To begin the day with Autogenic Training can be source of well being for the whole day. This practice can help you attain and maintain your perspective.

If you have the tendency to fall back asleep while you are training in the morning, you need to repeat the following formula during your practice:

I am staying free and fresh while I am training.

You should use the same formula if you practice anywhere you do not want to fall asleep.

It is very important that you practice regularly. Regular practice produces the desired results much faster and more easily.

Excessive effort is counterproductive to the practice of Autogenic Training. Wanting to succeed implies that success is not achieved.

TIMING YOUR EXERCISES

A systematic and precise training plan can bring you the most powerful results and benefits of Autogenic Training. Therefore, it is very important for the beginner of this practice to set up an exact time schedule for practicing autogenic Training. The beginner should then follow this schedule as closely as possible. You may use some freedom of action, especially when you are not used to live by a fixed time schedule. However, for the majority of those who learn the system, it is best to time the exercises precisely right from the beginning.

You will discover for yourself the best time to practice Autogenic Training. Most people do their last exercise shortly before they go to sleep. This has many advantages, especially for people who are suffering from insomnia of some kind or another. To practice every evening is absolutely necessary for the beginner.

To begin your day with Autogenic Training can be s source of psychic and physiological well being. Anyone who thinks that he or she cannot afford five or ten minutes of practice may live under such pressure that developed this illusion. Usually the same person does a lot of things every morning that waste a lot more time.

Particularly in the morning, you should not allow to be driven by false ideas. To practice Autogenic Training in the morning can help you begin your day without tension and to attain and maintain your perspective for the whole day.

Some students reported that they inclined to go back to sleep during their morning practice. You can counteract this in several ways. Best is if you repeat the following formula during your practice:

I stay free and fresh while training.

Insert this formula several times during your practice. You may also use the same formula when you are practicing in a place where you do not wish to fall asleep.

The more regularly you practice, the more easily you will experience the desired results and the faster will you be able to advance to a practical use of the method.

As you advance the practice of the six basic formulas will bring results faster and faster. Later you will learn how to shorten the formulas for your convenience. Eventually you will know to enter the state of autogenic Training at a simple command that you utter mentally.

If you have the opportunity to do so, it is beneficial if you practice in a slightly darkened room that is not overly warm. You should keep the windows closed to keep out undesirable and disturbing noises.

You have more difficulty to practice with a full stomach. Stimulants such as coffee increase the difficulty to concentrate. The ability to concentrate is essential in the practice of autogenic Training. However, as you proceed with your practice you will strengthen your ability to concentrate. Special formulaized resolutions will enhance the capability to concentrate even more.

THE BODY POSITION OF THE EXERCISES

You should practice any relaxation exercise in a relaxed position. Any relaxed position will do. Sometimes it is necessary to adjust to circumstances.

A traditional position for the practice of Autogenic Training is the so-called cabdriver's position. Dr. Schultz called this position originally the 'coachman's position.'

To get into this position you sit down into a chair. First, you straighten your back, and then you slump down. Make sure that there is no pressure on the stomach, i.e., do not bend forward too far. In this position, the head hangs loosely forward. The hands rest relaxed on the thighs. The upper arms are supporting the weight of the head and upper body. The hands should not touch each other, because this may create a diversion. Both feet rest flat on the floor.

The eyelids are closed. The tongue is loose and heavy. The jaws are slack although the mouth need not be open.

This position is also called 'the active sitting position.' You can assume it anywhere. It differs from the passive sitting position in which you lean against the back of the chair. At home, you can best do this in an armchair, if possible, resting your head against or on top of the chair back. The arms should rest easily on the arms of the chair. The legs must not be crossed, because this may interfere with the exercise.

Most people prefer to exercise while lying on their backs and with their heads slightly raised. In this position the elbows are slightly bent, the palms of the hands rest next to the thighs or slightly angled away from the body. You may put a pillow under the shoulders. The feet should point slightly outward. If they point upward, this means that you are not relaxed. Not everyone finds it easy to practice while lying on the back.

When you decide to practice before you are going to sleep this last position is ideal, because you may slide into sleep while training.

MORE ABOUT RELAXATION

The successful switching from tension to relaxation determines whether we feel well. The person who is gripped by physical tension and cramped muscles will also be psychologically cramped. Such a person's relation to the world around will also be beset with tension. Unhappiness, physiological problems and failures may result.

Tensions are always part of life. However, today it seems to be more difficult to relax than ever before. Although tension is necessary, even beneficial, in many situations of life, indiscriminate and chronic tension is not.

The more chronically tense a person is, the stronger the desire to relax, and the more difficult it is to find this desired relaxation.

Everyone reacts differently to states of tension. However, every sickness also leads to an increase in tension that can have physical, psychological, and social effects. We all know people whose constant state of nervousness irritates us. Such people are in a permanent state of excessive tension.

People wear a mask, i.e., they are in a permanent state of tension. These people have chronic muscle spasms. Wilhelm Reich called this the muscular armor. This armor is at the root of much malfunctioning on all levels: of our bodies and in our personal and social relationships. Autogenic Training can be a significant help in easing, even dissolving, the armoring of a person.

You should practice the relaxation method that is inherent in Autogenic Training in your own self-interest. It leads to states of relaxation that are much

deeper than you can ever reach with methods of progressive relaxation, even hypnosis that is induced by others.

By turning your attention to your own body you will not only learn that you have a body, but also that you are body. According to Schultz, you must slip passively into the physical experience of your body. You must transport yourself into the organ that you wish to influence. This has nothing to do with willpower, because successful autosuggestion takes place without the exertion of the will and its consequent interference.

Violation of this principle may produce paradoxical effects. Consider the following: Anytime you absolutely want to fall asleep or try to force this, you will find falling asleep is more difficult, even impossible.

Some persons find it difficult to distinguish between concentration, i.e., the focus on specific ideas, images, etc., and the personal will that is always related to active tension. The magician who is 'willing' certain things is less effective than the magician who 'is setting a focus' on the same things.

Your complete abandonment to the content of the formulas that you use in your practice is in a way a form of abandonment of your will, even of forgetting yourself. It guarantees the success of your practice. Anyone who can learn how to relax during Autogenic Training will become relaxed in general.

SIX STEPS OF PRACTICE

BEFORE YOU BEGIN:

LEARN HOW TO CANCEL

You are well aware of the fact that ideas, thoughts, and resolutions, have the tendency to materialize. The magician speaks of thought forms that will eventually become reality when alluding to this process. Such thought-forms are in fact abstractions that are at the root of action, or trends.

If you use the first training formula, i.e., 'my right arm is very heavy,' certain changes will take place in that arm that last as long as you are in the autogenic state. The formulas that follow induce other changes.

When you end your practice, you need to undo these changes. To undo these changes, you need to cancel them. Even if you have felt nothing it is good to undo. This is so because sometimes the formulas may induce delayed reactions. You cancel by following the instructions that Dr. Schultz has given:

Say: "Arms firm, breathe deeply, open eyes." At the same time you may stretch and bend your arms vigorously, then breathe deeply and open your eyes. Canceling will not work as well if you open your eyes before you relax your arm muscles again. If you open your eyes prior to canceling, some feeling of heaviness or some other sensation may persist in your arms for some time. If you do not cancel correctly some heaviness may last for several hours, in rare cases even days.

The more determinedly and conscientiously you cancel, the more effective the whole practice of Autogenic Training will be. Should you fall asleep while practicing, you need not cancel, of course. The same holds if you are suddenly interrupted during your practice, by the telephone or the doorbell, for example. In such a case, you will suffer a brief shock that makes it unnecessary to cancel.

THE FIRST STEP: INDUCING HEAVINESS

All practice of Autogenic Training is simple. You sit or lie comfortably, preferably in a relaxed state.

The first training formula that you use is:

My right arm is very heavy

Left handed people will do well to use their left arm because they can relate better to it. Their formula is therefore: "My left arm is very heavy."

You should repeat this training formula mentally. Do not speak it out. Spoken formulas may interfere with the exercise. When you are repeating the formula in your mind, you should do so as intensely as you can. You may imagine it written before you or you may hear someone speak the formula, or both. You may even imagine yourself writing the formula onto a poster board.

It is important that you concentrate on the training formula. Your imagination helps this concentration. Should sudden ideas, thoughts, memories and the like appear, it is important that you do not attach yourself to them and that you pay them not any attention. Simply disregard them and keep focusing on the training formula that you keep repeating. Concentration will come with practice.

You should repeat the training formula in your mind about six times. Then you follow with 'I am completely calm,' after which you follow with another six times of 'my right arm is very heavy,' one time of 'I am completely calm,' etc.

Should any unpleasant feeling occur during the practice, you should stop it with the proper canceling technique.

Repeat the heaviness practice five to six times when you practice for the first time. You may also practice until you actually feel the heaviness.

Usually the feeling of heaviness will come with the first practice. In some cases several practice sessions are necessary to induce this feeling.

Do not proceed unless you have mastered the heaviness practice.

THE SECOND STEP: INDUCING WARMTH

The induction of a feeling of warmth is aimed at relaxing the blood vessels. You should practice it after you have attained the feeling of heaviness. If you could not attain the feeling of heaviness after two weeks of practice, you may also proceed with the warmth formula.

A feeling of warmth indicates that the blood vessels have relaxed and dilated. The warmth practice will have results that are superior to the results of the progressive relaxation technique. Progressive relaxation techniques are very much the practice of choice in guided meditation practices as well as in some methods to induce hypnosis. States of relaxation that you can achieve with Autogenic Training are considerably deeper and much more thorough than what you can achieve with progressive relaxation and related methods. The warmth practice of Autogenic Training will prove this point to you beyond the shadow of any doubt. Especially the practices that follow will show you the tremendous control and power that you can achieve with the practice of Autogenic Training.

You induce the warmth as follows:

I am completely calm (once)

My right arm is very heavy (six times)

I am completely calm (once)

My right arm is very warm (six times)

I am completely calm (once)

My right arm is very warm (six times)

.

(Repeat this sequence several times)

Cancel: Arms firm - Breathe deeply - Open eyes.

You may have more ease in attaining the feeling of warmth than the feeling of heaviness. Should you not attain this feeling after two weeks of training, I suggest that you bathe your arm in warm water shortly before the practice or that you place your hand on a warm object. The remembered feeling of warmth can

facilitate the attainment of actual warmth during the practice. Never use the formula 'my right arm is very hot.'

The feeling of heaviness indicates that the muscles are relaxed. If you practice regularly, the feeling of heaviness will appear rather quickly and noticeably, as soon as you think of heaviness.

The sensation of warmth is caused by the relaxation (dilation) of the blood vessel walls. It has been demonstrated that the feelings of warmth and heaviness are accompanied by actual physical changes. In other words, we are not dealing here with either a figment of the imagination or with a self-deception. In fact, the arms will actually be slightly heavier as a result of increased blood supply into the relaxed, therefore, wider, blood vessels of the arms. For the same reason the temperature of the arms increases slightly. Special thermometers have shown that the increase in the arm's temperature can be more than 3.6 degrees F, and even more, in the hand, especially when the initial temperature was on the low side. Later you can learn powerful techniques to supply an increased amount of blood to any part of the body.

The autonomic nervous system is such that the state of tension in one group of muscles communicates itself automatically to the adjacent group. The tension spreads and increases consequently. On the other hand, when the muscles of the arm are relaxed, this relaxation too influences other groups of muscles until relaxation spreads ultimately over the whole body. This desired extension of heaviness and warmth (relaxation of muscles and blood vessels) over the whole body is called "generalization."

The more advanced the practitioner of Autogenic Training is the more heaviness and warmth appear as simple reflexes. At a later point of your training, the feelings of warmth and heaviness may appear upon your intention to practice, even before you lie down and before you begin with the training.

Once you are advanced, you can simplify your training formulas to 'arms very heavy' - 'calm' - 'arms very warm,' or 'calm - heavy - ...'

With advancement, you can also insert resolution formulae into your training while you are practicing.

THE THIRD STEP: THE HEART PRACTICE

The two basic exercises of heaviness and warmth result in a definite shifting of your body experience. Calmness is induced, the blood pressure may be normalized, pains reduced, spasms of asthma alleviated, indigestion, constipation, etc., can be dealt with, chronic spasms may begin to dissolve. According to Dr. Schultz, improvement and even cure of some dysfunctions followed the practice

of Autogenic Training. The experience of warmth influences the entire circulatory system, because the relaxation of the blood vessels tends to spread from the left arm to the coronary vessels. Consequently more blood and oxygen go through the heart and heart pains often disappear.

It is possible to exchange practices three, i.e., the heart practice, and four, the breathing practice which you will find in the next section.

The new training formula is the following:

My heart beats calmly and regularly.
Very sensitive people may use:

My heart beats very calmly.

It is dangerous to use the formula 'my heart beats very calmly and slowly.' The heart reacts very strongly to that and serious disturbances may result.

When practicing the heart formula, you will likely discover your heart, i.e., you will learn to feel your heart.

The full sequence of the exercises is now:

I am completely calm (once)

My right arm is very heavy (six times)

I am completely calm (once)

My right arm is very warm (six times)

I am completely calm (once)

My heart beats calmly and regularly (six times)

I am completely calm (once)

My heart beats calmly and regularly (six times)

.

Canceling: Arms firm, breathe deeply, open eyes

THE FOURTH STEP:

THE BREATHING PRACTICE

Even with just one or two sessions of the heaviness practice, usually your breathing becomes much calmer and more regular. The new formula is:

My breathing is very calm

This does not mean at all that you should now try to influence your breathing. On the contrary, your breathing should self-regulate, i.e., it should determine its own rhythm. I advise that you abandon yourself to your own breathing. In other

words: your breathing should just happen! Above all, avoid conscious and controlled breathing! If you have difficulties to do so, you may add to the formula 'it breathes me.'

Persons who are tense or who are in an emotionally disturbed state breathe irregularly with respect to frequency and volume. In such instances, I suggest that you use 'my breathing is completely calm and regular.'

Adding the breathing formula to the practice, your routine goes now as follows:

I am completely calm (once)
My right arm is very heavy (six times)
I am completely calm (once)
My right arm is very warm (six times)
I am completely calm (once)
My heart beats calmly and regularly (six times)
I am completely calm (once)

My breathing is calm and regular (six times)
I am completely calm (once)
My breathing is calm and regular (six times)

.....
Canceling: Arms firm, breathe deeply, open eyes

The Fifth Step: The Abdominal Practice

After you have learned to relax your limbs and your chest organs, your proceed to calm down the abdominal organs with the following formula:

My abdomen is flowingly warm

or

My solar plexus is flowingly warm

The abdominal muscles react very sensitively to the psyche to an extent that in moments of extreme fear some people can actually soil themselves. Consequently, people who are very tense suffer from constipation, indigestion, and similar disturbances. Even the digestive glands are sensitive to our emotional conditions. Often they fail so that we cannot digest our food. Then they simply demand that we relax first and then eat.

The person who has frequent mood changes, whether he or she is aware of them or not, or who assumes faulty emotional postures, can easily make his or

her body a whipping boy. This leads to a determined attempt to gain control of the autonomous nervous system with the help of Autogenic Training.

The solar plexus is part of the autonomous nervous system. It is the largest nervous network. It is located behind the stomach, in back of and to both sides of the mid spine. Being midway between the breastbone and the naves, the solar plexus regulates the function of the abdominal organs and transfers our moods to them.

Subjectively you will feel pleasant warmth in the upper abdomen while you practice autogenic training. Sometimes the entire body becomes warm. Occasionally you may first experience the feeling of warmth in the kidney area.

With this fifth practice, your training program looks as follows:

I am completely calm (once)
My right arm is very heavy (six times)
I am completely calm (once)
My right arm is very warm (six times)
I am completely calm (once)
My heart beats calmly and regularly (six times)
I am completely calm (once)
My breathing is calm and regular (six times)
I am completely calm (once)
My abdomen is flowingly warm (six times)
I am completely calm (once)
My abdomen is flowingly warm (six times)
.
Canceling: Arms firm, breathe deeply, open eyes

**THE SIXTH STEP:
THE HEAD PRACTICE**

You are going to use the following formula:

My forehead is pleasantly cool

Including this formula, your complete practice of autogenic Training is as follows:

I am completely calm (once)
My right arm is very heavy (six times)
I am completely calm (once)
My right arm is very warm (six times)
I am completely calm (once)
My heart beats calmly and regularly (six times)
I am completely calm (once)

My breathing is calm and regular (six times)
I am completely calm (once)
My abdomen is flowingly warm (six times)
I am completely calm (once)
My forehead is pleasantly cool (six times)
I am completely calm (once)
My forehead is pleasantly cool (six times)
Formulaized resolutions, ten to thirty times repeated.
Canceling: Arms firm, breathe deeply, open eyes

I advise strongly that you use the wording as above until you have fully mastered the practices. Only when you have become very familiar with each one of the training formulas, then you may abbreviate them as follows:

Calm - Heavy - Warm - Heart and breathing completely calm - Abdomen flowingly warm - Forehead pleasantly cool. Canceling: Arms firm, breathe deeply, open eyes

It is also very useful to keep records of your experiences in Autogenic Training. This is especially important if you combine your practice of autogenic Training with and program of magical or psychic development.

Formulaized resolutions may have a general character such as 'I am making it,' or more specific ones such as 'I am making good business decisions.'

Formulaized resolutions are also very helpful in dissolving the chronic spasms of your emotional armor. I suggest that you read the works of Wilhelm Reich.

The effects of Autogenic Training are enhanced significantly if you point a chi generator towards yourself during practice or if you carry a transfer disk.

3. Examples of success strategies and effective trend management (For advanced users who want to reach the top!)

When beginning to use the combination of **Welz Chi Generators** and **radionics devices**, or **orgone radionics devices**, naturally most persons are very successful with it. This is so, because it works for most things that they envisioned originally without prior training. Very often the reason for this is that it gives the little extra push in situations that have long been evolving, that were ready to manifest, but where a minor adjustment that may have been overlooked, perhaps more intensity (emotional energy, life force), was still necessary to succeed.

Sometimes however, there are instances when the best efforts seem to fail. This usually happens later, but a few operators of the devices have experienced this challenge right at the beginning. When such things happen, the main reasons for such failure are:

- 1. Misjudgment of availability**
- 2. Misjudgment of the situation**
- 3. Misjudgment of personal capability**
- 4. Misjudgment of personal attitudes and unawareness of personal interferences, idealism, etc**
- 5. Misjudgment of subconscious blockages and subconscious interferences**
- 6. Misjudgment or unawareness of interferences from the people-environment and outside interferences**
- 7. Misjudgment of the “climatic background of trends” and cultural environment at the time of the operation**

In this manual, we will deal first with the various reasons for delays or even failures in general and give you an idea of how to develop a success strategy from a thorough analysis of the challenges that you face. Later we will continue to work on specific areas where failure may occur and replace them with appropriate success strategies. This will help you to work with specific examples. Based on this experience you will then be able to develop the most effective methods to achieve success.

Finally, we transform, in general terms, these challenges to a “wheel of success” where you find the preconditions that you need to establish when going for supreme success in any field!

3.1. The pitfalls in more detail: Examples

Here we are dealing point by point with the roots of the difficulty, i.e., the various misjudgments of important facets of any failed operation.

3.1.1. Misjudgment of availability

Examples:

a) Attempts to get the one and only one big win in a lottery. For instance, if there is only one grand prize in a lottery, only one person will get it, no matter how many people are using equipment to get that big one. Very famous are of course the massive interferences when someone attempts to beat incredible odds to get some lottery missions! Even if you can use the equipment to up your odds ten fold, you would need to wait a statistical average of 100,000 drawings instead of 1 million drawings to get a "big one". So it will work, provided you give it enough time and a substantial investment of money. Of course, statistical averages are statistical averages. You may hit it as well tomorrow with a single ticket! Some of the gods to whom "wannabee" winners pray must be quite annoyed, considering that of a million or so prayers to them for the "big one" all are doomed to fail, with the exception of one, provided, of course, that a person who prayed gets that big one and not one who has an orgone radionics device!

b) Attempts to get a specific famous person as a lover. This situation is similar to the one as above (availability of the big win), especially if the would-be lover has nothing to offer in return (as is usually the case). I knew one person who wanted Ted Turner and stressed that she had great ideas of how he could be even more successful in business. Naturally, she overlooked the "little detail" that she could not afford more than living in a dump! A season ticket for a seat close to her "target" in the baseball arena did as little as the many spells she performed.

c) Attempts to strike it rich in a business venture that promises wealth to its marks, but that's in the main established and structured to bring money to the corporation that sells these "opportunities". Typically, MLM (multi level marketing) scams fall into this category.

3.1.2. Misjudgment of the situation

Examples:

a) Attempts to draw a partner who loves city life, wanting that she/he exchanges that for primitive conditions in the country with nothing in return.

b) Attempts to draw a specific partner for sex only if that person has extreme reservations against that, possibly also subconscious fears, etc

3.1.3. Misjudgment of personal capability

Examples:

- a) Attempts to "get money fast" when absolutely no skill can back up that wish
- b) Attempts to be immediately successful in a profession of which the operator has little or no experience at all. If you want to be successful a doctor, you need to have learned the skill and received your licenses previously - or (hopefully not) be skilled in faking it.
- c) Attempts to draw a partner for sex when the operator him/herself is incapable to that - for whatever reason
- d) Attempts to get a top of the line lover when looking like a dog, lacking personal hygiene, lacking manners and lacking other items that such a partner would like to see
- e) Attempts to make a big showing in music without the skills to play an instrument, without charisma and without capability to deal with producers once the window of opportunity is open

3.1.4. Misjudgment of personal attitudes and unawareness of personal interferences

Examples:

- a) When trying for wealth, the attitude that it is undeserved.
- b) When trying for love, the attitude that it is bad or obsession.
- c) When trying to hold a lover, to be unreasonably jealous and demanding.
- d) When trying to get a lover back, obsession that obscures everything else. Think of someone who is obsessed with a specific women (a weakness that is radiated out, most of the time), is timid (another weakness), lacks personal hygiene, is outright filthy, etc. Imagine that this person hopes that setting a device will cause that lady (who, like most sane persons, neither wants weak partners, nor timid ones, nor stinking ones that obviously don't care about their appearances) to knock at the door the same midnight, asking him to go to bed with her. Well, that will not work and the energy radiated out may even have an opposite effect, since it likely causes the woman think of that filthy pig and be annoyed.

3.1.5. Misjudgment of subconscious blockages and subconscious interferences

Examples:

- a) Subconscious fears and ideas that were instilled during the course of education or that resulted from traumatic experiences.
- b) The fear of sex and healthy relationships that resulted from severe abuses in childhood

3.1.6. Misjudgment or unawareness of interferences from the environment

Examples: peer pressure, religion, hostility of people who should help

3.1.7. Misjudgment of the “climatic background of trends” at the time of the operation

Examples: This is similar to the above, but concerns more trends that are going on in society at the time of operation. Trying to sell stocks at a high price at times when the stock market is bearish may not work. Trying to sell propane gas for heating in summer at winter prices will also be difficult to do. Attempts to strike it rich quick in a profession for which there is no demand in society: Ever played with the idea of selling coaches with horses in the center of New York?

Often the problems are less obvious, especially when the operator has to deal with challenges that concern wishes that seem more available, more legit. Sometimes such operators begin to work on desires and wishes for things that they do not really want. A thorough analysis of one's own desires is necessary in such a situation. The equipment certainly can help finding out subconscious blockages, legitimate and irrational ones. As far as irrational blockages are concerned, they can be re-directed and actually be useful in other activities where their impact matters while “staying away” from the activities in which you want to be successful.

In “old language” (coming from times when nothing whatsoever was known to humans about the subconscious and its function), such irrational, often self destructive, actions have been seen differently. People thought of them as coming from the “mysterious wisdom, will and ways” of a deity. In such a case religious conditioning of the “I don't deserve” type plays a big part. They may also attribute failures to the continuous foul play of “entities, demons, ancestors” or the like that may act outside the individual or act as “attachments” from within. The practice to deal with these situations consisted of getting rid of the entities. The tasks of such entities were often re-assigned. Another practice to replace them with stronger entities that are more sympathetic to the wishes of the person in question.

You can use the equipment regardless what type mapping you prefer. Sometimes animistic thinking of personified entities is more useful, at others the mapping of subconscious parts of the personality, and at others the mapping that deals with trends as energy fields that in many cases have a characteristic of personification.

In any one of these approaches, when re-assigning tasks, analysis of mechanisms of failure and the setting up of specific success strategies can be a decisive help in achieving your goals. Again, your equipment helps not only in these tasks, but also in assuring permanence of the results. In any one of these approaches (animistic mappings of "entities", the more recent mapping of a "subconscious", or a more dynamic mapping that involves fields of "trend energy" that surround you, or a combination of all), the effects will be the same if you develop a good success strategy for the result that you wish to manifest.

3.2. Potential Solutions - the wheel of success!

1. Check for availability. Make sure that what you intend to achieve is doable
2. Analyze the situation and the potential for success it offers
3. Determine personal capability and readiness for the task. If missing, generate ways of the quickest possible achieving of capability.
4. Analyze personal attitudes and your own interferences, idealism, etc. If necessary, take steps to overcome them. Exhibit a positive attitude!
5. Be aware of subconscious blockages and subconscious interferences. Set up operations to re-assign them, if needed
6. Be aware of interferences from the people-environment and outside interferences. Counteract peer pressure and magickal interference from other people.
7. Generate a positive "climatic background of trends" and deal with the religious-cultural environment at the time of the operation.

All this has to be done before you begin with the actual operation. Just one of these points ignored, misjudged, and not acted upon can be a reason for failure of the operation! If needed, set your device to help you taking stock of the challenge and to build your wheel of success!

Any type interference can develop into a reason for Failure

Change and ultimate results will manifest, of course, if you can analyze the true nature of the challenge, its various aspects and if, based on that, you put appropriate success strategies into motion such as changes in attitude, changes in appearance and acquiring of the skills needed.

Success strategies are very helpful in developing a winning attitude and the inner feeling that's so necessary for any type of success. It is a well-known fact that, **whenever there is a clash between the will to achieve a specific result and conscious or sub-conscious expectations and attitudes towards that outcome, the latter will almost always win out over sheer will power.**

Conversely, once you adjust your attitudes and expectations, conscious and non-conscious ones, towards a goal, then sheer will power is of secondary importance if needed at all. Above all, be pragmatic in your approach! Rather than aiming at

a goal that's way ahead of your status quo, compromise, approach your goal persistently step by step, and success will be forthcoming soon!

To set in motion a change of your inner expectations and attitudes is relatively easy, especially with the equipment that you have available now.

Now let's go to the practical part: I will introduce you to some typical pitfalls that invariably lead to unsuccessful outcomes and then to success strategies that can overcome these challenges and ultimately lead to the success that you desire.

3.3. The fat-buster: success strategies in weight control, or: how to get the physique that you have always wanted!

Weight control is a typical example of negative outcome where there is a clash between will and imagination/expectation. In fact, huge industries are thriving around that rather sad situation by shamelessly exploiting it.

Fat is part of us. It is storage of energy reserves that will be used in times of inadequate food supply. As a temporary measure this seems fine and natural, yet gross overweight has long been proven to be a considerable health risk.

Therefore, if you want to lose weight, you simply use up your reserves, no less and no more is required!

Seems simple, and yet, most people have serious problems of getting rid of their excess pounds.

It is possible that humans do not have much of a genetic protection against over-eating, and most certainly do most of them not act that way. That, at least, is what some people contend. Perhaps that's correct and not a lead-in publicity stunt to ready the general population for some esoteric methods of genetically engineered "treatment".

Perhaps we should look at another facet of the problem. First of all, there are enough people out there who "manage" to maintain a fairly normal body weight even in times of plenty. Secondly, countries where there is ample food advertising show an excessive tendency towards gross overweight of huge parts of their populations, while in countries with plenty of food supply, but much less food advertising, such a problem does not exist. This is a situation that does not necessarily support the assumption (or cop-out) of the "genetic scapegoat".

In the US some 75% of TV advertising is geared towards food, almost always the rather unhealthy and fattening fast food garbage. Even in soap operas the "heroes" with whom the viewers identify are eating quite a bit. If it did not work, the food industry would not go to the massive expense of working on expectation and imagery of the audiences. As a consequence of it working well, people eat more, get fatter, and feed the coffers of a ruthless industry of death and disease.

Counteracting the impact of food commercials should be the first and foremost strategy to help an overweight person. Having seen and read thousands of commercials coming from the slim-down industry, I have not noticed a single one that would describe the impact of food advertising. Strong vested interests (besides simple ignorance of the facts) may cause the slimming-industry's advertisers and executives from addressing that problem. It is certainly more profitable to thrive on guilt-feelings of the fat and not so fat people addressed by the commercials than working towards removing the root causes of gross obesity. Such action, in fact, would reduce the customer-base and market share, of course! People may then also become aware that it's not some esoteric fat-burning formulas, fast slimming fake-foods that are loaded with chemical junk, self-assertions, costly diets, surgery, 10-minutes a day exercise machines, etc. that lead to lasting success. Quite to the contrary, simply using-up the stored energy (speak: fat), either by being more active or by supplying the body with less energy reserves (speak: food), or both, appears to be the most effective method! The only recommendation during such times would be that the person takes sufficient vitamins and minerals, so that there is no lack of essential substances that are needed for the proper functioning of the body.

Let's sum it up:

Potential problems:

1. Clash of expectation/imagination with will power.
2. The expectation of being powerless, mostly promoted by the food industry, but also as a "hidden expectation" in the slim-fast-down industry, will prevail over the will of the individual to lose fat. Have you ever noticed that absurdly fat person sipping on a shake of slim-quick junk first, then gorging herself on half a gallon of ice cream and three MacDoodoo Burgers?
3. Paying customers remain paying customers for both branches of industry, provided that they remain fat!

Potential solutions:

1. Reduce impact of advertising from both industries. The best method is to develop inner strategies and mechanisms that create exactly the opposite of what the designers of the commercials intend to do. If possible, boycott all their products. This is definitely not intended as a message for "them", but a working tool for you to trigger a change of attitude in your mind.
2. Develop a set of expectations and inner imagery that favors weight control.
3. Finally, develop strategies to use up the energy reserve of the body, i.e., the layers of fat. This should only be done after points 1 and 2 have been activated and completed successfully, otherwise this may be too difficult a task, perhaps even useless!
4. These success strategies can be set in motion very effectively when set up as trends with your orgone radionics equipment.

A Few Potential Mistakes:

1. Putting "I want to lose weight" in the machine, implying just that, that you WANT to lose weight.
2. Working with methods that do not address the basic problem of inner attitudes, expectation and self-image.
3. Lack of effective strategies against the impact of food advertising.
4. Guilt-feelings about overweight, using sheer will power alone.
5. ... (and many more)

Suggested procedure:

1. Work on food advertising: There is an appropriate filter available.
2. Develop a concentrated intent to have the perfect weight. Work on the attitude and the confidence that you can do it!
3. Enjoy food! Enjoy it every time you eat it, enjoy every bite, but enjoy it only in quantities that fit the plan and at pre-determined times. It may also be useful not to enjoy it at other times while you are on the plan.
4. Adjust the plan to what your body can handle with ease. For some people just one pound a week is optimal, others can handle a lot more. Put an inner-eco-check into your setup. Perhaps consult with a physician or health professional as to what goal you should set.
5. Set up a follow-up plan that corrects the habits for good and does not allow relapses.

3.4. Business Success, Wealth, Leadership, People Skills, and Political Success.

A good psychic friend of mine once stated the following: Basically, there are two reasons for which people come for advice to psychics: the two "aids", namely getting laid and getting paid!

Sometimes, then, the customer comes home from a psychic or from a \$800.00 weekend seminar, enriched with deepest knowledge of past lives and past transgressions and karmic guilt accumulated therein. He or she knows now, or thinks to know, about soul mates, past and present, of curses from lodges with which they were involved in a past life, perhaps even of curses put onto their mother that by some quirk of destiny attached themselves to the offspring. At times long dead unknown ancestors are blamed for misfortune in life, who are trying to take him over. From other sources comes the deepest knowledge of (freely invented) "secret history of humankind" and bad karma collected during those olden times, and a host of other illuminations. This may distract from the basic problem for a while, even have people work (for the religious outfit, of course!) to atone for past life transgressions that likely never existed, but usually it does not solve it!

Other good moneymakers, although usually not for the attendants, but solely for the organizers, are motivational weekend seminars where the attendants are taught to awaken the giant within and the like. Teachers are all too often hailing their

own greatness and tell that they have made it by exactly following that which they teach. Fact is, if someone does not have the skills to play tennis, she needs to acquire them. Standing in front of a mirror repeating "I am a great tennis player" over and over again and hoping to get to the top this way is as silly as standing in front of the mirror, seeing oneself writing big checks, living in million dollar homes and driving around in sports cars that are loaded with several lovers.

All this reminds me very much of the situation that I described with fat burning and a fitness industry that in some way is part of the problem rather than part of the solution! Blaming a have-not person for being in a bad financial situation usually is a distraction that does not deal with the real problem. The same can be said about the many "esoteric" reasons with which such an individual is confronted. The "esoteric clergy" proffering such reasons is not much better than the clergy of established religion who shove "God's will" down the throat of their sheep who in turn willingly and happily fatten the clerical treasuries with tithes.

For the person who is serious about success it is time to get the facts straight: Poverty is in the main a socio-economic problem. In fact, it's even more so than gross overweight! If you want riches, eliminate the impact of socio-economic conditioning and acquire the skills to handle wealth at the same time! No, I am not talking about changing the system. If the system was fair to all, there would not be excessive wealth at all. If you want excessive wealth, be aware of the functions of the socio-economic system in which you live (and which in fact does allow individuals to have that unfair edge of excessive wealth) and use these functions to get where you want to be! In other words: this is a system that certainly can work in your favor, if you learn to use it! Feeling guilty about that? Then you are still stuck inside and victimized by the "equality-trap" that helps so nicely the folks who are "more equal" than you and who thoroughly love that additional "equality"! Let's face it: Inequality is part of the human species, no matter what idealists or equality-mongers (that are backed by vested interests) are trying to teach you - and so are the resulting socio-economic structures in which we live! You can either live up to this fact and use the existing situation and your innate human characteristics to get ahead, or you can decide to remain the runt of the pack for the rest of your life. The choice is yours, of course! Fact is, you have the equipment that can help you getting that "unfair" (a word used by people whose intent is to keep you in your subordinate place) advantage when you set your course to reach your maximum potential of wealth, power, and/or political influence. Use it! At the same time, be aware that a human being does not end with the surface of the skin. As human beings, we are "us and our environment"! When we poison our environment with arrogance, bad action, abuse of power, etc, we ultimately poison ourselves! The runts of the pack are part of your environments, necessary contributors to your success! Respect them, especially when you reach the top! That makes the difference between a good leader and a bad leader!

Before can deal with such questions, you need to get there. For that you need to de-program yourself and learn the skills that you need to get to the top. Once

such skills are in place, you can open opportunities for yourself, then learn additional skills, etc, step by step all the way to the top.

Naturally, the development of successful strategies for business success, wealth, and political power is more complex than was developing a strategy for weight control. Use your orgone radionics setup to maximize this task, then use the device to open opportunity and to help you get to the top.

Below you find a list of points to consider. Use what you consider as appropriate for your situation.

Situation analysis for wealth, power, leadership, people skills

Get facts straight about society and socio-economic environment!

Get the facts straight and study human characteristics! We are a predator society of leaders and runts

Get the facts straight about education. Have you ever noticed during your education that school kids from influential parents get away with things that others never would get away with? Don't mope about it, learn from it!

Schools fit people into roles of leaders and runts. Therefore, the education of "social skills" is more important than the teaching of other skills!

The structure of the leadership of super-tribes (nations) is similar to the structure of tribes.

Niches for dominant people who do not make it politically: Leadership in business, in organizations, control of wealth, professional leadership, etc

Getting things done vs. "being nice"

Your situation: taking stock and setting goals

Set long-term goals

Set short-term goals

Establish what skills you need for these goals, what skills are demanded; what changes of attitudes you need to be successful. Follow through with action and boost it with radionics.

Consider alternatives with similar basic demands, if availability of your goal is low.

"Tremendous financial success from an unexpected source ..." the use of wild cards, advantages and disadvantages

Set yourself up that you enjoy that which you are doing.

Potential Basic problems and mistakes

The runt mentality, a result of the educational process: in school, people "learn their place" in a hidden curriculum! Check out how it afflicted you and avoid the pitfalls

The impact of religion: "you have to work hard to earn your daily bread" (have you ever met a priest or preacher doing just that????)

Lack of knowledge of communications

Assuming "giftedness" rather than skills - and giving up

Using strong points of your situation

Set yourself up to get the right strategy at all times
Set yourself up to get viable opportunities.
Be ready for a big change
Make sure that the changes will be somewhat profitable as well
Figure out the time to acquire skills

Going step by step - a plan for yourself

Learn communicative skills, Boost learning of communicative skills
Learn to read people
Learn to read the body language of others
Learn to influence people
Acquire power mimicry
Develop opportunities where you can use and refine such skills progressively:
Determine the direction that you take: get ahead first using the skills that you have while acquiring new skills, then the next step with the acquired skills, and so on. Acquire skills and earn while learning, if possible
Boost charisma and other skills
Use equipment to boost your position of power in specific situations
Get increasingly into the procedures of the chosen business, become proficient in methods of marketing, manufacturing, or running the business.
Boost your skills to analyze several situations and select the best ones for your success.

Potential Mistakes

"I am powerful" in front of the mirror
Ignoring the skill factor, hoping that there is "magick" that puts you into a wealth- and power position without you needing to learn anything or contribute anything to this process.

For these advanced situations the radionics program is a significant help! We also suggest that you work at least with one heavy duty device!

Further success strategies are in preparation, plus more detailed strategies concerning business, money, and power.

3.5. The Ladder of Success

- 1. Analyze the situation, then, based on that, develop the strategy.**
- 2. Work on your attitude - set attitude work as a continuous function**
- 3. Develop your skills - set skill orientation and skill development as a continuous function**
- 4. Eliminate outside interferences, set "wild card"**
- 5. Prepare the general environment. Protect against repercussion.**
- 6. Prepare the specific environment (people involved)**
- 7. Set to least effort for maximum result.**
- 8. Set trends to hold result(s), once achieved**
- 9. Go for the result (the actual trend energy) - If a far reaching result is a goal, set wild card for the next step and for the most effective method to go through points 1 through 9 again!**

Work on each of these points with a separate setup. You can run many of them during the same preparatory time, but do not run them simultaneously!

Set your equipment for analysis at the beginning. This setting will provide you with important insights in the characteristics and intricacies of the situation that you intend to influence in your favor. Do not do anything else during that time of analysis. Continue with the next steps of your ladder of success when you are certain that you understand the subject matter and that are ready to flesh-out these steps of success with the appropriate trends, or action. Go these steps one by one at first. Then you can work on points 2 through 6 during the same time of preparation, but never simultaneously! Give each of the points there one or two hours daily of energy work with the orgone radionics setup. Follow up with action on your part such as learning the necessary skills.

When you think that you have prepared yourself sufficiently, make another analysis based on the new situations. If this analysis checks out well, go step by step from 4 through 9.

3.6. Business Consulting, Success Consulting

You may contact professionals that are affiliated with HSCTI who can assist you in very complex situations.

The service can be a one-time consultation for a very specific situation or it can be a long-term service, for instance in a business.

This consulting service generally involves analysis and proposals of very specific complex situations. Our consultants calculate their fees based on the time involved in their service for you.

When contacting us, please tell us of the nature of your request: whether one-time, such as in a complex challenge in a relationship, or long-term, such as consulting a business or politician. We will direct your inquiry to the specialist who is most capable to help you handle your situation.

From time to time, we offer training seminars in success strategies. Please let us know if you want to attend one or more of these seminars.

