



THE PATH TO POWER

An Achiever's Manual

Ulen – The Path to Power



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Foreword

Many books on achieving one's goals and higher living abound in the market. They cover a wide range of topics, from self-help to spirituality, the New Age to spiritual phenomena, and so on and so forth. As an enthusiast of all of these, I have read quite a number of such books. Sad to say, very few of them have really been helpful. In fact, many give contradictory information, and so the discerning reader is bound to be confused instead of being enlightened.

But once in a while, there comes a rare book on self-achievement and mastership that speaks with the unmistakable ring of truth, and yet is not too abstruse for the common person's understanding. In simple and straightforward language, it presents concepts and facts—without any embellishments. Above all, this book reveals useful advice and techniques that the reader can put into practice, guiding him on such practical pursuits as becoming healthy and materially prosperous, as well as on developing higher levels of consciousness.

Such a book is this present volume. It is all the more useful and reliable because it is written by a person who truly knows what he is talking about. As a decades-long student of philosophy and metaphysics, the author is an authority on the subject. He has also tested first-hand all the techniques he writes about and has proven their 100% effectiveness.

Having known him for some years now, I have

found the author to be a true teacher of what might be called practical, down-to-earth life management and higher consciousness. I have also known that through his unwavering dedication to his art and craft, he himself has experienced the very rare blessing called Cosmic Consciousness. Thus, I can think of no other individual, past or present, who is more qualified than he is to write a book such as this.

This is a rare jewel of a book. No matter who you are or what you do for a living, it will surely help you become a wiser, happier, healthier, richer, more fulfilled, and more empowered person. It reveals as much practical information as it does to enable the reader to achieve whatever goals he has in life. Even if you study in schools for mastery of life and similar orders, you will have to wait for years before you can be taught all the knowledge and practices presented in this book. So read it from cover to cover and discover for yourself – as I have – the tools to make all wishes and dreams come true.

– Dr. J.G.



“The most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead. To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in their most primitive forms—this knowledge, this feeling is the center of true religiousness.

“The cosmic religious experience is the strongest and noblest mainspring of scientific research.”

— Albert Einstein

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The Reality of **SUFFERING**



The Reality of Suffering

“Pain is inevitable; suffering is optional.”

—Anonymous

If we can say one thing that sums up present-day existence, it is that suffering is real, and that it is all around us. Man—whether he lives in Asia, Africa, Europe, the Pacific, or the Americas; whether his skin color is white or red; and whether he clothes himself with rags or with the finest furs—endures the severe sting of suffering.

If we need convincing of this fact, we just have to turn on our TV or listen to our radio. All over the world, there is strife and war. Leaders are being challenged or impeached, revolutions and civil wars are sprouting everywhere like mushrooms on moist ground, and we hear too much of massacres, criminal and terrorist acts, and many other forms of violence. What makes all these even more distressing is that they are often done in the name of noble ideals such as religion, political ideologies, pride in one’s own color, and love of one’s country.

What happens in the world at large is mirrored in the more proximate circles of the community and the family. At these levels, a most upsetting symptom

of suffering is the use of **prohibited drugs**. This has become alarmingly widespread, as people continue to be enticed by the deadly comforts of marijuana, shabu, and even more expensive drugs like ecstasy.

For his foolhardiness, man is paying a dear price. We see fathers, under the influence of drugs, raping their children. We see sons murdering their own mothers. We see rapes, murders, mutilations, and atrocious acts committed by individuals within the family under the influence of drugs. This is real suffering.

When speaking of suffering, we cannot overlook the Reality of **poverty**. This has brought indescribable anguish in many Third World countries, and even in many developed nations. Man has tried to deal with poverty by making advances in nutritional and agricultural technology, and by devising more effective and efficient methods in food manufacturing, farming, cattle raising, and the like. But despite great progress in these fields, the problems of hunger and poverty are far from solved.

—*The world is full of suffering, it is also full of overcoming it.*

—**Hellen Keller**

Similarly, medical science is even now battling with terrible **plagues** like AIDS, the Ebola virus, and mad cow disease. There too are great scientific advancements in this area, yet man is nowhere near finding a solution to the physical causes of his

suffering. He has penetrated outer space, yet there seems to be no escaping his immense suffering on earth.

This suffering even extends to his environment. There is pollution everywhere, and there is the senseless hunting and killing of species of animals for sport or economics. Thus, man has incurred upon animals a kind of suffering that is no less horrific than his. And he hasn't spared the plant kingdom as well. We know all too well that at man's hands, forests are being destroyed, rivers are dying, and natural resources are being depleted.

All around man, there is suffering. And inside man, there too is great suffering. Take the father who tries very hard but is unable to provide for the needs of his family. Take the mother who watches helplessly as her child bears the pain of an incurable disease. Take the orphan who longs for a father's protection and a mother's love. Take the young man who is jilted by the love of his life. Take the patient suffering from a debilitating disease. Or simply take the office worker who is harassed by deadlines, the school student who struggles with a dreaded subject, the teenager who battles to overcome his shyness and self-consciousness, the henpecked husband who yearns to be free of his nagging wife. The list goes on and on, as there are countless levels and expressions of suffering.

Certainly less common, there too is the suffering of the thinker who seeks in vain to find answers to the meaning of existence. There is also the pain and

frustration of the seeker who yearns to experience firsthand the reality of the psychic world, the soul, and – the highest mystery of all – God.

We'd like to think that we are more civilized and knowledgeable than our predecessors in ancient times. If this is true, why then do we seem to have greater problems now than before? The challenges to man, animal, plant, and the planet as a whole have never been more severe and life-threatening than they are now.

In fact, as we speak, humankind faces the very real danger of extinction. There is a serious shortage of resources with which to feed, clothe and shelter the entire population of the world. A number of nations also possess very powerful weapons that can annihilate entire countries in a snap, and the possibility of war between some of these nations hangs over our head like Damocles' sword. We all know too well that our planet is also in jeopardy, what with forests and seas dying, the gaping hole in the ozone layer, the continuing slaughter of defenseless animals, and many terrible signs. These are some of the very disturbing realities of the present. We must act, and act fast, to save ourselves and our planet.

Can we save ourselves? Is there a solution to our present predicaments? Is there an escape from our suffering?

The answer is a resounding YES!

And most interestingly, this answer to suffering is not something that modern man has discovered all by himself. Rather, it is something that he has come to comprehend by borrowing from the age-old wisdom of his forebears.

Long ago, many philosophers knew that there was a way out of suffering. This way out, according to them, begins with the act of acknowledging that, indeed, man is in a state of suffering. Looking around us and at ourselves, we should not have much trouble doing this first step.

The ancients also taught that to be rid of suffering, man must conquer its root cause, which is **ignorance**.

Despite man's claims to erudition, he is largely ignorant about the true workings of his world and the universe around him. More importantly, he is in the dark as to his real nature—his true identity, needs, purpose, and significance. Because of this ignorance, he is unable to express himself and live fully, and he suffers a miserable life.

Gautama Buddha was one of the ancient sages who had thoroughly contemplated the nature of man's suffering. He discoursed on this in his **Four Noble Truths**, wherein he affirmed that earthly life is full of suffering. To escape such anguish, one must "go within" through meditation, become attuned with one's inner being, and awaken the soul.

An ancient dictum that echoes this teaching is: "**Man, know thyself.**" This simple instruction, inscribed above the entrance to a Greek mystery temple, was said to have been uttered by the Oracle of Delphi. It too was repeated by later philosophers such as Socrates.

One may take the dictum to mean that a person should learn about his desires, strengths and weaknesses, and other personal characteristics and propensities. But according to the mystery schools, which were repositories of ancient esoteric knowledge, to know oneself means much more than this. It means that one should thoroughly understand the mystery of one's nature. In so doing, one also understands the nature of God and the universe, for as another maxim states, "*Man was made in the image of God.*"

And another goes: "*as above, so below.*" Man is the microcosm. To understand him is to understand the greater universe or the macrocosm. Man too has the spark of divinity, and thus, to comprehend him is to comprehend the divine.

The renowned psychologist **William James** has once said that man is using less than ten percent of his brain faculties. In other words, man—at best—is using but one-tenth of his mental abilities. The other nine-tenths of his faculties are left idle and untapped. If this is true, and indeed many scientific findings have supported the view, then we can conclude that man is impoverished mentally. Dare we surmise how much

more impoverished he is in the psychic and spiritual aspects? Very few in our society are as concerned with psychic and spiritual development as they are with mental and physical development. There are even those who do not believe that man has a psychic or spiritual side. These aspects of our being are thus greatly negated, repressed, and disallowed free expression.

Looking at man's cruel behavior toward his fellowmen and his other co-creatures, he seems to have become a soul-less being. I do not believe for a moment that man is soul-less, but I am convinced that man needs to awaken his soul and pay greater heed to its impeccable guidance and direction. This will make him more humane and less beast-like, and very importantly, it will also set him on his way to being free from suffering.

A number of religious doctrines concur with the necessity of knowing oneself thoroughly. The great master **Jesus the Christ** said, "*Come unto me, all ye that labor and are heavy laden, and I will give you rest*" (Matthew 11:58). And to his close disciples, he taught certain techniques of meditation and contemplation to ease their ignorance and suffering.

One Biblical passage reads: "*But seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you*" (Luke 12:31). Another states: "*...for behold, the kingdom of God is within you*" (Luke 17:21). Taking these two together, we have the injunction that one should seek the "**kingdom of**

God” which **“is within you.”** The meaning is unmistakable – one should look within for the answers.

Many other sages of the distant past, philosophers of later times, as well as ulen masters of the modern times have echoed the same teachings. They are united in the conviction that, yes, we can indeed escape from suffering, and that the escape is within us, not outside of us.

Now, drawing both from the wisdom of the ancients and the findings of modern science, the ULEN Systems has perfected a method that allows man to get to know himself fully, awaken his inner being, and thus be free of the bondage of suffering and ignorance. This method, based on sound scientific and spiritual principles, is a method of empowerment that enables man to live happily and fully. Its rudiments are thoroughly discussed in this book.



PART II

POWER
The Way Out of
Suffering



Power – The Way Out of Suffering

*“Power can be taken, but not given.
The process of the taking is
empowerment in itself.”*

—Gloria Stein

For man, the way out of suffering is by means of knowledge and empowerment. By **knowledge**, I refer to true self-knowledge, which can be had by seeking within, not outside of man. And by **empowerment**, I refer to awakening innate powers within man that lie unused because of his ignorance and erroneous ways. The two—true knowledge and empowerment—go hand in hand. Achieving one leads to the attainment of the other. The reason why the ancients laid great emphasis on the necessity of man knowing himself was that this leads to the awakening of powers that ensure his evolution.

In recent times, empowerment has become a buzzword for many politicians, managers, leaders, and even tyrants and other rulers. It has been dangled before the eager eyes of the masses, much like a tasty carrot before a hungry rabbit, as the solution to their many problems. Well, this claim may be true, but we can get out of empowerment our high expectations of it

if, and only if, it satisfies this condition: that it comes from the person who is being empowered himself, not from somebody else. If power comes from outside, then it follows that power can just as easily be taken by that outside source. But if power comes from within, then it truly belongs to the person and it cannot be taken away from him by anyone. True empowerment thus comes from within.

Man must awaken or produce power from within him so that he can succeed in alleviating his suffering and become a fulfilled being.

But first, what is power? Analyzing it, we see that basically, **power** is the force, energy, or ability to do what we desire. It is that which is needed to manifest our desires, dreams, and goals.



“Power consists in one’s capacity to link his will with the purpose of others, to lead by reason and a gift of cooperation.”

—Woodrow Wilson



Going further, we see that power is something that all forms of creation possess. Take the simple unicellular, amoeba-like microorganisms. To survive, they need to eat. And they are able to do this even in the most difficult environments, such as in volcanic areas and in places where it is too hot or too cold. No matter where they are, their bodily structure, methods, and inborn programs or instincts enable them to endure and adapt in order to survive. Thus, we see

that nature has endowed them all the power they need to live and survive.

Higher up the evolutionary ladder, insects and animals have even greater power. They have the capacity for locomotion, for self-protection against other harmful animals, and many other abilities that ensure their survival.

Plants also exhibit these same capacities, although in a more limited sense. If you put a house plant in a shaded area, its leaves will naturally lean toward the sunlight to get nourishment. Even if a plant's roots are embedded on stony ground, these will adjust to be able to somehow extract needed nutrients from the soil.

Now, we humans, with our much advanced brain development and physical abilities, have even greater power. We have the ability to think, to feel, to speak and communicate ideas, to invent and create, to reason, to learn, and to get what we want in life. When we compare ourselves with other members of creation, our superiority in terms of abilities and powers becomes apparent. We have special powers that nature—or God as others may prefer to call it—endowed us as our birthright.



“Ultimately, the only power to which man should aspire is that which he exercises over himself.”

—Elie Wiesel



When you think about it, nature has endowed all creation with power. Power is inherent in every particle in the universe, from the very fundamental building blocks, namely the electrons, to the massive systems of constellations and galaxies. The spinning and “jumping” of electrons and atoms, the movements of planets, the gyrations of galaxies – in all these is power. Without power, our universe will cease to be what it is now.

Science tells us about the law of conservation of matter. This asserts that matter is never destroyed; it is only transformed to energy. And energy is transformed either back to matter or to higher levels of energies. The

“Knowledge is power.”

—*Sir Francis Bacon*



levels and manifestations include solid, liquid, gas, infrared, ultraviolet, gamma, and cosmic forms. Thus, the power in man is always there, although its manifestation may vary.

When utilized efficiently, this power enables man to surmount various obstacles and live what is called a happy, successful, and meaningful life. It enables him to improve not only himself but his environment. Furthermore, it enables him to develop and manifest his psychic and spiritual abilities, and ultimately, a level of consciousness called cosmic consciousness. If untapped, this power is just there within man in a latent or suppressed state.

This power comes into man at birth, when as a newborn baby, he takes his very first breath. As he takes in his very first breath, his body noticeably expands and he gives a robust cry, signaling his successful entry into this world. If this first breath is not taken, the baby dies. Mystics and students of ulen attach great importance to the baby's first breath. What exactly is taken in by the infant at this special moment? It is pure energy or power, which is called "**the breath of life**" or "the life force" in the ULEN Systems. It is actually the second vital component in the constitution of a human being.

The first component is called "**lumina**" and this refers to matter, electrons, atoms, molecules, etc. and the various energies contained therein. These are already present in the body of the baby when it first makes an appearance in this

"The sole advantage of power is that you can do more good."

—*Baltasar Gracian, The Art of Worldly Wisdom, 1647*

world. When to this component is added the life force — or the breath of life — at the moment when the baby first takes a breath, then it becomes a conscious, living being.


Let us further discuss the life force. In this force is contained the consciousness of God, as well as the individual soul which has the memory and wisdom of its many incarnations on earth. It is what might be called a divine power, which enters the newborn baby at birth and lodges in certain areas of the human body

called the “**ulen power centers**” whose physical counterparts are certain glands, ganglia, and plexuses.

From these power centers, the life force spreads throughout the body, vivifying each cell. Every single cell, tissue, organ, or component of the body is impregnated with divine power and cosmic consciousness.

You may have heard about the biblical passage which reads: “*And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul*” (Genesis 2:7). This speaks of what have been earlier discussed as the two components that constitute man. One, there is the physical component, or lumina, referred to as “*the dust of the ground.*” Second, there is the life force, referred to as “*the breath of life.*” With the presence of these two, man became “*a living soul.*”

We can see that even at birth, man is already an empowered being. He is endowed from the very

 beginning with immense force, both divine and earthly. As

“*Most powerful is he who has himself in his own power.*”

—*Seneca*



mentioned, this power is stored at certain ulen centers of the human body. Now if these centers are awakened, man develops more power. With more power, he can improve himself vastly and achieve whatever he sets his mind on. He can attack the root cause of his suffering and become a liberated being.

In the practitioner whose ulen centers are vivified, the first manifestation is excellent physical health and material prosperity. Next follows mental, cultural, and spiritual development, which is at times accompanied by the manifestation of psychic abilities. The ultimate achievement, to which every student of ulen aspires, is cosmic consciousness.

All this carries a message of hope and optimism. Anyone, whether young or old, learned or illiterate, rich or poor, can learn about the ulen power centers and practice well-tested techniques to vivify them. This will enable him to solve all his physical, financial, and social problems, and moreover elevate him into the status of an awakened or illumined human being.

But we too must be cautioned. Human life is transitory. At present, we have an average lifespan of about 70 to 80 years. When we die, the divine life force that sustains us will leave our bodies and return to its eternal source. Without this power, our body will die and return to dust. Hence we must not waste our time. While we still have life, we should harness this God-given power and utilize it to uplift ourselves and realize our great potentials as human beings.



"The problem of power is how to achieve its responsible use rather than its irresponsible and indulgent use - of how to get men of power to live for the public rather than off the public."

—Robert F. Kennedy (1925 - 1968)

I Remember, I Believe, 'The Pursuit of Justice, 1964

PART III

**ULEN -
The Path
to Power**



ULEN - The Path to Power

“The energy of the mind is the essence of life.”

—*Aristotle*

The word “ulen” combines the terms “ultimate” and “energy.” This “**ultimate energy**” refers to that force, energy or power emanating from God, the central source of all life and light. In occult language, this source is called the central spiritual sun, which can be compared to the sun in our solar system in that it provides light and sustenance to the planets and all living matter in them.

Ulen is binary in nature, meaning that it has both positive and negative polarities. It manifests in vibrations of widely varying rates or cycles. This manifestation is governed by natural or cosmic law.

Ulen manifests in the visible and invisible forms in existence. It is the very essence of all that is, living and nonliving, seen or unseen. Being an emanation from God or the central universal sun, it is divine in substance, nature and manifestation.

Dissecting the nature of ulen, we see that it is a combination of two components, namely:

- (1) the **divine, cosmic or spiritual consciousness**, which contains within it the soul of man and the life force, and
- (2) **lumina**, which refers to the electrons, atoms, molecules, and the energies within these, and which is the essence of all material creation.

Ulen is the totality of the energy that constitutes, energizes and animates all human beings beginning at birth. Its lumina component is what gives the physical body its form and force, while its spiritual or life force component is what gives it consciousness, life, personality, and other attributes that make for a human being.

"It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things."


—Theodore

Lumina is a form of luminous energy. It is the essence of all inanimate creation, from the fundamental building blocks of electrons, atoms, elements, and molecules, to all solid, liquid, and gaseous forms of matter. Lumina pervades all known creation. It manifests in different ways according to the laws of gravity, cohesion, adhesion, and other principles governing physical matter. But matter is only one of the many manifestations of lumina. In fact,

matter as we know it corresponds to the lowest and slowest vibrations or manifestations of lumina. At its highest polarized levels, lumina is pure, luminous energy that is well beyond the perception of the ordinary human senses.


In man, we see the wonderful workings and vast potentials of ulen energy. It is through this energy that man is able to think, create, reason, emote, remember, learn, and judge. Moreover, it is with the adept use of ulen that man develops psychic and spiritual powers. You can watch on TV and read in many books the remarkable feats that individuals like yogis and mystics are capable of doing, as a result of having learned to harness and direct their ulen energy.

For instance, as recounted by the famous Eastern guru **Paramahansa Yogananda**, there are yogis in the Himalayas who can survive for very long periods of time without food. There are also yogis who manage to go without any clothes in very cold, sub-zero temperatures. And there too are yogis who can survive being buried underground for weeks. They are able to perform these miraculous actions through the practice of ulen techniques, which often include special breathing exercises. All this has been verified or authenticated by scientists, including Western scientists and researchers. In my own travels to the exotic lands



*“Passion is energy.
Feel the power that
comes from focusing
on what excites you.”*

*—Oprah Winfrey
American television
Personality, Actress, and
Producer*



of Asia, I have personally come across mystics and men of ulen who would sit in meditation under the burning heat of the sun for months. Ordinary people stay away from the hot tropical sun for health reasons, but these yogis, despite their long exposure, do not suffer even the most minor sunburns. Their secret lies in their ability to regenerate their bodies and withstand the harsh elements through adept direction and manipulation of ulen energies.

We can therefore see that man is capable of incredible feats if he knows how to make optimum use of his inherent powers. Nothing is beyond his reach, so



“Energy and persistence conquer all things.”

—*Benjamin Franklin*



long as he has the proper knowledge of ulen, of the ulen power centers inside his body, and of the universal laws by which he must abide in order to live in harmony with nature. In addition, he too must have the proper training on how to harness ulen and stimulate the ulen power centers. With these, nothing is impossible for man. Whatever he conceives in his mind, he can achieve. Not surprisingly, it was a great master of ulen, the emperor Napoleon, who uttered the very words, *“Nothing is impossible.”* His remarkable achievements, made possible with the practice of ulen techniques, mirror this adage.

Further considering man and his special aptitudes, thinkers have long held the idea that he holds a special place in the scheme of the universe. For

instance, in terms of physical size, he stands approximately at the middle of a spectrum bounded by two extremes: the smallest material entity which is, the electron, and the biggest quantifiable entity which is, the universe.

In terms of abilities, it is beyond dispute that man is intellectually superior to other creatures. And from the point of view of ulen, man is the perfect embodiment of that which is immaterial, invisible, and divine, and yet at the same time is material, visible, and earthly. The nature and attributes of ulen are wonderfully demonstrated in man, better so than in any other creature. Man's duality—as a divine and earthly being at the same time—is a perfect parallel to the dual qualities of ulen.

“Real wealth is ideas plus energy.”

—Richard Buckminster

It is for these reasons that man is considered the measure of all things. Man is regarded as the microcosm that represents the whole universe. A well known maxim in esoteric circles is: *“As above, so below.”* Thus, to know and understand man is to comprehend the mysteries of the entire universe. It is also believed that to know man is to know God, because *“man is created in the image of God.”*

To actualize the unique potentials of man, we are obliged to make full use of our God-given powers. While we are still alive and able, let us learn about our true nature, about the power that lies within us, and

how to employ and channel it properly to our advantage. Let us achieve our optimum potential, be it in terms of physical health, financial status, mental capabilities, or psychic and spiritual development.

It will be worthwhile not to delude ourselves into thinking that this is an easy task. The process of self-actualization, includes knowing about and stimulating the ulen power centers inside our body. It requires time, effort and unflinching dedication. But all this is a little price to pay for the most valuable and glorious end benefits that are to be had.



*“And what is a man
without energy?
Nothing—
nothing at all.”*

—*Mark Twain*



To start you off in the process, here are some simple exercises that you can do near bodies of water and in other nature spots. These are regenerative ulen techniques, bringing about physical rejuvenation, vim, and vitality for the practitioner. These techniques will help relieve illnesses like cough and colds, lung diseases, aches and pains in the joints, arthritis, and rheumatism. But they do not only regenerate the physical body. Also very importantly, they help strengthen the mind and the human bioenergy field (more popularly known as aura). They magnetize the whole body with powerful ulen energy. The result is that, after doing the exercises for some time, the practitioner develops a sparkle

in his eyes, exudes a more magnetic personality, and evinces a greater zest for living.

Technique No. 1

As discussed, ulen emanates from the central spiritual sun—the Godhead—and travels in space in rhythmic cycles. As it reaches the earth, there are certain areas in which it becomes concentrated. These places, or “**ulen power spots**,” include uncontaminated springs, streams, rivers, lakes, beaches, hills, and mountains. You can become energized by staying or bathing in these places.

The best times to bathe in bodies of water are from 7:00 a.m. to 10:00 a.m., and from 3:00 p.m. to 6:00 p.m. To get the most ulen from bathing, you should first sunbathe for 30 minutes. For 15 minutes, expose to the sun the front side of your body, especially the face, chest, belly, solar plexus, legs, knees, and feet.

For the next 15 minutes, expose to the sun the entire back area, particularly the occipital region (found at the hollow at the nape), the nape, the shoulders, the area of the third thoracic ganglion (located between the shoulder blades), and the back parts of the legs and feet.

Then, face the sea (or river, stream, etc.), and do 12 cycles of deep breathing as follows: First, inhale deeply through the nose, with mouth closed. As you breathe in, imagine that you are inhaling the invigorating and regenerating power of ulen in the surrounding areas and storing it in your body. Then retain the air in your lungs for about 10 seconds, and exhale slowly, again through the nose. Do this 12 times.

You are breathing correctly when your breath reaches down to your belly, and your belly moves in tune to your breathing. As you inhale, your belly expands. As you exhale, it contracts. Belly breathing is man's natural mode of respiration, as seen in infants and athletes in training. Continuing the technique, walk slowly toward the sea and immerse yourself in the water until it reaches up to your stomach.

Then perform this ritual. First, say this simple prayer: *"O God, Lord of the universe, I thank Thee for this occasion for the regeneration of my mind and body."* Then immerse yourself in the water up to the level of your head. Stay underneath the water for about five seconds. Then rise, and as you do, affirm to yourself in full conviction this statement: *"All my sins, all my weaknesses, and all my diseases are completely washed away."* You should also visualize that as you rise, the water washes away all the negativities in your soul, mind, and body.

Repeat the ritual 11 more times, until you have done it a total of 12 times. On its final performance, you must feel thoroughly cleansed of all impurities. Finally, utter a simple prayer of thanks: *“O God, Lord of the universe, I humbly and sincerely thank Thee for this occasion of purification and regeneration.”*

Technique No. 2

To be totally energized in your stay by the beach, do not do any vigorous activity or strenuous swimming. Try to conserve your energy. Just bathe leisurely in the waters for a while, then retire to your room and perhaps perform some meditation.

Another technique for the accumulation of energy by the seaside can be done in the late afternoon, from about 3 to 6 p.m. Walk along the beach, with the water level up to your knees. You will then notice that there are certain spots on the sand that are warmer than the others. The water there also seems to be a bit warmer. This is sign that the spot is highly magnetized with ulen from the sun.

Stay there for a while, imagining that you are absorbing in your body great amounts of ulen energy. If the temperature lowers after a while, find another “warm spot” and stay there. You can do this as long as you like, moving from one warm spot to another. You will feel totally invigorated afterwards.

Technique No. 3

Rather than doing vigorous swimming at the beach, you can absorb more ulen through this exercise: By the seaside, dig a large hole in the sandy area that is not reached by water, and place your body inside the hole, from the neck downwards. Then cover yourself (or ask someone to cover you) with sand. Do this between 7 to 9 a.m., for about 30 minutes to an hour. After the exercise, you will notice that your body tingles with ulen vitality.

Technique No. 4

There are certain so-called healing places, mostly cool mountainous or forested areas, such as in Baguio and Sagada in the Mountain Province. These are places where you can have the chance to absorb great amounts of ulen, especially early in the morning, while it is still a bit foggy. Go to a grassy area that is carpeted with morning dew. Then remove your shoes and socks. It is best if you are wearing shorts so your legs are also exposed.

Then gather with your cupped hands the dew and with this, wash and wet your feet, especially the ankles and the knees, then the arms and hands up to the shoulders. Also wet your face, neck, and even your head. If possible, wet your chest too. Afterwards, face

the direction of the sun in the east, and do the same 12 breathing cycles as instructed before: inhaling, retaining the breath, and exhaling. Then do sunbathing for about an hour or two, making sure that the front and back of your body are exposed to the sun for not less than 30 minutes each.

Science has proven that morning dew is composed of the purest water. Great amounts of ulen are also found in dew. This technique should be done in the early morning hours, from 6 a.m. to about 8 a.m. Beyond this, the dew in the grass will have evaporated.

Technique No. 5

This may be done in a grassy area where there is plenty of morning dew. As in Technique No. 2, you will notice as you walk in the grassy area a certain spot which is a bit warmer than the others. Stand on this spot with your bare feet, and imagine yourself soaking up its abundant stock of ulen. As the temperature cools, find another warm spot, then stand or even sit on it. You may do this technique between 6 to 9 a.m.

Technique No. 6

This technique is done in areas where there are many pine trees. The reason is that pine trees are strongly imbued with ulen and psychic energy. In fact, there are hospitals in Europe and the United States where recuperating patients of lung and cancer diseases are directed to stay under pine trees. These patients get well faster than others who are not exposed to the same “pine tree treatment”.

The technique is as follows: Touch with your three fingers the needles of the pine. If this is not possible, just touch the bark of the pine tree with both hands. Then do the 12-cycle breathing procedure mentioned earlier. While doing this, imagine that you are inhaling revitalizing ulen from the pine tree. Afterwards, you may continue to sit under the pine tree and meditate there.

Technique No. 7

As there are places on earth with high concentrations of ulen, there too are certain foods that are saturated with ulen. Fresh fruits and vegetables have greater amounts of ulen than meats, and they are less contaminated with impurities and negativities. In particular, the following fruits and vegetables are very

high in ulen and cosmic energy: *calamansi*, oranges, guava, *kangkong*, dandelions, grapefruit (*suha*), fresh coconuts, grapes, asparagus, bittergourd (*ampalaya*), spinach, broccoli, and watermelon. Milk, honey, ginger, and garlic are other foods that contain great amounts of ulen. They are not only known for their health value but also for their curative powers. Make these food items a part of your daily diet to get a good supply of ulen.



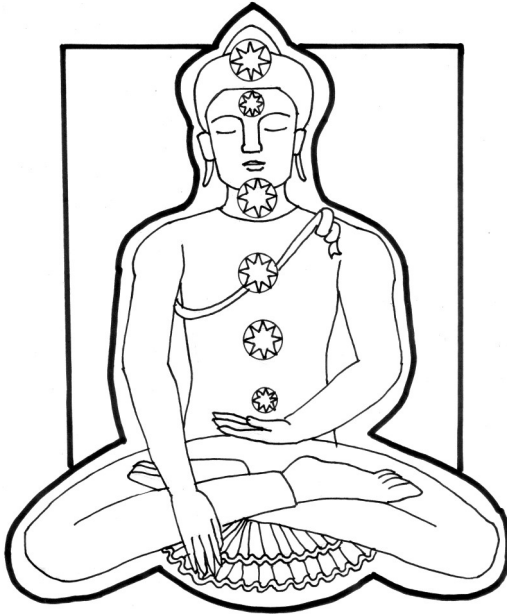
*“It is NOT about WHO or WHAT you are.
It is about the CHOICES you make.”*

—RaMah



PART IV

**The Ulen
Power
Centers**



The Ulen Power Centers

*“The higher your energy level,
the more efficient your body. The more
efficient your body, the better you feel
and the more you will use your talent to
produce outstanding results.”*

—Anthony Robbins

As discussed earlier, at the moment when he takes his first breath, the newborn child imbibes life-giving ulen. Immediately, this powerful energy becomes embedded in the ulen power centers of the body, which correspond to certain glands, ganglionic areas, and plexuses of our physical anatomy. These centers act as transformers of ulen from the cosmic level to the physical body, and vice versa. The student of ulen must thoroughly know about these power centers in order to be able to stimulate and awaken them, and thus gain the benefits of good health, prosperous and harmonious living, peace of mind, higher levels of consciousness, and many more.



*“The more you lose
yourself in
something bigger
than yourself, the
more energy you
will have.”*

—Norman Vincent Peale



We must understand that man may be viewed as having different bodies, including a physical body and

a psychic body. The physical body is the one we see and touch, while the invisible psychic body, which is governed by our psychic consciousness, has another set of functions to do. Yet the two are directly related; what is felt by one is also felt by the other, and what affects one also affects the other. The activities of both types of bodies are directed by the nervous system.

The **nervous system** is the sensory and control apparatus of our body. It has two divisions: the central nervous system and the autonomic nervous system.

The **central nervous system** consists of the brain, the spinal cord, and a vast network of nerves. Its main trunk or central cord is the spinal column, which passes down through the center of the spine connecting the brain with all parts of the body through a network of nerves. It belongs to the voluntary, physical part of man and functions almost exclusively in it.

On the other hand, the **autonomic nervous system** governs the psychic, non-physical body of man. The word autonomic, meaning self-governing, implies that this system is ruled not by our objective faculties but by our subconscious mind. Thus, our breathing, the beating of our heart, the digestion of food, and many other vital bodily functions proceed automatically, without the conscious direction of our brain or objective mind. These functions fall under the jurisdiction of the autonomic nervous system.

Another very important function of the autonomic nervous system is that it transmits life force into all parts of the body, both psychic and physical. It is the conduit for spiritual intelligence and the subconscious mind, in the same manner that the central nervous system is the medium for brain or objective intelligence.

The autonomic nervous system is composed of two divisions: the sympathetic and the parasympathetic systems. We are mostly concerned with the **sympathetic system**, for this consists of groups of nerve cells called ganglia (singular ganglion).

There are two chains of interconnected ganglia, found on either side of the spinal column and running parallel to it. (*See illustration on page 242 of the Appendix I*) The ganglia are connected to the spinal column, as well as to certain organs of the body and to the ulen power centers. Through their connection with the spinal column, the ganglia are also connected with the thalamus in the brain.

The ganglia go in pairs; in each pair, one ganglion is found on the left side of the spine and the other on the right side. Each ganglion is located about $\frac{1}{2}$ to $\frac{3}{4}$ of an inch from the spine. An example of a ganglionic pair is the "first thoracic ganglia." There is a first thoracic ganglion on the left of the spine, and a first thoracic ganglion on the right of the spine, each about $\frac{1}{2}$ to $\frac{3}{4}$ inch away from the spine.

Now, as to the **parasympathetic system**, this arises from above and below the sympathetic, meaning, from the brain and from the lower portion of the spine. It too is composed of ganglia, although these are not interconnected in a trunk. They connect only with the brain or the spine, and with organs and certain ulen power centers in the body.

Science has established that the sympathetic and parasympathetic divisions of the autonomic nervous system control the action of glands; the functions of the respiratory, circulatory, digestive, and urogenital systems; and the involuntary muscles in these systems and in the skin. They perform vital functions such as the maintenance of normal body temperature, pulse or heart rate, blood pressure, and respiratory rate.

As mentioned, the autonomic nervous system is connected to the ulen power centers in the body, and it influences and is influenced by these centers. It has also been discussed that the power centers are where ulen is stored and accumulated. When the practitioner stimulates these centers *under proper guidance*, then all aspects of his development and evolution—whether physical, mental, psychic, spiritual, or cosmic—are accelerated. He gains the power to achieve his goals and desires in life, to eliminate suffering, and to actualize all human potentials.

To explain further, a description of each of the **twelve major ulen power centers** is given in the following:

1. The Crown Center

The crown center is located at the very top of the head, coinciding with the center of the skull. It encompasses the limbic system and the upper portion of the brain. Its function is for the complete attunement of man with the highest spiritual and cosmic forces of the universe. It is the seat of cosmic consciousness. If it is awakened, the human bioenergy field greatly increases, from its average diameter of about three feet to miles.

Gautama Buddha is an example of one whose crown center was fully awakened or vivified. Legend has it that one night, when Buddha was walking, all the roosters in the area suddenly crowed, thinking that morning had unexpectedly come upon them. They were blinded by the master's brilliant bioenergy field which stretched to great distances.

If the crown center is totally awakened, one's intuition, illumination, and inspiration come to full flourish. Individuals who have awakened this center create masterpieces in various fields, such as *The Leaves of Grass* of Walt Whitman, the Shakespearean works of Francis Bacon, and the supreme ethical teachings of Gautama Buddha.

The awakening of the crown center reveals to the individual the mysteries of the triune manifestation of the cosmic: the absolute and limitless Light, the

absolute Being, and the absolute Void. Also revealed to him are the great secrets of the twelve levels of emptiness, or the twelve absolutes. These matters, being pure cosmic absolutes, are the concern of those who truly wish to solve the mysteries of existence. They are of little interest to the person who is focused on material or even psychic and spiritual accomplishments.

It has been established that certain vibrations, such as sounds and colors, have an effect on the ulen power centers, in the same manner that these vibrations affect a person's moods, disposition, etc. In the case of the crown center, it is affected by musical notes above middle C, especially the note of D or "re" above middle C, and B or "ti" on the next higher octave above middle C. These notes also have an effect on another ulen power center, namely the pineal gland.

The colors white and golden also influence the crown center.

Above the crown center are twelve invisible ulen power centers. Nine of them can be experienced by a man endowed with cosmic consciousness, while the three can only be experienced after death.

2. The Pineal Gland

This ulen power center is small and cone-shaped, and located about $\frac{1}{4}$ of an inch near the center of the brain, at a level above the top of the ears. Interestingly, as revealed by X-rays, this gland is composed of lime salts and small grains of sand or salt.

For most people, the pineal gland is highly active in early childhood. Together with the thymus gland, it controls the manifestations or delays in sexual development until the age of puberty. However, this gland starts to atrophy starting at about age seven. It is through the practice of ulen techniques that its decline is arrested and it can continue to develop.

When this gland is fully developed, spatial intelligence and cultural consciousness are awakened in the person. He thus exhibits abilities or propensities toward music, painting, dancing, and the arts. A child who has a well-developed pineal gland learns quite easily artistic skills, especially the playing of musical instruments.

He is what is usually regarded as a gifted child. In an older person, the same quick mastery of artistic talents is also often evident. It is possible, however, that the person may not care very much about playing an instrument or learning a certain art. Nonetheless, he does derive great satisfaction from appreciating the arts, and he is what we often call a highly cultured person.

In combination with the forehead center, the pineal gland when awakened enables the person to perceive higher spectrums of colors. This allows painters, designers, artists, and people in similar trades to become more creative and free in the expression of their art.

From a more arcane perspective, the pineal gland acts as the bridge between objective consciousness and the psychic and spiritual levels of awareness. Awakening it thus allows the person to remember his past lives and other soul memories.

This gland's effect on memory extends down to the objective level. If the pineal gland is underdeveloped, the person may have poor memory, as well as slow intellect and poor reasoning powers. He may even show signs of idiocy.

The famous mathematician Rene Descartes knew about the great importance of this ulen power center, describing it as the "seat of the soul."

This center is stimulated by the notes D or "re" and F or "fa," both above middle C. It is also influenced by the colors blue, blue-violet and electric blue.

3. The Forehead Center

This ulen power center is located at the center of the forehead, at a level of about 1/4 of an inch above the eyebrows. It is circular, about 1 inch in diameter, and found inside the skin, about 1/8 of an inch below the forehead surface.

It is connected with the pineal gland through a “psychic bridge” or “psychic/spiritual tube.” The forehead center is often referred to as “the third eye” or “the single eye.” There is a passage in the Bible which reads: *“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.”* (Matthew 6:22) This refers to the forehead center, a “single eye” which is the organ of psychic sight or clairvoyance.

When a person’s forehead center or “third eye” is open, he can perceive various gradations of light, from the material and psychic up to the spiritual levels, as well as all forms contained within these. He also develops the gifts of prophecy, telepathy, out-of-body experiences, and illumination. Significantly, meditation on the forehead center dissolves one’s negative karmas, ridding the person of impurities, negativities, and obstacles that hinder his progress, happiness, and achievement of goals. This also leads to the regeneration of the physical, psychic, and spiritual bodies of man.

The forehead center is stimulated by the notes D or “re” and A natural or “la,” both above middle C, and by light neon color oscillations.

4. The Pituitary Gland

The pituitary gland is located at the very center of the head, just below the brain. Although only as big as a pea, it is called “the master gland,” for reasons that we shall soon see.

The pituitary has two sections called lobes. One lobe is closely related to our senses of taste and smell, and has a balancing effect over the creative force and human sexuality. The lobes are connected with the hypothalamus of the brain, which controls the cycle of hormonal release by the pituitary.

Among the many kinds of hormones released by the pituitary are the growth hormones. These are usually secreted at night, and they are very active in the first four years of life. Their levels decrease steadily until about the time when puberty ends. These hormones also affect the liver, and increase cell division in the body and stimulate cartilage formation.

The pituitary controls all the endocrine glands. Being the center of certain autonomic or subconscious actions, it is sometimes called the “somatic brain.” It controls our sleeping ability. Sleepiness as well as dullness are possible indications of an underdeveloped pituitary gland.

On the other hand, a person who has strong willpower and keen intellect is often one whose pituitary is functioning well. This is because the pituitary is the seat of spiritual will. It is also the center of psychic and spiritual awareness. It allows the person to comprehend lofty cosmic truths and principles in an objective way.

A malfunctioning pituitary gland has many disastrous effects. If a tumor develops in this gland, vision may be damaged. Or if the gland is removed or becomes damaged, the person's lifespan will be shortened. A damaged pituitary can also cause the other glands to be destroyed. If the pituitary is not well developed, one's growth may be stunted, and one's resistance to attacks of shock, viruses, and infections will be lowered.

On the other hand, an awakened pituitary gland puts the body in a state of material and spiritual harmony, which then leads to the destruction of all viruses, diseases, and psychic negativities in the body. The awakening of this gland also develops in the person spiritual ideals such as nobility, sincerity, and integrity.

Furthermore, it imbues him with an enlarged bioenergy field. The person secures automatic protection from injuries in accidents, negativities and most common diseases. This becomes possible as the pituitary works in tandem with another ulen power center, namely the solar plexus.

Adepts and initiates thus highly recommend meditating on the pituitary to stimulate it. They call it the foundation of psychic selfhood and of the development of the soul's personality.

The benefits of a vivified pituitary will be of great use to health-conscious people, such as athletes and even those who are recuperating from diseases, or those who simply wish to avoid being sick. Given that this gland is also responsible for strengthening one's willpower, developing it will greatly assist salespersons, businessmen, CEOs, managers, and politicians in working up the tenacity to do well in their jobs and realize their goals.

The gland is affected by the notes A natural or "la" above middle C, and G sharp above middle C. It is also stimulated by white and golden colors.

5. The Occipital Center (The Superior Cervical Ganglia)

This ulen power center encompasses the superior cervical ganglia, which are situated on either side of the neck, just behind the ears and on a level with the mouth. To locate the center, look for the hollow area at the base of the skull, in your nape, where the head connects with the neck. Its central part is in the spinal column, and this branches out about $\frac{1}{2}$ to $\frac{3}{4}$ of an inch on both sides.

In the east, the occipital region is known as “*the mouth of God*,” for it can absorb powerful cosmic energies to vivify the brain centers.

It is connected with some important nerves of the body, namely:

- **Hypoglossal nerve** (or the 12th cerebral nerve), which makes possible the movements of the tongue and the muscles around it, and imbues vitalizing energy to the facial muscles, arteries, and other tissues;
- 9th and 10th **cranial nerves**;
- **jugular nerve**, which terminates at the gastric plexus in the stomach. It has to do with the release of gastric juices;
- **internal carotid nerve**, which terminates with a plexus covering the internal carotid artery that supplies vitalized blood to a large portion of the brain, the orbit, the internal ear, nose, and forehead; also connects with the ciliary nerves of the eye;
- **external carotid nerves**, which terminate with a plexus on the external carotid artery that supplies blood to the front and back of the neck, face, side of head, middle ear, tongue, tonsils, the thyroid gland, and trachea;
- **laryngopharyngeal nerves**, which lead to two plexuses (pharyngeal and laryngeal) which supply motion, sensations, and energy to the muscles of the larynx and pharynx.

Knowing these connections is important because they point out the parts of the body that are influenced by the occipital region.

Energizing the occipital brings about superior brainpower and clarity of mind. It is thus very beneficial for those who engage in work that requires some mental exertion, such as students, teachers, professors, lawyers, accountants, engineers, analysts, inventors, and scientists.

The occipital center is stimulated by the note B or “ti” above middle C. The colors affecting it are brilliant gold, lightning white, and yellow-green, which affect all other ganglia as well. The color yellow-green is closely associated with the spinal column, which is why all the ganglia lying next to the spine are likewise stimulated by this color.

6. The Thyroid Gland

This ulen power center is located in the neck, below the jawbone and the larynx, and behind and slightly below the Adam’s apple.

Essentially an energy-producing gland, this center primarily controls the growth and sustenance of the body. It also has influence over many of the person’s physical and mental habits and reactions. In particular, it affects the physical reactions of most muscles and organs. It influences the growth of the inner and outer

coverings of the body, such as the skin, hair, glands, and mucus membranes. It also builds the nerves and brain tissues.

This gland serves as a link between the sex glands (gonads) and the brain. Because of its close connection with the gonads, it is influenced by sexual excitement and certain reproductive processes such as menstruation and pregnancy.

The hormones secreted by the thyroid are said to rule over the person's speed of living. This means that when one's thyroid is very active, the person displays more vigor and has greater passion and capability for living. He learns quickly and has quick reflexes and reactions. His metabolism is above average, and his body is resistant to infections and toxic contamination.

In contrast, a person with an underactive thyroid may be slow, ungainly, or awkward in movement. He may also have sluggish mental reactions, and be deficient in concentration and intellect. In some instances, his thinking may be perverted, as in the case of criminals who cannot fully comprehend the implications of their actions.

Good teeth usually indicate good thyroid activity, while dry scaly skin may indicate a sluggish thyroid.

The thyroid must be vivified for the development of psychic powers, especially clairaudience, and higher

consciousness. It must also be active for one to realize and take pleasure in the joys of living.

At the psychic level, the thyroid gland controls the rate of interchange of objective and subconscious impressions. It is not the actual place of exchange, but that which controls the rapidity of such.

It is stimulated by the note F sharp above middle C, and by the colors blue and orange.

7. The Parathyroid Glands

Located just behind the thyroid gland in the neck, the parathyroids regulate the flow of vibrations between the sympathetic and the spinal nervous systems.

These glands secrete a hormone called parathormone, which controls the concentration of calcium and phosphorus in the blood. Deficiency in this hormone can cause imbalances in the composition of blood, which can then lead to nervous excitability and rapid involuntary muscular contractions. This condition is known as tetany. At worst, deficiency in the hormone can result to death.

Other possible effects of inactive parathyroids are the softening of bones, formation of kidney stones, and dysfunction of various organs, especially the kidneys.

At the psychic plane, the parathyroids help to ease pain and balance the distribution of psychic and physical vibrations. This paves the way for the establishment of a harmonious condition between these vibrations. The parathyroid center can be awakened through psychic exercises. When it is sufficiently stimulated, the person's bioenergy field enlarges and becomes more stabilized, thus permitting him to experience the initial stages of cosmic attunement.

This ulen power center is stimulated by orange and blue colors.

8. The Third Cervical Center (Inferior Cervical Ganglia)

This ulen power center is located at the center of the spinal nervous system, at the junction where the neck connects with the body. It is about 1½ inch in diameter, encompassing the third cervical ganglia, which are also called the inferior cervical ganglia.

Stimulation of this center allows the practitioner to be objectively aware while in subconscious states, and to exercise conscious control while in the dream state. As such, this center is often described as one of the doorways to the astral planes. In addition, many of man's common diseases can be treated by infusing psychic energy in this center.

The third cervical ganglia are connected to the following ganglia and nerves:

- **middle cervical ganglia;**
- 6th, 7th, and 8th **cervical nerves** of the spinal system, and the 1st thoracic nerves of the spinal system;
- **inferior cardiac nerve** with the plexus at the heart connecting with a nerve from the first thoracic ganglion. The cervical ganglia can then be used to give natural stimulation to a weak heart;
- **subclavian plexus** at the aorta, which supplies blood to the neck and thorax, the upper part of the spinal cord, the posterior part of the brain, the arms, shoulders, and cervical region;
- **ulnar, radian, and median nerves** of the arms and hands. (The median nerves of the hands are used in many psychic healing treatments).

9. The Thymus Gland

A ductless gland, the thymus is located below the thyroid. In most people, it plays an important role at birth and during infancy and childhood. Through this center, the soul of the baby who will soon be born is attracted to the body that it will occupy. After the soul has entered the baby's body, the thymus gland progressively decreases in size. At about age 11 to 14 years, the gland then regresses. But the process is very slow and continues throughout life.

This ulen power center influences the growth of the child before he reaches adolescence. It helps supply many of the elements that build the child's body. It has an especially active influence on the lymphatic system. It inhibits the activities of the testicles and ovaries.

Once puberty sets in and the person's sexual development proceeds briskly, the thymus begins to degenerate. It has been established that removal or inhibition of the thymus hastens the development of the sexual organs.

Homosexuals often have an active thymus even in their adult years. This is so because in the male, there is still too much that is potentially feminine, and in the female, there is too much that is potentially masculine. It has also been found that many criminals and corrupt individuals have a thymus gland that is more active than average.

From a psychic viewpoint, stimulating the thymus helps protect the person from negative psychic influences and cases of possession by negative entities. It is well known in spiritual circles that any disease in the body begins at the psychic plane before manifesting in the physical body. As the thymus protects against imbalances and disturbances in the psychic plane, it is an effective deterrent against any disease of the human body.

The thymus is stimulated by the color gold.

10. The Heart Center

This very important ulem power center is composed of the heart itself and the surrounding liquid contained in the pericardial sac. It is the location of the “I” identity or ego of man. Here also begins the true spiritual planes.

Meditating on the heart center will develop many paranormal powers.

First, it arouses a sense of empathy and compassion in the person. With an awakened heart center, the person can sense the suffering of others and relate to them with sympathy.

Second, the magnetization of the liquid in the pericardial sac leads to a cleaner and purer blood, capable of absorbing ulem vibrations from the environment and from cosmic space. Sages have long known that the liquid in the pericardial sac, if properly transmuted and magnetized, is actually the golden elixir of life that the ancient alchemists sought to produce. This liquid bestows upon the blood the ability to absorb and maintain within it the highest and purest vibrations of ulem. One effect that this has on the person is the development of robust health and a glowing, magnetic personality.

Third, with the awakening of the heart center, one’s accumulated negative karmas are dissolved or

“paid off”, freeing the person from obstacles, difficulties, and even certain diseases that he may already have. Thus, he can begin to live a new life that is more prosperous and blessed.

Fourth, the heart is said to be the center of conscience. Thus, one whose heart center is awakened develops the faculty of true discrimination. He does not err in discriminating between morality and immorality, truth and falsehood, right and wrong. His life is one of truth and uprightness, with no place in it for false glamour and illusions.

Fifth, it is with a vivified heart center that one can hear divine music or the so-called Music of the Spheres. This was taught by many mystics and masters of ulen including Kabir, Pythagoras, Plotinus, Johannes Kepler, Isaac Newton, and Robert Boyle. When a person can perceive the Music of the Spheres, he derives divine inspiration from this and can thus compose beautiful musical masterpieces. The great musician Johannes Sebastian Bach admitted that he went into a meditative state prior to writing music. In the same manner, Beethoven, although already deaf, was able to compose his magnificent Ninth Symphony because he could hear the Music of the Spheres while in an altered state of consciousness.

Sixth, one’s speech and persuasive powers are greatly enhanced when the heart center is stimulated. He develops the gift of gab and what is called the “power of the spoken word”. Politicians, salespersons,

priests, media personalities such as broadcasters, and many others can thus benefit much because of this consequence of an awakened heart center.

Seventh, when the heart center is roused, an obsessive drive for learning and understanding is kindled. This is of considerable advantage to virtually everyone, because learning new skills and acquiring higher education will help promote one's career, business, and even family and social life. It should also be noted that together with a vivified pituitary gland, an awakened heart center develops creative talents. Thus, composers, artists, and businessmen will do well to meditate on these two ulen power centers.

The heart center is stimulated by the note middle C or "do," and by the colors gold and white.

11. The Third Thoracic Ganglia

These ganglia are located between the 3rd and 4th thoracic vertebrae. They are connected with the following nerves and parts:

- **Nerves** that lead to a plexus in the aorta of the heart and the intercostal arteries of the neck and upper part of the thorax, and to the arteries feeding the blood to the abdomen and lower extremities;

- The **vagus nerve**, nodose plexus, gastric plexus, pharynx, larynx, mucous membrane, vocal cords, lungs;
- **Kidneys**;
- A **plexus of the stomach**.

Sending positive energy into these ganglia is very useful in the person's psychic development. It helps synthesize the student of ulen to higher rates of vibrations which ordinary people are not aware of.

Very importantly, it purifies, magnetizes, and transmutes the blood so that the body can be receptive to higher rates of vibrations of ulen. Unless the third thoracic is awakened, cosmic consciousness is impossible and it cannot be realized completely in the human body by the objective mind. Of all ganglia in the sympathetic trunk, the third thoracic ganglia are considered the most important. This center is stimulated by the note G or "sol" below middle C.

12. The Solar Plexus

Among all the ulen power centers, the solar plexus is perhaps the most well known, even among non-initiates or laymen. It is located 2 to 3 inches above the navel, at the pit of the stomach, and 2 to 3 inches below the surface of the skin. This is the site where the so-called "butterflies in the stomach" are felt when one is nervous or agitated.

It is also in the solar plexus where we first sense negative vibrations in the surroundings. To counteract this negativity, one must have a strong amount of life force in the solar plexus. The strengthening of the ulen energy in the solar plexus protects us from accidents, negative vibrations, and so-called “vampirism,” referring to the phenomenon in which our energy is drained and we may feel nauseous, weak, or lonely upon coming in contact with certain persons, or when visiting certain places.

The solar plexus is an extremely important center. It is the reservoir of much of our life forces. Unless it is replenished and regenerated with ulen, it will be difficult to develop the other ulen power centers. Sunbathing in beaches, rivers, and forested areas; proper deep breathing; and practice of certain ulen techniques strengthen the solar plexus.

When this center is vivified and full of ulen, the person feels at peace and in harmony with the world around him. He may show this by walking with a light, nimble gait. If the solar plexus is awakened together with the pituitary gland, the person also looks glowing and radiant, and far younger than his actual years.

Have you experienced receiving a sudden fright or a severe shock and then feeling all your strength leave you? Your legs give way beneath you, your hands tremble, and your head feels completely empty. These are signs that the solar plexus has been drained of its energy.

If the solar plexus is depleted, we lose the magnetic qualities of our bodies, making us prone to sickness and even premature death. We must guard against too much lust and sexual passion, fear, anger, hatred, and jealousy, as these upset and damage the solar plexus. When the solar plexus becomes very tense, this leads to the contraction of blood vessels and other ducts and channels of the body. If the blood, other body fluids, and the life force cannot circulate well, waste products build up, leading to serious health problems.

The solar plexus is affected by the note E natural, and by the colors brilliant orange, blood red and vermilion.

What has been discussed above are the twelve major ulen power centers. There are other, minor centers, such as: the navel center (called the “**tantien**” by Chinese esotericists), the liver, the prostate/ovary, the pancreas, the spleen, the suprarenals or adrenals, the perineum, the lumbar center, the sacral center, and the 11th thoracic ganglia. There are ulen techniques to vivify these and the major power centers which are discussed in this book.



*“Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny.”*

– Unknown



PART V

The Universal LAWS



The Universal Laws

“The law is reason, free from passion.”

—*Aristotle*

When one observes the world around him, noting the intrinsic beauty, harmony, and order in nature, he cannot help but conclude that there must be an intelligence that runs this universe. All of nature bears the unmistakable signature of a supreme, unseen intellect that gives creation its forms and abilities, and guides its growth, development, and diverse processes.

The beautiful symmetric pattern in a leaf, the perfect spiral form of a seashell, the complex machine that is the human body, the rhythmic ebb, and flow of the sea, the perpetual alternation of night and day, the precise movements of the stars and galaxies, the periodic migration of birds and animals, the natural cycles that maintain the earth’s ecosystems—all these indicate a perfectly ordered universe designed by an intelligence beyond compare and beyond normal human comprehension.

There too are certain “clues” that point to this intelligence and its order, which mathematics and other fields of science have accidentally stumbled upon. One such clue is the existence of certain constants in

nature—such as the number p or π (3.141593), the speed of light (299,792,458 m/s), and Avogadro's number (6.02×10^{23} , the fixed number of molecules in one cubic centimeter of gas). Such constants recur in nature, helping to describe natural phenomena with 100% accuracy.

For instance, the number π helps define the area and circumference of *all* circles on earth, no matter how big or small. If the workings of nature were random and without order, there wouldn't be such constants that allowed reliable calculation of dimensions and quantities.

Overall, nature's design is so remarkable that it even employs chaos and destruction as agents to bring about order.

For instance, there is perfect sense behind the destruction of nature. Devastation has its purpose in the natural scheme of things. An example can be seen in the forest fire started by lightning. Most of us regard this as a disastrous event which brings about great, unnecessary damage. But this kind of fire is a most efficient way to thin out a stand of trees. As foresters have noticed, when a wooded area becomes too thick, the lush vegetation prevents sunlight from reaching the ground, hence new and smaller plants cannot grow. Thus, a forest fire effectively provides the solution for a new generation of trees to have access to sunlight and thus live, and for the forest to continue to survive.

As scientists have found out, order is maintained in nature through so-called natural laws or universal principles. These laws dictate the movements and processes of nature to bring about the normal unfolding of events. There is the law of gravity, for instance. There too are the laws of conservation of energy, attraction and repulsion, action and reaction, relativity, magnetism, electricity, and periodicity. Some of these natural laws carry with them the names of the scientists who discovered them, such as Newton's Law, Archimedes' Law, Boyle's Law, Einstein's Theory of Relativity, and so on.

As creatures abide by these laws, they live and work in harmony with nature. They do their part in maintaining order in the universe. In the case of man, however, he is given license to choose whether or not to adhere to certain laws. This happens by virtue of man's free will, a unique endowment that man and man alone possesses. Through it, he can choose what he will, and reap the benefits or suffer the consequences of such choice.

Because of certain propensities, personal desires, and motives, man at times chooses to challenge the laws of nature. A good example is when man tries very hard to stop or reverse the natural process of aging in order to look young and beautiful forever.

We must note, however, that sooner or later, the laws catch up with the violator. This means that there is only a limited time within which man can continue

violating a law without suffering the consequences. When this time is up, he must bear the bitter outcome of his violation.

Here lies an important difference between universal and man-made laws. *Man may violate man-made laws and go scot-free, but he cannot violate universal laws without suffering the consequences.* When a person has violated man-made laws, he can hire a good lawyer to let him off the hook. Or he can simply evade the authorities and avoid being penalized. However, when he has violated a universal law, he will sooner or later pay the price, whether he likes it or not.

Another difference between these kinds of laws is that man-made laws often differ from nation to nation, or even from city to city. They may also be changed from time to time. On the other hand, universal laws are permanent and unchanging. They are also immutable. They cannot be challenged nor modified in some way to suit someone's caprice or the mood of the changing times. Moreover, they hold equal sway over everyone, whether rich or poor, young or old.

Having made this clear, we will now discuss some universal laws that everyone should know about and abide by in order to live happily and successfully. Ignorance of these laws is a common cause of suffering for many people. Because of their ignorance, they do not know that they are violating some universal law, and when retribution comes, they often wonder what they did to deserve their suffering. Unfortunately,

ignorance of the law never excuses the violator. For instance, a person may be totally ignorant about the force called gravity, but he is still subject to its influence. Another may know nothing about electricity, but he will get nonetheless electrocuted when he touches a live wire. In the same manner, violating a universal law does not excuse the person who knows nothing about its existence.

Thus, it pays to become well informed about the eternal, immutable universal laws that hold such great sway over our lives. Knowledge about them is in fact the second requirement in the ULEN Systems for the practitioner to be able to manifest his goals and desires in life, and to actualize his vast potentials.

*“Everybody comes from the same source.
If you hate another human being,
you’re hating part of yourself.”*

*— Elvis Presley,
American Rock ‘n’ Roll icon
(1935-1977)*

LAW NO. 1: The Law of Oneness

The first universal law is the Law of Oneness. This simply decrees that “all is one, and one is all” – literally as well as figuratively.

Let us first look at the literal significance of this law. All matter – everything we see, hear, feel, taste and smell – is one and the same in the sense that it is all a group of vibrations. Everything is vibrations. To be

✦

*“All know that
the drop merges
into the ocean,
but few know
that the ocean
merges into the
drop.”*

—*Kabir*

specific, all matter is vibrations of lumina. Science has established that all matter is composed of atoms, and all atoms are made up of electrons. It is the same electron that makes up your hair and eyes, the food you ate in the last meal, the paper material of this book you are reading, the air you breathe, and everything else you can see or feel.

In Part III of this book, we said that ulen or ultimate energy pervades all things. It is the essence of both material objects and immaterial vibrations, of both visible and invisible forms in the universe. But while all things are made up of the same essence—ulen—they have different manifestations. Thus, we see that an apple is very different from a paper clip. These two are also very different from the liquid water you drink, and the gaseous invisible air that you breathe. Going

further, water and air are again vastly different from sounds, colors, and other non-material vibrations in the universe. But all these examples have the same essence, which is the energy we call ulen.

Why are they different when they have the same essence?

The answer lies in their varying rates of vibration. All matter and non-matter in our universe vibrate at cycles or undulations indicated by the unit “vibrations per second”. The slowest or densest forms of matter vibrate at rates of 2, 4, and 8 vibrations per second. It will be noticed that the next higher rate of vibration is double the previous rate. Thus, we have 2 vibrations per second as the slowest, followed by 4 (the next slowest, which is 2 doubled), and then followed by 8 (which is 4 doubled). The series goes on to 16 vibrations per second, and then 32, 64, 128, 256, etc.



“We are here to awaken from the illusion of our separateness.”

—*Thich Nhat Hanh,
French-based
Vietnamese
Buddhist monk*



Based on their respective rates of vibrations, matter and non-matter can be grouped into “octaves.” All in all, there are 144 octaves in the ulen spectrum of existence or sets, each one composed of the notes “do,” “re,” “mi,” “fa,” “sol,” “la,” and “ti.” In any set or octave, the notes are higher than in the previous octave. In like manner, the vibrations in an octave in the ulen

spectrum of existence are higher or faster than in the previous octave. Let us further illustrate this system of cosmic harmonics.

Objects which we can touch have the slowest rates of vibrations, and they occupy the lowest octaves in the ulen spectrum of existence. They belong to Octaves 1 up to 4, and have vibratory rates of 2, 4, 8, and 16 vibrations per second. To the next higher octaves (Octaves 5 to 14) belong sound vibrations, which oscillate between 32 to 16,384 vibrations per second. Going to still higher octaves, we have radio waves (Octaves 14 to 26), microwaves (Octaves 28 to 38), and infrared vibrations (Octaves 38 to 48). These have much higher or faster rates of oscillations compared to matter which we can touch. Going farther up the ulen spectrum, we have even faster vibrations that correspond to visible light, ultraviolet, X-ray, gamma, and cosmic rays.

Vibrations in Octaves 14 up to 61, with the exception of visible light, are not perceptible to the ordinary human senses; they are mostly manifestations of ulen that can be detected by scientific instruments. In Octaves 62 to 80, vibrations in the level of gamma and cosmic rays rise up to rates of thousands of trillions of vibrations per second, rates that are quite beyond human comprehension.

The next higher vibrations can be detected only by people who have developed psychic and spiritual perception.

Meanwhile, we can only surmise about the oscillations and manifestations between Octaves 81 and 144. These are much too fine and lofty for us to comprehend. Only those who have reached the level of cosmic consciousness can begin to appreciate these very high vibrations, which hold the secrets of the Void.

The lowest vibrations, namely from Octave 1 up to Octave 63, are governed by lumina, the component of ulen which corresponds to the electrons of matter. Lumina is the foundation and essence of all matter. It is the power of lumina that makes electrons spin, so we say that electrons are particles of lumina.

From Octave 63 to Octave 144, the lumina aspect merges with the life force. Here, manifestations of the invisible and immaterial are present. It is also here that the astral and causal bodies, the soul essence, the divine mind, and cosmic consciousness manifest.

Now let's go back a bit to our discussion of lumina and electrons. It should be made clear that the electrons we refer to are not exactly the same as the electrons we study in science subjects in school. In the ULEN Systems, electrons refer to all sub-atomic particles, including protons and neutrons, as well as even smaller quantities like quarks, neutrinos, and leptons.

Note that electrons cannot be further subdivided, while protons and neutrons are made up of smaller, fundamental particles called quarks. In reality, all these

subatomic particles are basically the same. They differ only in polarity (whether they have a positive or negative charge) and in mass. And so, in the ULEN Systems, we collectively refer to them simply as “electrons”.

As science will attest, electrons are measured in cycles per second, in either odd or even numbers of vibrations. In other words, electrons vibrate in two different rates, one even-numbered, and the other odd-numbered.

Electrons in turn form *atoms* through the operation of the law of attraction and repulsion. The number of electrons forming an atom determines the nature of the atom, and the vibrations of electrons within an atom manifest the nature of an atom. These atoms later combine depending on their polarities to form *molecules*. Molecules then form into cells. Some cells move on to form *human bodies*, while others that remain in crystalline form constitute inanimate objects or matter.

Going back a bit, atoms, before they form molecules and cells, first form into elements. Examples of elements are oxygen, hydrogen, iron, gold, tungsten, radon, and so on, all found in the periodic table of elements.

It is interesting to note that as we have 144 octaves in the ulen spectrum of existence, science is likewise proving that in all, there are 144 elements of matter.

This is another indication of order and certain correspondences in nature, strengthening further our statement that an intelligence operates behind the manifold workings of the universe.

The Oneness of All Beings

The Law of Oneness bears repeating: “*All is one, one is all.*” In the previous section, we discussed the literal meaning of this universal law, focusing on how all matter and non-matter share the same essence which is ulen. As such, all things in the universe, visible or invisible, material or immaterial, are basically one and the same. Now let us look at a more figurative or illustrative interpretation of the oneness of all beings.

Mystics have long known that there is a connection among all created beings. There is a bond, unseen but unmistakable, that links man to man, man to beast, man to plant, and man to mineral. The familiar phrase, “*All is one, and one is all*” speaks of this connection and union among all beings.

This bond is easily seen between mother and child, but it too is apparent between man and his mate, between twins, and among close friends or family members.

There too, according to some New Agers, is a special link between so-called Soul Mates and Twin Mates. In mysticism, there is the very powerful spiritual bond between a teacher and his disciple. Also not to be overlooked is the bond between so-called kindred spirits or those who have journeyed together along the spiritual path for many incarnations.

In addition to all these, there is the invisible connection that also links man to the non-human members of creation. All too common is the kinship between child and his beloved pet dog, or between master and his trusty steed. Less obvious, but nonetheless beyond refute, is the connection among man, plants, and non-living matter. Perhaps no other race has appreciated this connection better than the American Indians, whom we admire for their very intimate kinship with nature. In the words of Chief Seattle, chief of the Suquamish Indians who lived in the 1800s:

“We are part of the earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The rocky crests, the dew in the meadow, the body heat of the pony, and man all belong to the same family. We love this earth as a newborn loves its mother’s heartbeat.”

For hundreds of years, the Indians lived in harmony with nature, treating fauna and flora as their dear brothers and sisters, and Mother Earth as their sustainer and protectress. They recognized and lived by the Universal Law of Oneness of all creation.

Sadly, modern man is not blessed with the profound mystical insight of the old Indians. Looking upon earth merely as a source of food and livelihood, modern man has plundered and abused her, resulting in terrible environmental damage. Modern man has not heeded Chief Seattle's urging, as stated in an open letter to the President of the United States, asking:

"Will you teach your children what we have taught our children? That the earth is our mother? That what befalls the earth befalls all the sons of the earth?"

True to these words, the destruction that has befallen the planet is now being borne by the starving and suffering sons of man. World hunger, poverty, pollution, and environmental destruction are some unpleasant realities of the present.

What little consolation that can be drawn from these grim realities is that, finally, man is being forced to open his eyes and ears to the long ignored wisdom of the ancients. Man is now beginning to heed the age-old counsel that he should treat every being with respect and compassion, for all creation is one with him. We are inseparably connected with nature and with Mother

Earth, and as such, we bear her pain and suffering, as much as she also bears ours.

Even scientists are warming up to this ancient knowledge of the oneness of all creation. Some proof of it has been demonstrated as early as in the 1960s by a pioneering researcher named **Cleve Backster**. Back then, Backster was an expert in polygraph or lie detector tests. Acting upon a playful impulse, he one day attached the lie detector machine to his plants in his New York office to see if they were capable of feeling emotions. What he discovered shocked him to the core. The polygraph showed that plants could “read” his thoughts and “react” to them.

For instance, at the very moment that Backster thought of burning the leaves of the plants, the lie detector machine registered a very dramatic reading that indicated what could only be interpreted as extreme fear in the plant. This reaction from the plant was instantaneous, occurring just at the very moment that the thought of burning its leaves was formed in Backster’s mind.

Further experiments proved that plants could read and react to their owner’s thoughts even when he was miles away, and even when he was in a big crowd of people. They also demonstrated that plants are capable of “fainting” or “passing out” as a result of an “emotional overload,” such as intense fear or shock. Not surprisingly, the experiments also proved that plants reacted to the presence and “thoughts” of other

plants, as well as of animals like dogs, spiders and shrimps, and even of cellular life forms like bacteria.

The form of communications – or vibrations – that plants can perceive is different from radio waves and all other media known to science. These vibrations travel at very fast speeds such that distance is no hindrance at all. The vibrations are also capable of penetrating insulated containers. Backster called this discovery the “**primary perception**” of plants, concluding that there is a very real – although intangible – interconnectedness between organic and even non-organic matter. Backster, like other scientists, came to believe there is a yet unexplained “life force” that permeates all creation, enabling some “supernatural” kind of communication and empathy.

For the person trained in the ULEN Systems, there is nothing supernatural in all these. The phenomenon is mysterious only in the sense that science has not affixed a label and explanation to it *yet*, in the same manner that it has done with gravity and electricity.

But there is great promise of a future concurrence between science and the esoteric arts. After all, the law of Universal Oneness applies not only to living beings like humans, animals, and plants. The Law also applies to disciplines or fields of study, thus foreshadowing a consensus between the seemingly opposite fields of science and religion, or of empiricism and spirituality. Thus, in the near future, we can expect the convergence – or union – of physics and metaphysics,

of ancient and modern know-how, or of East and West, so to speak. As you may have noticed, this convergence is already being felt right now, as evidenced by the popularity of yoga, Eastern medicine, mysticism, New Age philosophy, and other similar fields. We are all moving toward a oneness in thought, according to the Universal Law. Hopefully, this oneness will also translate soon into action, for the advancement of the human race and for the harmonious co-existence of all beings.

LAW NO. 2: The Law of Periodicity

Ulen, as it emanates from the central spiritual source or the Godhead, vibrates in undulating cycles per second. It is the cause of all manifestation in the world, visible and material. It is two-pronged, one component consisting of the life force—the soul and divine consciousness—and the other of lumina, the essence of matter. Individually, these two components also move in undulating cycles. This produces rhythm. And with rhythm comes cyclicity and periodicity. Not surprisingly, this behavior is mimicked by the electron, which revolves around the nucleus at a given time, according to a certain rhythmic pattern. At the macrocosmic level, the planets move around the sun in cycles.

Besides these, there are countless manifestations of rhythm and periodicity in nature. Among them are the ebb and flow of tides, the beating of a heart, the periodicity of night and day, the cyclical changing of seasons, the rise and setting of stars, even the accented and unaccented beats in music.

Truly, there is no unit of matter in the entire universe that is not in a spinning flurry of movement, as every constituent particle rotates according to its own particular rhythm. The shortest rhythmic frequency that we know of is manifested at the sub-atomic level. The longest frequency is seen in the rise and fall of continents, where the rhythm is defined by wavelengths so long that they have significance only to geologists. What we do understand is that all matter, and presumably even non-material manifestations, operate according to the Universal Law of Periodicity.

Man is not exempt from this principle. The Law of Periodicity, or the **Law of Rhythm**, applies to him as much as it does to all other material and immaterial forms in the universe. This idea is not contrary to known scientific principles. It has long been held that man is a circadian creature, meaning that he conforms to a 24-hour rhythm defined by a complete day-and-night period. It is theorized that as his biological clock is set to this rhythm, he completes one set of activities in a cycle, then repeats this set in the next cycle, and so on. Thus, we see that man works, eats three meals, rests, and sleeps within a 24-hour cycle. The next day, he repeats the same cycle with each activity done at

roughly the same time that it was executed in the previous cycle.

However, it has been found that there are persons who function quite well outside this circadian or 24-hour cycle. Thus, it is not definitely established to be a natural cycle of man.

In the ULEN Systems, it is propounded that each person has a unique natural cycle of his own, depending on the date and hour of his birth. It is important for each person to be aware of such a natural cycle, for knowing about it has great potential benefit for him. He can use the knowledge to his advantage by programming his activities in accordance with his natural rhythm. In other words, through his personal cycle, he will know the best times to conduct certain activities as well as the times to avoid doing certain things. Using this as guide when planning his daily activities, he therefore works in harmony with his own nature, not against it, thus greatly increasing his chances of success. This is the principle behind what is called "mapping" in the ULEN Systems.

The 40-Day Cycle

The period of 40 days and 40 nights has great significance both in ancient religious traditions and modern science.

As stated in the Christian Gospels, Jesus spent 40 days fasting and praying in the desert wilderness. Up to now, this event is commemorated in the 40-day Lenten season, during which the pious go through a period of physical and spiritual cleansing, and communion with the divine.

Both Jewish and Christian traditions also relate that Moses fasted for 40 days before receiving the Ten Commandments in Mount Sinai. A much earlier event is the Great Flood in the Book of Genesis, which was the result of 40 days of heavy rain. According to the Torah, the rains lasted for 40 days and 40 nights, and during that time “all that had the breath of life in it died.” Toward the end of the Flood, after Noah’s ark settled on Mt. Ararat, Noah waited 40 days before opening the window to send out the raven and then the dove three times. Other accounts that give importance to the number 40 is King David’s reign in Israel for 40 years, and King Solomon’s reign in Jerusalem for 40 years as well. Moses is further described to have wandered in the desert for 40 years. There too were the children of Israel who wandered in the wilderness for 40 years.

Because of these associations, the number 40 has come to signify purification. It may be a personal kind of purification, as in the cases of Jesus and Moses, or it may be the cleansing of the earth as in the case of the Great Flood. This number also signifies the period for the acquisition of wisdom and understanding. Before putting up his ministry, Jesus fasted and contemplated for 40 days. And before Moses saw himself fit to receive

the Ten Commandments, he also fasted and prayed for 40 days.

If we further study the scriptures of many religions, we will find many other significant events lasting 40 days or 40 years. Most interestingly, in the Islamic Quran, there is a passage which states that when 40 days have elapsed since fertilization, the baby inside the womb already has a developed and working brain. Findings in the modern science of embryology confirm the truth of this statement. It is only after 40 days in its mother's womb that the fetus begins to show brain activity.

In Talmudic tradition, 40 days after the birth of a boy, the mother brings offerings to the temple. Other beliefs, practices, and customs include: the embalming process which takes 40 days; the fermentation of wine which also takes 40 days before it can become eligible for the Altar; and the belief that when 40 days have passed during the rainy season without rain, this means drought, and so prayers and fasting must be immediately started. These religious and traditional concepts have deep, esoteric significance, serving to emphasize the meaningfulness of the 40-day period.

Now, in the field of science, it has been established that the maximum duration within which the body can last without food is about 40.5 days. Beyond this, if a person does not eat, his body will start to decay irreversibly.

But if a person fasts for 40 to 41 days, feeding himself only with water, then all the dross in his body will be removed after this period. He will be totally purified and renewed, because by that time, all his old cells and tissues would have died and been replaced by new ones. Thus, a new human being is literally remade after about 40 days of fasting.

This renewal is not limited to just the physical body of man. It extends to his electromagnetic and psychic constitution, such that after about 40 days of fasting, his psychic cells are completely renewed, especially if he also did spiritual practices in the course of his fasting.

There is proof that supports this view. As observed by people whose psychic sight is active, the human bioenergy field—or the biosplasmic energy surrounding the physical body—undergoes a complete change every 40 or so days. This indicates drastic changes in the psychic and electromagnetic bodies of man after the 40-day fast.

On the average, it takes about 40.5 days for the complete regeneration and renewal of the human body. People who are already spiritual will need just about 40 days, while those who have toxins in their bodies due to indulging in vices will take as long as 42 days to achieve the same result.

Now, we know that each year is composed of 365.25 days, the amount of time it takes the earth to

make a complete revolution around the sun. When we divide this period of time by 40.5 days, and we get 9 as a result. This means that in a year, there are nine periods consisting of 40.5 days each.

Now, how is this significant to us?

In the ULEN Systems, there is a nine-cycle yearly calendar that describes a person's physical, mental, psychological, emotional, and even spiritual strengths, weaknesses, and tendencies for each cycle. This calendar is customized for each person based on his date of birth.

For instance, for the person born on January 1, his first cycle begins on this date and ends 40 days after, i.e. on February 9. (We use 40 days instead of 40.5 for ease in calculation.) His second cycle begins on February 10 and ends, again 40 days later, on March 21. And so on, until he has calculated the dates that delineate each of the nine cycles in his personal yearly calendar. In this reckoning, the first eight cycles will each have 40 days, while the last or ninth cycle will have 45 days (or 46 days if it is a leap year).

Having done this, he can refer to the descriptions of the nine cycles, as given in the next section, and use them as guide in planning or "mapping" his activities. Each cycle is like a season during which it is good to do certain things and to avoid others. That there should be such cycles or seasons is perfectly natural.

Among animals, there is a proper period each to hibernate, mate, migrate to other areas, return to one's original habitat, and perform other activities or functions. Even in the plant kingdom, there is a proper season each for planting, growth, and harvest. As plants and animals observe the proper timing or submit to the natural dictates of each season, their survival as a species becomes highly assured. In the same manner, mapping out a person's activities according to his natural cycles will be to his great advantage. Through it, he ensures that he works in harmony with nature, not against it. He is like the swimmer who swims with the flow of a river, not against it. His chances for success – in business, health, and personal matters – are thus much increased, if not totally assured.

Lastly, it must be said that as there are cycles for individuals, there too are cycles for groups of persons, such as for companies, organizations, societies, and even whole nations. Their natural cycle also follows a nine-part yearly calendar, with the first cycle beginning on the date of the conception, coming into being, or "birth" of the group. Each cycle is similarly composed of about 40.5 days. For ease in computation, the first eight cycles may be reckoned to have 40 days each, while the last or ninth cycle will have 45 days (or 46 days if it is a leap year).

The Ulen Nine-Cycle Calendar

The following are descriptions of the nine cycles that make up one calendar year. These descriptions include activities that are either propitious or ill-advised in view of the person's health, financial, business, personal, and social prospects. Such descriptions may also be used as guide in relation to the development of psychic abilities and higher levels of consciousness.

Following the computations suggested previously for both individuals and companies, one must note that there are overlaps in between cycles. For instance, the last day or two in any cycle may be considered to be an uncertain period, in the sense that it is equally influenced by the prospects of both the present cycle as well as the next one.

Similarly, the first day or two of any cycle may also be a "gray area" that carries equal influences from the present cycle as well as the previous one. It is also the best time to make oneself known to the public, such as when promoting or advertising one's work.

CYCLE 1
The Cycle of Opportunity
(Day 1 to Day 40; Day 1 being your date of birth)

This is an excellent period to initiate new and possibly large-scale activities. It is a favorable period to seek employment, to start or venture into a new business, to loan money, to ask help or recognition from government officials such as senators, mayors, governors, judges, and other people occupying important positions or commanding the high esteem of the majority.

During your first cycle, you can push yourself toward any goal so long as it is in accordance with universal laws and ethics. Your success is highly probable, since ulen vibrations are disposed toward your advantage. They can provide you extra energy and “good luck” to make your endeavor a successful one.

Your health is also at its most robust during this cycle. It is rare that you will fall sick or indisposed, but should this happen, recovery will be quick and hassle-free, provided that you undergo the necessary treatment.

If you are interested in sports and physical fitness, you can start a new health program, whether under the direction of a professional trainer or on your own. You can try simple activities like swimming, jogging, walking, hiking, and outdoor pastimes. You will derive great benefit from these. A word of caution though: be sure to prevent over-straining your eyes.

CYCLE 2
The Cycle of Quick Changes
(Day 41 to Day 80)

At the height of this cycle, you are likely to witness certain changes in your career or personal life. But such changes are apt to be short-lived and fleeting.

It is recommended that you should engage only in short term projects rather than those that take a long time to be completed. It is good to go on short trips, especially if by water or land. If you are thinking of moving your home or business to a new location, now is the time to do so, as this is an activity that usually takes a short time to complete.

Given the fleeting and transient quality of events in this cycle, it is also good for businesses that have to do with cars, freights, and public vehicles; or with public lectures, shows and certain forms of entertainment. This cycle also favors dealings in matters that are liquid, such as water, chemicals, milk, and gasoline. Continuing with this line of thought, one may also deal with persons whose business has to do with liquids, transportation, and public entertainment.

Meanwhile, remember that you should not pursue a long-term or large-scale endeavor that is based on any change made during this cycle.

Concerning your health, you will still generally be hale and hearty. However, there might be some minor, short-lived discomfort cause by troubles in the circulatory, digestive, or excretory systems. There too might be some brief episodes of emotional agitation, especially in the last four weeks of this cycle. Like any physical problem you might encounter, you only need to give them the proper attention to resolve the matter effectively.

CYCLE 3

The Cycle of Movement

(Day 81 to Day 120)

This cycle will be a good one for people whose careers capitalize on movement or motion, such as the hotel, traffic, and travel businesses. Given that this cycle is related to movement, it is ideal to hire new employees at this time, and to start agricultural or planting projects.

But in this cycle, one should not loan or borrow money, start a new business, enter into long-term agreements, engage in the stock market, or gamble.

Influenced by this cycle, a person may feel a strong impulse to do great and important things. The outcome of such endeavor may be positive or negative, depending on factors such as how well the person uses his judgment. If he uses his talents and inner powers

well, this period can be one of the greatest in the whole year. The person can initiate a new business or any endeavor that calls for great physical energy, endurance, and determination. If, however, one's efforts are misdirected, then great tasks may be undertaken that will not be completed in a long time.

Regarding health, the person may once again fall victim to various slight and temporary physical, mental, or emotional conditions. In particular, he may contract ailments related to the stomach, bowels, bloodstream, and nerves. These conditions come and go quickly, lasting for but a few days at most— provided that one takes proper medication and follows the doctor's advice. There are apt to be days when headaches, upset stomachs, trouble with the eyes or the ears, colds, coughs, aches, and pains are present.

Among women, there may be aches and pains in the breasts and abdomen. There should be no need for anxiety, for such conditions will discontinue when immediate action is taken to address them. The person should try to be in a cheerful disposition and not worry too much.

CYCLE 4
The Cycle of Fieriness
(Day 121 to Day 160)

In this cycle, the person's store of ulen energy inside his body may reach a fiery, impassioned state that seeks release or expression. Thus, one can use this extra energy to overcome certain obstacles which in the previous cycles seemed insurmountable because they demanded much effort and energy. The prospects are good for starting new activities or even a new business, especially if these deal with military affairs, military engineering, and munitions, or simply if these require tremendous effort.

This cycle is not good for men when it comes to dealing with women, but advantageous for women in dealing with men to obtain favors or aid in any social or business matter. Many quarrels and disagreements occur during this period.

Hence, everyone should take extra care not to pick up fights with his/her spouse, close friends, or family members. Meanwhile, this cycle is good for salesmen, lecturers, lawyers, and others who often engage in forceful arguments as part of their job.

This is an accident-prone cycle. As a result of an accident, there might be a need to go through an unexpected operation, whether major or minor. The person should guard against fires, accidents with sharp

instruments, falls, bumps, and sudden blows to any part of the body. He should be extra careful of his health and eating habits.

Colds and other common ailments also tend to be widespread during this cycle, so one must take the necessary precautions. The blood system and the bowels should be kept clean and active, so as to avoid sores, boils, eczema, rashes, or other more serious conditions of the skin and blood. There too is the tendency for the blood pressure to rise, hence one should avoid unnecessary stress and overwork.

CYCLE 5

The Cycle of Inspiration

(Day 161 to Day 200)

During this period, the mind becomes highly charged with new ideas, and is more receptive to spiritual vibrations. Cosmic forces may have a strong influence on the mental, nervous, and psychic side of man, but not so much on his physical body.

Given these tendencies, this cycle is an excellent time to write books and creative works, to plan business strategies, and to engage in various pursuits that require a creative or astute mind. When inspiration hits, the person must try to act upon it or put it into immediate practical application. One's intuition will also be put to great use.

This cycle is good for dealing with persons in literary and creative arts, as well as with reporters, messengers, bookkeepers, investigators, lawyers, scientists, and those who do much cerebral work.

However, one must guard against deceptions, which tend to occur frequently during this cycle. One should be watchful for fakes, forgeries, and counterfeits. One should be aware that many great losses through burglary, robbery, and deception occur in this period.

This cycle is not advantageous for weddings, for the hiring of new employees, for coming back home from a long journey, for the acquirement of new homes or lands, or for the approval of business propositions.

Pertaining to one's health, the nervous system of the body will tend to be worked up as a result of much inspiration and the influx of new ideas. Thus, the person may tend toward nervousness, which may manifest as restlessness and uneasiness. In some cases, the functioning of various organs may also be affected. One should try not to study too hard, nor to engage in mental work that is too strenuous or exhausting. One should also be careful to get enough sleep and rest. It is at this time of the year that relaxation and leisure are most badly needed, so as to avoid too much anxiety, tension, excitability and even mental breakdown.

CYCLE 6
The Cycle of Achievement
(Day 201 to Day 240)

This is the cycle of success and accomplishment. The person reaps the benefits of his previous labors and tastes the fruits of success. Also at this time, his mind becomes filled with the high ideals of honesty, sympathy, sociability, and benevolence.

This cycle is a good period for dealing with lawyers and judges, government officials, clergymen, physicians, merchants, or men of wealth. It is also favorable for making long journeys, indulging in philosophical and mystical studies, and collecting or even borrowing money. However, it is best during this cycle not to deal in speculative pursuits such as the stock market. It is also not good to do business related with cattle, meat products, and marine activities.

The person's health prospects are brighter in this cycle than in the last. Still, one should avoid mental fatigue. It is best to engage in moderate cerebral activity, as well as in outdoor sports, jogging, running, biking, or simply walking. This cycle is also good for healing and recovery from ailments that have troubled the body for some time.

Although there will be a pronounced desire to involve oneself in pleasurable activities, indulgence in these should be in moderation.

CYCLE 7
The Cycle of Continuing Success
(Day 241 to Day 280)

This cycle has about the same prospects as the last. The person's success and prosperity will continue, as he reaps the fruits of all work done in the earlier periods.

One enjoys good health, especially if excesses in living have been avoided, and if one has engaged in an exercise routine or has simply been taking the time to enjoy the outdoors.

There will probably be a tendency during this period to overindulge in things that please the flesh, such as eating choice foods, elaborate meals and banquets, rich and special concoctions, and so on. One may even tend toward overindulgence in the sexual, moral or ethical sense. This tendency must be strongly resisted, especially during the second half of this period, to prevent unsavory outcomes.

This is a good period in which to recover from fevers, chronic conditions, and other bodily ailments that have been there for some time.

It is highly recommended that one should engage at this time in positive mental reflection, the study of metaphysical principles, and the cultivation of right thinking. These will have greater effect on the body and health during this cycle than at any other time.

CYCLE 8
The Cycle of Relaxation and Enjoyment
(Day 281 to Day 320)

This is the holiday period of the year. Relaxation, pleasure, amusement, and entertainment are highly recommended. This is a fortunate time for men to deal with women when seeking favors in connection with their personal or business life. It is also a good cycle for male-female relationships.

There will be free expression of arts, music, poetry, painting, and the like during this cycle. Short journeys will be happy and successful, but not long voyages especially those by water. This too is an excellent time to buy stocks and bonds and to deal with employees.

One should carefully avoid overwork, mental strain, over-eating, and overindulgence in the pleasures of the flesh. This is to avoid ailments related to the skin, throat, internal generative system, and kidneys, which are apt to trouble the person at this time. It is good to drink plenty of water and keep the bowels clean, and take more rest together with some moderate outdoor exercises.

CYCLE 9
The Cycle of Rest
(Day 321 to Day 365)

This final cycle is one of winding down, discontinuance, and inactivity. It is in direct contrast to the first cycle of the year, which is filled with opportunity and activity. But this does not mean that one should stop working or doing his usual activities. He simply should slow down if possible, take things easy, and keep a low profile.

In one sense, this ninth cycle is disadvantageous, but in another sense it is the first stage to reconstruction. It is the period when most things that have been unresolved or hanging in the air finally disrupt or come to an end.

One must be totally on guard during this critical period, taking care not to do things that will help bring about destruction. Acting on an impulse at this time will bring sure disaster. If matters that are pending or ideas that suggest themselves can be postponed or given attention until this cycle has passed, then it will be to the person's benefit. This ninth cycle is an unfavorable time to start something new or to launch a new business.

One's health is at its weakest at this time, again in direct contrast to the prospects of the first cycle. One is prone to disease and chronic conditions. Even the mind

and emotions are very likely to be despondent, frail, and vulnerable against any kind of provocation or trial. The bloodstream may have lower vitality and resistance in this cycle, hence one should take care to avoid exposure to possible causes of disease. One should try to avoid catching colds, fever, and other ailments. When one becomes sick in this cycle, it may cause considerable discomfort and recovery may take some time.

Should one get sick, he should seek immediate medical attention. However, this cycle is not good for taking medication or having an operation performed. It is also not good for starting a new or drastic method of improving the health—unless in an emergency or unless it is to be continued over a long period, so that its real effect will be influenced by the more positive outlook of the next cycle.

In general, one should avoid contact with anything or anyone that can potentially cause any disease, hurt or distress.

The Ulen Soul Personalities Chart

It is another universal law that nothing happens by chance. There are no coincidences. All things happen with good reason for, as Albert Einstein said, "*God does not play dice with the universe.*" Thus, there is a reason why a person is born in, say, August and not in April, or in January and not in June. This reason has to do with the fact that the soul has a definite personality, developed over a period of many lives or incarnations on earth. This personality consists of very definite character traits, peculiarities, and tendencies.

For instance, one kind of soul may exhibit the trait of compassion very markedly, while another may tend strongly toward aggressiveness and rashness. There are different kinds of soul personalities, in the same way that we encounter people with different characters in our daily lives.

Now, having studied all about ulen, we know that its vibrations reach earth from the central spiritual sun every day and every minute. These vibrations are not uniform nor identical at all times. A certain sort of vibrations may dominate on a given day, and a different variety of vibrations may prevail on another day.

A person is born on the date that best allows his soul personality to be given free expression, and this is influenced by the ulen vibrations that predominate on that date. Also, a person's birth date is often determined based on the lessons that the soul needs to learn or the experiences that it needs to go through in order to evolve.

Now the ULEN Systems includes valuable knowledge about the soul personalities that are born on specific dates of the year. This knowledge draws from various sources, including tradition, revelation, and scientific observations and surveys. It is the basis of another mapping tool, called the Ulen Soul Personalities Chart, which describes in detail the soul personalities of persons born within a certain period in the year. Each period, in accordance with the Law of Periodicity, spans an average of 40 days, and there are nine such periods in a year. Adjustments have been made due to the influences of the spring and vernal equinoxes and of the summer and winter solstices. Due to these adjustments, some periods have 40 days, and others 41 or 42. The first period starts on March 21, the spring equinox. This day marks the true beginning of the year, at which time the length of day and night is equal, flowers begin to bloom, and all of nature seems to awaken after a long slumber.

Through this mapping tool, you can know your soul personality by means of your birth date. You can also look up the soul personalities of your spouse, children, friends, business associates and other

acquaintances, so long as you know their birth dates. The chart is a valuable aid in understanding your inner character, tendencies, and longings, as well as those of other people. It is also very helpful for parents, who can know about the special characteristics, strengths, weaknesses, and tendencies of their young children, and so be able to rear them accordingly and attend to their special needs.

It must be noted that some of these personality traits and tendencies, as listed in the next section, are not always apparent in the objective self of the individual. This is because some persons do not express what is in their inner selves. But through careful observation and analysis, these inner characteristics of the soul become apparent.

We must remember that the soul personality is the end-product of many lives and incarnations. It takes into account all the knowledge, experiences, and lessons learned by the soul through its countless number of incarnations. These soul experiences and wisdom serve as the key to the innermost feelings, thoughts, and aspirations of the individual.

PERIOD 1 — The Achiever

Born March 21 to April 29

In their past lives, people born within this period had lived in the Vatican, Rome, Italy, Iraq, Palestine, Switzerland, England, Indonesia, Thailand, Hong Kong, Malaysia, and Cambodia. As such, they will surely derive pleasure when visiting these places in this present lifetime.

Also in their past lives, people belonging to this period had endured great suffering. Thus, in this current incarnation, they display a definite distaste for the lowly and unworthy things in life. They too have an inner desire to reach the pinnacle of their careers, and occupy high positions in their job.

However, they can be happy even in lowly or middle-level positions so long as their work makes a difference and it contributes to the success of the organization they belong to. Their work should matter and be of consequence. They have a subconscious longing for approval of their work. They are therefore willing to persevere and put in real effort to produce their very best. This often makes them achieve their goals in life.

These people have magnetic personalities which often can also be seen as dominant. They also have strong sexual energy and potencies. Most of the time, they display great charisma.

They have a desire for wealth and material luxuries that is stronger than that of ordinary men. Generally, they are more fortunate than others, and they enjoy more material blessings.

Their personalities are marked by a strong inner urge to achieve. This urge can at times manifest as restlessness. Far from being dreamers, they are very practical persons. This serves them well for they have high ambitions.

As they demand good work performance from themselves, they also expect others, including their superiors, peers, and subordinates, to put in good work. They have a tendency to be somewhat of a perfectionist.

Given this attitude, they are always waging a battle against things that are lowly, mean, or base. They have very good taste and high ethical standards. They have learned from the past that deceit is destructive, and that hard work and high ethics make for success.

Their vantage point can be compared to that of a person on top of a 30-storey building, looking down at the people and cars passing way down below.

They have a dominating will, and can therefore be good leaders in any kind of work. Their good speaking abilities and oratorical powers will work in their favor as leaders.

They have a strong and fiery bodily constitution, with a strong will and determination to match. They can be quite assertive and gung-ho, especially when they have concluded that they are right; sometimes, they are described as bull-headed.

Outside their homes and at work, they may be quite pushy, but in their own private homes, they are much more reserved, quiet, and calm. They find pleasure in decorating their homes with simple yet beautiful things.

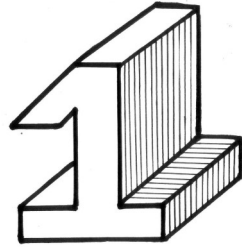
They are always concerned about how they appear in public. They are conscious about their clothing, down to details like shoes, neckties, etc. At first glance, they may appear to be quiet and reserved, but as we have seen, this picture does not quite reflect their inner nature.

Though endowed with a practical and pragmatic nature, they are also enamored with the occult. They are lured by its mystery and its potential utility for the improvement of their lives.

If you can win them, they can be the best of friends. They will offer to you everything they have, even their most prized possessions. In fact, with their compassionate and friendly nature, they can sometimes be exploited by people who pretend to be poor or downtrodden. Those who are born in this cycle must thus watch out for the so-called pseudo-poor.

They fall in love easily, but if hurt or betrayed, they can recover easily.

Because of their inner talents, they can be CEOs, directors, supervisors, managers, leaders and businessmen. They can also enter politics and become important officials like mayors and governors. Other professions that suit their personality are those of lawyers, fiscals, judges, engineers (especially civil, mechanical, and computer engineers), and computer programmers. Moreover, they have what it takes to be interior designers, clothes designers, writers, dramatic actors, and diplomats and career persons in the field of public relations.



For their hobbies, they can indulge in music and sports. They are especially attracted to sports including the martial arts.

Because they are hard workers and can work late at night, their common physical weaknesses involve fevers, chills, and weaknesses of the eyes. In their old age, they should watch their heart and be wary against brain illnesses.

People born in this period and exemplifying its personality traits include: William Harvey, Thomas Jefferson, Nikita Krushev, Elizabeth II of England, Shirley Maclaine, Kofi Annan, Marlon Brando, Elton John, Robert Frost, Leonardo da Vinci, Abraham Maslow, Rene Descartes, Jackie Chan, Barbara Streisand, Joseph Haydn, Leo Buscaglia, Harry Houdini, Eric Clapton, Richard Chamberlain, Yehudi Menuhin, Hans Christian Andersen, Henry Mancini, and Charlie Chaplin.

PERIOD 2 — The Traveler **Born April 30 to June 8**

In their past lives, these people had lived in Egypt, India, China, Russia, Belgium, Norway, Sweden, Finland, Denmark, or Iceland.

In this present lifetime, they have a strong tendency to travel, as if staying in one place is against their character. Traveling helps them have peace of mind. Usually, within three years, they have moved their homes once or twice. They travel a lot even inside their own country. This urge to move about is partly due to their desire to seek change, explore, and investigate, even if just in their homes, immediate surroundings and barangays.

Having this nature, they can do work related to the sciences. They have great interest in reading about discoveries, inventions, and new findings in various disciplines.

They are often frugal and thrifty when it comes to money. Sometimes displaying a conservative nature, they tend to stay away from debates and disputes. They would rather keep quiet, but if cornered, they will fight like lions. They are honest and have high ethical standards.



Their dexterous hands are their greatest asset. As such, they can be typists, computer encoders, secretaries, and in the field of music, they can be guitarists or pianists. They can also be good architects, counter, or traveling salesmen, reporters, writers, teachers in basic education, or highly trusted servants in a rich house.

If introduced into the mystical systems and the ulen techniques, they can learn to sit for long hours in meditation. This will help to stabilize their restless nature.

They need physical exercise to be healthy. They often win in lotteries and games of chance, but they must not indulge in gambling. It is imperative that they must avoid people such as drunkards and gamblers,

who may influence them to develop the vice of drinking.

The males of this group usually marry a financially stable or rich woman. Meanwhile, the females marry men who adore them and who treat them like ladies of royalty.

Members of both sexes have the tendency to suffer from rashes in the feet and skin, and from colds and asthma. They sometimes suffer from eye trouble caused by weather changes. Due to overeating, they sometimes develop stomach trouble. They should take care of their bladder, especially during middle or old age.

Some famous personalities who were born in this period include: Harry Truman, Sigmund Freud, Karl Marx, Salvador Dali, Burt Bacharach, Sir Arthur Conan Doyle, Liberace, Bob Dylan, Ralph Waldo Emerson, Marilyn Monroe, Paul Gauguin, Kenny G, Harold Robbins, Marvin Haggler, Walt Whitman, Wild Bill Hickok, John F. Kennedy, Ian Fleming, Golda Meir, Alice Faye, and George Lucas.

PERIOD 3 — The Warrior Born June 9 to July 19

In their past lives, people who belong to this group had lived in Paris, France, Belgium, Italy, Switzerland, Egypt, Singapore, Thailand, the Philippines, Vietnam, or Cambodia.

In this present lifetime, they often shine in the intellectual world. They have a fine appreciation for the languages and very good memory. They are also very determined. When they find a job that suits them, they will do everything and even make great sacrifices to excel and to attain their goals.

Given these qualities, they often stand out, and end up in the company of important or celebrated people in the fine arts, law, and education.

They are also great adventurers. Having a fiery and strong constitution, they can be called warrior beings of will and potential self-masters. They like competitions and debates, although outwardly, they may appear to be silent and even naïve. This outward appearance often belies their shrewd and highly determined inner nature. They will try to overcome every test or obstacle in order to achieve their goals.

Early in life, they must be trained to express themselves well so that in adulthood, they can be luminaries in their chosen fields.

As regards the jobs that suit their personality, they can take up those that relate to chemistry and physics. They can also be officers in military organizations, surgeons, inventors, engineers, designers, specialists in computers and electronics, woodworkers, masons, and carpenters. With their strong persuasive abilities, they can also be sales directors in the businesses of real estate, insurance, or electronics and computers marketing.



They have a tendency to be easily irritated and agitated. They must learn to control their temper and cope well with stress. It would do well not to trigger their anger. While the males may be able to control their temper when angry, the females may not, and they can make scandalous scenes.

They are prone to sicknesses that result from eating highly-seasoned foods or indulging in alcohol. They may have diseases of the kidneys and gallstones, or abnormalities in the blood, eczema and abnormalities in the feet, and sores in the skin. To maintain their health, they must drink plenty of liquids and do sufficient exercise. They must stay away from liquor and intoxicants, for these can lead them to their ruin and downfall.

While they can, they must learn to save money and plan for the future. Due to certain karmic debts, they can suffer total bankruptcy or sometimes live a

beggarly life. If this financial state is already being experienced at present, they must immediately grab any opportunity for material or financial improvement that may come their way. The key to their recovery is humility and initiative.

Some famous persons displaying these personality traits are: Jacques Cousteau, George Bush, William Butler Yeats, Edward VIII (king of England), Hellen Keller, Chief Dan George, John Dillinger, Blaise Pascal, Antoine de Saint Exupery, Princess Diana, Dan Aykroyd, George Washington Carver, John Michael Vincent, Henry David Thoreau, Calvin Coolidge, Tom Cruise, Count di Alessandro Cagliostro, Charles Augustin de Coulomb, Jose Rizal, Georges Pompidou, the present Dalai Lama, John D. Rockefeller, Nikolai Tesla, and John Quincy Adams.

PERIOD 4 — The Aristocrat

Born July 20 to August 28

People belonging to this period lived in the past in places such as the Netherlands, north and central Italy, France, Belgium, California (United States), South America, Peru, Mexico, Singapore, Thailand, Cambodia, Malaysia, or Vietnam. Many of them lived former lives of royalty and privilege.

Carrying the influences of their previous grandiose and stately lives to the present incarnation,

they enjoy the limelight and all forms of pomp and pageantry. Even if they may now live humble lives, they have a tendency toward extravagance. For them,



every family celebration and social gathering is very important, and so they spend money to commemorate these occasions as best as they can.

They often have charm, oozing sex appeal, alluring eyes, and a natural presence and regal bearing that makes them stand out in a crowd. They bask in the adulation of others. As such, they are careful not to betray their weaknesses and character flaws. They feel that they must cover these up so as not hurt their chances in getting the high positions they are aiming for, or which they may occupy already.

They have qualities that make them good leaders and managers of political organizations, or even mayors, governors, and other politicians, or perhaps directors or presidents of companies and businesses. They also have talents in writing and the arts, especially painting. They can be poets, cartoonists, novelists, draftsmen, carpenters, contractors, civil and industrial engineers, and operations managers. They can also be good social workers, for they are sympathetic with the plight of the poor and underprivileged.

It is a must that in their childhood, they should be trained in logical reasoning, public speaking, and oral and written communication as preparation for the high

positions they will occupy in adulthood. If they somehow end up in lowly jobs and they are not recognized by their peers and superiors, their lives can be very sad.

If they are trained in the mystical arts and in the techniques of the ULEN Systems, they can develop visionary and prophetic abilities. They can even master the art of astral projection.

As to their physical weaknesses, they are prone to fevers, chills, and weaknesses in the blood, ringworm, carbuncles, and yellow jaundice.

Some well-known people who belong to this period are: Ernest Hemingway, Simon Bolivar, Amelia Earhart, Jennifer Lopez, George Bernard Shaw, Carl Jung, Gregory Rasputin, Benito Mussolini, Arnold Schwarzenegger, Elizabeth the Queen Mother, Mata Hari, Napoleon Bonaparte, Deng Xiao Peng, Claude Debussy, Mother Teresa, Johann von Getty, and Leonard Bernstein.

PERIOD 5 — The Reformer

Born August 29 to October 7

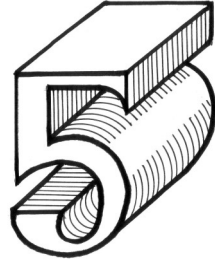
These people will enjoy visiting Austria, Belgium, the Netherlands, southern France, India, Egypt, China, and Indonesia, because they lived in these various places in their past lives.

In these former lives, they were able to achieve high initiation and mystical realization in such schools as the Egyptian Mystery Schools and those of Islamic Sufism. It is usually because of their past occult achievements that they now have powerful bioenergy fields and magnetic personalities. They also tend to be visionary and clairvoyant. In general, they love magic and are enamored with it.

Also having studied very diligently in those past lifetimes, they display in this present incarnation a certain distaste for academic learning. In their youth, they may seem to be unwilling or difficult students, especially in schools that espouse rigid and orthodox methods of teaching. Thus, their parents should closely guide them in their studies, using, if possible, new and non-traditional approaches in education. They must be enrolled in schools that include a special time for play and socialization, and which as much as possible do not force them to study too hard. As students, they become tired of regimented study so easily that it causes them stress. They therefore have to be guided with compassion and understanding.

Early in life, they must also learn the art of logical reasoning and how to distinguish truth from falsehood.

If their parents have brought them up correctly, and they have finished their college education and imbibed the proper moral values well enough, then, in their adulthood, they can be very effective clergymen, teachers of ethics, and even philosophers of the highest caliber.



They can also be great artists, musicians, painters, singers, dancers, actors, story-tellers, patrons of the arts, and persons of great cultural sophistication. In the corporate world, they have the potential to occupy positions of leadership and power. They have highly persuasive abilities, and are able to put across their ideas quite effectively.

Thus, they can be leaders in the field of education, in the promulgation of advanced civilization, and in the fine arts. Often, they can initiate reform movements in these and other fields, for they have powerful discerning powers that enable them to analyze established systems, discover their flaws and shortcomings, and come up with novel ideas on how to improve on them. In this task, they are aided by keen logical reasoning powers and fine memories.

They have powerful imaginations, and their ideas often gravitate toward universal brotherhood and non-sectarianism. They are attracted to institutions that

promote brotherhood and other noble ideals. Often, they themselves can be the ones who found such institutions or be their initiators and most active proponents.

Due to their initiations in the past, they have a thorough and quick, almost instinctive knowledge of the human body and its psychic side. They can become master surgeons, doctors or nurses. They also have the ability to be powerful energy healers.

Usually, they are noted as free spirits who enjoy unrestrained expression of their personalities. Some of them may be non-conformists. They do what they want. If it happens to be along the right path, they benefit; otherwise, they suffer the consequences of their actions.

As such free beings, they stand out even in a crowd, helped about by their oozing magnetism and often their trademark glib tongue and outspokenness. They tend to be pushy sometimes, especially when they are convinced of the wisdom of their opinions. They have the tendency to enter into heated discussions with persons who hold contrary ideas. But they also know how to change gears when they notice the other person becoming uncomfortable, and before long, a cordial mood is reestablished. It is an endearing quality of these persons that they can be counted on as good friends.

A word of caution: persons belonging to this group must analyze their ideas and conclusions

carefully. They must not make quick decisions, but rather, they should carefully analyze an idea from all angles. Being very quick thinkers, they wish to put their ideas immediately into action. This sometimes leads to restlessness and stress.

Worse, a wrong conclusion or decision that is rashly acted upon can spell dire consequences for them, leading to suffering later in life.

The diseases they are prone to include coughs, colds in the head, hoarseness of voice, some afflictions in the bronchial areas and lungs, stress and mental fatigue that may cause dizziness. In their work, they must learn to take breaks and vacations once in a while to avoid overstrain. They must learn to relax, just stay home and be at peace.

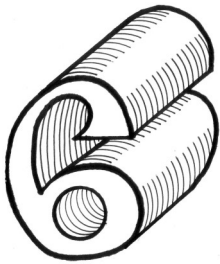
Famous people having this personality include: Maria Montessori, Gloria Estefan, Henry Ford II, Queen Elizabeth I of England, David Copperfield, H.G. Wells, Anne Bancroft, Agatha Christie, Michael Jackson, Stephen King, F. Scott Fitzgerald, T. S. Eliot, George Gershwin, Miguel de Cervantes, Mahatma Gandhi, Bishop Desmond Tutu, Vladimir Putin, Yoyo Ma, George Westinghouse, Lindsay Buckingham, Martina Hingis, and Will Smith.

PERIOD 6 — The Idealist

Born October 8 to November 17

People born in this period spent their past lives in such places as Afghanistan, Mongolia, Tibet, India, China, Japan, Nepal, Iran, Iraq, Egypt, Peru, and Mexico.

Due to their high mystical initiation in these former lives, they in their youth can sometimes be found in dreamy reveries or trance-like states, during which they just stare blankly into space, totally detached from the realities of the present. But these moments may be the only quiet periods in their childhood, as they are often hyperactive and naughty.



Such stems from having accumulated much energy in their past lives. They may then be pesky little brats in their home and neighborhood, causing much nuisance to their family and even the whole community, as well as unending torture for their poor parents.

Yet when they grow up, these people usually manifest a very compassionate and giving nature. If they have been raised properly, spared from traumatic experiences, and trained early in the mystical life, then when they become adults, their fondest wish becomes to serve humanity. The amount of service they render is their measure of success. They often do not care much

for wealth, name, fame, and power. Thus, there are times when they are misjudged by others to be failures. Nothing can be farther from the truth; they are noble beings who serve others and make great sacrifices while helping their fellowmen. Aside from this pre-occupation, their other main obsession is to attain higher spiritual and cosmic consciousness.

If they are highly evolved, these persons are also the personification of great culture, polish and wisdom. They are often happy beings whose joy is contagious. Often, their joy stems from their attunement to God and the laws of nature. They have perfected the art of praising the divine; every day, a prayer of thanks to the Lord passes through their lips. They have the unusual conviction of being God's favorite, and the belief that God and the Masters will always come to their rescue in times of hardships. Given their innate leaning towards things of the spirit, they can be adepts in the occult arts, mysticism, and kabbalah.

These persons often have great energy, including sexual energy. Their hypnotic eyes reflect the inner power they possess. But if their level of evolution is low, they can become the curse of humanity, becoming embodiments of vice, glamour, and hypocrisy. They then earn for themselves a life of great suffering.

We see here that they are paradoxical creatures. On the one hand, they can very noble; then again, they can also be very base. It too is possible to see a person born within this period as being the consummate

warrior who has the soft heart of a priest. Or he may have the lowly traits of a serpent who creeps upon the crevices of the earth and at the same time the ways of an eagle who soars the sky as the very embodiment of freedom.

These people are also the proverbial jacks of all trades. They can engage in many hobbies and occupations, including music, the arts, sciences, and philosophy, and become quite accomplished in such areas. They too can be good managers, supervisors, and even directors and presidents of large organizations and companies. They are born executives. However, in their prime years, they do not always succeed in business, mainly because of their over-generosity and charity. It is usually later in life that they do taste the fruits of success.

In times of trouble, they do not usually ask for help from their spouse, family, or friends. Instead, they turn to God, going to secluded places to commune with God in deep humility and devotion.

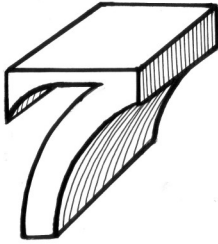
What they sometimes lack in material success is compensated by the abundant mystical development and insights that they achieve. When they give it the right effort, they often become masters and adepts of mystical lore. And with their development, they are able to sense the collective anguish of the world. They then usually create movements for the alleviation of humanity's suffering.

The jobs that suit their personality include that of priests, lawyers, professors in universities, judges, and legislators. Because of their work, they at times suffer from colds and over-fatigue. They must watch their diet and avoid overeating, as this may lead to unwanted conditions in the blood. They are also prone to inflammation of the various parts of the body, allergies in the feet, rheumatic conditions, and arthritis.

Some celebrities who exemplify the personality traits of this period are John Lennon, Eleanor Roosevelt, Luciano Pavarotti, Margaret Thatcher, William Penn, Dwight Eisenhower, Sarah Bernhardt, Martin Luther King, Pablo Picasso, Hillary Clinton, Marie Antoinette, Marie Curie, George Patton, Robert Fulton, Jawaharlal Nehru, August Rodin, Robert Louis Stevenson, Prince Charles, and King Hussein of Jordan.

PERIOD 7 — The Just **November 18 to December 27**

In their previous lives, people belonging to this period resided in Saudi Arabia, Lebanon, Libya, Turkey, Jordan, Israel, Iraq, Cyprus, Syria, Egypt, Yugoslavia, Croatia, Greece, Bulgaria, Macedonia, Spain, Sweden, the United Kingdom, Austria, Germany, Switzerland, South America, Bangkok, Japan, Singapore, or China. They went through great struggles and trials in these previous incarnations, and were able to survive and surmount them admirably.



Now, reaping the benefits of such experiences, they are blessed with the gifts of joy and good fortune. They have a great chance of living a happy and comfortable life, unless they misuse the divine gifts given them.

Provided that they did not go through some traumatic experiences in their childhood which could mar their personalities, they are almost assured success in any field of endeavor they choose to engage in. They will be blessed with material wealth. They will also have high educational attainments, often getting post-graduate degrees, due in part to their excellent analytic and critical minds.

Though they may be conservative, they are usually pleasant and cheerful in their relations with others. They are also very honest, morally upright, and clean in mind and body. They tend to suppress some of their sexual desires, hence more often than not, they marry late in life.

They are able to bring peace with them wherever they go. If you visit their homes, you will not fail to notice the atmosphere of peace, harmony and quiet. One reason why they have peace is their undeviating adherence to all kinds of laws—natural, man-made or divine. This usually means that they are considerate, orderly and uncomplicated, hence peace is established more easily.

They might be called moralists because of their strict observance of laws. And so, at times, they can be hard on others, especially on those who are not as methodical and law-abiding as they are.

They do not really seek power, but fate has a way of positioning them in seats of authority. When they become leaders or rulers, these people govern with an iron hand, expecting everyone to adhere to the land's laws and edicts as faithfully as they do.

Their suitable professions are as judges and magistrates, psychologists, teachers (especially of philosophy and ethics), critics of art and drama, editors, auditors, bookkeepers, and accountants. They can also be good actors, writers, musicians and singers. They have a natural leaning toward music, and they are known to develop very good singing voices.

They should guard their health so as to avoid high blood pressure, and infections of the stomach, gall bladder, kidneys, and the bowels. To stay fit, they need lots of exercise.

Some well-known figures who belong to this period are Charles de Gaulle, Jean Francois Voltaire, Woody Allen, George Armstrong Custer, Walt Disney, Mary Queen of Scots, John Milton, Emily Dickinson, J. Paul Getty, Uri Geller, Joseph Stalin, Isaac Newton, Louis Pasteur, Mao Zedong, Clara Burton, Anwar Sadat, Ludwig van Beethoven, and Arthur C. Clarke.

PERIOD 8 — The Peacemaker

December 28 to February 6

These men of peace, who detest war with a passion, lived in their past lifetimes in Iran, Iraq, Saudi Arabia, Israel, Jordan, Cyprus, Austria, Vienna, Greece, Bulgaria, Spain, the United Kingdom, Belgium and in Maine, Massachusetts, Connecticut, and Rhode Island in the United States.

The root of their hatred of war stems from their past life experiences. In this present incarnation, they must not live in war-torn or chaotic places, for they will surely not thrive there. Should they somehow manage to survive, it will be with great suffering. It will destroy or drastically transform their naturally wholesome, beautiful, and good-natured character.

To the stranger, they may seem aloof and a bit strange in their manners. To be sure, they have a very private inner life that they hide under an exterior of childlike charm and sociability. Even when they grow old, they retain a childlike quality that is endearing and that makes them affable and lovable. While they may seem a bit quiet at first, they can unfreeze in time and reveal a charming fluency that make for good storytelling and entertaining. This glibness extends to the written form; they can be quite good writers and poets. They are often writers of fiction or weavers of tales.

They are good friends. Most people love them and enjoy their company. They attach great importance to their families, and they have a tendency toward being clannish.

In general, they love and appreciate things of beauty. They themselves can contribute to making works of art. Their forte is the arts. Their emotions are strongly moved by good or powerful music. They can be good actors, entertainers, musicians, painters, poets, and art critics. Like most artists, they at times display behavior that others may label as queer. Indeed, they often have a preference for unusual ways and forms of pleasure, and they are fascinated by the mysterious and uncommon. They are noted for the ability to examine a work of art and see both its beauty and flaws. In the same manner, they can discriminate well between good and bad in real life.

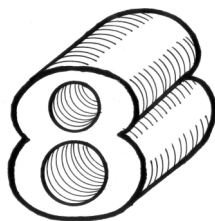
They often have green thumbs and healing hands. They therefore make good gardeners and environmentalists. Many of them also find work as antiquarians, or they work in museums or perhaps do archeological research. They derive pleasure in examining relics and in trying to interpret the mysteries of past civilizations.

They too are fascinated by the human body. As such, they can be doctors, nurses, masseurs, physical therapists, and other medical workers. Moreover, they may be active in reform movements or in educational organizations that promulgate philosophy and

ethics. When they work as educators, they often teach aesthetic ideas. They are also good community workers, caring for their barangay or community.

They are steady and systematic. They follow rules to the letter. They therefore make good bookkeepers or keepers of records. They too, are generally honest and have high morals.

At work, they often are unobtrusive members of the rank-and-file, but their steady, efficient, and honest work is sooner or later recognized and given its due reward. Some of them may be held back by shyness, laziness, or fear, but if these



are overcome, they can rise to positions of authority and leadership. They have secret ambitions which are known only to them, and they achieve these quietly without anybody noticing.

They tend to be romantic although they do not allow their emotions to blind them from the truth. They have the tendency to marry late in life. But in the end, they attract excellent companions who will help them overcome their shortcomings. They also attract good partners even in business.

Most of their ailments will be in the abdomen, bladder, kidneys, and bowels. When they suppress their sexual instincts, this may bring about a weakening of their physical body. They are prone to nervousness caused by over-studying. If the environment does not harmonize with their pleasant nature and sense of esthetics, they tend to be stressed out easily.

They may be attracted to soft forms of martial arts like Tai Chi Chuan. This form of exercise will serve them well.

Some famous persons belonging to this period are Corazon Aquino, Woodrow Wilson, Rudyard Kipling, Paul Revere, Isaac Asimov, J. R. Tolkien, Walter Mondale, Juan Carlos I (King of Spain), Joan of Arc, Kahlil Gibran, Elvis Presley, Joan Baez, Albert Schweitzer, Cardinal John O'Connor, Dr. Martin Luther King Jr., Benjamin Franklin, Muhammad Ali, Daniel Webster, Robert E. Lee, Edgar Allan Poe, and Sun Myung Moon.

PERIOD 9 — The Wise **February 7 to March 20**

In their past lives, these people lived in countries like Macedonia, Romania, Bulgaria, Albania, Greece, Bosnia, Herzegovina, Turkey, Southern Spain, Ethiopia, Congo, Peru, Bolivia, and Mexico. Having worked very hard in such past incarnations, they now

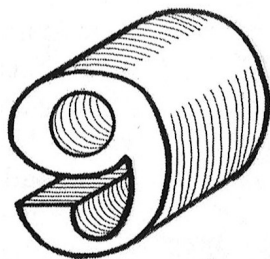
have great wisdom, and are thus referred to as the salt of the earth. Even in their childhood, they act and talk like older and much wiser persons. They are considered old souls.

They are often formidable characters who are embodiments of exactness, precision, firmness, truthfulness, law, discipline, and willpower. They have many innate powers, including the ability to read minds, project their astral selves, and remember their past lives and the lessons learned in them. They too have great magnetism and a dominant personality that can sometimes inspire awe and even fear.

They may be very strict and severe, but they are not unfair in their judgment. They have great respect for justice and impartiality. Thus, they carefully study the situation and conclude not from emotions but from pure intellect and based on cold facts alone. They are also very honest and incorruptible. Because of all these, they can be excellent magistrates, judges, fiscals, or even heads of big corporations and businesses.

Unfortunately, being born wise, they have a tendency to disdain the material side of life. They tend to repress their sexual urges, as they focus their attention on seeking truth and serving God. They tend to live secluded lives. If you ask them, they would rather become monks and nuns in monasteries. They also love being near bodies of water, and the study of human nature interests them greatly. In truth, they love learning and they thirst after knowledge.

They have strong sexual force. If used properly, this can bring them to the pinnacle of success. But if misused, this will lead to diseases during old age. In their youth, they are very strong and resistant to diseases. It is only in old age that their health may begin to fail. They are especially prone to colds, pneumonia, lung disease, ailments that are related to speech, and disorders of the teeth, eyes, and ears. If they learn and practice ulen techniques to maintain fitness, they can reach a healthy old age of 80 years and beyond.



They can be heads of their clans or families. In particular, the February woman's rule and influence may be very firm and extensive, felt even by their grandchildren and third-degree or more distant relatives. Those who are not relatives, but whom they allow into their very private lives, are fortunate to find very good friends in them.

Concerning work, they make good psychologists, doctors, and physical therapists. They can also succeed in sales, where they can use their inborn talent of talking. They can be medical sales representatives and salespersons in big outfits. Those of them who lack education may become good plumbers, masons, gardeners, clothes designers, and employees in printing businesses. They are good traders, and they love the labor of the hand. They also have strong feet and hands.

Some famous persons of this category are Charles Dickens, William Tecumseh Sherman, Jules Verne, Thomas Alva Edison, Abraham Lincoln, Charles Darwin, Galileo, Helen Gurley Brown, George Washington, Lord Baden Powell, Victor Hugo, Pierre Auguste Renoir, Henry Wadsworth Longfellow, Elizabeth Taylor, Luther Burbank, Yuri Gagarin, Albert Einstein, Liza Minnelli, and Michelangelo.

The Ulen Power Day

The birth of a child, as we know, is always an occasion for rejoicing. A new member of the family comes into this world—a most lovable and adorable little being who embodies all that is pure, innocent, and the essence of vitality. When a baby is about one day to one year old, he teems with a unique, irresistible kind of energy, charm, and beauty. He brings joy to the people around him. What is it in the baby that makes him so delightful, alluring, and irresistible? The answer lies in the fact that at this point in his life, he radiates pure, unadulterated vital ulen energy, and divine consciousness.

You can also manifest the same vitality and sparkle one day a week, and have a chance to accumulate great amounts of energy during this day. This day is called your ulen power day.

This day exists by virtue of the Law of Periodicity. It is the day of the week and certain hours on this day wherein a person is immersed in very powerful positive and regenerative vibrations from the environment, from the sun, and from cosmic space.

To know which day this is, you must refer to your complete birth date—including the month, day, and year— and see what day this was. It is also best if you know the exact hour of your birth as well.

For example, if you were born on 6 November 1957, when you consult a perpetual calendar, you will find that you were born on a Wednesday. Thus, every Wednesday of the week is your power day. This is the day when your chances of success in any endeavor are highest. It is also the day when your physical, mental, psychic, and spiritual powers are at their peak.

Meanwhile, the hour of your birth, say 10:16 a.m., is the hour that you should especially set aside to commune with God. At this hour, your body is in total harmony with divine forces. This special state lasts for about 15 to 30 minutes only. You must use it to pray, meditate, and commune with the divine. It is also the best time to ask God for the things you need in life.

On your ulen power day, you can do certain things to accumulate more energy that you can use for health and mental and spiritual use. For one, you can sunbathe to accumulate powerful ulen from the sun. The best time to do this is from 6:00 to 8:30 a.m., and

between 2:30 to 6:00 p.m. When sunbathing, you must wear very few and thin items of clothing, or go naked if possible. The males can go shirtless or remove their upper clothes. Be sure to bathe the solar plexus for 30 minutes. It is located 2 to 3 inches above the navel and at the pit of the stomach. You may also face the sun, with your eyes closed, and open your mouth. Let the sunlight enter your mouth, bathing the tongue and the tonsils. You may do this for 10 minutes or more.

Science has proven that sunlight is a very good antiseptic, purifier, and healer. Sunbathing will then regenerate your whole body. Make sure that you also turn around and bathe your back with sunlight. Especially let the spinal column area be exposed to the sun, including the occipital region (found at the hollow point at the base of the skull, and coinciding with the first superior cervical ganglia). You may mentally focus for about 3 minutes on this region while sunbathing.

Also bathe the area of your third thoracic ganglia in sunlight. This is located at your back, between the shoulder blades, about 4 to 5 inches below the nape. Exposing it to the sun will help purify your blood. You may concentrate on it for 3 to 5 minutes during sunbathing.

All in all, be sure that you do sunbathing for not less than an hour—about 30 minutes for the front of the body and 30 minutes for the back.

To ensure that your body will absorb the highest, most spiritual vibrations of ulen, you can refrain from eating meat during your power day. Instead, eat lots of fruits and vegetables. If you can manage it, you may even have a fruitarian diet the whole day, eating meat only the following day. This practice will help remove toxins from your body, and enable the regeneration of cells and your ulen power centers.

On your power day, you may also do about 10 to 12 cycles of deep breathings outdoors. Do this in the morning and again in the evening. Also, be sure to drink plenty of clean water, about 12 to 15 glasses in all, not counting juices and other drinks.

If your power day falls on a holiday, try to spend your time meditating or praying, or maybe contemplating on your life and what you can do to improve it on all levels: physical, mental, spiritual, and cosmic.

This is also the day when the practice of the ulen techniques are most effective. This is so because you receive an extra boost from the environment, as your body is bombarded by positive energies. As mentioned, this day is the most propitious time to submit your petitions to God, and pray for the fulfillment of your wishes. This is also the best time of the week to ask favors from authorities and other people. In general, the ulen power day is your luckiest day in the week.

The Law of Grace

According to the Law of Grace, the divine never forsakes man or leaves him all alone to cope with life's difficulties. By God's infinite grace, he always has access to divine help and intervention, especially in times of trouble and uncertainty.

Every day, from the central spiritual sun and even from our visible solar sun come waves and waves of vibrations of benediction. These energy waves come down to earth, raining upon its creatures streams of powerfully regenerating, healing, and peace-giving vibrations. These bombardments happen during certain periods of the day.

Drawing from tradition, revelations, and extensive research, the ULEN Systems has ascertained the exact times of these very auspicious moments of the day. The particular nature of these vibrations that come down to earth at each time has also been identified, and we can use this knowledge for our personal advancement.

In any given day, using Philippine time (Greenwich Mean Time + 8.00 hours), the first wave of positive vibrations come from **4:00 to 4:15 a.m.** Within this 15-minute period, the earth becomes awash with energies of peace, power, and strength.

Thus, if you are confronting some problem or trouble, under trial, or experiencing strife at work or at home, then you should choose this particular time period to meditate, commune with the divine and ask for assistance.

The second propitious period is from **10:00 to 10:15 a.m.** The vibrations at this time are of total regeneration, health, and vitality. So if you are suffering from mental and physical afflictions, you can attune during this 15-minute period.

The third period is from **3:00 to 3:15 p.m.** At this time, the earth is bathed with energies of joy, harmony, bliss, and ecstasy. Thus, if you are weighed down with disappointment, pain, and sorrow, you can use this time to attune with cosmic energies.

The fourth period is from **5:45 to 6:00 p.m.** If you have problems that cannot be solved, or you want knowledge and inspiration to solve your problems, you can attune at this time.

For communion with the mind of God, or if you simply want to be bathed in spiritual light, the best time to do so is between **8:45 to 9:00 p.m.** This is the most highly recommended time of the day for meditation, contemplation, and radiation to the world of thoughts of goodwill, peace, brotherhood, and harmony.

The next period occurs between **12:00 to 12:15 midnight.** This is the time when the earth is flooded

with all kinds of positive vibrations, including vim, vigor, vitality, peace, power, prosperity, life, light, and love. It is as if the whole essence and spirit of God is poured in absolute benediction on man. It was within this period of grace, at 12:00 midnight, that the great avatars Jesus, Krishna, and Zoroaster were born.

The final period of benediction is from 2:00 to 2:15 a.m. This is the time when vibrations of peace bathe the earth and its creatures.

It must be emphasized that the times mentioned are all local Philippine times (GMT + 8.00 hours). Those in other countries must adjust their local times accordingly.

Now, how does one attune? What is the meditative method or technique followed in attuning to the divine at these propitious times? The method is simple, and it follows the spirit of the adage, "As you give, you shall you receive." Here is the technique:

Technique of Attunement

You may sit or lie down comfortably. When sitting, you can choose the Indian yogi pose (with legs folded and the back straight) or the Egyptian god pose (feet flat on the floor, hands on lap, unclasped and palms down), or any posture that feels comfortable.

Close your eyes, and concentrate on the inmost aspect of your being. Imagine that you are a hollow ball as you go inside yourself. Then, depending on the period, attune to the vibrations that are active at that particular time.

For example, if you are attuning between 2:00 to 2:15 a.m., then you should feel inside you peace—deep and profound peace. Do not just think of this attribute. You must really feel it inside you with as much intensity as you can muster.

Then, let the feeling extend outside your body and gradually expand it to the world around you. Feel peace (or the particular vibrations active at that time period) extending to your surroundings for 3 to 5 minutes.

Then, try to rise and go into cosmic space. Imagine yourself rising, from where you are seated to the ceiling, and then going up into the clouds, into outer space, and then further up, dissolving finally in cosmic space. Afterwards, be passive for about two minutes. Simply empty your mind of all thoughts and just be.

After that, utter a simple, sincere prayer of thanks for having been given the privilege to commune and attune with the vibrations of peace (or the attribute for that particular time).

That completes the technique. It is really very simple, yet highly effective. Through it, you commune with the positive vibrations that are active during that particular period of meditation, and you also accumulate powerful ulen energies in your body.

The same procedure applies for all time periods specified, varying only according to the particular vibrations that are active at the time of meditation. **To get the most benefit, do not miss to commune during the 8:00-8:07 p.m. period (Manila, Philippines local time).**

This is the time when many other practitioners of ulen techniques, as well as initiates in various schools of esotericism, all join together in spirit to radiate thoughts and energies of goodwill, peace, brotherhood, and harmony to the whole world. Joining in the world-wide practice enables one to accumulate great amounts of powerful, positive ulen energy.

Those who make meditation a habit notice that there comes a time of so-called “**spiritual dryness**”. This refers to the time when all of a sudden, you no longer wish to practice or meditate anymore, as if you have gone tired of the routine. Even if you force yourself, you do not seem to be able to get into proper attunement or the right frame of meditation. This should not worry the practitioner, for it is a natural phenomenon.

Even in other endeavors, such as in learning to play a musical instrument, this period of “dryness” exists. When it strikes, the student simply doesn’t wish to play his instrument or isn’t in the mood to do so. When he forces himself, he cannot get it right no matter how hard he tries.

In contrast, there are times when everything seems to go smoothly. With just a little effort, playing music is easy, or one is able to go into deep meditation quite naturally and effortlessly.

The idea is to take things as they come, never letting a temporary difficulty bring to an end one’s beautiful and highly beneficial practice of daily meditation.

LAW NO. 3: The Law of Reincarnation (Successive Lives)

A universal law that helps unlock many riddles and puzzles of our existence is the Law of Reincarnation, also referred to as the Law of Successive Lives.

The succession of lives in and out of physical bodies fulfills the Law of Rhythm or Periodicity. For many thinkers, mystics and students of the occult, it is

not difficult to conceive and accept that man sheds his worn-out body at the end of each lifetime, as does the tree its dying leaves during autumn, or the snake its old skin to make way for a new, fresh covering. The process is very natural.

*“I know I am deathless.
No doubt I have died
myself ten thousand
times before. I laugh
at what you call
dissolution, and I
know the amplitude of
time.”*

—Walt Whitman

Most interesting is the **Eastern mystic’s** point of view that further gives light on the phenomenon of reincarnation. For him, dying at the end of each lifetime is like coming home to the warm embrace of the divine, as a schoolchild returns home after years and years spent in the classrooms of earthly existence learning the lessons of life. After each

homecoming, he then goes back to his earthly school to learn more lessons of life, and when that particular term or lifespan is ended, he once again returns home. The process repeats again and again, until finally, the student has learned all his lessons and there is no more reason for him to go back to earthly life.

From another point of view, reincarnation is a natural element in the process of human evolution. **Charles Darwin** has postulated in his theory of evolution that all species of life go through stages of evolution. All is on an evolutionary march toward the perfection of its species. Those who fail to evolve and adapt die out and become extinct. Following this logic,

man must evolve and become perfect—or forever be gone. But to evolve, he cannot stay forever in one body. The physical body eventually becomes worn out and useless. Should this then stop man’s evolution? Should the world see the end of him because of the limitations of the flesh? No. Nature then provides the answer through the process of reincarnation.

Throughout man’s history, we witness that indeed, he is evolving. This becomes evident when we compare primitive man—from Homo Erectus to Neanderthal and then Cro-Magnon—with the modern version of the homo sapiens species. This evolution would not have been possible if each man lived only one lifetime of, say, about 80 years.

We have also said earlier that according to **William James** and other progressive psychologists, man is now using only about 10% of his brain capacities. This indicates that we still have a long way to go before we are able to use 50%, 80%, and then fully 100% of our brain faculties. And what of our other faculties, such as those on the psychic, spiritual, and cosmic aspects? With much, much more evolutionary work to do, we certainly cannot accomplish everything in one lifetime.

These questions find an answer in the Law of Reincarnation. And many people in present-day societies have come to accept it as a sensible, pragmatic verity of life. Only those subscribing to certain orthodox

—*It is not more
surprising to be born
twice than once;
everything in nature
is resurrection.*”

—*Voltaire*

religious beliefs continue to refuse to acknowledge this Universal Law.

Yet even among traditional Christians, especially in the progressive and advanced sectors, there are

those who engage in research using hypnotic regression and case studies of people. The findings of these studies attest to the truth of reincarnation. Such findings include verified testimonies from many people who remember having lived in past lives.

Looking into the Christian scriptures, we find many passages affirming the factuality of reincarnation. An example is Job 14:12-14, which state:

So man lieth down, and riseth not: till the heavens be no more, they shall not awake, nor be raised out of their sleep. O that thou wouldst hide me in the grave, that thou wouldst keep me secret, until thy wrath be past, that thou wouldst appoint me a set time, and remember me! If a man dies, shall he live again? All the days of my appointed time will I wait, till my chance cometh.

Job 33:29-30 are also very useful:

Lo, all these things worketh God oftentimes with man, To bring back his soul from the pit, to be enlightened with the light of the living.

In the New Testament, Matthew 11:10-15 recount Christ as revealing that **John the Baptist lived before as Elias:**

For this is he, of whom it is written, Behold, I send my messenger before thy face, which shall prepare thy way before thee. Verily I say unto you, Among them that are born of women there hath not risen one greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he. And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force. For all the prophets and the law prophesied until John. And if ye will receive it, this is Elias, which was for to come. He that hath ears to hear, let him hear.

This is repeated in Matthew 17:10-13, which reads:

And his disciples asked him, saying, Why then say the scribes that Elias must first come? And Jesus answered and said unto them, Elias truly shall first come, and restore all things. But I say unto you, That Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them. Then the disciples understood that he spake unto them of John the Baptist.



“All pure and holy spirits live on in heavenly places, and in course of time they are again sent down to inhabit righteous bodies.”

*— Josephus
(most well known
Jewish historian from
the time of Jesus)*

Indeed, it appears that in Jesus' time, reincarnation was an accepted doctrine. Jesus and his disciples regarded it as a commonplace phenomenon. About Jesus' own past lives, we read in Matthew 16:13-16:

When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am? And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets. He saith unto them, But whom say ye that I am? And Simon Peter answered and said, Thou art the Christ, the Son of the living God.

The belief in reincarnation is shared by many members of society, not just those who engage in past life research or in religious research. Some poets and writers also affirm reincarnation. As Longfellow wrote in *Hiawathas's Departure*:

*I am going, O my people,
On a long and distant journey;
Many moons and many winters
Will have come, and will have vanished
Ere I come again to see you.*

“As we live through thousands of dreams in our present life, so is our present life only one of many thousands of such lives which we enter from the other more real life and then return after death. Our life is but one of the dreams of that more real life, and so it is endlessly, until the very last one, the very real, the life of God.”

—Count Leo Tolstoy

In *The Chambered Nautilus*, Oliver Wendell Holmes wrote:

*Build thee more stately mansions, O my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length are free,
Leaving thine outgrown shell by life's unresting sea!*

And the beloved poet **Kahlil Gibran** said in *The Prophet*: “I cannot think of permanent enmity between

~~man and man, and believing as I do in the theory of reincarnation, I live in the hope that if not in this birth, in some other birth I shall be able to~~
*Fear not that I shall come back to you.
A little while, and my longing shall gather
Dust and foam for another body.
A little while, a moment of rest upon the wind,
And another woman shall bear me.*”



Some businessmen, like the millionaire **Henry Ford**, believed and even lectured on the law of reincarnation during the later part of his life. In an interview with Life magazine, he is quoted to have said:

I adopted the theory of reincarnation when I was 26. Until I discovered this theory, I was unsettled and dissatisfied – without a compass so to speak. Religion offered nothing to the point – at least, I was unable to discover it. Even work could not give me complete satisfaction. Work is futile if we cannot utilize the experience we collect in one life in the next.

When I discovered reincarnation it was as if I had found a universal plan. I realized that there was a chance to work out my ideas. Time was no longer limited. I was no longer a slave to the hands of the clock. There was time

“I died as a mineral and became a plant, I died as a plant and rose to animal, I died as animal and I was man. Why should I fear when was I less by dying?”

—**Jalal ad-Din Rumi**
13th century Sufi Master, Poet, Jurist, Theologian

enough to plan and to create. The discovery of reincarnation put my mind at ease. I was settled. I felt that order and progress were present in the mystery of life. If you preserve a record of this conversation, write it so that it puts men’s minds at ease. I would like to

communicate to others the calmness that the long view of life gives to us.

There are also men of science who strongly advocate the law of reincarnation. One of them was **Benjamin Franklin** – scientist, discoverer of electricity, and statesman, who instructed these words to be inscribed in his epitaph:

The Body of Benjamin Franklin (like the cover of an old book, its contents torn out, and stripped of its letterings and gilding) lies here food for worms. Yet the work itself shall not be lost, for it will appear once more in a new and more beautiful edition corrected and amended by the author.

Hindus, Buddhists, Taoists, Muslim Sufis, and other followers of the major world religions believe in reincarnation. Throughout history, we see people who shared the same belief, including ancient Egyptian sages like Amenemhet III, Hermes Trismegistus, and Akhnaton; the Greek philosophers Anaximander,



“I am confident that there truly is such a thing as living again, that the living spring from the dead, and that the souls of the dead are in existence.”

—Socrates

Heraclitus, Socrates, Plato, and Plotinus; Avicenna of Bukhara; the theologian Thomas Aquinas; the poet Dante; Paracelsus; Francis Bacon, the father of modern science; Jacob Boehme, famous theosophist, and mystic of the late 17th and 18th centuries; the physicist and naturalist Robert Boyle, who formulated mathematical equations concerning pressures and volumes of gases and liquids in the science of hydraulics; Sir Isaac Newton, the proponent of the gravitational law; Rene Descartes, the mathematician and philosopher who made important contributions to analytic geometry; the



*“Friends are all souls that
we’ve known in other lives.
We’re drawn to each other.
Even if I have only known
them a day, it doesn’t
matter. I’m not going to wait
till I have known them for
two years, because anyway,
we must have met
somewhere before, you
know.”*

—George Harrison
Lead Guitarist, The Beatles

late Albert Einstein, who formulated the theory of relativity; and so many more. The names General George Patton, Shirley Maclaine, Grace Kelley, Mark Twain, and Edgar Cayce also come to mind when one tries to think of famous believers in reincarnation.

The fact is, whether we believe it or not, reincarnation exists. No matter what we or the majority believe in, the Universal Laws remain true and immutable.

Remember the case of the famous scientist **Galileo** who, during his time, propounded that the earth revolves around the sun. This went against the popular

belief of that day that it was the sun which revolved around the earth. Indeed, from the point of view of common man, who sees the sun rise in the east and then wind its way up the horizon until it finally sets in the west, it seems as if were the sun that moved around the earth, not vice versa. But what we see sometimes does not reflect what is true. In Galileo's time, his views ran contrary to popular belief and the awesome might of the Church. For daring to speak the truth and challenge the norm, he was branded a heretic, and his books and writings were burned. Well, we know the rest of the story. After centuries since Galileo's death, when science had fully certified that the heliocentric system was true, the Church finally gave in and admitted it made a mistake in judging Galileo's case.

This account has strong parallels with the case of the theory of reincarnation. At present, there are those who believe in it, while on the other hand, the majority continue to refute it.

“God generates beings, and sends them back over and over again, till they return to Him.”

—Koran

I surmise that it won't be long before the theory becomes totally accepted. Even now, certain universities in the Soviet, Bulgaria and the U.S. are studying the theory and proving its truth.

Now let us go into some details of the universal law of reincarnation. How does this law operate? Recall that in the earlier parts of this book, I mentioned that there are 144 octaves in reality or in the ulen

spectrum of existence. There too are 144 elements in the periodic table of elements. This number again has significance in the life of man. It is the number of years of his natural lifespan. He can reach up to this age if man is free from pollution and diseases, and if he lives in perfect harmony with the laws of the universe and nature.

But due to our world's many imperfections, as well as to man's own erroneous ways, his lifespan is now only about 70 years. There are some people who live up to 90 years or even a



“The person whose mind is always free from attachment, who has subdued the mind and senses, and who is free from desires, attains the supreme perfection of freedom from Karma through renunciation.”

—*Bhagavad Gita*



century, but not 144 years. The law decrees that if a person lives for 144 years in a lifetime and then dies, he immediately reincarnates into a new body. But if he lives for only a hundred years, after death he spends 44 years on the Other Side, or in the spiritual planes before coming back to earth to reincarnate. Likewise, if he lives for only 44 years, he spends after death a hundred years in the spiritual planes before reincarnating. This is the typical functioning of the law.

There, however, are exceptions to the rule, especially in the case of highly evolved beings such as masters, saints, those who aid in the advancement of humanity, and perfected beings who have learned all

lessons that earthly life can offer. Due to the needs of the times, they may spend very little time in the cosmic plane before reincarnating. Thus, if they die at, say, 60 years of age, they may then spend, say, only 10 years in the cosmic plane in order to reincarnate right away. This totals only 70 years, which is 74 years short of 144. In later times, they will make up for the deficiency by staying longer in the cosmic plane or perhaps on earth, thus the law is not really broken.

Now, as with all other laws, the law of reincarnation serves a purpose. There is a rationale behind it. First, the goal of reincarnation is for the soul to have experiences and learn from them, to gather data and information so to speak from their earthly life, and make the appropriate conclusions from these. The true home of the soul is the cosmic plane and with God, but, using the metaphor of a child going to school, it goes through earthly life to learn and become “perfect” like God before it can fully establish itself in its true abode.

There is an old biblical saying about the sons of God being enamored with the daughters of men. This is a metaphor which means that the human soul (the sons of God) lacks experience and learning. It then comes to this world and interacts with “the daughters of men,” referring to the experiences, sensations and stimuli that the soul goes through on earth.

Unfortunately, many souls become too attached to the material plane or to earthly life, and so they come back again and again. But the time will finally come when they have learned all their lessons, and they are

no longer attached to the earth, and so they return home as liberated or perfected beings—much like the proverbial prodigal son.

What hastens this process of learning is through knowledge of *ulen* and the laws of existence, and practicing techniques that quickens one's evolution. One goes through certain levels of advancement, developing certain powers and abilities along the way, until one develops cosmic consciousness, and becomes an enlightened, liberated soul.

LAW NO. 4: The Law of Karma (Cause and Effect)

Closely associated with the Law of Reincarnation is the another immutable universal law called the Law of Karma, or the Law of Cause and Effect. A man's status in each lifetime is governed by this law. Simply put, it decrees that nothing just happens. All events, situations, blessings, and hardships that befall man have reason for happening, and this is because *man caused them to be*. This, in a nutshell, is the Law of Cause and Effect.

There is nothing mysterious or difficult to understand about this principle. Man does something, and reaps the fruits of that action. If he did something that is wrong or contrary to the principles of rightness and justice, then he will reap bitter fruits. If he did

something that is good and beneficial, then he will reap blessings. An action causes a reaction, as goes the law of physics. "As you sow, so shall you reap," goes the Biblical passage. "An eye for an eye, a tooth for a tooth," goes the Quranic dictum.

Contrary to what others might think, the law of karma is just and not punitive. It should be seen not as a punishment for man's transgressions nor as a reward for his good deeds, but as a method of self-instruction through his own experiences, either pleasant or unpleasant. Through the impersonal and automatic operation of the law of karma, man will learn that good begets good, and wrong begets suffering. This is one of the lessons that he has to learn in his earthly sojourns. And he has to learn it not just intellectually but through real experience.

Again, karma is not a punitive law. In fact, when we come to know its details or fine points, we will see that is a just, noble, and compassionate law. It is based on the eternal compassion of the Creator. The law also does not just apply to humans; it applies to every single particle and form of matter, to plants, animals, and human beings.

Among humans, there are physical, mental, and spiritual karmas. Physical karma is incurred through one's actions, mental karma through thoughts, and spiritual karma through the invisible activities of the soul.

Another classification of karma divides it into two types: individual karma and group karma. The first kind refers to those actions committed by the person himself. Group karma is performed by the society or nation as a whole. A society bears the fruits of the general actions and policies that it engages in, in the same manner that an individual does. Thus, when a series of disasters plagues a nation, it may be that the populace is suffering from karma incurred as a group.

There is yet another classification of karmas, which states that there are:

- (1) accumulated karmas from many lifetimes;
- (2) karma that is manifested in the present lifetime, and;
- (3) karma that is being earned every moment through man's free will.

STORED KARMA

This constitutes the vast stockpile of accumulated actions or karmas whose reactions have not manifested as yet. It is stored karma extending very far back into thousands of incarnations, starting with the person's first appearance on earth. From this time up to the most recent incarnation, he had accumulated karmas through his thoughts and actions, and he must bear the results of all these karmas. Their potential power to control

man's life, in the present incarnation as well as future ones, is immense beyond imagination.

This karma can be likened to a huge storehouse filled with marbles from floor to ceiling. Imagine the marbles to be of the colors black and white, representing good and bad karmas respectively. Each one needs to be worked out or "paid back."

Imagine the length of time and the amount of effort that will go into the working out of all this karma. Imagine the endless amount of joys and hardships that one will doubtlessly enjoy and endure, as long as man is bound in the endlessly rotating wheel of karma.

The very abundance of stored karma provides for the possibility of anything happening to us. In light of this knowledge, all experiences that befall us, however incredible they may seem, find explanation. Our stored karma is accountable to a large extent for any amazing boon or godsend, as well as for any major adversity which we may feel that we are undeserving of.

DESTINY KARMA (FATE)

This represents the portion of the stored karma that unfolds and is revealed in this present lifetime.

This karma is the very reason for our present existence on earth. We are here to work it out before we die.

Our gender, station in life, nationality, whom we will marry—all the circumstances of our present incarnation—are predestined and determined by the fate karma. Ordinarily, mortal man has no control over them. He is, after all, only reaping a harvest already sown, hence he has to bear them out. How he does this, be it cheerfully or dejectedly, is his choice. He that endures with calm demeanor what he cannot change is of course a more sensible person than one who uselessly and in great frustration bangs his head against an invincible wall.

We must note, however, that there are many techniques of dissolving both stored and fate karmas. When the person practices these techniques, the potential power of these karmas to control one's life is greatly reduced. In a sense, such techniques therefore free man from the limitations imposed by karma.

KARMA OF FREE WILL

Any person, no matter how heavily he bears the weight of stored and fate karmas, is still endowed with a free will to alter the course of things to come. He is free to sow what seeds he may. With his gift of discrimination, he can discern what is right or wrong,

beneficial or hurtful, and then conduct his activities accordingly.

In exercising his free will, the karma that man daily commits is this current lifetime is his karma of free will. It ordinarily bears fruit also in this present life. The actions which do not reap their reactions become part of the stored karma, to be unraveled in later lifetimes.

Using the principle of free will karma, we can limit our thoughts and actions to those which are constructive, beneficial, and positive. This ensures that from now on, we will incur only good karma.

But we can do more than this. Using our free will, we can choose to engage in spiritual exercises that help to dissolve our previous karmas and free us from their bondage.

We can look at karma as a kind of energy program. Using the proper techniques, we can destroy this program and wipe out *in a single lifetime* all the karmas that we have accumulated in, say, 100 or even 1,000 incarnations. This is the reason why in the East, there are ulen masters who were able to attain complete liberation, Buddhahood or Christhood in a single lifetime. These masters employed techniques to awaken and fire up their ulen power centers, thereby dissolving the karmas they had accumulated previously.

The Law of Giving and Sharing

A corollary to the Law of Karma is the Law of Giving and Sharing. This simply states that when you give of yourself and share your blessings with others, you earn the karma of such a noble deed. You reap the fruits of the good deed of giving. But as God's law is most compassionate, you do not just reap the exact measure of your giving, but many multiples of such measure. This means that if you give a certain amount to charity, the benefits that will redound to you will be much, much more than the recipient.

One should not be stringent in his giving. This is not difficult to do, because we can give without diminishing what we have. For instance, the simple acts of greeting a friend with a smile, being kind and encouraging, or sympathizing with a grieving person are all forms of giving. They are all the more effective and appreciated when the act is sincere and spontaneous.

There is a simple ulen technique that puts the law of giving into practice. It is done by first having a small box that will serve the function of a **piggy bank**. It should have a slit or an opening through which you can put coins inside.

In the morning, upon waking up, say a simple prayer of thankfulness to God. Be thankful that you are

alive. Be thankful that you had a good night's rest. Be thankful for your many blessings—those you received in the past, are enjoying at present, and will receive in the future. Then ask guidance for the day.

After saying your prayer, get some coins and be ready to drop them inside your small box or piggy bank. The amount of money you will put in does not matter very much. You can put in a few cents or perhaps 1, 2, 5, or 10 pesos daily, depending on your present needs and capability.

Just before dropping in the money, say this prayer (or something similar to it in thought):

O God, Lord of the universe, I thank thee with all my heart for all the blessings I have received and for all the experiences of the past. I also thank thee for the blessings of the moment. With utmost gratitude and thankfulness, I thank you for all the abundant blessings that will come to me in the future. So be it. Amen.

Afterwards, drop the money inside the piggy bank or small box.

Then throughout the day, maintain a **consciousness of thankfulness**. When you eat, be thankful that you have food and drink. When you ride your car or the bus, thank God that you are privileged enough to enjoy these things. Also thank God for your family, friends, work, clothes, etc. Use every

opportunity throughout the day to thank God. Especially before sleeping, don't forget to thank God for the good events of the day and other blessings you can think of, big or small.

Do this for 40 days. On the 41st day, get all the money that you have put inside the box, and give it to your church, to charity, to needy individuals, or to organizations that serve the underprivileged. NEVER use the money or even a portion of it for your own personal needs.

Then start once more to save money inside the same piggy bank. As you put in money every day, do not forget to maintain a consciousness of thankfulness throughout that day. Then again on the 41st day, give all the contents of the box to charity.

Do this throughout your life. As you improve in material wealth—which you surely will—you must increase the amount you put in the box. You will then be fulfilling the law, “as you give, so shall you receive.”

Also put aside your old shoes, clothes, and other things that you no longer need but can still be useful to others. At the end of every year, or when you have collected enough, give these things to a needy individual or to a humanitarian movement.

Do not forget **other ways of giving**, such as gifts of kindness, cheer, friendliness, compassion, and sympathy. These non-material ways of giving and

sharing are as helpful to others; they are sometimes even more greatly appreciated than material help. Be generous in your giving.

Finally, you must also give in the spiritual sense. With regard to this, you can do the technique below.

This will take only 5 to 10 minutes of your time. You can choose at any one of the three periods: at dawn, between 4:00 to 4:15 a.m.; at twilight, between 5:45 to 6:00 p.m.; or at midnight, between 12:00 to 12:15 a.m.

These are the **three most auspicious periods** wherein the earth is bathed with powerful energizing spiritual vibrations from both the solar sun and the central spiritual sun of the universe. Great outpourings of energy also come from the star Sirius and the constellation Pleiades during such times. All these imbue great energies on the important ulen power centers of your body, such as the pineal, pituitary, and third eye centers.

Sit in your room, in a chair or couch, and relax. You may choose the God pose (feet flat on the floor, hands on lap, unclasped and palms down), Or you may sit in the Indian yogi or lotus posture. You may even lie down if you wish.

Close your eyes. Concentrate on your forehead center, at the central area in your forehead, one finger-width above the eyebrows. This area is about as big as a one-peso coin; it is about an inch in diameter,

its center coinciding with the center of the forehead.

Focus all your attention on this center. Then visualize a brilliant white light or mist in your forehead center, also about as big as a one-peso coin. As you visualize this, feel in that area the following emotions: vim, vigor, vitality, peace, power/strength, prosperity, light/wisdom, life, love/compassion/kindness. *(To remember these emotions, use the acronym VPL. The first three feelings start with V, the next three with P and the final three with L.)*

Feel these attributes, one at a time, to be the attributes of the area in your forehead. You should devote about 30 seconds in feeling every emotion.

After you have emoted all the VPL attributes, gradually expand the light at your forehead center until it encompasses your whole body. Then visualize this light to expand further, surrounding your body until it is all around it, about 3 feet from all sides of your body. You are now engulfed in an “**egg of light**” whose essence is VPL—vim, vigor, vitality, peace, power, prosperity, light, life, and love. Stay in this egg of light for about a minute. Let the light then penetrate through your skin, your bones, and your very being. The light now engulfs and penetrates your whole body, until your entire being becomes light itself.

Then slowly, after a minute or two, radiate this white light outward, throughout your room, and then to all parts of your home (or wherever you are at that

time). Then expand the light some more, encompassing the whole neighborhood, community, city, region, and then the whole country. Do this gradually. As you radiate, always remember to feel the essence of the light which is VPL.

Then expand the light further, encompassing the whole world. Hold this visualization for about one minute, before expanding the light some more to engulf the entire solar system, and then the entire universe. Engulf all of space with the brilliant white light whose

essence is vim, vigor, vitality, peace, power, prosperity, light, life, and love.

You have now become the **universe of vim, vigor, vitality, peace, power, prosperity, light, life, and love**. Stay in this state of consciousness for a minute or two. After a while, return to normal consciousness, forget entirely what you have visualized, forget the light in your forehead, etc. Just be relaxed, passive, at peace. Don't do anything but this for about three minutes.

In total, the exercise will take between 5 and 10 minutes, including the visualization and passive states. You may do it once a day. Twice a day is better, but once is enough. If you cannot do it during the time periods specified (dawn, twilight, or midnight), you may do it at anytime you are free to do so.

All the foregoing techniques on the Law of Giving and Sharing will create a **new karmic pattern or**

program for you. And this program will change your life and destiny not just for the better but for the best. Your health will improve, your financial worries will be gone, your consciousness will be raised to higher levels, and perhaps you may even attain cosmic consciousness. Then all suffering will end for you.

If you really practice these techniques assiduously, be ready for some major changes in your life. You will be very surprised at the many opportunities that will open up to you. Many blessings will pour upon you. You will live a charmed life, a life of joy, felicity, and blessedness. People will be calling you the lucky one, and some will say that you have the Midas touch, for everything you touch will turn to gold. Wherever you go, opportunities will come up. You will also give joy and peace to others, because the divine joy and blessedness that you have is infectious.

LAW NO. 5 : **The Law of Manifestation**

At the first breath of a newborn babe, the power of ulen—consisting of the mind of God, the soul, the life force, and lumina—enters the infant’s body, becomes concentrated in the ulen power centers, and impregnates every single cell of the body. This power can be employed in many things, such as for creative,

healing, and regenerative purposes. They are used, say, to build and repair body tissues, to create masterpieces in art, and to solve the various problems that one encounters in daily life. It is because man possesses this energy that he is sometimes said, according to a well-known mystico-religious maxim, to be the co-creator of God in this earth.

What does it mean to be a creator on the earth plane? First, it takes creativeness. And this requires mind. In all the functions and parts of the body, we see the presence of mind, the creative mind. It is responsible for the pumping of the heart, the respiration of the lungs, the thinking of the brain.

One aim of the ULEN Systems is to harness this creative, cosmic mind in man so that he can materialize his goals in life. And to do this, one must first learn certain laws and techniques. These are the laws of observation, concentration, visualization or mental imagery, and surrender or release.

Many persons pass through life just seeing the world and the things in it in a casual manner. They do not really “see” in the real sense. Thus, they have poor memories, which can then account for the non-remembrance of past lives and soul memories. Most people don’t really observe.

In contrast, take a great musician or a powerful artist. He can hear beautiful musical notes that are beyond the perception of average individuals. Or he

can see a panorama of colors, hues, and tints that ordinary men cannot even visualize. The reason why he has these abilities is that he has powers of observation.

Techniques to Manifest Desires

To develop your own **faculty of observation**, do this rudimentary exercise. Get an ordinary stone. Hold it in the palm of your hands. Then observe it very carefully. Note its color. It is white, ecru, mother-of-pearl, or flesh-colored? Observe the various gradations in its colors. Then try to smell the stone. What is its smell? Then touch it. Feel its roughness or softness, its texture. Feel its weight. Bathe all your senses with the qualities, sensations — the very existence — of the stone.

For the next experiment, use a leaf. Do the same careful examination of its characteristics, textures, colors, smell, etc. Later, you may choose any object to observe.

The idea is to observe closely and carefully each object. Use all your senses. Try to make the object be really part — a live, real part — of your consciousness. You must reach a point in your observation in which, when you close your eyes, you can see, feel, smell, and touch the object as if it were really there in front of you or in your hands.

It has been proven that if a person diligently

practices this technique on observation, for about 5 minutes on any object, then he will soon develop his powers of concentration as well as his memory.

Science tells us that when we look at a thing, what really reaches our eyes, through the aid of light, is an image of that thing. This image is composed of nothing but light and colors, which are nothing but vibrations. Then an inverted image of the object is transported to our brain. Our brain rearranges it so that we are then able to see the object in the proper perspective. So in reality, we do not really see outside, but rather, we see pictures in our brain. And these pictures can be mere fragments or even distortions of the real thing, for our senses are far from being perfect instruments.

Now the law of manifestation proposes that since this is so, we can create pictures or images in our mind, and later materialize them in the objective reality through our innate creative powers and our skills of visualization. This is really just the reverse of the process of seeing that has just been described.

Then we can go on to the next level, namely the act of gestation or conception. The person must first identify a certain wish or dream that he wants fulfilled. It may have to do with material things, with his health, or with psychic/spiritual things. A simple example is wanting to have a car. Another is completing a college degree, landing a job, or being able to travel to a certain destination. In determining your goal, be practical.

Remember to focus on basic things first before going to the finer things in life. A hungry stomach cannot engage in meditation or spiritual things. Thus, we must first solve poverty and basic needs before going to higher things.

Once you have determined a specific goal, you can then proceed to the next level—concentration and visualization. Concentration means the directing of the will into one single thought, or centralizing the mind to a focal point. It can be compared to using a magnifying lens. If sunlight passes through the lens and it is focused on one point, it burns the object it sees. This principle is applied in laser technology, which uses light focused on a ruby stone to produce laser energy.

If you have performed the observation techniques properly and you have determined something that you really desire in life, then concentration will be easier. The process involved is as follows:

Choose a time for concentration: dawn, twilight, or midnight. At the appointed time, be seated, close your eyes, and prepare to proceed to the actual concentration process. First, visualize your desire or goal (e.g. having a car). You should visualize very clearly the finished product or the end goal, not the process of how to get it, when, where, etc.

For instance, you should visualize yourself driving a car, sitting on its comfortable front seat, with your hands on the wheel, and so on. The image must be very vivid and complete, and it should be concentrated

on with all the senses alive. You should see and feel all the details—the colors, smells, forms, touch, ambience, etc., as if you are really there experiencing it. You must lose yourself completely in this vision. You see nothing, hear nothing, and feel nothing but that very moment when you are actually living your wish or dream. You must completely forget your present environment, where you are sitting, who you are, and the technique of visualization that you are employing.

The experience should be similar to watching a good, engaging movie. At times, you lose yourself in the experience. You feel the scene completely, empathizing with the emotions of the actor, experiencing everything that he is supposed to be seeing, feeling or hearing. When he is hurt, you are too. When he is scared, you are also scared. This is made possible because your concentration is full.

In our technique, the concentration part should take between 10 to 30 minutes, depending on the aim or goal you are visualizing.

What then follows is the next phase, namely directing and releasing. After the picture has been visualized properly and practically lived, you have already given it life and vitality. It is already reality. It has a soul of its own, so to speak. It is alive. And so now, you must release it into the creative mind of your soul or into God's hands. To do so, inhale deeply, and retain the breath for about 3 seconds. Completely forget the image you have visualized, and then exhale slowly.

Then say, "*it is done.*"

And then resume with your normal activities. Do not think about the goal you visualized anymore. Just let the thought go completely. Remember that once a seed has been planted, you must leave it alone to grow. You must not continuously push at the soul or disturb it, otherwise, it will not sprout.

Many are deceived that the longer they visualize and concentrate, the faster will the manifestation of their desire be. This is not so. Also, doing it once a day is enough. Performing the technique many times during the day is not very helpful. The law states that one performance a day is enough, so long as the person has made a very clear and vivid picture in his mind, and then lived and experienced it fully through full concentration.

The practitioner must also realize the necessity of forgetting about what has been visualized afterwards. When you dwell on the picture at other times of the day, this may distort the picture, thus nullifying the original picture you envisioned. Have faith that your wish will be fulfilled, then forget about it completely. As Jesus said, if your faith is even just like a mustard seed, so long as you have faith, then you can move mountains. So have faith, and your dream will manifest in time.

There is a corollary law to this which has been used by such great men as Napoleon Bonaparte and

Henry Ford. This law states, "*what the human mind can conceive, it can achieve.*" There too is the dictum, "*man proposes, God disposes.*" After having proposed your dream to God, leave it to Him. He will take care of the rest.

Try to master these techniques so you can change your life for the best and live truly a humane and spiritual life. This practical law of manifestation cannot only help yourself but also your family and neighbors. In the end, we can follow the law of a true humanitarian and philanthropist and be a true benefactor of humanity.

LAW NO. 6: **The Law of Attunement**

The ULEN Systems, being holistic in nature, attempts to address all the needs of man. Thus, it has techniques for the acquisition of good health, material prosperity, knowledge, cultural and psychic development, and finally, spiritual and cosmic consciousness. The practitioner is also urged to pay attention to his holistic development. This means that he may have his own priorities, but he too should make an attempt at developing not just one but all aspects of his being.

What I wish to say is that yes, a person may be glowing with robust health, or he may be a multi-millionaire. He may also be famous and powerful. But if he is not attuned with God, he is

nothing. As the Biblical question poses, *“What doth it profit man, if he loses his own soul?”*

The ULEN Systems gives you the power to achieve your inner desires and goals in life, but it will



“Our life is what our thoughts make it.”

—*Marcus Aurelius,
Roman emperor
and Stoic
philosopher
(121-180 A.D.)*

also give you the power to know the source of all powers. This is by knowing and practicing the Law of Attunement. Our body, mind and soul must be totally in tune with the Divine Musician who is God.



This brings to mind a story in the Upanishads, which goes:

The gods and the demons once fought a fierce battle. In the end, the gods triumphed and they celebrated their glorious winning. They felt very proud of their mighty powers. In the midst of their celebration, a stranger came upon their way. He was tall and had a noble bearing. He did not even glance in the direction of the gods, but went on his way as if he owned the world. The gods, who were accustomed to a better treatment, then noticed this stranger. They wanted to know who he was. And so they asked Agni, the god of fire, to go and talk to the stranger.

Agni approached the stranger. But before he could even ask anything, the man looked at him straight in the eyes and said, “Who are you?” Agni was taken aback. How could a mortal not know him? “I am the

famous Agni," replied the god.

"Is that so? What makes you famous? Do you have any powers?" asked the stranger. Agni was even more taken aback. But he was quick to recover, saying "Why, I can set to fire anything on earth!"

“We awaken in others the same attitude of mind we hold in them.”

"Well, that sounds very interesting," said the stranger. "Here is a little piece of straw. Do be kind to burn it for me."

- Elbert Hubbard,
American philosopher
and entrepreneur
(founder of the
Roycroft firm)
(1856-1915)

Agni tried with all his might, but amazingly, nothing happened to the straw. The great god of fire, Agni, was powerless against a little piece of straw.

The god felt embarrassed. He went back to his comrades and told them what had taken place. The other gods were incredulous. They then turned to Vayu, the god of air, and asked him to go to the stranger.

And so Vayu did what Agni had done earlier. And he was no more fortunate. In the presence of the stranger, the god of air could not lift a little piece of straw. Vayu puffed and puffed, but to no avail. Finally, he conceded and went back to the other gods.

His report intrigued the gods. After sending two more of their most powerful colleagues, with the same result, they decided that Indra, the chief of all the gods, should now be the one to confront the stranger.

Indra sauntered toward the mysterious stranger, but suddenly, the man vanished into thin air. Then an apparition appeared in the sky in the shape of a beautiful woman. Indra addressed her, asking who the stranger was and why were the gods powerless in his presence.

The lovely phantom in the sky replied, "Before I answer your question, let me ask you first. You gods won against the demons in your great battle, and now you are all puffed up with pride. But whose power did you use to win?"

"What do you mean?" exclaimed Indra. "Why, of course we used our own power!" Then the apparition asked, "But where does your power come from?"

This silenced Indra. Then the phantom said, "If you do not know, I will tell you," she said. "The source of your powers, all of you gods combined, is that stranger whom you saw. And who is he? He is Brahman. He is God. It is only through his power that you are able to perform your feats and succeed in battles. Did you not see that in His presence, the gods were powerless against a simple little piece of straw? Without the power of Brahman, the gods are nothing. Now you have learned your lesson. Don't think for a moment that you have reason to be proud. Brahman alone deserves all the credit for all you do." And with that, the apparition dissolved into nothingness.

Isn't that a wonderful story? It would do well to contemplate on its significance.

Another story concerns Babai Ambrosio Canonigo, a Visayan who was once a student of Badike, the Hierophant of an esoteric school in Cebu and Leyte between the 1930s and the 1950s.

Babai, through his gift of clairvoyance and prophecy, had foreseen that the Americans would be coming to the Philippines and that they would land in Leyte. His teacher, Badike, confirmed his vision. All their families and friends were then warned and advised to move to a neighboring island, namely Samar.

Everyone, including the sons and daughters of the Vajrayanis of Leyte, then started moving out to Samar. Babai's brother, Ponciano, who was another initiate of Badike, noticed that Babai was not doing anything. He was just sitting in front of the house. Ponciano said to him, "Don't just sit there. Get moving like everyone else. Do you wish to be caught in the middle of war when the Americans come?" Babai just smiled enigmatically and said, "I am not afraid. I have realized the source of all power and learned to commune with it. Now, no bullets or bombs or any man-made thing can harm me. So go on, go to Samar and I'll stay here."

True to his vision, the Americans soon invaded Leyte in World War II. In the middle of all the bombing and shelling that then went on, Babai was seen walking calmly along the beaches, going about his usual activities. He sustained not a single wound, despite the bullets that whizzed past him. When the fighting had subsided and his relatives had returned to

Leyte, they learned about the miraculous events. To this day, the old townsfolk in their community continue to tell the story of Babai – the invincible one who developed amazing powers by having complete trust in the Source of all powers.

God therefore is the source of all powers. No matter who we are, and what our abilities are, they become ours through God's grace. We must then attune to God, for in doing so, we attune to the source of all might. But where do we go to attune to this source of all? How do we find God? Let us find the answer through another story.

A Greek legend relates that Hercules, the strongest man in the world, was once summoned by Zeus for a mission. Being the son and favorite of Zeus, Hercules was tasked the mission of finding the source of the power of the gods. So Hercules left and searched in the oceans, the seas, valleys and mountains. He even sought the gods and heroes in their abodes, but could not find the source of all power.

Exasperated and feeling hopeless about his search, he returned to Mount Olympus and confronted Zeus. "Father, you have asked an impossible task. No one knows the source of all power, much less where it could be found."

Zeus gave a hearty laugh and said, "My son, how can you not know? I am the Source of all power. I am the God of gods. And the secret domain in which I dwell is in the human heart. My son, you have looked

outside. To find me, the secret is to look within, to your very own heart."

This brings to mind the Christian saying which goes, "The kingdom of heaven is within. Why seek outside?" It also verifies what we have said about the heart center being the site of the first contact with divine consciousness in the human body. In the heart is also located the self or ego of man.

The heart is the organ of peace. It has its own intelligence and wisdom. As the ancient texts say, he who meditates upon the heart develops learning and wisdom. We can find concurrence with this in the field of science. As an experienced cardiologist has written:

The kingdom of the heart, including its channels of distribution in the blood vessels, covers the full extent of any living being both in time and space. The heart is engaged in the mysterious work of holding the whole organism in balance, which is more than a matter of blood vessels and changing pressures. To correct the effects of injury or disequilibrium it has remarkable methods of compensation justified by thousands of years of experience. This Wisdom of the Heart has come to us by heredity, as a quality of our species. The heart possesses an ability to repair damage affecting itself without for one moment interrupting the flow of energy it provides. Thus it is rightly a symbol of unflinching generosity. In the practice of cardiology we have had to recognize the heart's power to maintain life as almost unlimited, so long as it is allowed to use its own methods and has unrestricted access to its natural

resources... Only too frequently, however, the unfortunate interventions of the psyche, especially in the form of anxiety, turn the course of events into catastrophe. A strong heart, very little damaged, has often been known to fail in a few hours under the influence of anxiety. One emotional storm can demolish completely the marvelous structure of homoeostatic defenses which, with the Wisdom of the Heart, has come down to us from the depths of time.

– Dr. Godel, *L'Experience Liberatrice*
(Paris: Gallimard, 1952, p. 124)

Given all of the foregoing, this teaching of many occult and mystery schools is not at all surprising: At the very center of the heart, God sits on his throne. There too is the common phrase among students of the esoteric arts, “God of my heart.”

Thus, to practice the Law of Attunement is to commune with the divine presence in the heart. The technique involved is as follows:

Heart Meditation (Microcosmic Technique)

First, close your eyes. You may sit in any manner that is comfortable to you, e.g. the Indian lotus seat or the Egyptian god pose. Inhale three deep breaths, retaining each one for about 12 seconds before slowly exhaling. This will relax the body in preparation for the exercise proper.

Focus all your attention on your heart center. To pinpoint its location, place your left fist against the center of your chest. This is where the heart is. It is also as big as your left fist. It is encased in a sac (the pericardial sac), with liquid around it.

Feel the beatings of your heart. Feel your heart to be the center of your being, to be the center of the entire cosmos. Then, for about a minute, feel the heart to be the embodiment of joy and bliss. Don't merely think of joy or bliss; feel it as vividly as you can. If you feel the urge to smile, then smile. It may help you feel joy better.

Then, for the next minute, feel strength and vitality. Your heart is awash with vim and vigor.

Next, for another minute, feel your heart to be the embodiment of light and power.

Then, for the next minute, feel your heart to be filled with goodness and peace. Everything is alright and in perfect harmony. There is peace in your heart, and you are at peace with yourself, with the world and the entire universe.

Next, for another minute, feel loving kindness and compassion. Feel as if you want to embrace the whole world and all creatures therein. Your heart is overflowing with divine love and ecstasy.

Afterwards, forget about emoting and visualizing. Empty your mind of all thoughts. Focus a somewhat passive attention on the very center of your heart, and simply listen to or be aware of its beating, while at the same time feeling the divine presence within it. Stay in this state for another five minutes.

You may do this exercise once a day, either at dawn, twilight or midnight. If you can do it twice, it will be to your own advantage. You may gradually prolong this meditation after each month such that it lasts a total of about fifteen minutes per session, and then later, up to thirty minutes.

As you practice this technique, your daily life will be bathed in a bioenergy field of protection and benediction. Later, you will literally experience the phrase, "*Peace that passeth human understanding.*"

Concerning this exercise, you must be aware of these things:

- Do not be bothered if, after doing the exercise for 40 days, tears of joy and ecstasy freely flow from your eyes, seemingly without reason. This is divine bliss.
- There will be times in your meditation when tingling sensations will flow from your heart to the different parts of your body, especially along certain channels in the arms and legs which the Chinese refer to as meridians. This means that ulen electricity is being awakened

all over your body as a result of the heart meditation wherein positive, healing, and regenerative vibrations of ulen were produced.

- Do not be alarmed if you feel you are expanding or becoming bigger, and you feel a sense of floating in space. This is simply your ulen energy field or bioenergy field expanding.
- Do not be alarmed if in the final, passive portion of the exercise, your breathing seems to stop. It did not really stop but only became very deep and slow. This means you are totally relaxed, having reached the alpha state wherein the body is in full rest (and which helps in relieving stress).
- Forget about all psychic and spiritual manifestations. Our goal is to commune with God. Do not be distracted by byproducts of meditation.

Macrocosmic Technique

The previous technique allows communion with the mind of God at the microcosmic level. Now, here is a similar technique, one which allows communion at the macrocosmic level. This must be done only after 40 days of having practiced the techniques on the Law of Giving (involving the development of a consciousness of thankfulness and giving to charity), and only after 40 days of having practiced Heart Meditation or the

Microcosmic Technique.

The procedure involved is as follows:

Sit down comfortably. Close your eyes. Concentrate on the very center of your brain, on the pineal gland. (Refer to the illustrations in Appendix I.) Visualize the pineal gland to be about the size of an ordinary marble. Feel it to be alive and pulsating. Do this for one to two minutes. Then project yourself into the pineal gland, as if you are entering it. You now assume that you are the pineal gland. Do this for one or two minutes.

Next, we will employ the use of certain emotions like before. First, feel the pineal gland to be the embodiment of **light**. Feel it glowing with white light and as having the attributes of light, namely knowledge and wisdom.

After one minute of doing this, feel the pineal gland to be the embodiment of **life**, and the attributes of life which are vitality and strength. Do this for another minute.

Afterwards, feel the pineal gland to be the embodiment of **love**, with the attributes of kindness and compassion. The pineal gland is now glowing like a marble of light as white as lightning.

Next, visualize in your mind's eye the brightly glowing pineal gland as moving and becoming a spiral of luminous energy, its color as white as lightning.

From the marble-sized ball of energy swirls a spiral that is slowly moving upward, becoming gradually bigger in diameter as it moves up. The direction of movement is from right to left as seen from your perspective, or counterclockwise when viewed from above. The spiral continues to rise and becomes bigger and bigger.

First, from the location of the pineal gland, it spirals upward toward the top of your head, then toward the ceiling, the clouds, and the sky, into space, into the entire Milky Way, and finally the entire universe. The spiraling upward is slow and gradual, such that the distance between spiral rings is also small, no more than 3 inches. By the end of this visualization, the spiral would have become as large as or even larger than the universe, engulfing it entirely.

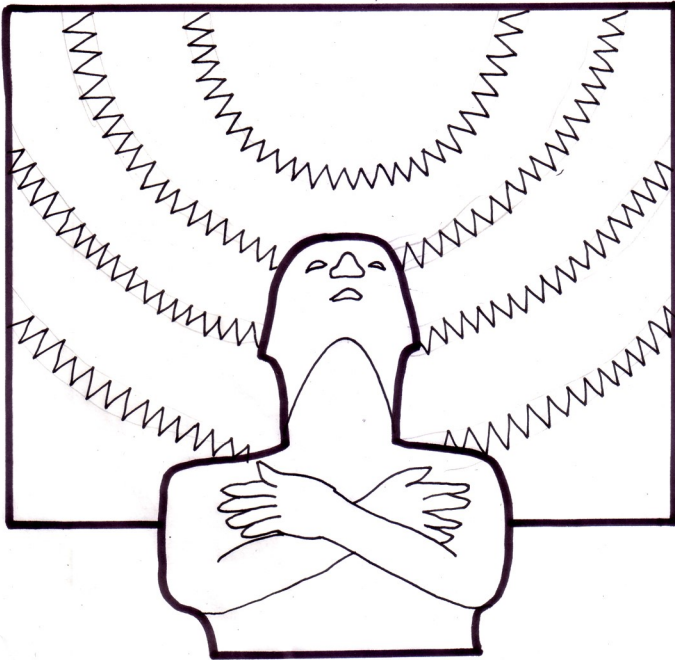
After doing this spiraling for about 5 minutes, be passive for another 5 minutes. In this passive state, focus your attention on your heart.

This is a macrocosmic technique, which allows attunement with the divine immanent in all creation and in the whole universe, visible and invisible. This technique will develop psychic and spiritual awareness, and will also lead to the gift of cosmic consciousness.

It may be done only once day, everyday for the rest of your life. It is highly recommended that you perform the microcosmic technique (heart meditation) in the morning, and this macrocosmic technique in the evening before sleeping.

PART VI

**The Levels of
CONSCIOUSNESS**



The Levels of Consciousness

There are many levels of consciousness, the development of each corresponding to the person's level of evolution. At the lowest level is the objective or material consciousness, which we use in our normal, mundane lives.

Next to this is the psychic consciousness, in which belongs such skills as telepathy, telekinesis, and many others. Higher still is spiritual consciousness, which is very active in the truly pious, such as saints and sages. Finally, we have the level of cosmic consciousness, the highest stage which man can aspire to in any lifetime.

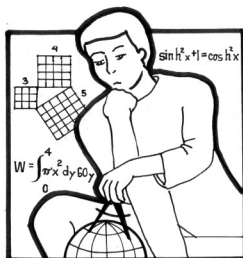
Objective or Material Consciousness

At this first level of consciousness, we rely on mostly the five senses to perceive the world around us and relate to it. The major concerns of those who are materially conscious or awakened are physical health, the treatment of diseases, the dissolution of poverty in the family, the acquirement of financial stability, and perhaps of some surplus funds that will enable one to enjoy a few luxuries.

A good measure of one's advancement at this level is the different "intelligences" or abilities known to man, the concept of which was introduced by the

renowned psychologist Howard Gardner in his **Theory of Multiple Intelligences**.

First aspect of material consciousness is **logical/mathematical intelligence**. This is the cognitive faculty that enables one to mentally process logical problems and equations. This is said to be the “archetypal” or “raw” intelligence which has long been the focus of traditional education in the Western world.



Another aspect of material consciousness is **linguistic ability**, which is obviously an important tool in communication.



Yet another aspect is **spatial intelligence**, which has to do with how a person comprehends and makes sense of shapes and images in three dimensions. Those who are adept in this kind of intelligence can manipulate puzzles quickly, mold sculptures, and make sense of maps and navigational aids. We use this



intelligence to perceive or interpret space which we do not necessarily see.



A fourth aspect of objective consciousness is **musical intelligence**.

A fifth aspect is what is called **bodily-kinesthetic intelligence**, which is well developed in athletes.



A sixth aspect is **intrapersonal intelligence**, which refers to a person's ability to understand and sense his own "self," to get in touch with his feelings, needs and identity.



Next, there is **interpersonal intelligence**, which has to do with how the person interacts with others, and how he understands and perceives the behavior of others. This is highly developed among the best of priests, politicians and leaders.

Finally, there is what is called **naturalist intelligence**, which is the ability to identify and classify patterns in nature. This is the forte of those who are in tune with the environment, such as with plants and animals; and those who are sensitive to changes in weather patterns; or are quick to perceive the various relationships between man and his surroundings.



These various abilities of man are intimately connected with the functioning of our brain and cognitive powers. For instance, logical intelligence has a direct connection with the left hemisphere of our brain, while spatial intelligence is said to be a function of the brain's right hemisphere.

These intelligences also have a direct link to man's ulen power centers. The pineal gland helps develop musical talent. The pituitary aids in promoting health, hence it helps promote bodily-kinesthetic ability. Meanwhile, the heart and solar plexus centers, which are seats of wisdom, directly influences intrapersonal intelligence. Interpersonal intelligence is developed also with the awakening of the heart center, the pericardial sac and the thyroid gland.

Thus, when we practice the various ulen techniques which stimulate the power centers, we are at the same time developing our various intelligences,

which are said to innate in every person. This gives man the tools he needs to become a functioning and successful member of society. It helps him to be physically fit, materially successful, competent in his work, and able to maintain good relations with others and with himself.

Finally, it must be said that our objective consciousness also has what might be called a subjective part. This is concerned with memory, one's recall of past experiences, and dreams and fantasies. It is used when contemplating one's next actions or moves.

Psychic Consciousness

At this level of consciousness, a person develops his intuitive faculties and other psi or extra-sensory abilities. Such development takes place in one whose ulen power centers are more or less awakened.

This level of consciousness has many sub-levels, each one corresponding to a particular psychic ability, such as astral projection or out-of-body experience, telepathy, ESP or extra-sensory perception, precognition, telekinesis, clairvoyance, clairaudience, and similar skills. When one penetrates the higher psychic levels, the practitioner of ulen techniques will also know the secrets of the elements and the intelligences contained therein.

These abilities correspond mainly with man's astral or luminous body, which has "senses" or "faculties" that are different from the ordinary five senses of sight, hearing, smell, touch and taste. While these five senses are very important for our survival, they are also very limited. Through them, we can perceive only up to a certain range of ulen vibrations (up to Octave 4). Now, at the level of psychic consciousness, our other "senses" are activated, allowing us to perceive vibrations that cannot be detected by our five senses. At the psychic level, therefore, man's awareness of and link with the world around him is expanded.

We must not make the mistake, however, of concluding that our psychic senses are perfect. While they are more sophisticated than our five normal senses, they too have their own limitations.

Spiritual Consciousness

This refers to the development of prophetic powers and the harnessing of inspiration from angelic sources and evolved beings and masters and saints, and the tapping of the cosmic memory or what is commonly referred to as the Akashic records. This is also the domain wherein we recall our past lives and personalities. Imagine if you can recall your past life wherein you were an engineer, and you can recall the skills you used in this past life to use them at present.

The spiritual realm is also the domain of higher vibrations of lumina. It is also the field in which the person develops an intuitive and complete comprehension of life's fundamental questions and the so-called eternal verities. These verities include beauty, kindness, compassion, truth, humility, and sincerity. Thus, in the awakened person, he intuitively and not just intellectually comprehends the real meaning and nature of beauty. This understanding is



borne out of the wisdom of the soul. It is a direct kind of cognition through the use of intuition, as if one suddenly has a direct access to the eternal laws of God. It brings immense joy and satisfaction that is wonderful beyond words.

The person who attains this level of awakening proves to himself that the universe is ruled by order and justice, and that there is a benign force governing the existence. But around them, they see that most men are in ignorance, a status that must be corrected and alleviated, for it is the cause of suffering. So the spiritually awakened being does what he can do to help alleviate man's suffering and help humanity evolve.

The spiritually awakened person also experiences the complete awakening of the voice of conscience, leading to the practice of a true moral code that is based on the immutable laws of the

universe, not on the dictates of tradition, culture, or social environment.

Those who have reached this level of attainment include St. Francis of Assisi and the saints associated with various religions.

Similarly with the objective and psychic levels of consciousness, there too are many levels in this plane.


Cosmic Consciousness

At present, our race, in its ceaseless march of evolution, is advancing toward this level of consciousness. This is the highest level of consciousness that man can aspire to. It enables contact with the unseen consciousness of the universe, and even with the invisible and the unmanifested. It is the consciousness that perceives the totality of all that is. It is the very domain of the purest life force and the highest ulen energy. It is of soul and divine consciousness, which may be compared to having the five senses and the faculty of intuition all merged together in one, and having a searchlight in your mind that can focus on anything in this world and understand it completely.

This kind of understanding is total. It is knowing with just one glance the meaning, history and purpose of the thing being observed, and

furthermore, of merging with it. It is a multi-dimensional type of consciousness, like looking at an object at all 360 angles and becoming it as well.

It is also the consciousness that enables a person to create masterpieces in arts, music and


 literature, or make sudden breakthroughs or discoveries in the sciences. Throughout

“He saw all these forms and faces in a thousand relationships become newly born. Each one was mortal, a passionate, painful example of all that is transitory. Yet none of them died, they only changed, were always reborn, continually had a new face: only time stood between one face and another.”

*—Herman Hesse,
Siddharta*

history, there are individuals who were able to make such masterpieces or accomplish great deeds because they have reached the level of cosmic consciousness. Such persons include Zoroaster, Buddha, Jesus, William Blake, Walt Whitman, Ramakrishna, Gopi Krishna and Francis Bacon.

The person who attains to this level of consciousness feels detached and totally free. At the same time, his whole being vibrates with compassion for all creatures of the universe. The experience is accompanied by expansion, the feeling of

 becoming the universe, of bursting of lights within, moral elevation, emotional empathy, and intellectual understanding of the purpose of existence.

Within this person's body, all the ulen power centers are fired and regenerated. This makes possible the experience of blissful, lightning-like energies that pour from the ulen centers into certain channels or meridians in the body, and then spread throughout the whole body like waves of electricity engulfing the person in a state of divine ecstasy.

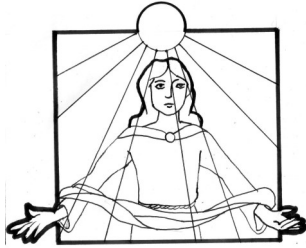
The cosmic man—or one who has attained cosmic consciousness—exhibits certain observable signs, physical characteristics, and effects on people that are peculiar to his kind. These tell-tale traits and effects on people are described below.

- The face and forehead area of the cosmic man appears to glow, especially if he has just come out of meditation, or while he is in contemplation while awake and the cosmic sense is operative at that moment. In contrast, the rest of his body may retain its normal complexion.
- Even if he may be rather advanced in years, his face may look like that of a child or a much younger person.
- When meeting him or coming in contact with him, people experience one of only two possible reactions—acute repulsion or immediate attraction and even devotion to him. In the case of Jesus, there were many who persecuted him relentlessly, and there too were many who loved and even worshipped him. In the case of

Walt Whitman, there were those who looked down upon his work as if it were trash, and there were others, like the psychologist Dr. Richard Maurice Bucke, who were profuse in their praises and who practically worshipped Whitman like a god.

- The cosmic man will unintentionally but automatically upset or hurt people who are hypocritical and evil in character. This action is beyond the cosmic man's control; it is his strong aura that automatically has such an effect on people. Meanwhile, those who truly seek the light and are true to themselves will be strongly attracted to him, orbiting him like a satellite around its mother planet.
- He has a deep, hypnotic gaze. When he looks at a person, his gaze penetrates the inmost soul of that person, as if he could read his most intimate secrets, all his weaknesses and strengths, and his fondest dreams like an open book.
- He oozes a certain smell which can be likened to the freshness in the air right after it has rained.
- When he speaks, especially when he is discoursing on the profound things in life, there will be times when everyone listens in awe and in total silence. His words will penetrate the very souls of his listeners.

- His aura, in lighter moods, is electric blue in color. When he is immersed in deep intellectual discussion, his aura turns into molten gold. When he is initiating others or transmitting knowledge, his aura is pure, brilliant violet—the color which is their dominant aura. The color of his aura changes or may be tinged with other colors only due to the current state of health of his body.



- His body temperature is higher than that of most people. One might have the impression that he has a fever.
- He confesses to feeling electricity running down their spine, into the energy centers and the fibers of the autonomic nervous system, as well as through certain ulen channels in the body.
- He is often a powerful healer. He oozes powerful healing energies especially through his hands.
- He can enter the breathless state in meditation quite easily.
- He never has wet dreams or nocturnal emissions which is quite normal in other people.

- He is not very concerned with psychic phenomena. What interest him more are ethics, philosophy, science, and the dissection of the eternal verities of life.
- Some of those who stay close to him become visionaries. Others in his presence also feel body electricity, and feel very relaxed and at peace. He may impart an euphoric or blissful state to others, which can stay with those persons for many days.
- His hands are soft and have an almost dainty or feminine look, even though he may do hard labor for a living.
- The “three sisters” of intuition, inspiration, and illumination manifest in him.
- There is no duality in his consciousness, but only a complete sense of oneness—a oneness that is shared equally by sub-atomic particles, inanimate and animate creation, the visible and the invisible, and the entire universe in general.

PART VII

Historical Persons Who Practiced Ulen Techniques



Historical Persons Who Practiced Ulen Techniques

A number of historical persons used the **AULEN** Systems or similar energy transformation techniques to make great accomplishments, or achieve their desires and goals in life. Some of them are discussed below briefly.

RULERS AND LEADERS

1. **Amenemhet III** (1849-1801 B.C.). He was a pharaoh or king in the 12th dynasty of ancient Egypt (Middle Kingdom). He was initiated into the knowledge of ulen in the Egyptian mystery schools whose priests were of Lemurian and Atlantean descent. He wore the two crowns of Egypt. His reign was characterized by peace, prosperity, and cultural achievements. He constructed numerous temples and public buildings, and dammed up a whole lake which served the people economically and served religious and spiritual purposes as well. He is said to be a powerful magus and a sage-king.
2. **Akhnaton** (24 November 1378 B.C.-1350 B.C.). He was a true sage-king and philosopher. He was a true master of ulen, for he was installed grandmaster of the esoteric brotherhood of Luxor on 9 April 1365 BC at the tender age of 13. He

instituted the worship of one god, thus establishing the very first monotheistic religion, the symbol of which was the sun. It is not merely coincidental that he used sun as symbol. According to the ULEN Systems, our solar orb is the source of the purest and highest ulen that can heal and regenerate the human body and elevate one's consciousness. Akhnaton is remembered in history as the first individual and the first pacifist. One of his salutations to God is now part of the Bible, in the Old Testament's Psalm 104.

3. **Solomon** (reigned 961-922 B.C.). King of Israel. When asked by God what he wished, he chose wisdom. But what is wisdom but the knowledge of ulen, the mind of God and the laws of prosperous living. History and archeology reveal that at 1000 BC, before Solomon was crowned king, he was in Egypt, seeking mystical knowledge. He was initiated on 4 June 999 BC into the mystery schools of Akhetaten or El-Amarna. He did not finish his studies but reached the 4th level among nine grades in that school. Besides these nine, there are three more reserved for adepts that are highly esoteric and which concern the study of powerful manipulations of ulen and its centers in the human body. Solomon returned to Israel, bringing with him Princess Ay, daughter of Pharaoh Shishak I, and became one of the wisest kings of ancient Israel. Without a doubt, his glory would have been greater had he finished all the grades of the Egyptian brotherhood.

4. **Alexander the Great** (356-323 B.C.). King of Macedonia, he built an empire consisting of Greece, Persia, Egypt and even some parts of the Indus Valley. He learned about ulen from his mother, who was an Egyptian princess, and from an Egyptian priest who was his boyhood attendant. He furthered his knowledge from Aristotle, the disciple of Plato. During every campaign in foreign lands, he saw to it that he interviewed mystic philosophers and sages. Alexander's prophetic ability was slightly developed. Knowing that he would die young, he fast-tracked his conquests and succeeded.
5. **Augustus Caesar** (63 B.C.-14 C.E.). Born Gaius Octavius, he was adopted by Julius Caesar and eventually succeeded him as ruler of the Roman Empire. As an able administrator, he laid the foundations of a civilization and an expanding empire that would last for almost 500 years. He restored peace after 100 years of civil war; developed a sound currency system, and an efficient postal service; encouraged free trade among the provinces; and built many buildings, bridges, canals, and aqueducts ridges.
6. **Charlemagne** (742-814). King of France. He was taught about the ulen techniques by the scholar and mystic Alcuin. He was a tireless reformer who tried to improve his people's lot in many ways. He set up money standards to encourage commerce, tried to build a Rhine-Danube canal, and urged better farming methods. He especially worked to spread education and Christianity in every class of people. Alt-

though illiterate, his court was filled with men of wisdom, and he was an ardent patron of learning and the arts.

7. **Genghis Khan** (1157-1227). He was an illiterate who was initiated by a shaman into the esoteric arts. Later, he was praised even by the famous Chinese hermit mystic Ch'ang Ch'un as being a sensitive and humorous man. He freed his nomad Mongols and built them an empire greater and more efficient than Alexander the Great's. Throughout his life, he was very interested in mystics and their teachings. He was not an atheist but worshipped the Great Spirit, like in American Indian monotheist religious beliefs.
8. **George Washington** (1732-1799). First president and one of the founding fathers of the United States of America. Before that, he was the esteemed commanding general of the Continental Army that won the American War of Independence over the British forces in 1778. He was known to be both a mystic and a philosopher. He was influenced by the pietist and Christian mystic Peter Miller and by the scientist Benjamin Franklin, who was deep into the study of ulen and esoteric lore. Franklin was the chief of a mystic-philosophical lodge in Pennsylvania. Washington and his group were responsible for printing on the dollar bill the mystical symbols of the single eye and the Egyptian pyramid.

9. **Napoleon Bonaparte** (1769-1821). King of France, he became emperor of the holy Roman Empire. He was not of a royal blood line; in fact he was branded a Corsican which translated to an uncivilized, un-cultured and unsophisticated person from the countryside. He came from a sub-province of France called Corsica, and where Italian was spoken instead of French. His mother was a long-time student of a certain Christian group connected with Rosicrucian Kabbalists who were knowledgeable about ulen. Napoleon became a high officer of this group, eventually becoming its grandmaster. During his last imprisonment in the island of Elba, many of his followers encouraged him to escape but he did not. Instead, he practiced hard in awakening and vivifying his ulen energy centers. Thus, when a cast or mold of his face was taken shortly after his death, it appeared as the most beautiful and solemn face ever in the whole world. It was as dignified as a face of a saint. This regeneration was the effect of his practice of powerful ulen techniques.
10. **Abraham Lincoln** (1809-1865). The embattled 16th U.S. President. He averted a looming breakaway by 7 Southern States during the Civil War of 1861. He was a prominent figure in sustaining a process that eventually led to the abolition of slavery, issuing the Emancipation Proclamation in 1863, decreeing freedom for all slaves in the areas of the Confederacy not under Union control.

11. **Mohandas Gandhi** (1869-1948). Popularly known as the *Mahatma* (Great Soul), he was an international symbol for freedom in India. A staunch advocate of communal unity and *ahimsa* (non-violence), he successfully led India to its independence from Great Britain by way of *Satyagraha*—resistance to tyranny through mass civil disobedience. He led a very disciplined life of prayer, fasting, meditation, and political involvement.
12. **Franklin Roosevelt** (1882-1945). The fearless 32nd President of the United States. He brought hope to a nation that was afflicted by the Great Depression in the 1930s and the Second World War. His undying vision, masterful coalition-building skill, and pragmatic approach to issues made him the only U.S. president to have served more than two terms (total of four) during the 1933-1945 period.

WRITERS AND ARTISTS

1. **Dante Alighieri** (1265-1321). Italy's Supreme Poet. After becoming a Specialist (Cosmic Man), he penned what is now regarded as one of the world literature's greatest masterpieces, the *Divine Comedy*.
2. **Francis Bacon** (1561-1626). Wrote the *Novum Organum*, *New Atlantis*, *Great Renewal*, *The Advancement of Learning*, two volumes of Natural History, and other great works. He was a true son of Elizabeth I and

Robert Dudley, Earl of Leicester, but he was adopted by Lord Bacon. He was initiated into the ulen mysteries and Kabbalah by his physician friend Robert Fludd. He was a true genius in every sense of the word. He founded an esoteric group which he called *The Rosicrucian Order*. He is the real author of the Shakespearean works. He attained the highly coveted achievement of cosmic consciousness and became a real master of ulen.

3. **Jacob Boehme** (1575-1624). He was a shoemaker who was initiated into the mysteries of ulen, and later transformed into a prolific writer. He attained cosmic consciousness and was able to write *Mysterium Magnum*, *Three Principles* and other works. He said that in an instant, he learned infinite knowledge more than all the universities.
4. **William Blake** (1757-1827). An English poet, painter, and printmaker. A man of prophetic vision and vivid imagery, he is ranked as one of the Greatest Britons of all time. He attained cosmic consciousness when he was a little more than thirty years of age.
5. **William Wordsworth** (1770-1850). An English Romantic poet whose work with Samuel Taylor Coleridge, the *Lyrical Ballads*, helped usher the Romantic era in English literature. He was a cosmic man, and was England's Poet Laureate from 1843 until his death in 1850.

6. **Ralph Waldo Emerson** (1803–1882). An American poet and essayist. Regarded as one of America's most influential thinker, he was a strong advocate of Transcendentalism, whose keynote is the principle of the "mystical unity of nature." He urged independent thinking, and contended and stressed that one learns best by immersing in life, and not by simply reading books. His essays on *The Conduct of Life* discusses how exactly to engage life "skillfully."
7. **Henry David Thoreau** (1817–1862). An American essayist, transcendentalist, and philosopher. He especially loved nature, mysticism, and fellowship with animals. In his work, *Civil Disobedience*, he argued for individual resistance to civil government in moral opposition to an unjust state. He was prolific, producing several books, articles, essays, and poetry. He possessed cosmic intelligence.
8. **Walter Whitman** (1819–1892). This cosmic man was an influential American poet, essayist, journalist, and humanist. He nicely blended elements of Transcendentalism and Realism in his works.
9. **Helena Blavatsky** (1831-1891). This Russian writer was one of the founding members of the Theosophical Society (September 1875), a mystico-philosophical organization committed to the advancement of spiritual principles and the search for Truth. Her inspired works included the many articles compiled in the 15-volume *Collected Writings of H.P. Blavatsky*, and several books that included such

masterpieces as *The Secret Doctrine*, (the synthesis of Science, Religion, and Philosophy), and *Isis Unveiled* (a master key to the mysteries of ancient and modern science and theology).

10. **Jose P. Rizal** (1861-1896). The Pride of the Malay Race, he was a prolific poet, essayist, diarist, correspondent, orator, biologist, inventor, ophthalmologist, engineer, and novelist. His sharp wit and bold expose of the slumbering and broken spirit of the Filipinos in the face of Spanish abuses were immortalized in his famous works, *Noli Me Tangere* and *El Filibusterismo*.
11. **Nicholas Roerich** (1874-1947). Of Russian royal descent, he was initiated into the knowledge of ulen by Kuinji, his painting mentor. He learned more when he delved deeply into the wisdom of **Vajrayana** and the secrets of kundalini (which is lumina in nature). He was under the tutelage of the great master El-Ka-Ma-Ra-Ya, known to the world as Moria-El, a Rajput prince and an ambassador to the court of Queen Victoria. Roerich was also a great painter and artist. He wrote monumental books such as *Leaves of Morya's Garden*, *Aum*, and *Fiery World*. He founded the Agni Yoga Society. Agni means cosmic fire or ulen.

PHILOSOPHERS AND THINKERS

1. **Lao Tzu** (c. 600 B.C.). One of China's all-time great philosopher. Literally meaning "Old Master," he was regarded as the founder of Taoism, and credited with writing the *Tao Te Ching* (Path and Power Classic).
2. **Pythagoras** (c. 580-480 B.C.). The charismatic Greek philosopher who advocated the view that the soul is immortal and goes through a series of reincarnations. He founded a school whose conduct is regulated by a strict way of life that emphasized dietary restrictions, religious ritual, and rigorous self discipline. Not only is he readily acknowledged as a great mathematician but also as a mystic and scientist. He is best known for having formulated the Pythagorean theorem. Known as "the Father of Numbers," he was recorded to have said that "number is the ruler of forms and ideas and the cause of gods and demons."
3. **Plato** (428-347 BC). A royal prince of Athens, he was initiated into the mysteries of ulen by his mother who was an initiate of the Eleusinian mysteries. He was the first to call ulen *nous* which later was propagated under the same term by the neo-Platonist Plotinus between 230 to 270 AD. Plato's knowledge of ulen was further developed when he met Socrates. Because he yearned for great knowledge, he sold all his belongings and traveled to Egypt to study the greater mysteries there. He

was twice rejected, but his persisted paid when he was later on accepted. He attained cosmic consciousness and became a hierophant. Some of the great works he wrote were *The Republic*, *Phaedrus*, *The Statesman*, and *Apology*.

4. **Plotinus** (206-270). Neo-Platonic thinker who achieved cosmic consciousness on more than seven separate instances.
5. **Thomas Aquinas** (1225-1274). An Italian Dominican. A scholastic philosopher and theologian, Thomas has come to be known by many titles such as *Doctor Angelicus*, *Doctor Universalis* and *Doctor Communis*. He founded Thomism, a school of philosophy and theology that integrated Christian religious approach with Aristotelian rational thought.
6. **Benedict Spinoza** (1632-1677). A Dutch philosopher who argued that knowledge of God is the primary good of human life, and can be known by everyone. Such a goal can best be achieved if humans help each other. This cosmic man is best known for his work entitled *Ethics*, which presents a vision that God is no different from Nature.
7. **Apolinario Mabini** (1864-1903). A Filipino political philosopher and the brains of the Philippine revolution. He formulated the principles of a democratic popular government, and was appointed by Emilio Aguinaldo as the 1899 Republic's Prime Minister and Foreign Minister. He was popularly known as the "Sublime Paralytic."

8. **Carl Gustav Jung** (1875–1961). A Swiss psychiatrist, and founder of analytical psychology. For him, the psyche can best be known and experienced by integrating spirituality and appreciation of the unconscious realm, and delving into the worlds of dreams, art, mythology, world religion, and philosophy; as well as understanding the concept of collective unconscious, the psychological archetype, and his theory of synchronicity. His interests are diverse, and includes Eastern and Western philosophy, alchemy, astrology, sociology, literature, and the arts.

BUSINESS GIANTS AND HUMANITARIANS

1. **Henry Ford** (1863-1947). He was just an ordinary person before he met the Rosicrucian adept H. Spencer Lewis. After this event, his life changed. By his knowledge of ulen, many of his ideas which used to be just dreams and fantasies became realities. It is largely to him that we owe the automobile. He became very rich and famous. During his last years, he was a staunch defender and lecturer on the theory of reincarnation.
2. **John Davison Rockefeller, Jr.** (1874–1960). The magnanimous American philanthropist who lavishly extended assistance and gifts to various institutions, be they religious, civic, educational, scientific,

or environmental in nature, as long as the activities contribute to the advancement of human welfare.

3. **Joseph J. Weed** (active in the 1930s up to the 1950s). He built his riches through knowledge of the ULEN Systems, which he learned from Nicholas Roerich and Rosicrucians of his time. He became president of Weed Television Corporation and Vandrenthem International Ltd. He was a world-class lecturer and traveler. He wrote books on the esoteric and mystical arts, including *Psychic Energy* and *Wisdom of the Mystic Masters*.
4. **Oprah Winfrey** (1954-). She is the influential American multiple-Emmy Award winning talk show host of *The Oprah Winfrey Show*, the highest-rated talk show in television history. She is also a magazine publisher, an Academy Award-nominated actress, and a book critic. Moreover, Oprah is the billionaire founder and chairman of the multimedia production company **Harpo Productions**. She enjoys the distinction of being the richest African American of the 20th century, and the most philanthropic African American of all time.

MUSICIANS AND ENTERTAINERS

1. **Johann Sebastian Bach** (1685-1750). He was a talented German composer and organist whose creations largely defined Baroque music (1600-1760).

His copious works range from cantatas, motets, masses and Magnificat, passions, oratorios, chorales, organ works, keyboard works, orchestral music, and instrumental music.

2. **Wolfgang Amadeus Mozart** (1756-1791). He was an Austrian musical genius who produced more than 600 compositions that were considered the pinnacle of symphonic, operatic, chamber, choral, and piano music. He was among the influential and enduringly popular composers of the Classical period (1750-1820).
3. **Ludwig van Beethoven** (1770-1827). He was a German composer and virtuoso pianist. The passion and quality of his performances makes him one of the acknowledged trinity of Western Classical Music Giants together with Johann Sebastian Bach and Johannes Brahms. Though he suffered from hearing loss, he nevertheless became a central personality in the transition from the Classical era to the Romantic period (1815–1910). His countless masterpieces and productions ranged from chamber music, masses and opera to symphonies, concerti and sonatas.
4. **Elvis Aaron Presley** (1935-1977). A total American singer, musician, and actor. He is a cultural icon, often known as “**The King of Rock ‘n’ Roll.**” His dynamic and up tempo performances, versatility, and skillful blending of “black” and “white” sounds made him tremendously popular. Whatever genre—gospel, blues, ballads, or pop—is being played, Elvis’ rendition was simply soulful. To date, he is

the only performer to have been inducted into four music halls of fame.

5. **The Beatles.** An English band of four composed of John Lennon, Paul McCartney, George Harrison, and Ringo Starr. So charismatic were they and their genre of music that they virtually swept the United States and a large portion of the rest of the globe in the 1960s. Considered to be one of the most commercially successful bands in the annals of popular music, the Beatles also greatly influenced the era's fashion styles and growth in social awareness.

PAINTERS AND SCULPTORS

1. **Leonardo da Vinci** (1452-1519). An archetype of the Renaissance man or universal genius. Leonardo is highly multiple intelligent, being at the same time, to mention a few, a scientist, mathematician, engineer, inventor, writer, poet, architect, painter, sculptor. He was a man wanting to quench his thirst for truth and knowledge in the different aspects of life.
2. **Michelangelo** (1475-1564). Another Renaissance man of Italian descent. He was a painter, sculptor, architect, poet, and engineer. His manifold works include correspondence, sketches, sculptures, paintings, and architectural works. Notable among them were the scenes from Genesis on the ceiling and The Last Judgement on the altar wall of the Sistine

Chapel in Rome. He was known for his love of male beauty.

3. **Pablo Picasso** (1881-1973). He was a Spanish prolific painter and sculptor, producing thousands of paintings, prints, sculptures, and ceramics in his entire lifetime. He co-founded the new art style of syncretic cubism, whereby mixed media and text are used in the artwork. In addition, this new art employs less shading, thus creating flatter space. His works are most commonly categorized into the following periods: the Blue Period (1901-1904), the Rose Period (1905-1907), the African-influenced Period (1908-1909), Analytic Cubism (1909-1912), and Synthetic Cubism (1912-1919).
4. **Juan Luna** (1857-1899). A Filipino painter and revolutionary. His obra maestra, *The Spoliarium*, won the first prize at the 1884 Madrid Exposition. He was also a delegate to the Paris convention and to Washington, D.C. the fledgling Philippine Republic appointed him as to help gain recognition of Philippine sovereignty and independence.

MYSTICS, SAGES AND RELIGIOUS LEADERS

1. **Moses** (c. 13th century B.C.). He is one of the prominent figures in ancient biblical times, being Israel's illumined deliverer from its Egyptian enslavement. It was to him that the Ten Commandments and some esoteric teachings were given by God. He was

a prophet not only of Judaism, Christianity, and Islam, but also of the Bahá'í Faith, Mormonism, Rastafari, Raelism and many other faiths.

2. **Zoroaster** (c. 628-c. 551 B.C.). He was a Persian religious leader who founded Zoroastrianism. A poet and prophet, he introduced a single wise god, Ahura Mazda, in place of the old Persian gods. This god is faced with his nemesis—the prince of evil, Ahriman. The principles of this new religion was inscribed in the “Zend Avesta.”
3. **Muhammad** (c. 570-c. 632 A.D.). He was the founder of Islam and is accepted by Muslims as the last and the greatest messenger and prophet of the God Allah. This illumined person was seen as the restorer of the original, uncorrupted monotheistic faith of Adam, Abraham and the other Old Testament Patriarchs.
4. **Siddhārtha Gautama** (563 B.C.-483 B.C.). He was the founder of Buddhism. An enlightened being, he is revered by Buddhists as the Supreme Buddha of the present age. Also known as **Sakya-muni** (“Sage of the Shakyas”), he taught that life is full of suffering caused by desires and attachments. By following the Middle Way and the Noble Eight-fold Path, wisdom, ethics, and purity of mind can be gained and Nirvana or Enlightenment and liberation from desires can be reached.

5. **Jesus the Christ** (8-2 BC/BCE to 29-36 AD/CE),. He is the founder of Christianity, and the illumined teacher of angels and men. He was the Word incarnate to bring the Good News and Kingdom of Heaven on Earth. He came that the marginalized may have hope and that all may be empowered to be in contact with the Father and live a blessed and enjoyable life.
6. **St. Francis of Assisi** (1181-1226). Baptized as Giovanni di Bernardone, he was the founder of the Franciscan Order. This Italian soldier-turned spiritual is the patron saint of animals, merchants, Italy Catholic Action ,and the environment. He was gifted with a spiritual vision, stigmata, and Cosmic Consciousness in his last years. It was then that he perceived a new creation, calling everything in nature brothers and sisters.
7. **St. John of the Cross** (1542-1591). The Spanish-born reformer of the Carmelite Order. He was a mystic, a Doctor of the Catholic Church, and a highly regarded poet in Spanish language. His essays on mysticism outlined the journey and experiences of the soul from its bodily sojourn to its return to God.
8. **Sri Ramakrishna** (1836-1886). Indian mystic saint who practiced intense devotions but could not attain the highest levels of samadhi or cosmic consciousness. Many teachers came to visit him but despite their blessings, he only developed spiritual powers and visions. But when a true master of ulen came, namely the Vajrayani Tota Puri, and instruct-

ed him on the proper technique of opening his third eye, he immediately swooned into cosmic consciousness and stayed in that state for days. He is famous in India as a true master mystic and a liberated soul.

9. **Gopi Krishna** (1903-?). He was an ordinary government employee in India who accidentally learned about the *ulien* practice of concentration and meditation on the top of the head (the crown center). He religiously practiced this technique and in due time, he awakened his kundalini (a form of lumina energy at the base of the spine) and ascended into higher states of awareness. But not having the guidance of a teacher or a school, he suffered for a long time. Maybe because of his good karma and through divine intervention, he survived. He later emphasized that a teacher or a systematic method is necessary before anyone should embark on awakening the energy centers. He went to the West and made himself available for study by doctors and scientists. He was a very remarkable person who eventually attained cosmic consciousness.
10. **Babai Ambrosio Canonigo**. A Filipino mystic who lived in Leyte and Cebu in the early 1930s and 1940s. He was the foremost student of Badike, a powerful magus and hierophant of **Vajrayana, the Path Royale**. Babai's descendants recount that he never married and that he spent most of his time meditating in the mountains and forests. Coming from an affluent family, he could afford to devote

his time in mastering ulen. Witnesses attest that during World War II, while the Americans were landing in the beaches of Leyte and there were bombings going on, Babai walked along the seashore and was never harmed. He was a very powerful energy healer. He was also a humanitarian. He donated his lands to churches, hospitals and schools in certain areas of Leyte and Cebu.

SCIENTISTS, MATHEMATICIANS AND INVENTORS

1. **Paracelsus** (1493-1541). He was an alchemist, physician, and astrologer who pioneered the use of chemicals and minerals in medicine. One of his interests was preparing astrological talismans for treating diseases. He invented the so-called Alphabet of the Magi, an alphabet for engraving angelic names upon talismans. He averred that health in the body relied on the harmony of man and Nature.
2. **Galileo Galilei** (1564-1642). He was an Italian physicist, mathematician, astronomer, and philosopher whose valuable studies and contributions earned him the titles "*Father of Modern Observational Astronomy*," "*Father of Modern Physics*," "*Father of Science*," and "*Father of Modern Science*". His notable works included upgrades to the telescope, support to the heliocentric model of the solar system of Copernicus, and the first systematic studies of uniformly accelerated motion.

3. **Isaac Newton** (1643-1727). He was an English physicist, mathematician, alchemist, astronomer, and natural philosopher. He made valuable contributions in classical mechanics, engineering, sound, optics, including his description of universal gravitation, classical mechanics, engineering, sound optics, including his description of universal gravitation, and the three laws of motion, invented the reflecting telescope, and independently developed calculus.
4. **Gottfried Leibnitz** (1646-1716). German mathematician who propagated calculus. He was also a philosopher. He wrote "*On the True Theologia Mystica.*"
5. **Thomas Alva Edison** (1847-1931). He was a very prolific American inventor, holding more than 1,000 patents in the U.S., U.K., France, and Germany, including the phonograph and light bulb.
6. **Marie Curie** (1867-1934) She was a Polish-born physicist and chemist. Her diligent ulen practice made her receptive to brilliant inspirations and focused in observations. Such practice made her trail blaze in the field of radioactivity, and discovered a new element which she named polonium. She was honored Nobel laureate twice, and became a professor at the University of Paris, the first time for a woman.
7. **Rama Thirta** (1873-1906). Mathematician saint who practiced intense devotions but could not at-

tain the highest levels of *samadhi* or cosmic consciousness. Many of his other writings are religious and mystical.

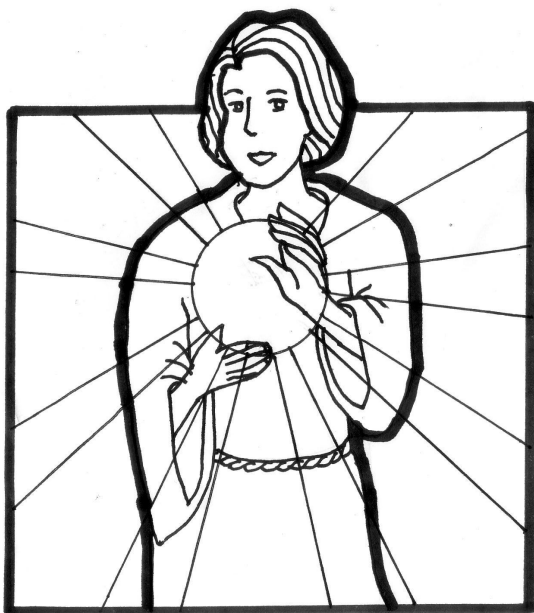
8. **Michael Faraday** (1791-1867). He was a distinguished English chemist and physicist despite learning primarily due to apprenticeships and not through formal education. Hailed as the best experimentalist in the history of science, his discoveries were countless and included electrolysis, diamagnetism, and electromagnetic induction. Named after him was the SI unit of capacitance (the farad).
9. **Benjamin Franklin** (1706-1790). "The First American," so he was hailed by many historians because of his being an early proponent of American Unity. He was a leading scientist, writer, intellectual and politician. His great interest in science and technology led him to many inventions including the lightning rod, bifocals, iron furnace stove, and the carriage odometer. He wrote many essays, gazettes, almanacs, and formed the first public lending library in America. His political influence was eminent in securing French aid to the American independence cause against Great Britain.
10. **Blaise Pascal** (1623-1662). He was a French mathematician, and physicist. His great interest in science led to the construction of mechanical calculators, studies on fluids, pressure, and vacuum. A stark defender of the scientific method, this cosmic man also laid the foundations for projective geometry and probability theory. His interest turned to

philosophy after attaining cosmic consciousness in his early '30s.

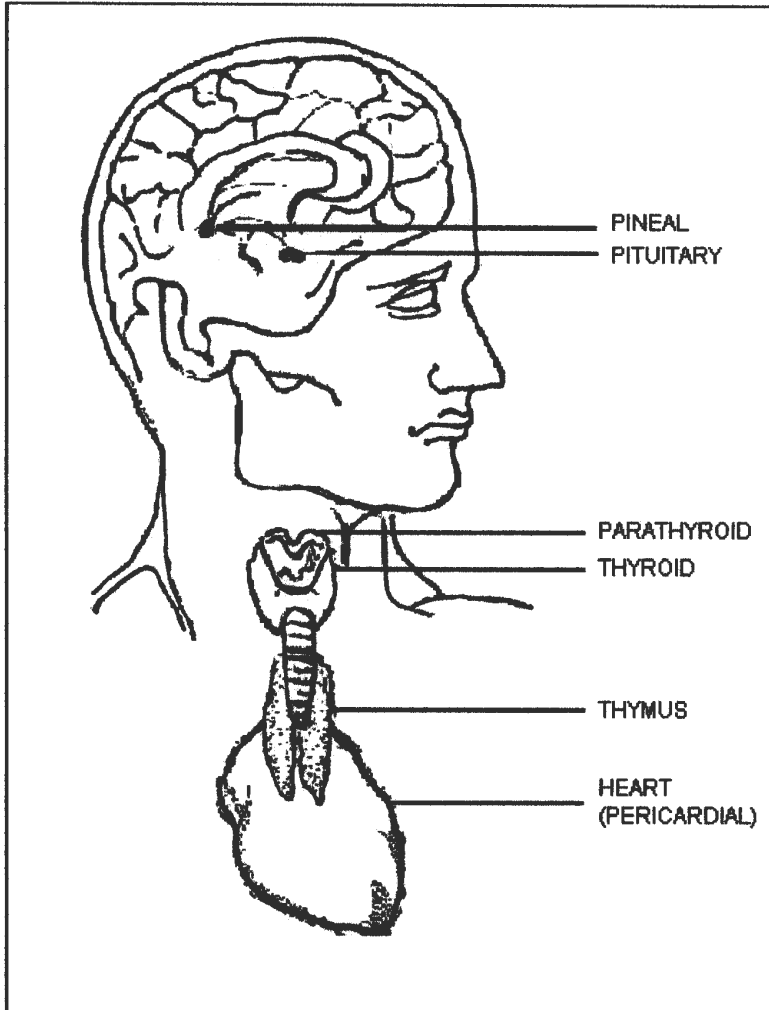
11. **Roger Bacon** (c. 1214-1294). He was an English Franciscan empiricist, scientist, inventor, critic, and philosopher. Called **Doctor Mirabilis** (wonderful teacher), he presented his views in the *Opus Majus*, a treatise that touches on grammar, logic, mathematics, optics, astrology, physics, alchemy, and philosophy. This cosmic man believed that the celestial bodies had an influence on the fate and mind of humans.
12. **Albertus Magnus** (c. 1200-1280). He was a German Dominican priest who was highly respected for his extensive knowledge and support of the peaceful coexistence of science and religion. He is regarded as the greatest German philosopher and theologian of the Middle Ages. He is honored as one of only 33 Doctors of the Roman Catholic Church.
13. **Nicholas Flamel** (c.1330-1417). This French alchemist was famous for having successfully formed the Philosopher's stone (which transforms lead into gold). He channeled his acquired riches to the construction of schools, hospitals, and other welfare institutions.
14. **Robert Boyle** (1627-1691). He was an Irish chemist, physicist, and inventor. He wrote many writings not only about science and experiments but also on philosophy and religion. He is best known for the gas law called Boyle's Law.

APPENDIX I

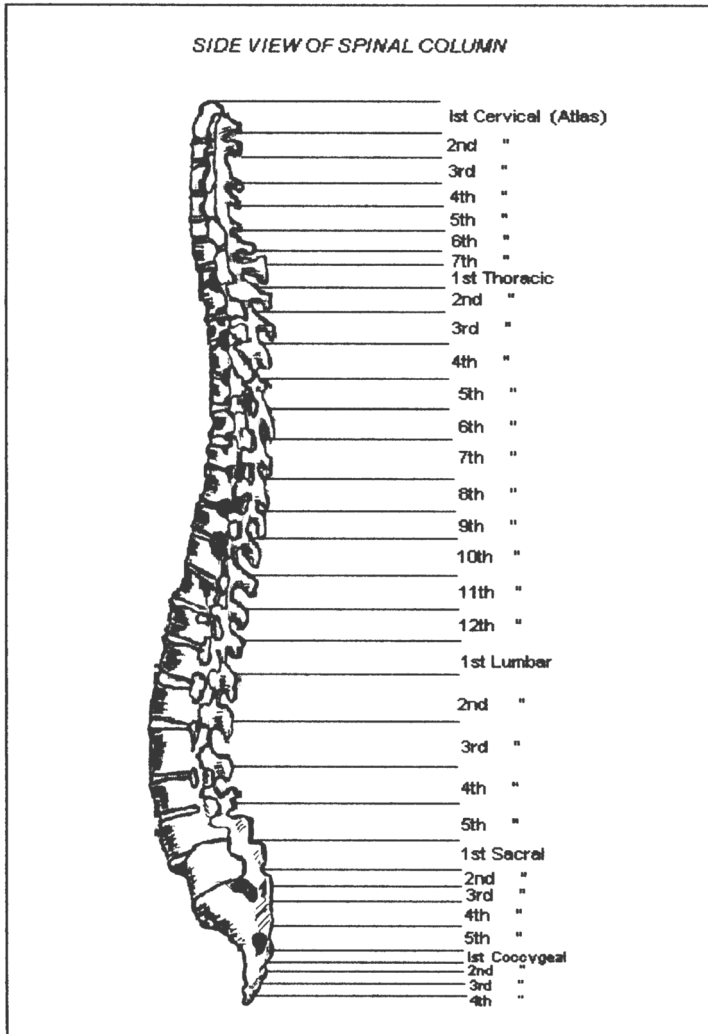
ILLUSTRATIONS



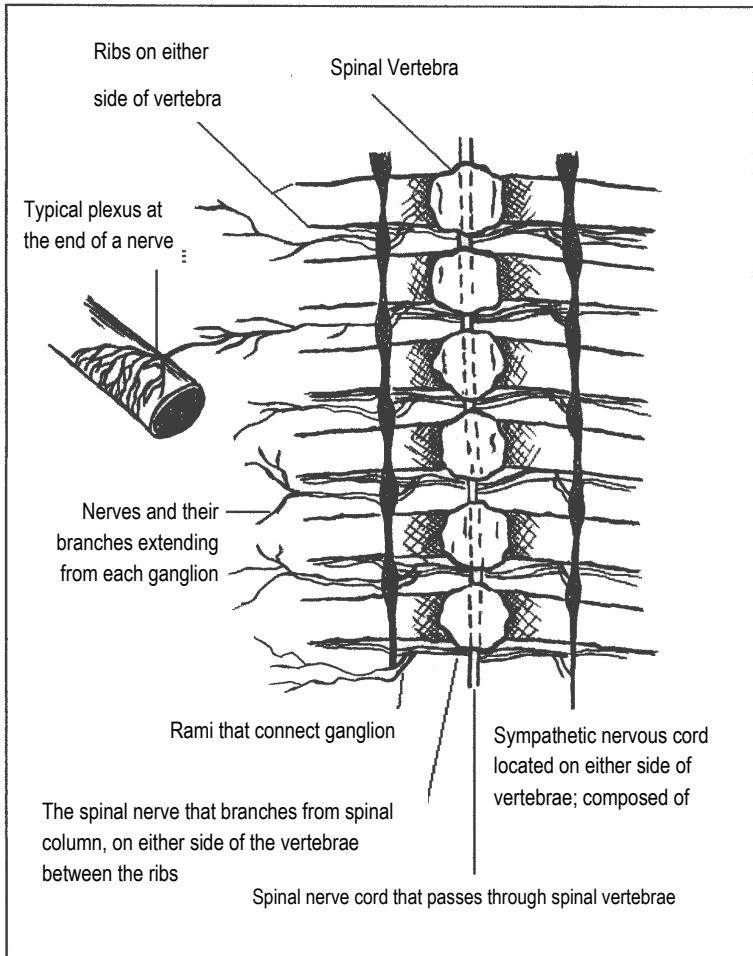
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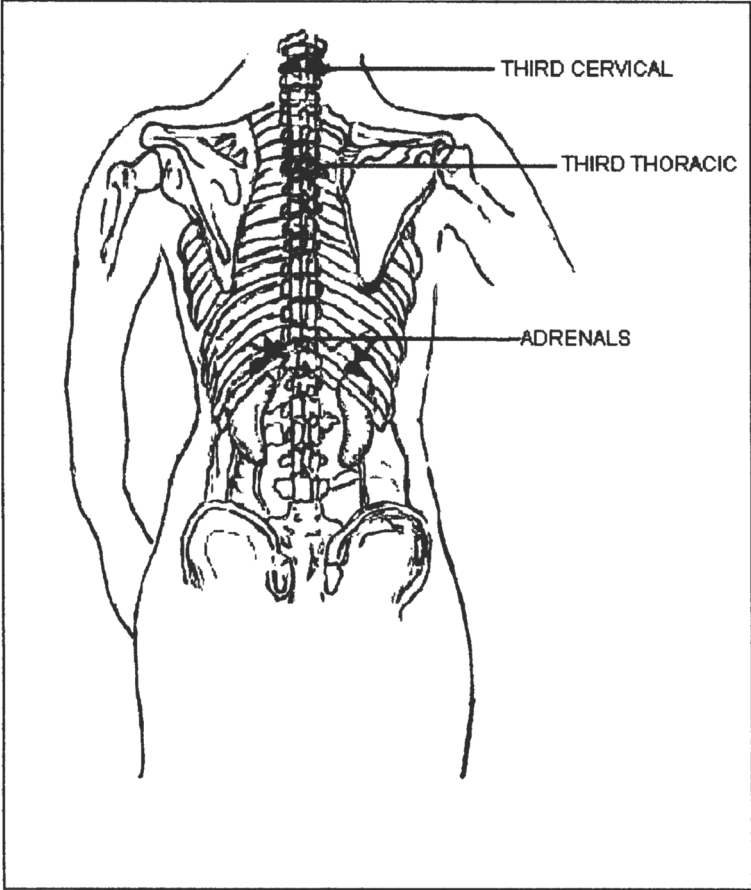
The Spinal Vertebra



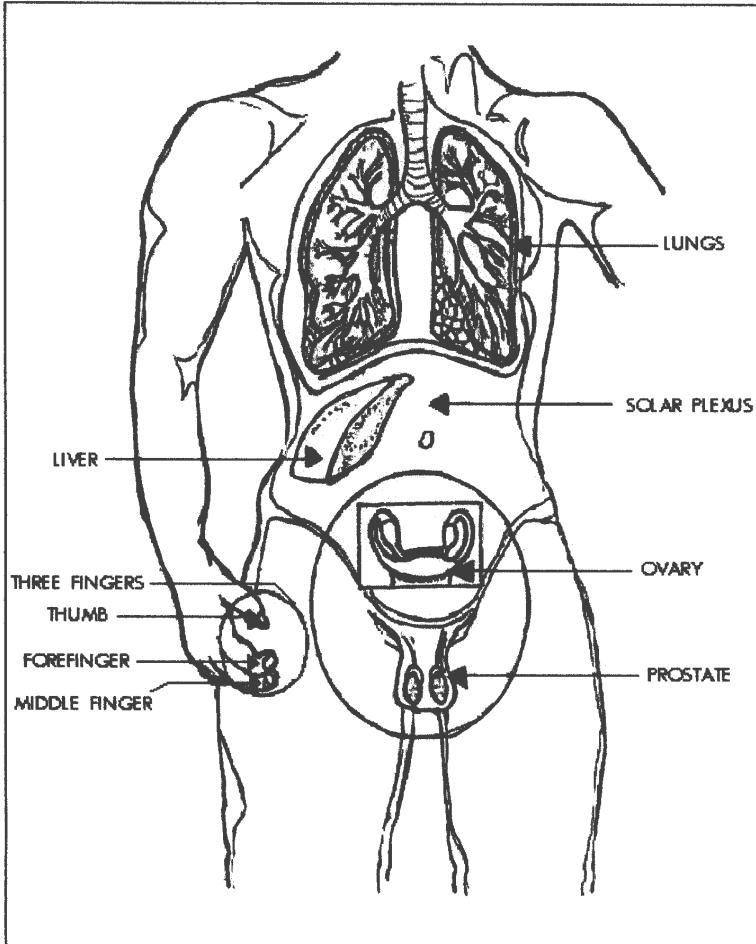
The Nervous System



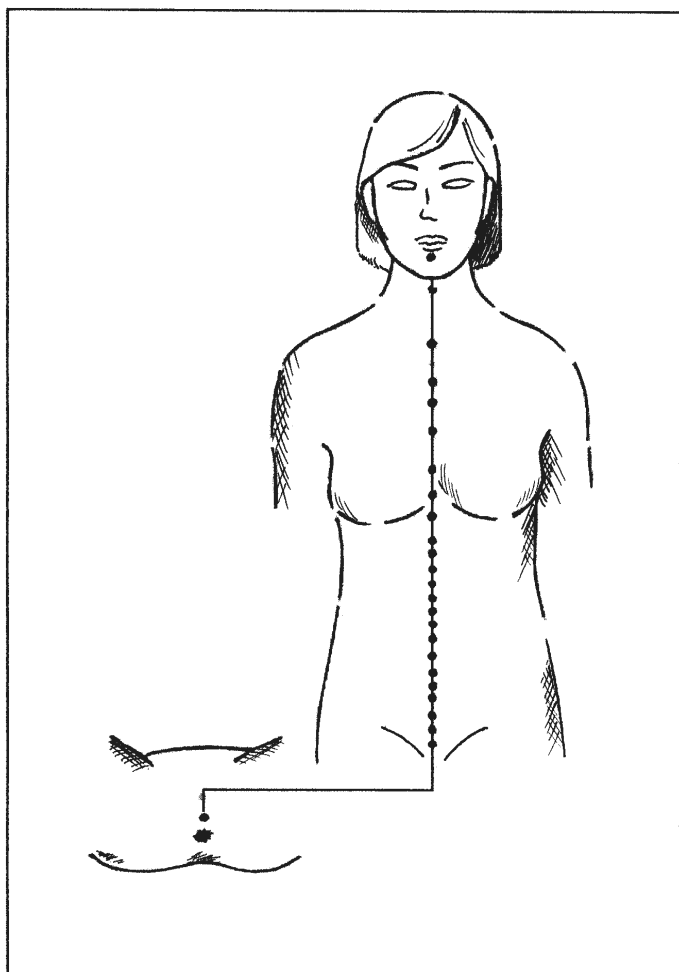
Spinal Column (Back View)



Front View of Body

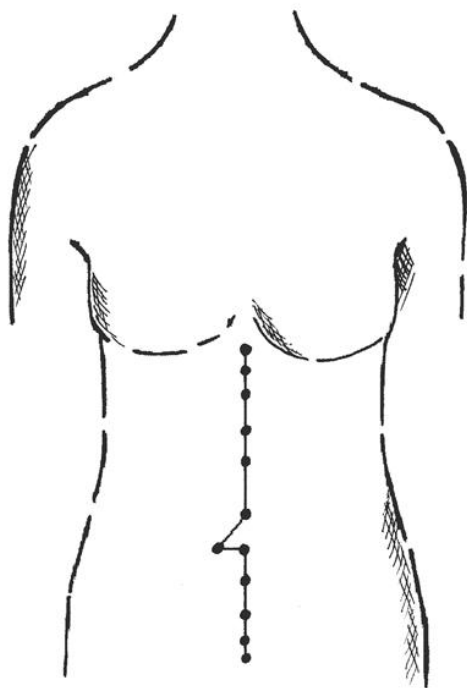


Front Channel

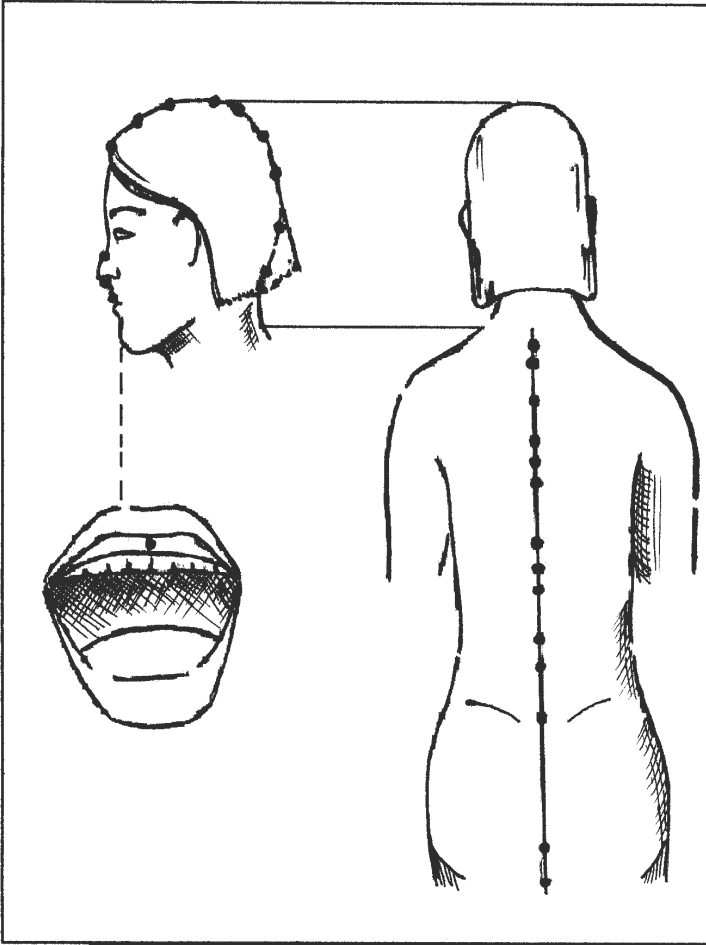


Middle Channel

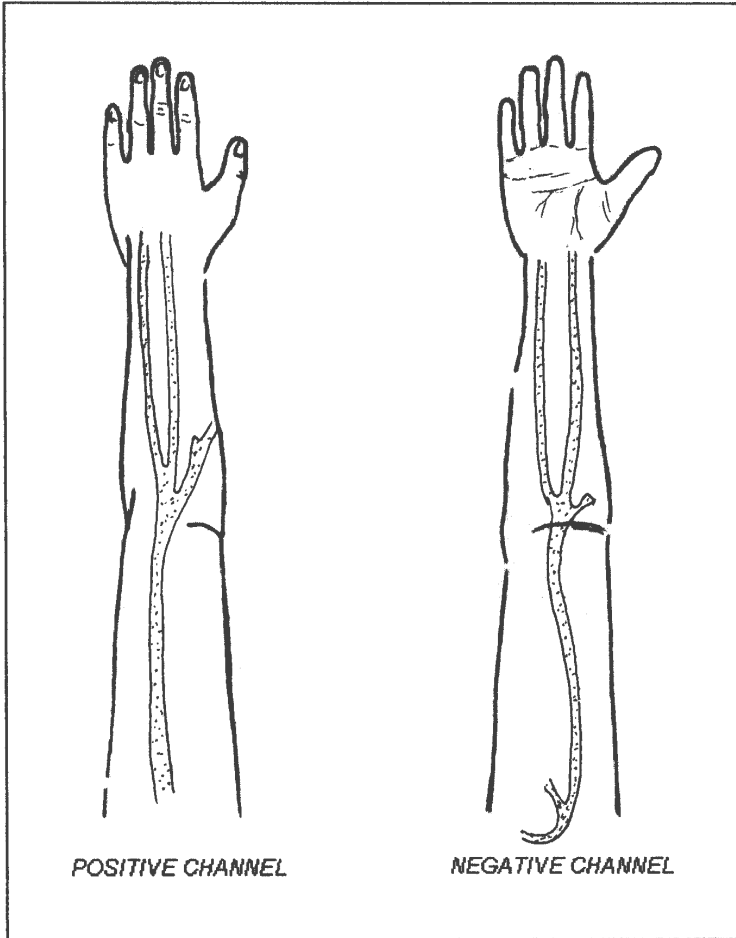
The Middle Channel goes through the middle of the body. It is found behind the Front Channel and in front of the Back Channel.



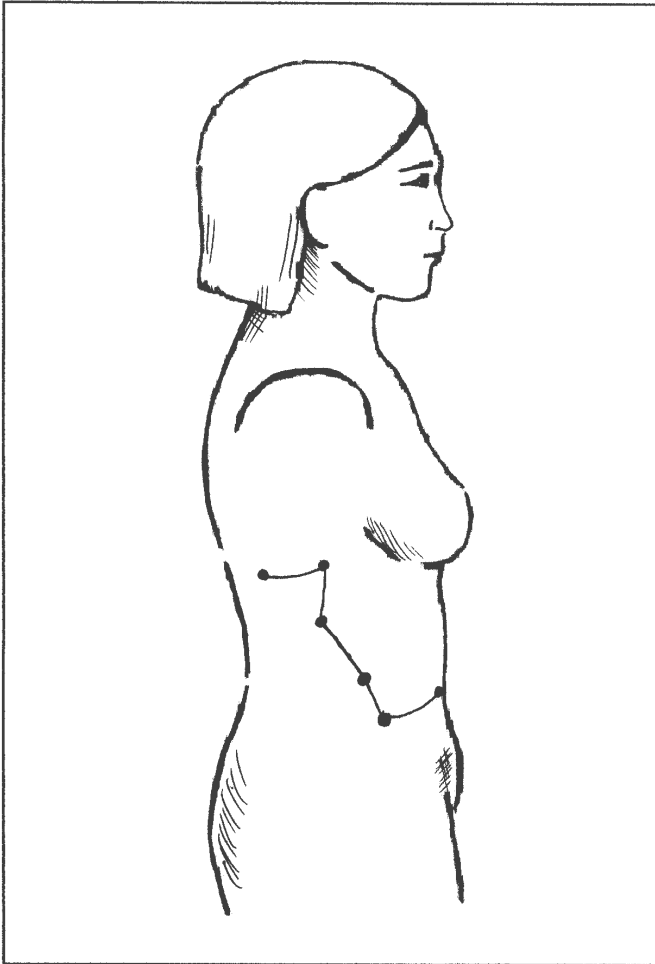
Back Channel



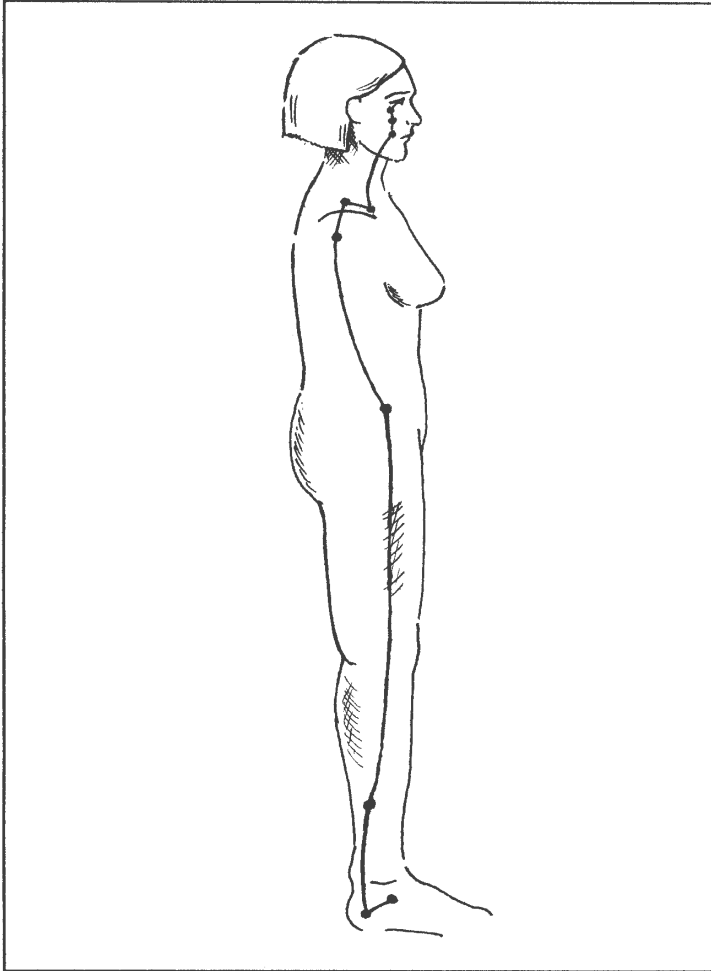
Arm Channels



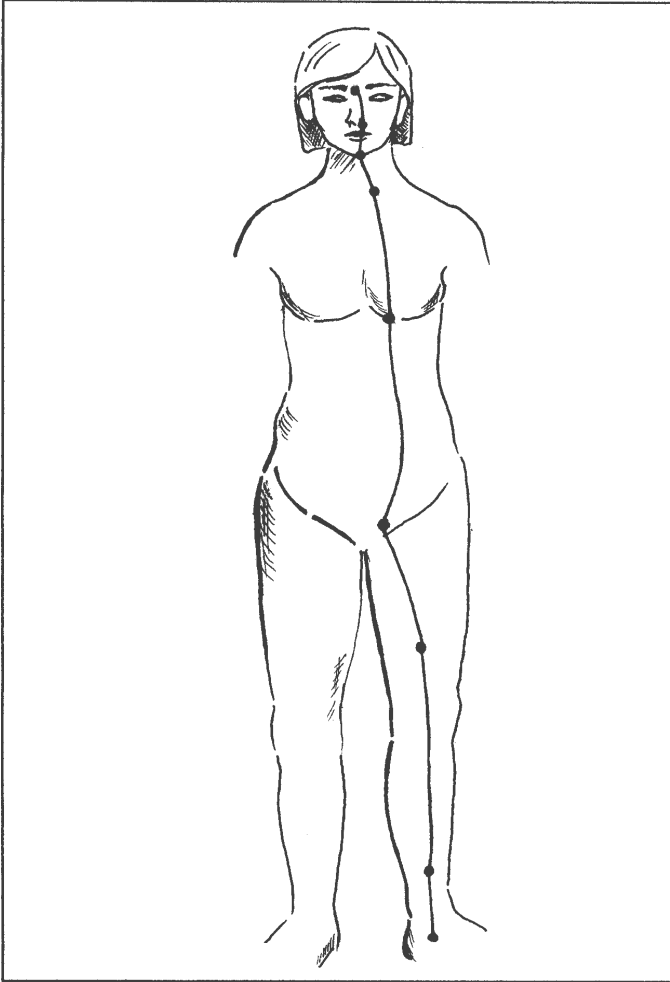
Belt Channel



Positive Leg Channel



Negative Leg Channel



Appendix II

**Time
Conversion
Table**



TIME CONVERSION TABLE

(All times in 24-hour format; Daylight Saving Time not taken into account)

Manila Time	Bangkok, Thailand	Cairo, Egypt	Calcutta, India	Guatemala	Hawaii, U.S.	London, U.K.
02.00 H	01.00	20.00 *	23.30 *	12.00 *	08.00 *	18.00 *
04.00 H	03.00	22.00 *	01.30	14.00 *	10.00 *	20.00 *
10.00 H	09.00	04.00	07.30	20.00 *	16.00 *	02.00
15.00 H	14.00	09.00	12.30	01.00	21.00 *	07.00
17.45 H	16.45	11.45	15.15	03.45	23.45 *	09.45
20.45 H	19.45	14.45	10.15	06.45	02.45	12.45
24.00 H	23.00	18.00	21.30	10.00	06.00	16.00

* Previous Day

** Next day

TIME CONVERSION TABLE

(All times in 24-hour format; Daylight Saving Time not taken into account)

Manila Time	Los Angeles	New York	Rome, Italy	Seoul, Korea	Sydney, Australia	Tokyo, Japan
02.00 H	10.00 *	13.00 *	19.00 *	03.00	04.00	03.00
04.00 H	12.00 *	15.00 *	21.00 *	05.00	06.00	05.00
10.00 H	18.00 *	21.00 *	03.00	11.00	12.00	11.00
15.00 H	23.00 *	02.00	8.00	16.00	17.00	16.00
17.45 H	01.45	04.45	10.45	18.45	19.45	18.45
20.45 H	4.45	07.45	13.45	21.45	22.45	21.45
24.00 H	08.00	11.00	17.00	01.00 **	02.00 **	01.00 **

* Previous Day

** Next day

