

Concentration Exercises

Psychically damaged memory and the strength of concentration can and must be awakened again through the following concentration exercise utilising either a candle, crystal, glass ball or line. Sit down in a comfortable chair approximately three feet away from a burning candle. Totally relax and observe the lower part of the candle flame for 5 minutes. During those five minutes ONLY the word "sun" is in your mind.

The Schedule:

Day	Minutes	Goal	Completed
1	5	Sun	
2	6	Sun	
3	7	Sun	
4	8	Sun	
5	9	Sun	
6	10	Sun	
7	11	Sun	
8	12	Sun	
9	12	No Thoughts	
10	12	No Thoughts	
11	12	No Thoughts	
12	12	No Thoughts	
13	12	No Thoughts	
14	12	No Thoughts	
15	15	Red or Golden Rose	
16	15	Red or Golden Rose	
17	15	Red or Golden Rose	
18	15	Red or Golden Rose	

19	15	Red or Golden Rose	
20	15	Red or Golden Rose	
21	15	Wishful dream	

After the 21st day there should be a daily practice of the concentration exercise lasting 10 to 15 minutes plus 15 minutes of dreaming of what you would like to realize or of something that brings joy/pleasure. You can still use the candle flame as a focal point. Alternatively, if one is focussing on a light point then, with time and depending on the intensity of concentration, the point will gradually increase in size. If using the line technique, draw a fat line 12 cm. long with a 1 cm gap. Sit 6 feet away and make the lines connect.

Care must always be taken that these exercises are carried out daily, always at the same time. The most suitable hours are between 8 p.m. and 10 p.m., whereas 9 p.m. would be the most exact time. Morning- or daytime hours are generally unsuitable for these exercises.