



Magical Use of Thought Forms: A Proven System of Mental & Spiritual Empowerment

By Dolores Ashcroft-Nowicki, J. H. Brennan

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In this comprehensive reference manual, two leading occult researchers present step-by-step instructions, some never before in print, for developing the most basic and essential skills for magical practitioners of any tradition?creating thought forms through astral manipulation.

Magical Use of Thought Forms includes sections on the structure of reality and on new visualization techniques to build correct astral images for highly potent magical work, from creating a Familiar or Guardian to building a Memory Palace, Also revealed in this extraordinary guide:

- The occult art of observation
- How to build up desire as fuel for a potent astral engine
- The three-point location of occult power in the physical brain
- The creation of advanced astral structures including Godforms and angelics, audial images, and astral landscapes

The most spectacular aspect of this book is the instruction given for the performance of the legendary alchemical experiment: the creation of the homunculus, an animated form that can last up to several hours.

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Editorial Review

From the Publisher
THOUGHT POWER

I want you to know right from the beginning that this is blatant pitch to get you to buy a special book.

When marketing people have suggested that I use my editorial space as a 'bully pulpit' to do just that, I have resisted the idea, but this book is too important and potentially too valuable to you for me not to make this extra effort. This book can give you: 1. One of the most powerful techniques to change your life and bring you enormous practical benefits. 2. One of the most powerful techniques to transform your life and bring enormous spiritual benefits. 3. The discipline to accomplish almost anything you can dream of.

* * * Think of your favorite dessert.

You saw an image of it. That's a Thought Form, and if you are salivating for that dessert now you realize how powerful it is. But that's insignificant in comparison to the power of a well constructed magical thought form and it is that skill that will bring you the three benefits listed above. All action starts with a thought form, but most thought is ineffective because it lacks the conscious technique and intentional discipline taught in this book.

* * * This book, The Magical Use of Thought Forms is sub-titled:

A Proven System of Mental & Spiritual Empowerment.

It is not merely a book about seemingly miraculous power but a detailed course of instruction with training exercises that is extraordinarily enjoyable to read and easy to put in to practice. You can call what is taught here any number of terms, but I prefer to call it magick because that very word stirs the imagination and it with a disciplined imagination that the Human Mind is brought to full power.

In simply reading this book you will learn many things: · How to use a magical mirror to double the power of desire, the first step in building a magical pyramid, followed by Imagination, Visualization and Organization. · The Importance of Pineal Gland. · How to create an effective Astral Body. · How to create an astral assistant. · How to build God Forms. · How to construct and use a unique Memory Palace. · The real secret to Drawing Down the Moon. · How to create a Household Guardian. · How to work with your Guardian Angel.

And many more practical matters once held to be occult secrets too powerful for any but initiates to know. But these matters are too important for your growth, survival and spiritual development to remain secret. Some of them have been published elsewhere, but here you have it from two authors who are trained initiates able to give the important exercises to actually train you and develop these skills. It takes work to become a magician, but being a magician is exactly what you are here to do.

You will learn about the true nature of reality as perceived both through the Ancient Wisdom and Modern Quantum Physics. You will learn all about the Astral Plane, and how important it is to everything that manifests in the Material World in which we live. · The Astral Plane is Key to Magical Results. · The Astral Plane is the Foundation of the Physical Universe. · The Astral Plane is the Imagination of the Universe. · The Astral Plane includes the Manipulation of Thought Forms.

You will be trained in the building of Occult Forms, and you will gain understanding of how they function and interact, how they can gain strength and endure or how they can be erased when no longer needed. You will access special instruction in the use of the Hebrew letters to draw upon their inherent power and meaning from their long established magical usage. You will understand the nature and use of prayer. You will learn about Astral Guardians and their use. You will be taught to construct, and guard, an Inner Temple for your true magical work. You will be given an actual ritual to create a Golem and the HTML code to create web pages with which to experience the concept of cyberspace. And you will be given a series of exercises that will transform all your reading and study into practical and workable skills you can employ anytime anywhere.

YOU WILL BE EMPOWERED! That's the point I want to make. This is not a book about magick, nor is it a book that requires a life time of work for results. This is a Llewellyn Magickal Arts Book that I personally endorse. Use it, follow the instruction and practice the exercises, and you will gain expertise in the building of magical thought forms and learn how to use them.

About the Author

Dolores Ashcroft-Nowicki is one of the most respected and experienced esoteric practitioners currently at work in the British Isles. Dolores was born in Channel Island of Jersey off the coast of France. She was trained in the Fraternity of the Inner Light and worked as a Cosmic Mediator with Walter Ernest, the Grand Maistre of British Occultism. Dolores is a third degree adept and Qabbalist.

She not only teaches the Craft but also is the current director of the Servants of the Light, a Hermetic order descended from Dion Fortune's Society of the Inner Light. She travels extensively, teaching a wide range of occult subjects to pupils in both the U.K. and United States. Ashcroft-Nowicki lives in Channel Island of Jersey with her Husband.

J. H. Brennan (Ireland) is the acclaimed author of over 90 books, both fiction and non-fiction, including *Forbidden Truth*, *The Alien's Handbook*, and *The Spy's Handbook* (all published by Faber & Faber), *Death: The Great Mystery of Life* (Carroll & Graf), *Martian Genesis* and *The Atlantis Enigma* (both published by Dell), *The Magical I Ching* and *Time Travel* (both published by Llewellyn), and the popular *Book of Wizardry* (Llewellyn) under the alias Cornelius Rumstuckle. His works have appeared in more than fifty countries in Europe, Asia, North and South America, and Australia.

Brennan is best known for his young adult fiction series, Herbie Brennan's *Faerie Wars* (Bloomsbury) with combined sales exceeding 7.5 million. The creator of several role-playing books, his solo fantasy gamebook series *GrailQuest* (Dell) has sold over 6.5 million copies.

He resides in County Carlow, Ireland with his wife and ten cats.

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Werewolves are not the only unlikely creatures with a widespread provenance. From the werefoxes and werehares of China to the werecats of tropical Africa, there is a whole menagerie of animals into which certain humans are reputed to change.

In *The Way of the Shaman*, Professor Michael Harner writes:

The connectedness between humans and the animal world is very basic in shamanism, with the shaman utilizing his knowledge and methods to participate in the power of that world. Through his guardian spirit or power animal, the shaman connects with the power of the animal world, the mammals, birds, fish, and other

beings. The shaman has to have a particular guardian in order to do his work, and his guardian helps him in certain special ways.

The choice of spirit was never arbitrary, for it was believed that a link with a particular animal was already there, forged by the nature of the shaman, even though the shaman might not be aware of it. Thus the spirit would often make itself known, in visions or dreams, before the shaman practiced those techniques that called it to him. This calling had many benefits. Says Harner:

A power animal or guardian spirit, as I first learned among the Jivaro, not only increases one's physical energy and ability to resist contagious disease, but also increases one's mental alertness and self-confidence.²

When the shaman entered nonordinary reality in search of the animal, she would often become temporarily possessed by it. This naturally led to the concept of were animals, the belief-which to many tribes was a matter of simple experience-that certain individuals could literally shapeshift and become the animal concerned.

But were animals are only one example of a whole range of curious phenomena that we all know to be impossible, yet have for centuries been supported by countless legends, myths, and even eyewitness accounts.

When Irish author Bram Stoker crafted his legendary vampire Dracula, the character was based on a fifteenth-century Balkan noble named Vlad the Impaler and named after *dracul*, the Rumanian word for devil. But Stoker did not create the vampire legend, although he added immeasurably to it. There is a mention of blood-drinking ghosts in Homer's *Odyssey*. In Hebrew mythology, Adam's first wife Lilith is described as a vampiric character, preying on babies. The same theme is taken up in Arab, Celtic, and Roman mythology, all of which contain references to blood-drinking demons of one sort or another. But the vampire legend familiar today derives directly from an outbreak of *vrykolka* activity throughout the Balkans and Greece in the seventeenth century. According to popular belief and what purported to be widespread eyewitness reports, *vrykolkas* were resurrected corpses that fed on the blood of the living. In Hungary, the Magyar term for them was *vampir*, a word that, with only a slight change, carried the legend into the English-speaking world. By 1746, the first scholarly work on the creatures had appeared, written by Dom Augustine Calmet, a French monk.

Bilocation-the appearance of the same person in two different places at once-is another impossibility, but one apparently achieved by several Christian monks and saints. The list of bilocators includes St. Anthony of Padua, St. Ambrose of Milan, St. Severus of Ravenna, and, in modern times, Padre Pio, an Italian monk. Some of the appearances have been well attested. When Pope Clement XIV was on his deathbed, he had a visit from St. Alphonsus Maria de Ligouri, who was seen by several members of the Papal Court at the pope's bedside. But Alphonsus was confined to his cell at the time-a four-days' journey away.

Another ability frequently attributed to saints is levitation. St. Joseph of Cupertino and St. Theresa of Avila were both reputed to do it frequently. One eyewitness swore Theresa remained airborne, eighteen inches off the ground, for about half an hour. The great Tibetan yogi Milarepa went one better: according to contemporary accounts, he was able to walk and even sleep while levitating. In the nineteenth century, the spiritualist medium Daniel Dunglas Home surprised several witnesses by floating out of a third story window and into another. The Italian medium Amedee Zuccarini was photographed levitating with his feet some twenty inches above the nearest support.

In a somewhat similar category is the experience of a British psychologist named Kenneth Bachelder, who

became interested in the widespread reports of table-turning during the Victorian craze for spiritualism. Bachelidor set up groups to investigate, and, after several months of experimentation, developed a system that allowed tables to move by themselves under tightly controlled test conditions. His work culminated with infrared video of a table levitated several inches off the floor with no one touching it.

Levitating tables also featured in an experiment carried out by Dr. George Owens and his wife, Iris, two members of the Canadian Society for Psychical Research, who decided they would try to make an artificial ghost. To this end, they and fellow members of their group created a fictional character named Philip who lived during Cromwellian times (mid-seventeenth century) at a place called Diddington Manor in England. Philip had an affair with a gypsy girl named Magda; his wife found out and denounced Magda as a witch. When she was burned at the stake, Philip committed suicide by throwing himself from the battlements of his ancestral home.

The romantic tale was entirely fictional, except for the detail of Diddington Manor, which actually does exist. The Owens group pinned photos of the manor around the walls of their room and sat regularly in a classical spiritualist sto make contact with the character they had created. After several months, they were rewarded by a paranormal rapping. A code was soon established to allow them to communicate with the entity behind the rapping . . . the entity turned out to be Philip, and gave its history in the terms of the fictional life story already agreed.

But Philip added so many accurate historical details to the account that the sitters began to wonder if they might have accidentally hit on a real person. Research showed they had not, yet Philip exhibited a far greater familiarity with the Cromwellian period than any member of the group. Furthermore, he proved able to levitate tables and once "walked" one up a short flight of steps.

A variation on the Philip experiment was conducted by Dolores and myself in Britain using techniques of ritual evocation to speed up the process. As a result, a member of our group was temporarily possessed by the "spirit" of an entirely fictitious Saxon priestess.

Astral projection is another well-attested impossibility. My first experience of the phenomenon occurred when I rose in the middle of the night to visit the bathroom and discovered I could not open the bedroom door. After a puzzling moment, I discovered my hand had passed through the doorknob and my (physical) body was still lying in bed beside my wife. It took me six attempts to persuade the body to get up. During one of them I strolled through a solid wall.

This (strictly temporary) ability seems almost humdrum when set beside what happened to Benedetto Supino in 1982. A schoolboy at the time, he was reading a comic in a dentist's waiting room when the paper went on fire. Since that time, anything he touches scorches and he has proved capable of setting things alight just by looking at them. Examined by doctors at the Tivoli Medical Center, he was pronounced "entirely normal"-a diagnosis both he and his family might question.

In 1967, another teenager, Anne-Marie Schaberl, exhibited even stranger powers-although at first no one realized they were emanating from her. The trouble started in a lawyer's office in Rosenheim, Germany, when the lighting system became faulty. The lawyer, Sigmund Adam, had a special meter installed that showed unusual electrical surges. In an attempt to solve the problem, he exchanged his strip lighting for ordinary bulbs and had a direct cable installed. When neither worked, he put in his own generator . . . which made no difference either.

Then, while still grappling with the electrical problem, Adam received a gigantic phone bill-far in excess of

what was normal. When outgoing calls were monitored, it was discovered that somebody in the building was calling the speaking clock several times a minute, and managing to do so faster than the normal connection time would allow.

In desperation, one of Europe's leading parapsychologists, Professor Hans Bender of Freiburg, was called in. He discovered widespread poltergeist activity associated with Schaberl, who could cause overhead lights to start swinging just by walking down a corridor.

The generation of poltergeist effects is just one of a number of "wild talents," like telepathy and distant viewing, that have been put to the test in recent years and found to be genuine, if sometimes erratic. Nor are these talents confined to humans. The British scientist Rupert Sheldrake decided to investigate the common belief among dog and cat owners that their pets could read their minds. In a televised version of one of his experiments, an owner was taken from her house and driven around for some hours before being told she could return. At the precise second she turned back for home, a synchronized camera showed her dog moving to his spot at the window where he normally waited for her. (If dogs can read minds, cats seem capable of seeing the future. Mrs. B. N. Harris of Harrowgate, England, reported that while living in Tiverton Road, Exeter, during World War II, she watched a steady stream of felines padding out of the city toward Tiverton . . . just ahead of a devastating air raid.)

Sheldrake is the scientist who developed the theory of "morphic resonance"-the idea that once a critical number of people have learned something, it becomes easier for the population as a whole to learn it. Through experiments, he showed that this was true of schoolchildren learning poetry, and noted that simple skills can sometimes become available to an entire animal or bird population without having to be learned at all.

Most of the oddities so far mentioned might be categorized as unusual abilities, but there is a whole other category of phenomena that seem to be of a completely different type.

What, for example, are we to make of the fact that worldwide reports of black helicopter sightings were filed in 1938? The first helicopter flight was made by a Frenchman in 1907, but the machine was capable only of a brief vertical ascent. In 1930, a prototype chopper managed forward as well as vertical movement, but it was not until 1939-a year after the worldwide sightings-that Igor Sikorsky built the first practical machine.

In 1887 and 1888, a manlike creature with wings was reported performing aerial maneuvers over New York and New Jersey. The reports were never taken seriously, yet the creature-or something like it-reappeared in the Ohio River Valley during 1966 and 1967. It was described as winged, gray, man-sized, man-shaped, with red eyes-and was seen by more than a hundred witnesses.

A rain of pink frogs fell on Stroud, in Gloucestershire, England, on October 24, 1987. Naturalist Ian Darling confirmed that the frogs were albinos (the pink color came from the blood flowing beneath their pale skin), but could give no explanation about where they came from. Presumably it was the same place that caused a similar rain of pink frogs on nearby Cirencester two weeks earlier.

Strange rains are far from unusual. Downpours of frogs have been reported from Pennsylvania, Minnesota, Indiana, and Massachusetts-to name just a few locations in the United States. There was a rainfall of herring at Argyllshire in Scotland in 1817.

The conventional explanation of this phenomenon is that whirlwinds have scooped up the unfortunate creatures, carried them a distance, then deposited them as rain. If so, the whirlwinds are curiously selective,

managing to scoop only frogs from their ponds and carefully segregating herring from the myriad of fish available in the sea. Besides which, the rainfalls have never been confined to amphibians and fish.

There was a fall of large yellow mice on Bergen, Norway, in 1578. A year later it rained lemmings. Burning sulphur fell on Magdenburg, Germany, in 1642. Black eggs pelted down on Port-au-Prince, Haiti, in 1786. Animal feed fell in Iran in 1828. San Francisco had a rain of beef-yes, beef-in 1851. Cinders have fallen in Illinois; lizards on Sacramento; snakes on Memphis, Tennessee; worms in West Virginia; silver coins in Russia; banknotes in France and Germany; peaches in Louisiana; mud, wood, glass, and pottery in Cuba. Black "snowflakes" as large as table tops fell on the east coast of the Baltic Sea in 1687. They were found to be rafts of black algae and infusoria.

In 117 a.d., four thousand men of Roman Army's Ninth Legion marched northward out of Dunblane, Scotland, and disappeared. There were no dispatches, no reports of any battle, no bodies, or any other sign of a disaster. The men simply vanished.

The British consul in Vienna, Benjamin Bathurst, was examining a team of horses on November 25, 1809, in the German town of Perleberg, when he vanished. His valet and secretary saw him walk around to the other side of the horses, at which point he disappeared. People have been disappearing just as mysteriously ever since, including the Toronto businessman who walked into his office and never came out and several individuals who vanished while people were actually looking at them.

The few case studies quoted represent the barest skimming on the surface of a vast literature of anomalies. Such reports have profound implications. If people can be in two places at once or disappear into thin air, if dogs can read minds and cats can tell the future, if a girl can generate a poltergeist and Romasanta really could change into a wolf, then we need to revise our ideas about the nature of reality.

Users Review

From reader reviews:

Doris Seavey:

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