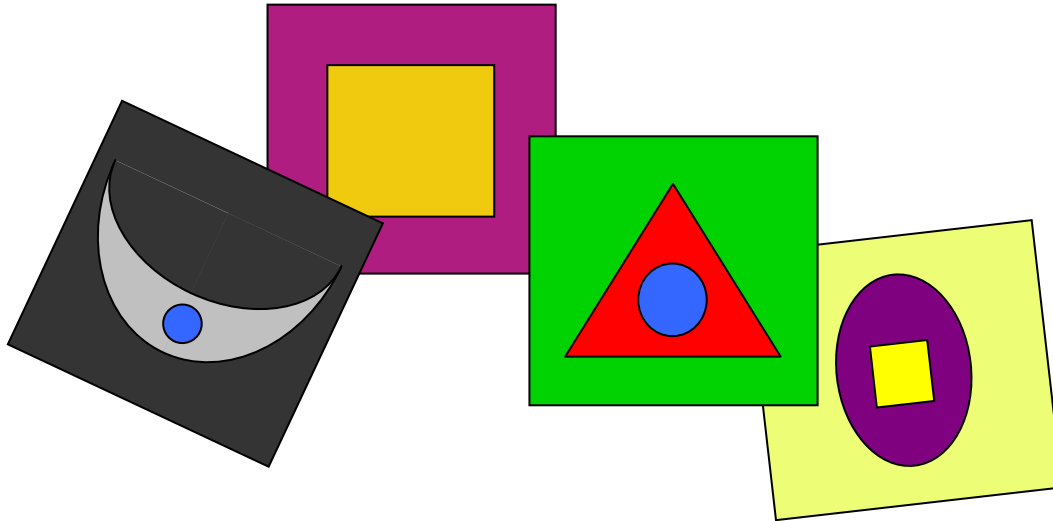


Instant Visualization Magic by Dr Jonn Mumford

If you can “visualize” it, you can get it!
If you “imagine” it, you have it!
If you “conceive” it, you achieve it!



So goes the Occult, Hermetic teaching of all ages and cultures, for not only is it a case of “As above so below” but even more pointedly “as within so without” and both axioms are subsumed in the Tantric proverb:

“What is here is elsewhere and what is not here is nowhere!”

Visvasara Tantra

I have spent Twenty-five years researching and teaching students how to apply the Yogic-Tantric principle of gazing (Trataka) upon shape and colour (Yantra) to form potent after-images, accelerating creative and visual abilities.

My partner, Cheryl Stevens, has scanned in five remarkable shape/ colour combinations to demonstrate these visualization techniques for you. The five shapes are of the Elements: Earth, Water, Fire, Air and Ether. The colours are an ingenious blending known in the Western tradition as “Flashing Colours” and they are reconstructions from the twenty-five Card set accompanying my book “Magical Tattwas” (Hindu Tarot goes West).

We have done our best for you but the card set is even more potent because the luminous inks used in producing these cards have never before been printed in these patterns and represent a technological achievement. The problem was to stop these phosphorescent colors from “bleeding” into each other. The print technologists succeeded and I am delighted, Llewellyn publishers are delighted and it is my hope you will be delighted as you work with my unique “Magical Tattwas.”

Remember that when we ask you to gaze at the simulated Magical Tattwa patterns we have up on the Adyar site, you are looking at a reproduction that only approximates the original: none-the-less you will still experience the tremendous power inherent in these designs.

The Magical Tattwas are:

An ancient Indian system of representing the world using five specific shapes and five specific colors combined to form twenty-five combinations.

This combination of geometry and color that was only once tried a hundred years ago in England – now produced as a dazzling kaleidoscope of Fluorescent inks that vividly “Flash”, “Strobe” and “Scintillate” impacting your unconscious with psychic bullets.

The operative phrase is “impacting your unconscious” because I am going to suggest to you that if you focus on just one of these five shape/colour collages before going to bed you will stimulate your unconscious to materialize, actualize and crystallize whatever you desire.

From the famous “Spotted calf”s” experiment in the Old Testament (surely the first attempt at putting into practice Lamarckian biological theory?) right up to the New York Psychiatrist’s (Epstein) statement that ‘imagination’ is the catalyst between the mind and the body – all evidence points towards visualizing your goals as a preliminary to reaching them.

This dictum emerges everywhere, from the famous basketball experiments by the sport psychologists in the 80’s (imagining putting the ball through the net was nearly as effective as practicing it and combining practice with visualization was the best of all) right up to Australian Ian Gawler and his advocacy of Visualization-meditation for healing cancer.

In Magical Tattwas I emphasize that:

The power for change can not be underestimated.

If you want even more details about altering your future turn to Chapter Seven in Magical Tattwas (Shaping The Future) and get never before explained principles of **Visualization Magic** clearly outlined with the appropriate exercises to materialize, crystallize and actualize your **desires**.

But right now let me show you one way to use just the first five elements for “Visualization Magic”. The method may be summed up as:

- 1: Select the correct Elemental shape corresponding to your desire, or wish.
- 2: Focus visually upon the design until it changes colour.
- 3: Close your eyes and focus upon the potent afterimage.
- 4: While watching the afterimage you may silently repeat the Bija mantra – a special sound associated with each shape.

These Bija Mantras are composed of special combinations from the Sanskrit language and the simplest way to understand what constitutes a Bija Mantra is for me to quote from my forthcoming book “Mind Magic Kit”.

“Bija” means “a seed” and therefore a **Bija Mantra** is a “seed sound” that when chanted audibly or mentally will produce inner growth and evolution - and just as the Acorn seed contains the tree so the Bija Mantra contains compressed spiritual potential.

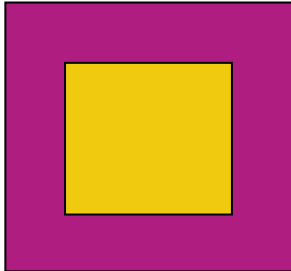
Bija Mantras have several characteristics:

1. They are monosyllabic e.g. Ram (the Bija for a psychic center associated with fire and the Solar Plexus) versus the Gayatri Mantra which consists of 24 syllables.
2. Each Bija Mantra consists of a single “phoneme” ie. the smallest part of speech which differentiates one word from another by sound; e.g. “Lam” versus “Ram”; “L” and “R” represent phonemes as they are the only distinguishing sounds that distinguishes “Lam” from “Ram”.

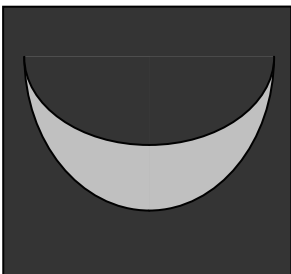
3. On the whole Bija Mantra's may terminate in either/or "m" or "ng".

(Mind Magic Kit: Dr. Jonn Mumford: Llewellyn Publishers : scheduled release date: March 1998)

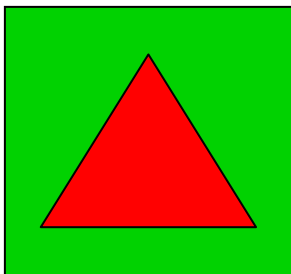
Chart For 'Instant Visualization Magic'



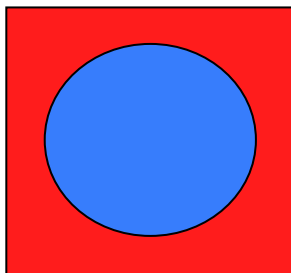
The first element is Earth represented by a yellow square: This element governs beginnings, starts and firm foundations. The Bija mantra is "LUM".



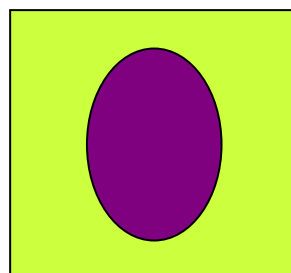
The second element is Water symbolized by a silver crescent moon. This is the sphere of the unconscious dream world, relationships, partnerships, networking, consulting and consorting. The Bija Mantra is "VUM".



The third element is Fire shown as a bright flame-red triangle, apex down. This element rules the domain of passion, creativity, promotions, enthusiasm. The Bija Mantra is "RUM".



The fourth element is Air, depicted as a sky-blue circle or globe. Air influences everything to do with surviving trial and test periods, emotional stability and attention to fine details – as well as creative imagination. The Bija Mantra is "YUM".



The final Element is Ether, controller of all things concerned with change, travel, growth and promotions. The Bija Mantra is "HUM".

Having decided upon the correct element for our purposes we begin learning to gaze into the center of the geometrical shape. This is called “Trataka” and I will describe it as soft contemplation with the caveat that you gently inhibit blinking as much as possible.

Trataka is definitely not “staring” aggressively nor being “bug-eyed”. Just gently gaze upon the element design and know that the first sign of success is when a “rim aura” appears: i.e. a “on-off” flashing around the outline of the shape – often quite spectacular!

This phenomena is a standard psycho-physiological effect due to mild retinal stimulation and not psychic at all – however the consequent effects upon your unconscious are psychic.

The next thing that you may notice is that the “Yantra” (Geometrical Shape) becomes three-dimensional against the background colour – things are “cooking” at a physiological, psychological and a psychic level when this happens.

The whole process may take from one to three minutes and you can experiment with this on-line now.

In the final phase close your eyes, while still in front of the Monitor screen and watch the afterimage in reverse colors manifest in the realm of the ‘3rd eye’.

While quietly ‘witnessing’ the after-image silently repeat the appropriate Bija Mantra. Continue this until the last vestige of the after-image is totally gone.

Open your eyes and go immediately about your business knowing you have given your unconscious a kickstart in realizing your aspirations. You can repeat this once a day until the desired results manifest.

Some of my students surf the net just before bed and love to settle on this page and select the Element ‘Yantra’ for their needs. After concentration the computer goes off and straight into bed thus allowing the special colour-shape design to work its magic all night.

Remember the trick is to select the correct element that resonates most closely with your current needs and problems and away you go.

When you utilize the Magical Tattwas you are calling upon the Hindu equivalent of Austin Spare's Sigil magic and the whole European tradition of "Sigil Magic".

A quick word before I say goodbye: did you know that Sydney Theosophical Society up to the late 1920's was the largest Theosophical Lodge, outside headquarters in Adyar, Madras, in the world? You can read more about it from a copy of my friend's (John Cooper M.A.) thesis deposited with the Adyar library detailing the history of Sydney Theosophical Lodge.

They used to say that when a good Sydney Theosophist died they would be reincarnated at Adyar, Madras. I have been to Adyar, Madras and it is heavenly! In the meantime maybe I will see you at my favorite "Heaven on Sydney" place – Adyar bookshop!

Thank you for joining me.
Hari Om