



# MIND MAGIC

## how to FOCUS for SUCCESS

by BILL HARVEY

## Pentalpha Journal

### Book Reviews

By Selene Boncuits

**Mind Magic**, Bill Harvey, Sundown Press/Ouroboros Institute 1978.

**Mind Experiments**, Bill Harvey, Ouroboros Institute.

"Eventually you will find that it is essential to have at least one hour everyday during which no distraction can get to you. With experience you will know that the clarity with which you can perceive the world from this vantage point is not possible under any other conditions."

I come home from work, exhausted, drained, unable to accept any more input from anywhere. I enter my room, close the drapes behind me, let go of the tension, and open my copy of *Mind Magic* to whatever page it opens to.

"Avoid describing yourself in unqualified terms. Telling yourself or someone else that you are a particular way tends to make you more that way, thus limiting your freedom to create who you are at any given moment. If you believe that you are a certain way as a result of your past experiences, you are giving your past experiences power to dictate who you are. When you hear yourself describing yourself, say: "That's how I was. How do I wish to be from now on?"

I discovered *Mind Magic*, read it through, re-read it, and plan to continue re-reading it indefinitely. Written in a clear, no-extra-verbiage manner, it is the best tool I've come across for discovering one's true will. "Do what thou wilt shall be the whole of the law," "An it harm none, do what ye will," these involve a basic assumption — that we know what our will is. Unfortunately, directions for tuning in on the will are rare, and we fall back on doing what we want instead. Our will gets buried under layers of conditioning, difficult to dig out and respond to.

"You have been programmed. Every experience you have ever had, every communication you have ever received has implanted in you the predisposition to act in certain ways and to think in certain ways. It is, however, possible to gradually become aware of all your programming; to select which programming to keep, which to modify, and which to remove; and to act with conscious awareness of one's relevant programming so as to be able to either ratify or override it in any given set of circumstances."

*Mind Experiments* is a companion volume to *Mind Magic*, containing exercises useful for incorporating the information in *MM*.

#### *Acting In Accord With Goals*

When you set to sleep for the night, cast one final glance back over the day, asking your Self if everything you did all day was optimum from the standpoint of bringing you what you want out of Life. Play the role of a management consultant your Self has employed to see to it that the staff stays focused on the real management priorities. Whenever the robot has veered into irrelevancies, do not chide it, but give it goof-proof instructions, which if followed, would have prevented the veering which did occur. Then go to sleep.

These two books are essential to those who are truly committed to integrating magical thinking into their lifestyle. They form a basic program for remaining sane in this crazy, hectic, speedy culture we live in. Here you will find keys to unlock your feelings, intuitions, imagination and creativity and open you up to your full potential.