

The Secrets of Mental Magic

This document explores the core concepts of Mental Magic as presented by William Walker Atkinson in "The Secrets of Mental Magic." The primary focus is on understanding and utilizing Mentative Energy, a powerful force generated by mental activity, with special emphasis on the roles of Will Power and Desire Force. The document also explores practical applications like Mental Suggestion, Personal Influence, Telementation, Mental Therapeutics, and Mental Architecture.

"The Secrets of Mental Magic" by William Walker Atkinson, which explores the concept of "Mental Magic" as a natural force influencing human minds. Atkinson defines Mental Magic as the influence of one mind over another, manifested in various forms such as Personal Magnetism, Fascination, Hypnotism, and even Witchcraft. He argues that this force has existed throughout history and that it is important for people to understand its workings in order to harness its benefits and protect themselves from misuse. Atkinson further examines Mental Suggestion as a key component of Mental Magic, explaining its principles and methods of application, and then delves into Personal Influence, emphasizing the importance of developing one's inner Will Power and Desire Force to achieve influence over others. Finally, Atkinson explores Telementation, a more advanced form of Mental Magic that involves influencing others and the world around them through the transmission of Mentative Energy. He argues that Telementation can be used for both positive and negative purposes and stresses the importance of cultivating a positive mental state to counteract potential negative influences.



Mentative Energy and Its Poles

William W. Atkinson introduces the concept of two Mentative Poles present in all mental activity: The Emotive Pole and the Motive Pole. Explains that the Emotive Pole manifests as Desire, the driving force behind actions, while the Motive Pole manifests as Will, the director and concentrator of Desire. Highlights the interplay of Desire and Will, drawing parallels in nature, even at the atomic level. Emphasizes the importance of these two poles in Telementation, the projection of thought and influence across space.

Mentative Energy is the force arising from mental activity. It manifests through "Mentative Currents," which are streams of this energy. Atkinson posits that Mentative Energy has two poles: the Emotive Pole (Desire) and the Motive Pole (Will).

Every mental action involves both Desire and Will. Desire precedes and motivates action, while Will directs and focuses the Desire Force.

You will find these two phases, Desire and Will, manifest in every mental action. There must always be a preceding Desire, and a responding Will, even in the production of a Thought.

Explains the role of Will in mastering one's own mind, controlling thoughts and emotions, and resisting external influences. Highlights the importance of Will as a projector of Mentative Force, enabling Telementation and influencing others. Details how a strong Will acts as a shield, deflecting unwanted mental influences and creating a protective aura around the individual.

The Will acts as the arouser, director, restrainer, concentrator, and manager of the great occult force of Desire.

Strong desires can manifest as waves of energy emanating from the mind, influencing people and situations.

And not only does Desire incite us to action—move us to accomplish its ends, but it also, when sufficiently strong, surges out from our minds in great waves and clouds of invisible and subtle energy or force, and travels here and there toward the object of its inner urge.

•Delves deeper into the nature of Desire, portraying it as a dynamic, living force that fuels action and shapes reality. Explains how strong Desire, especially when focused by Will, radiates outward in waves of invisible energy, influencing people and situations. Cautions against fearing the potential misuse of this energy, emphasizing that individuals possess inherent protective mechanisms through their own Will and Individuality.

Applications of Mentative Energy

Mental Suggestion

Mental Suggestion is a physical agent inducing mental states in others. This can be both active (direct commands) and passive (subtle insinuation). Categorizes Mental Suggestion into three forms: Involuntary, Voluntary, and Auto-Suggestion. Details Involuntary Suggestion as the unconscious influence exerted through our everyday words, actions, and demeanor. Discusses Voluntary Suggestion as the deliberate use of techniques to influence others, with examples in hypnotism and personal interactions. Introduces Auto-Suggestion as self-directed suggestion, laying the groundwork for its exploration in a later lesson.

A physical agent inducing mental states.

Active Suggestion mean the induction of mental states in others by means of positive command, affirmation, statements, etc.

Passive Suggestion mean the induction of mental states by the subtle insinuation, introduction, or insertion of ideas into the minds of others.

Personal Influence

Personal Influence: Magnetism, Will, and Desire in Action. Explores the concept of Personal Magnetism and its components: Will Power, Desire Force, and the ability to project them effectively. Emphasizes the importance of understanding and mastering these forces for both influencing others and protecting oneself from undue influence. Provides examples of individuals with extreme Positivity, like Napoleon Bonaparte, demonstrating the impact of strong Will and Desire. Personal Influence is the power of personal magnetism and suggestion, emanating from one's Will Power and Desire Force, to influence others.

In all of these cases of Personal Magnetism, and Mental Suggestion, the effect is produced by the Mentator, or Suggestor, obtaining the voluntary attention of the other or others, and thus holding his Will engaged, and his Emotive Pole of mind thus unguarded...

Telementation

The Science of Telementation: Understanding Mental Waves and Thought Forms. Telementation is the projection of will currents over distance to influence individuals and situations. This is the basis of phenomena like thought transference and telepathy. Specialized Telementation: Ethical Considerations and Self-Protection.

Will, the Projector of Mentative Force. As we have seen, the use of the Will as the projector of Mentative Currents is the real base of all Mental Magic, under whatever name it may manifest.

The Will Currents of a strong man reaches out far beyond the limits of his brain, and influences people and things, causing them to be inclined toward his wishes.

Mental Therapeutics and Mental Architecture

Mental Therapeutics

Mental Therapeutics: Harnessing the Mind for Healing. Introduces the concept of Mental Therapeutics, highlighting the mind's power to influence physical health and well-being. Explains the process of influencing mental states in patients to promote healing and alleviate symptoms. Emphasizes the importance of inducing a state of calm and relaxation in patients to facilitate receptivity to mental impressions and suggestions. Mental Therapeutics involves utilizing positive mental states and directed Mentative Energy to promote healing and well-being in others.

Mind in the Cells and Organs. Every cell has its share of mind, and Science shows us that each cell can and does live its life as a separate entity, always, however, subordinate to the whole system of cells, and the Mind controlling it. And the Mind in each cell, or system of cells, may be reached by the Positive Mind of a person, when properly applied.

Mental Architecture

Mental Architecture: Building a Strong and Positive Mind. Explores the concept of "Mind Building," focusing on developing and strengthening specific mental faculties and qualities. Compares the brain to a "matrix" where mental states are molded and shaped, emphasizing the role of brain cells in mental activity. Provides strategies for cultivating desired mental qualities and repressing undesirable ones through focused thought, visualization, and consistent action. Mental Architecture involves deliberately shaping one's mental faculties and character traits using techniques like Auto-Suggestion (self-suggestion) and Visualization.

One "impresses" his mind with certain ideas, suggestions, feelings and mental states.

Many a person has changed his whole physical and mental condition by a careful, persistent course of Auto-Suggestion.

Developing Personal Magnetism and Will Power

Cultivating Desire

The Threefold Method. Emphasizes the importance of discerning between wise and unwise desires, choosing to cultivate those aligning with one's highest good. Reiterates the Threefold Method (Auto-Suggestion, Visualization, and Acting-Out-the-Part) as an effective way to develop and strengthen desired Desires. Provides specific examples and guidance on applying this method to cultivate Desires that will fuel personal growth and achievement. Nurturing intense, focused desire towards worthwhile goals is crucial. Desire fuels the Will to act.

He knows how to "want" a thing the right way. No mere "wishing" or "sighing" for a thing—when he wants a thing he wants it.

Desire is a form of Hunger. And the hungrier a man is for a thing the more Desire-Force will he manifest and the greater efforts will he make to get that thing.

Strengthening Will Power

The Magnetic Will: Determination, Persistence, and the Power of Action. Explores the concept of Will Power as the driving force of action, emphasizing its importance in achieving goals and overcoming obstacles. Highlights the connection between Desire and Will, explaining that strong Desire fuels the Will to act. Offers practical rules and techniques for developing a resolute Will, focusing on tenacity of attention, determination, persistence, and self-control. Developing willpower involves cultivating determination, persistence, and focused attention.

The secret of the Resolute Will lies in Determination and Persistency. And the first thing to be acquired is Attention for Attention.

You must learn to master these temptations even if in so doing you must need act like Ulysses who made his companions stop up their ears with wax lest they be fascinated by the song of the Sirens.

Physical Manifestation

Acting out the desired qualities and behaviors reinforces the mental work and strengthens the desired traits.

And last, and equally as important, if not more so, act out the physical manifestations of it—play the part out. Act your part, earnestly, ardently, constantly, eagerly, steadily.

The Importance of Self-Protection

Protective Aura

Develop a strong will to repel unwanted mental influences and suggestions.

Nature has blessed all of us in this respect—it makes no bane without its antidote, and does not depart from its rule in this phase any more than in any other. It supplies the means of Self-Protection to everyone, and always furnishes the defensive weapon to match the offensive one.

Resisting Impulses

Be wary of acting on sudden impulses and take time to determine their origin and whether they align with your best interests.

Guard yourself from acting upon "impulses." When you feel a sudden or unaccountable "impulse" to do this thing, or that thing, stop and assert your Positive Individuality...

Additional Observations

- Mental Atmospheres: Places, communities, and individuals all possess unique "mental atmospheres" influenced by the prevailing mental states of those within them.
- Thought Forms: Mental states can manifest as "thought forms" – energetic patterns with varying shapes and motions, influencing their targets.
- Law of Attraction: One's prevailing mental states attract corresponding people, circumstances, and experiences.

Like attracts like, and the Mental States determine that which one draws to himself.

The Law of Attraction states that "like attracts like" in the mental realm. Our prevailing Mental States determine what we attract into our lives. If we cultivate positive and optimistic thoughts and feelings, we attract positive experiences. Conversely, negative and pessimistic mental states attract unwanted experiences. To utilize the Law of Attraction effectively, consciously cultivate the Mental States that align with your desires. By shifting your internal landscape, you can begin to attract the experiences you wish to manifest in your life.

Glossary of Key Terms

Term	Definition
Mentation	Mental activity; the act of thinking.
Mentative Energy	The energy arising from mental activity.
Mentative Current	A stream or flow of mentative energy.
Mentative Induction	The process of inducing mental states in others through mentation.
Emotive Pole	The aspect of the mind associated with feelings, desires, emotions, and passions. It is characterized by attraction, receptivity, and a "drawing" force.
Motive Pole	The aspect of the mind associated with will, action, and direction. It is characterized by force, projection, and a "pushing" force.
Telementation	The projection of mentative energy, particularly will currents, over space to influence others or affect situations at a distance.
Thought-Forms	Manifestations of mentative energy, particularly will energy, that take on specific shapes or patterns in the mental realm and can influence people and situations.
Protective Aura	A mental shield created by strong will power that repels undesirable mental influences and protects the individual from negative thought-waves and mentative induction.
Mental Suggestion	A physical agent, such as words, actions, or appearances, that induces mental states in others. It can be active (direct commands or affirmations) or passive (subtle insinuation of ideas).

Conclusion

Embracing Your Magnetic Potential

Atkinson's "Secrets of Mental Magic" provides a detailed framework for understanding and harnessing the power of the mind. By mastering the principles of Mentative Energy, Desire Force, and Will Power, and by skillfully applying techniques like Mental Suggestion and Mental Architecture, individuals can cultivate personal magnetism, achieve their goals, and positively influence their lives and surroundings. However, he also stresses the importance of responsible use and emphasizes the need for self-protection against potentially harmful mental influences.

The key to success lies in developing a strong Will, fueling it with focused Desire, and expressing these inner forces through confident communication and action. By cultivating positive mental states and aligning oneself with the Law of Attraction, individuals can shape their reality and attract desired outcomes.

Mind Building, more accurately referred to as "Brain Building," is the process of developing and strengthening specific mental faculties and qualities through focused effort. It involves developing new neural pathways and enhancing existing ones, leading to lasting changes in thought patterns and behaviour. Auto-Suggestion, or self-suggestion, is a key technique in Mind Building. It involves repeatedly impressing upon your mind the ideas, feelings, and mental states that you desire to cultivate. When combined with visualization and acting out the desired behavior, Auto-Suggestion becomes a potent tool for reshaping your mind and manifesting your desired qualities.

Remember that with great power comes great responsibility. As you develop your mental abilities, always strive to use them ethically and for the benefit of yourself and others. By doing so, you can unlock your full magnetic potential and create a positive impact on the world around you.