

magical benefits will occur naturally in an exercise process. Meditation and visualization act as "weights" to increase resistance and to further condition the astral body.

The process of exercise also enhances the physical aura—the stronger the body, the stronger the aura. A strong aura can aid in both channeling large amounts of energy, and is particularly useful in drawing-down rituals. A strong aura can also aid in shielding and in other protective measures.

The method of exercise you choose does not matter so long as it serves as a consistent and safe method for staying in shape. The variety of exercise methods that incorporate a spiritual approach are broad enough that any seeker should be able to choose a method best suited to his or her lifestyle.

Mainstream methods of exercise such as aerobics, weightlifting, swimming, or jogging can be used along with a meditative state to enhance the effectiveness of the workout. As always, use common sense—jogging into oncoming traffic while "tranced out" will likely impede your spiritual growth if you get hit by a car. Also, choose a program you enjoy. Sticking to an exercise program is much easier if it's fun for you. Varying your training methods, otherwise known as cross-training, can help maintain interest and benefit with a more versatile approach to health.

For the time-impaired, exercise that can enhance meditation and occult ability is still available. Several companies produce videotapes focusing on a martial art or meditative exercise. The twenty-minute yoga series, for example, offers reasonably thorough workouts in less than half an hour. It is possible to work out to one of these tapes and still have time to perform all the other necessary tasks in a day.

A series of visualizations used while engaging in exercise enhance the physical process and adapt the auric body to the desired physical appearance. The following visualizations are meant to help engage the brain in reaching the goals set for the body.

To lose weight, visualize the excess of fat melting and moving into the aura. In its astral state, fat will strengthen