



# New Hermetics OTO (Man of Earth) Training Regimen

## MINERVAL

The 7 Major Eastern Chakras, Clearing and Energizing  
The Power of Goals  
Power Visualization  
NH Grounding and Centering  
Inner Teacher  
Anchoring New Emotions and the Three Finger Technique for Instant Meditation  
Manifesting Synchronicity  
Pranayama 2 (tech)

## I DEGREE

Initiation into New Hermetics  
Action, the Key to Power: Breathing, Food and Water  
Pore Breathing  
Astral Traveling  
Colors, Scents and Shapes: Mystical Correspondence and its Use  
Mastering Electric and Magnetic Fluids: Charging Talismans  
Earth, Pain and Pleasure

## II DEGREE

The Four Elements  
Balancing and Reframing Your Elemental Forces  
Water, Changing Emotions  
The Beliefs of the New Hermetics Masters  
Air, Changing Beliefs  
Creating Artificial Elementals  
Exploring Archetypes: The Tarot Trumps  
Exploring Archetypes: Invoking The Gods  
Balancing Strength and Mercy

## III DEGREE

Death and Rebirth  
Projection of Power  
Extra Sensory Perception: Supercharging Intuition  
Expanding Consciousness to Fill the Universe  
Obtaining the Magical Memory: Past Life Regression  
Rising on the Planes  
Pranayama 3 (tech)

## IV DEGREE

Values  
Changing Values  
Conscious Communion with Cosmic Consciousness  
Evoking your Demon Princes and Reintegrating their Power  
Accepting and Radiating Rosicrucian Love

## P. I.

Silencing the Mind  
Mahasatipattana: Buddhist Breath Awareness