

LESSON NO. 1

THIS IS THE FIRST LESSON IN SWOBODAIISM

Do not read the next lesson until you have adapted yourself to the first lesson for fully one week. To read the next lesson before adapting self to the present lesson is to violate the first principles of Swobodaism, and it will result in failure instead of in success. Your greatest reactions will come in response to your greatest need—this is evolution. Unless you follow these instructions, your reactions will not be evolutionary, and unless your reactions are evolutionary, you will not change constructively, creatively and progressively in mind, body and life.

Alois P. Swoboda



ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

THE SWOBODA SYSTEM OF PHYSIOLOGICAL EXERCISE
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ORGANIC STRESSING PHASE OF SWOBODA ISM.

My dear Friend and Pupil:

You will in every way become better and better as you desire to be, through Swobodaism. In Swobodaism you need but to act according to the simple instructions, in order that the inevitable reactions take place. Swobodaism uses the energies of the brain, personality, nerves, and muscles solely for one purpose, namely, for the purpose of creating organic stress upon your Creative Entity - Conscious Energy - in order to force it into yielding to you the greater powers of mind and body that lie latently and dormant within you.

Do not deceive yourself into confounding Swobodaism with physical culture, or athletics or calisthenics. The principle in Swobodaism is the very reverse of all other methods. The principle of Swobodaism is reaction.

First, however, I desire to say - that physiological exercise produces health and strength, and improves one's physique.

A system of exercise to be physiological must not produce these results at the expense of the heart, arteries, or vitality. Now, then, it is a fact, that the use of heavy weights is a speedy route to development, because of the resistance which they give to the muscles; but they cause an enlargement and dilation of the heart, and also produce aneurism, on account of the obstruction which they give to the circulation of the blood in the capillary blood vessels. The capillaries lie in between the muscular fibres, and as the latter contract they shorten and necessarily widen, consequently compressing anything which lies between them, hence the obstruction to the circulation of the blood in the capillaries.

Since heavy weights cause a continual contraction of the muscular fibres while they are being used, it is readily seen that there is a constant obstruction to the circulation, and since the heart is constantly forcing blood into the arteries, and it cannot empty into the capillaries and pass into the veins, there is a great increase of pressure in the arteries, which reacts on the heart, and causes hypertrophy of that organ.

Therefore, since heavy weights cause a rapid development of muscle and strength by means of the resistance which they give, it is a fact that by offering the muscles the same resistance (which is done by using one muscle to resist or antagonize another), one will receive the same development, and since heavy weights overtax the heart and arteries by the constant obstruction which they cause, it is also a fact that by making the contraction intermittent by means of alternate relaxations, the circulation of the blood will not be obstructed, but, on the contrary, with each relaxation, the blood will flow from the arteries into the capillaries, and each contraction will force it from the capillaries into the veins and help it in its course towards the heart.

To use one muscle to resist or antagonize another can

best be explained by using the upper arm for example. When the biceps (which is the muscle on the forepart of the upper arm) contracts, it shortens and bends the arm at the elbow. When the triceps (which is the muscle on the back part of the upper arm) contracts, it shortens and straightens the arm. If both muscles were pulling at the same time, and pulling equally, the arm would remain rigid or stiff; hence the antagonization or resistance of the muscles.

The quickest way to acquire the rigidity is to hold the hand open and bend the arm at the elbow, with the upper arm as rigid and stiff as you can possibly make it. At first you will think you are making the arms very rigid, but after several trials you will find that you can offer yourself such resistance as will make your muscles feel as if they were ACTUALLY RAISING WEIGHTS.

In taking the exercise be sure that you do not grip your hands, as that would tend to make the forearms tense only.

Strip to your waist and always exercise before a mirror, so that you will see your muscles work. You will then take a greater interest in yourself and your work, and will also see your improvement more readily as you proceed.

Take Exercise "A" sixteen times; Exercise "D" ten times, and Exercise "E-#2" ten times; never any more; but increase in the tension or resistance constantly in preference to increasing in the number of times. One full count means a complete movement from position at beginning to a return to the same position.

Take Exercise "W-#2" five times the first day, and increase two each day until you reach at least twenty times. This exercise will strengthen the muscles of the abdomen and increase the elasticity and tone of the entire abdominal region.

To derive the greatest amount of benefit the exercises must be taken slowly. If you do them rapidly you will be unable to preserve the proper rigidity.

Take your exercise just before retiring. Take a rest of about ten seconds between each of the different exercises. Any more than that would be a waste of time. You will be inclined to hold your breath. THIS YOU MUST NOT DO, but, on the contrary, breathe freely and easily. You will find this hard to do at first, but as you proceed it will become easy and natural. If you will make a practice of inhaling during one movement and exhaling during another, you will find it much easier to breathe naturally while taking the exercise. For example, in "A", inhale as you bend one arm, and exhale as you straighten the same arm; in "E-#2", exhale as you bring the arms forward, and inhale as you draw them back; in "W-#2", exhale as you raise the head and shoulders, and inhale as you lower them. The same principle can be applied to all of the exercises.

On arising, take all of the exercises, but one-half the number of times that you do before retiring. You need not stop to rest between each of the different exercises. The object of this amount of exercise in the morning is to increase molecular activity throughout all the nerve centers, resulting immediately in greater circulation of blood and normal functioning of all of the glands of the body. The effect of the morning exercise is entirely different from what is desired and produced by taking the exercises the full number of times before retiring.

During the exercise there is a very great increase in the consumption of oxygen in the body. The heart and the nervous system naturally become very active while endeavoring to supply the tissues with oxygen in sufficient quantities. In order, therefore, that the blood may receive oxygen from the air in the lungs under the most favorable conditions, breathe with the mouth fairly wide open. You may, of course, also breathe through the nose, but by no means endeavor to confine your breathing to your nose alone. This advice applies, of course, only while you are taking the exercise and immediately thereafter. At other times, however, it is desirable to breathe through the nose so long as sufficient air is available for the lungs. During the exercises, under no circumstances breathe through the nose alone, for this would place a strain upon the heart and nervous system, which is unnecessary.

Exercise, as you know, increases the production of waste matter in all of the tissues which are used during this exercise. If this waste matter is not removed quickly, it is apt to produce soreness of the muscles. Therefore, be not surprised if you become lame during the first few days. Just as soon, however, as your muscles learn to discharge the waste matter more quickly, the lameness will disappear.

Follow the exercises, both night and morning by a slight application of cold water to the upper portion of your body. This is most successfully accomplished by dipping the hands in the water and rubbing the body with the moistened hands, thus giving you the advantage of the more active circulation from the application of change of temperature, without creating a nervous reaction.

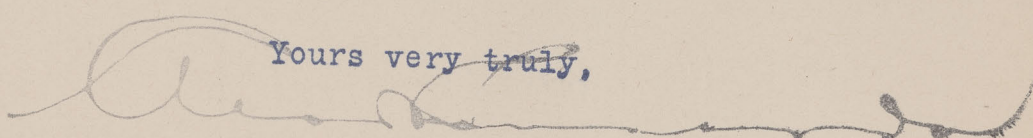
I am certain that it is not necessary for you to give the subject of diet special attention. Merely continue your present foods. In fact, eat those foods which agree with you best. It is, without a doubt, true, that what is of benefit to one in matters of diet is not always of value to another. No set rule along this line is applicable to all persons. Moreover, to follow a rule, merely means to burden the individual unnecessarily. Therefore, continue to suit yourself.

All difficulties which may appear inevitable when giving the exercises the first trial will, without a doubt, soon disappear as your efficiency increases, and you will be able to obtain better results from your effort with each return to the exercise.

I shall write you at intervals of one week. Therefore make an immediate beginning, so that when my next letter arrives you will be ready for the instructions.

Do not enter into the exercises as though it were something objectionable. On the contrary, become mentally eager for the physiological effect which must inevitably result from faithful application to my instructions. The more animated, mentally and physically, you become, and the more eager you are for results, the more successful you will be.

Yours very truly,



ALOIS P. SWOBODA

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NEW YORK

My dear Friend and Pupil:

Conscious Evolution- Swobodaism creates success from within the Creative or Conscious Energy through evolutionary processes, by equipping the body and personality, and thus the mind, with the fundamental equipment and fundamental devices through which the personality reaches into its environment and into its sphere and plane of life, and makes the advantageous adjustments through which an advantage and success and supremacy are procured. Conscious Evolution- Swobodaism gives to the body and personality the power to create the ideas and the faculties and the characteristics and the qualities through which the personality is able to sense its advantages and its disadvantages and to guide itself through the maze of disadvantages in life into the sphere of advantages and success.

Conscious Evolution- Swobodaism, instead of seeking to add to the personality from the outside by means of words, is based on the opposite principle. It energizes the personality; it intensifies the personality, and thus it causes the personality to gain greater power from within itself, through its creative energy, and, with greater power of personality, greater power of ideas, and greater power of sensing and reasoning and analyzing and memorizing and mentalizing, in every respect, inevitably, results.

Conscious Evolution- Swobodaism, in other words, compels the creative energy to equip the body and personality with the power, with the devices, with the means, with the faculties, with the characteristics, with the ideas, through which the personality overrides adversity and failure, and reaches supremacy.

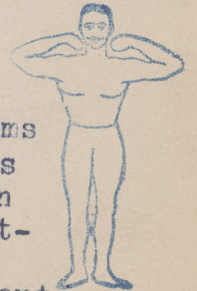
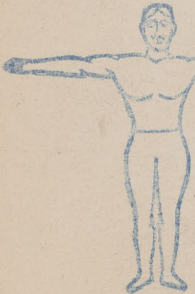
EXERCISE "A". 16

Assume position, as shown in cut. Arms down in front; elbows close to the body; palms turned forward. Bend arms at elbows alternately. As you bend one arm straighten the other. This movement is ENTIRELY and ONLY in the elbows; therefore do not move the elbows back and forth, but keep them in one place, and be sure you do not shut your hands. When counting it would be better to count with the left arm. You would then place more effort in that particular arm, and since it is weaker than the right one you will develop it more rapidly. The muscles of the arm are kept rigid, both bending and straightening. Take special note of this, as you cannot make the muscles too rigid. The more rigid, the better and quicker the success.



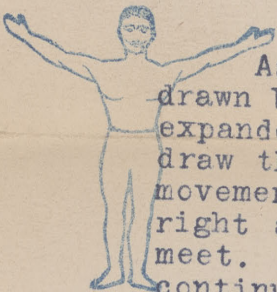
EXERCISE "D". 10

Assume position, as shown in cut #1. Arms horizontal; palms up. Make rigid the muscles of the upper arm and bend both arms so as to come to position, as shown in cut #2; then straighten them again, keeping the muscles rigid both bending and straightening. Keep the elbows on a line with the shoulders. Do not raise or lower them while performing this exercise. The movement is ENTIRELY and ONLY in the elbows.



EXERCISE "E-#2" 15

Assume position, as shown in cut. Arms out at sides and drawn back in this position as much as possible, with the chest expanded. Make rigid the muscles of the shoulders and chest and draw the arms forward and very slightly downward, continuing the movement until the arms have crossed at the elbows. Lower the right arm slightly so that it will pass below the left as they meet. Keep the muscles rigid on the entire forward movement, and continue to draw the arms as far forward as you are able without bending the arms at the elbows. In other words, when your arms are in front of you they will form the letter (X). Relax the muscles as the arms go back. Your left shoulder, being lower, will be raised equal with the right if in this movement you keep the left arm above the right on the forward movement. In drawing the arms back it is desirable to bring them back as far as possible, as shown in cut. Do not, however, throw them back. Finish the forward movement with a conscious effort to bring the arms forward to the extreme limit of which you are capable. The muscles of the chest, shoulders, and back, are influenced by this movement.



EXERCISE "W-#2" 5

Assume position, on your back on the floor; the hands under the head, and the knees bent and heels pulled up, as shown in cut. Now raise the head and shoulders by bending over the stomach, so as to come to position, as shown in cut. Make rigid the muscles of the abdomen on the upward movement and hold yourself up for just a second, and endeavor to thoroughly shorten the abdomen and thus pull the shoulders still further from the floor. It is not my desire to have you sit up in this exercise. In fact, it would be impossible while your legs are in position, as indicated in cut. Lower the head and shoulders easily, with the muscles relaxed, and repeat. You will find that the bending is just below the breastbone. You may take this exercise in bed if you prefer to do so.



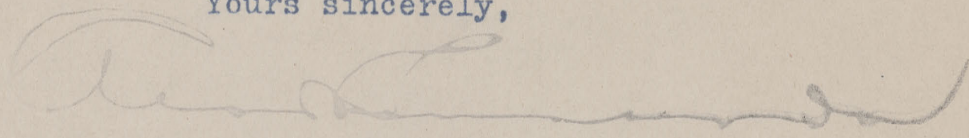
Conscious Evolution- Swobodaism, in this way, is fundamental instead of superficial. Wherever and whenever an individual has unconsciously possessed this higher intensity of personality, there such an individual has demonstrated greater power of genius and greater power of success.

Conscious Evolution- Swobodaism does not ask you to rely on blind evolution to give you power of mind and personality. It does not ask you to rely on blind evolution to give you power of health and power of body; it consciously employs the evolutionary principle, and thus compels, consciously, a higher evolution of body and mind in every department and characteristic. Conscious Evolution- Swobodaism is the science of evolvement from within, outwardly, through body and personality, to success.

The higher your aims, the more earnest your aims, the more sincere your attitude, and the greater the prize that you desire to gain, the greater will be your speed in evolution and the greater will be your result in attainment.

There is much more wealth, health, and power, in Conscious Evolution- Swobodaism for you than you can at present understand or comprehend. In fact, there are such enormous and amazing possibilities for you in Conscious Evolution- Swobodaism that it would be the greatest sin (ultimate loss to yourself), if you were to fail to be true and loyal to yourself in Conscious Evolution- Swobodaism.

Yours sincerely,

A handwritten signature in cursive script, appearing to be "L. Swoboda", written in dark ink on the aged paper.



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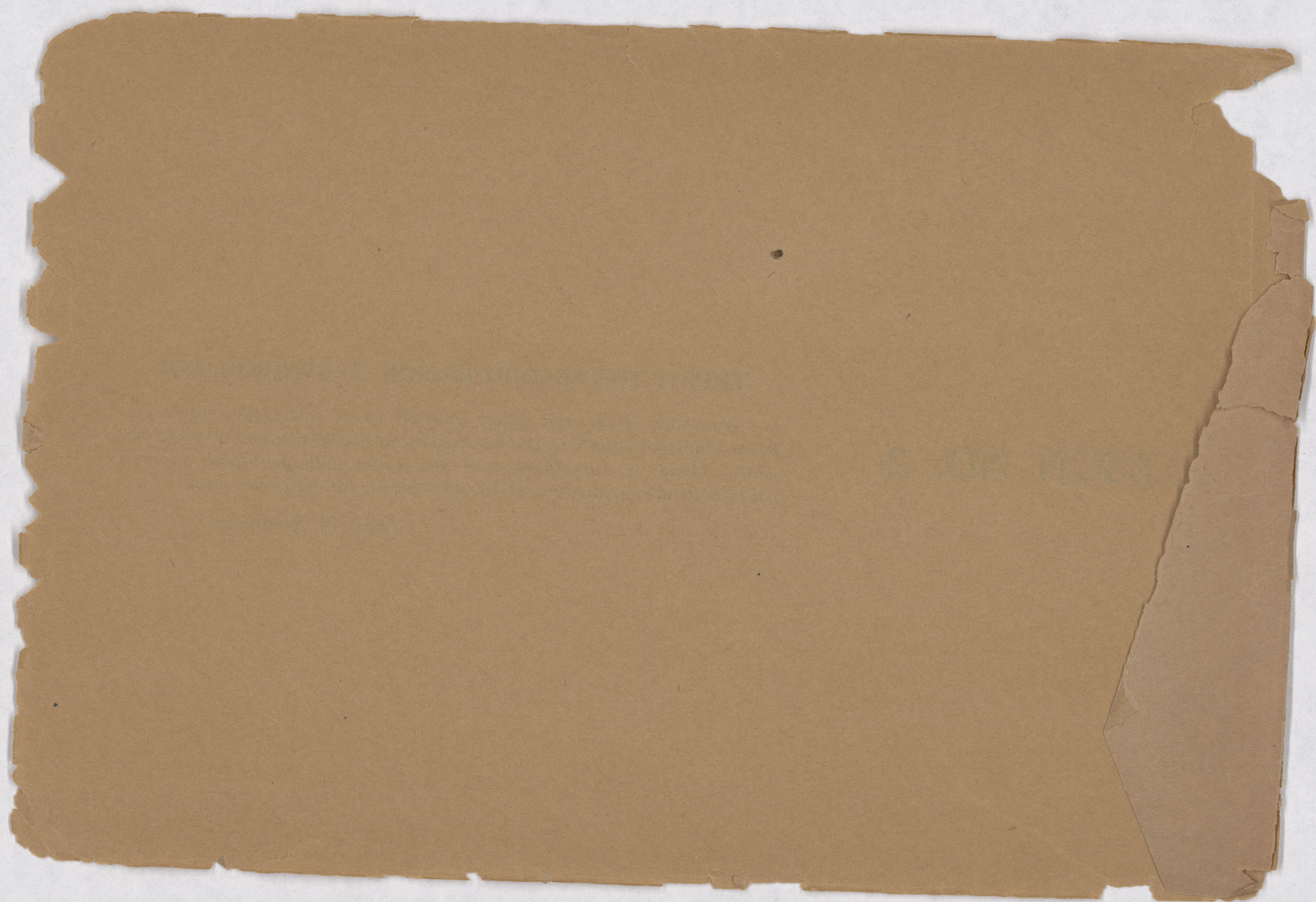
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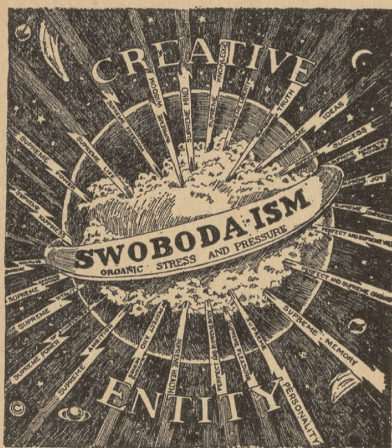
LESSON NO. 2

THIS IS THE SECOND LESSON IN SWOBODAIISM

Read this lesson and adapt yourself to its instructions after you have adapted yourself to the instructions of the first lesson for fully one week. *Under no conditions read this lesson until you have adapted yourself to the instructions of the first lesson for fully one week.*

Alois P. Swoboda





Formula

ASSUME Swobodaism to be true even if you cannot immediately reason it out to be true. Purposely assume it to be true for the distinct advantage and benefit that such an assumption on your part will make possible. Give yourself every opportunity to profit through Swobodaism by eliminating any antagonism you may have in your personality. Moreover, every morning and every evening, just before starting in to practice Swobodaism, endeavor to ask yourself mentally, the question "Why I am taking Swobodaism?" in and, answering this question, endeavor to visualize or mentally realize the advantages and the success and the results that you seek; in other words, do not use your energies merely for the sake of using your energies, but, use your energies in Swobodaism for the ultimate result that you seek to attain.

You will find, under these conditions, that your energies will be more willing to cooperate with you. Say to yourself "I am taking Swobodaism because it will quickly bring me supreme success, power and happiness, through evolving within me the greater powers through which I am to attain supreme success, supreme happiness and supreme power". You may make your own formula—you do not need to follow this formula that I have given you, but, have a well-defined formula and repeat it to yourself every morning and every evening before beginning the use of your energies.

In reasoning with yourself before stressing your Conscious Energy each day, endeavor to realize that the temporary inconvenience, caused by your effort, will bring you great convenience and great advantages plus new pleasures and new joys and new results by reaction.

Try to reason with yourself each day, so that you need not **FORCE** yourself into stressing your Conscious Energy, but, will thus feel **INDUCED** and **ATTRACTED**, by your visualization and realization of future results, into stressing your Conscious Energy.

You will gain greater results through attracting yourself and reasoning yourself into this action than you could possibly gain through forcing yourself through mere determination, without being conscious, at the moment, of just what is your motive, desire or aim.

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NEW YORK

My dear Friend and Pupil:

In view of the fact that the greatest reactions are developed by the cells through the maximum use of energy in a minimum of time, and thus, through the development of the most extensive primary actions, it follows that it never will be safe for you to feel that you really are making your muscles too rigid.

Endeavor each day to concentrate on this matter of controlling your muscles, for, through controlling your muscles, you discipline your cells and forces in maximum intensity, and thus apply to the greatest extent possible for you the positive evolutionary principle, primarily, to your forces, and secondarily, through reactions, to your cells.

When you feel that you are making your muscles extremely rigid, do not come to the conclusion that greater intensity of rigidity and greater intensity of effort are impossible. Endeavor to make your cell antagonization - your rigidity of muscles - progressively intense. Each day enter into the matter of controlling the muscles as though the day before you had not completely succeeded.

I realize fully that you may have some difficulty in maintaining a persistent attitude of seeking greater rigidity from time to time. My object is not to torture you with a burdening idea, but rather to make clear to you that a maximum of effort, in harmony with my instructions, will give you a maximum of reward.

As long as you do not hold your breath, you may consider your breathing successful. Breathing, like digestion, or like the bowels or kidneys or liver or any physiological function, if controlled by the conscious mind, will establish less efficiency in the physiological mind. The physiological mind is ready to take advantage of any assistance the conscious mind gives it, and inasmuch as assistance leads to deterioration, through temporary advantages and reactions of disadvantages, it follows that the less you think about breathing and the less you think about how to breathe and with what portions of your lungs to breathe, the greater will be the responsibility assumed by your physiological mind and the more competent will be your organism in this respect. Your physiological mind knows precisely when and how you need to breathe. Swobodaism - Conscious Evolution increases the necessity for breathing, and it leaves to the physiological mind the duty of governing the breathing apparatus in harmony with the bodily necessities.

Faith has no evolutionary value. It, however, has negative evolutionary influence, if a negative faith dominates the personality. In other words, if you, while exercising, have an attitude of personality that Conscious Evolution is not based on fundamental laws and that it cannot help you, and that you are merely practicing the exercises because you have assumed the obligation you will, in reality, interfere with your evolution. Therefore, in view of the fact that Conscious Evolution is based on the most fundamental principles of life and creation, regardless of whether or not you are conscious of this fact, it will be to your interest to at least give Conscious Evolution the opportunity to demonstrate to you its efficiency. It, therefore, will be to your advantage to have faith, to believe in what I say to the extent that you may eradicate the negative of faith from your personality for the time being. I do not say this to you because I believe that you do not have faith; I am merely explaining for your enlightenment what attitude is best for you.

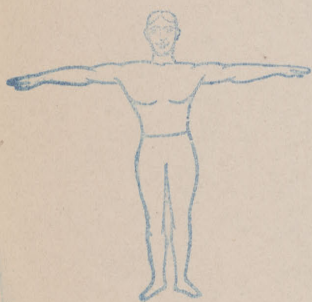
You could gain absolutely nothing of an advantageous character through taking the exercises more often daily than I state. Quite the contrary; if you should exercise more than I specify, you would find that you would deprive my System of its evolutionary influence. It would become mere work, which your organism would tolerate, and against which it would protect itself through negative action, instead of evolutionizing through positive reaction. It is not readily realized, unless one knows all the elements involved, that it is an easy matter to take more exercise or to discipline the cells to an extent than from which they are able to develop reactions of a favorable or advantageous character. Nevertheless, if you will cooperate with me by permitting me to govern you in this matter instead of using your own judgment in the matter of taking more exercise than I prescribe, you will find that you will obtain the maximum of reactions.

You no doubt have learned that you have a tendency to keep the muscles of your neck rigid while trying to control those of the other parts of the body, as required for the different exercises. Endeavor to give the matter attention, and gradually learn to keep the muscles of the neck relaxed, while controlling those of other parts of your organism. This will give you the same advantage with none of the disadvantage or the inconvenience of stressing the muscles of the neck persistently and unnecessarily.

Again I say, enter into this work - enter into this matter as though you were in earnest, as though you meant business. You cannot deceive your evolutionary forces and your personal energies into believing that you are in earnest if you are not. Therefore, do not attempt to deceive them, for to try to deceive them is to practice self-deception, and there is no fraud like self-deception. It deprives the individual of the advantages of evolution, and makes inevitable the disadvantages of stagnation and deterioration.

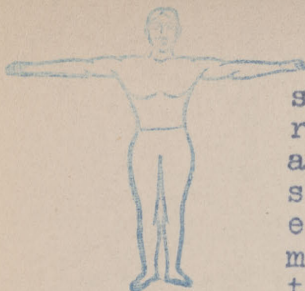
EXERCISE "I"

Assume position, as shown in cut #1. Arms horizontal. Palms turned down. Make rigid the muscles of the shoulders and upper back. Draw the shoulder blades close together and draw the arms down to the sides, as shown in Cut #2. Keep the muscles rigid on the downward motion ONLY, and bring the chest forward as much as you can on this downward motion. Be sure to relax the muscles as the arms go up. This exercise is an excellent one for straightening your shoulders and expanding the chest.



EXERCISE "J"

Assume position, as shown in Cut #1. Arms straight and horizontal. Palms turned up. Make rigid the muscles of the upper arms and shoulders, and draw the arms up, so as to come to position shown in Cut #2 (arms straight above the shoulders). The muscles are kept rigid on the upward motion ONLY. Relax the muscles as the arms go down to first position.



ALOIS P. SWOBODA

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My dear Friend and Pupil:

The results which Swobodaism- Conscious Evolution can produce for you are governed by your sincerity, honesty, good will, good intent, desire, and real and genuine ambition, combined with the intense use of the energies as I have prescribed. Swobodaism- Conscious Evolution is as definite a science as the multiplication table, and if you use it intensely, thoroughly, sincerely, as you use numbers, you will gain definite, exact, and positive results. The laws of numbers are not more definite than the laws of evolution.

For every action there is a reaction. No reaction can be greater than the primary action, and your motives, your desires, your sincerity, and your real cooperation determine your action. Therefore, accordingly as you are sincere and have high motives, so do you create the primary action, and your reaction must, according to the law of action and reaction, be precisely as you determine by your sincerity and action. All evolution takes place through reaction. Each day's reaction, united with and combined with the reactions of every other day, results in an accumulation of reactions, which mean higher power of life, higher power of functioning, higher power of protoplasmic equilibrium, higher power of blood regeneration, higher power of releasing energy and higher power of mind and body in every respect.

Therefore, renew your determination to succeed, and do not enter into Swobodaism- Conscious Evolution as though you were taking it as a duty. Endeavor to enter into Swobodaism- Conscious Evolution with the full understanding of what will be your ultimate and wonderful results as your reactions accumulate. Remember, that your creative energies will work for you, strive for you, live for you, heal for you, and cure for you, accordingly as you personally, through your personal attitude, inform your energies of what you desire.

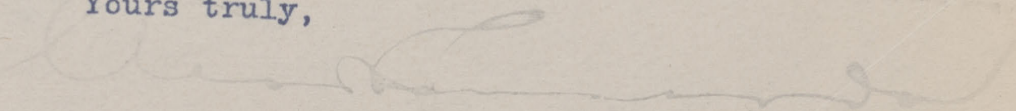
The activation of your creative energy takes place through the use of your energy as in Swobodaism- Conscious Evolution. Whether your action will be positive or negative will be determined by your personal attitude. If you are enthusiastic and eager and anxious to succeed, your reactions will be of the positive character. If you are indifferent and negative, your reactions will be of the negative character.

No evolution and no progress can be made through negative reactions. You must seek success; you must aspire to success; you must want success; you must crave success, and you must have some specific and definite type of result or success in your mind constantly if you are to have the greatest advantage your personal attitude can give you in guiding your reactions as created for you in Swobodaism-Conscious Evolution.

Be sincere, be eager to succeed, and seek to rise in life, in spite of every obstacle, and in spite of every disadvantage, and in spite of every difficulty. Under no conditions admit defeat and failure, and you will be amazed at what a few months will do for you, if you put all of your might, and all of your enthusiasm into your effort to rise above your difficulties and reach supremacy.

If you earnestly pursue success; if you earnestly pursue supremacy, you may find temporarily some difficulty in your path, but if you continue to pursue success and prosperity, you will overcome your difficulty; whereas, if you refuse and neglect to pursue success and supremacy, you will not even have the opportunity to overcome your obstacles. You will become a victim of them. There is much food for thought in this letter for you. Read my letters once a week. You will find that they have a hidden meaning which you can only understand and realize through successful evolution.

Yours truly,





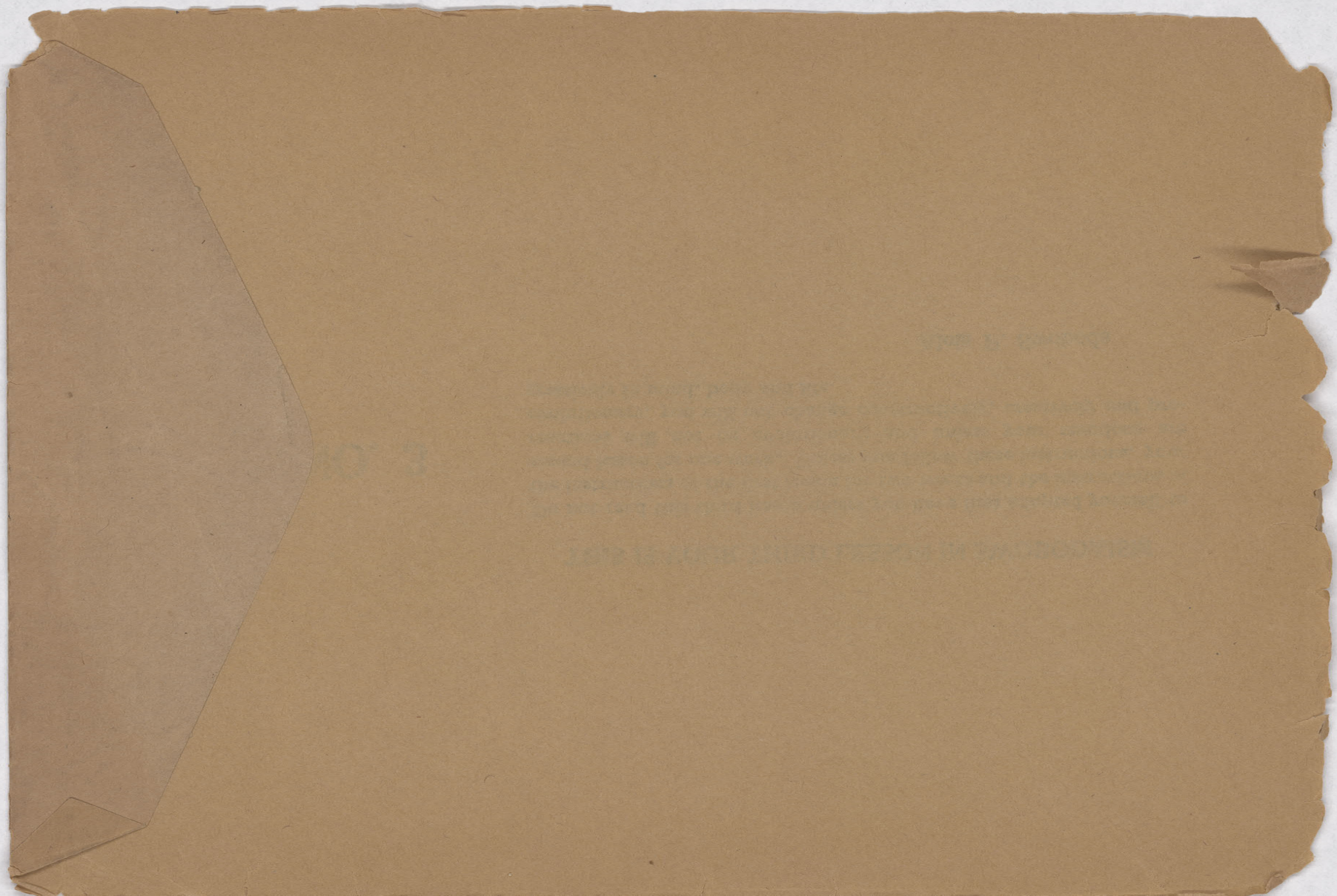
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pt. 2

LESSON NO. 3

THIS IS YOUR THIRD LESSON IN SWOBODAIISM

Do not read this third lesson unless you have first adapted yourself to the instructions of the first lesson for two weeks and the instructions of second lesson for one week, Unless you follow these instructions, your reactions will not be evolutionary and unless your reactions are evolutionary, you will not change constructively, creatively and progressively in mind, body and life.

Alois P. Swoboda



Conscious Evolution Gives Only As You Actually Demand



CONSCIOUS Evolution is a science through which you can take and acquire power and improve yourself. In other words, Conscious Evolution is a science through which you can satisfy your desires by evolving the powers of mind and body through which your desires are satisfied.



CONSCIOUS Evolution cannot force improvement upon you in spite of yourself. There is a very distinct difference in principle between seeking to acquire something through Conscious Evolution on the one hand or taking Conscious Evolution on the other hand with the view of seeing whether it can force improvement upon you. Conscious Evolution cannot force anything on any one.



CONSCIOUS Evolution can only give to each individual accordingly as he is willing to take and demand and request, and the demand and request is made in the form of sincere effort and sincere desire and sincere aim. The more you demand of Conscious Evolution in sincere action, intense action, sincere desire, intense desire, sincere demand, intense demand, the more Conscious Evolution will give you.



CONSCIOUS Evolution is based on principles as exact as those governing mathematics, but just as in mathematics, you cannot gain a higher number by subtraction, but can gain it only through addition, so also in Conscious Evolution you can only gain the higher results through desire, sincerity and action, these being demands of a constructive character.

ALOIS P. SWOBODA,
21 West 44 Street, N. Y. C.

ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

My dear Pupil:

The following two exercises please add to your arm motions just before the floor exercises. In other words, up to this time and including this week, you should take your standing-up exercises first and finish with the movements on the floor.

Take Exercises "R" and "Q" ten times at night and five times in the morning. These exercises are very effective for the muscles of the abdomen, waist, and back, and if you will practice them conscientiously your abdominal muscles will become much stronger. You will find some difficulty in placing the rigidity in these two exercises, but if you will endeavor to make your spine stiff you will then have less trouble in controlling the muscles of your back and abdomen. You will, of course, be inclined to hold your breath, and for a few days, at least, you will have all manner of difficulties with these movements, but the nervous system is governed by laws which compel it to become subject to the conscious mind, and thus by persisting in your mental attempt to dominate the lower nerve centers, you will succeed, and you will have as perfect control over the muscles of the spine as over the muscles of the arms, chest, and shoulders.

The spinal column, as you know, encases the spinal cord, which is a collection of hundreds of nerve centers, each of which, in reality, is an independent brain, controlling some special function of the organism. You can readily appreciate that to acquire control over these nerve centers will be of very great value to you. It will mean efficiency and activity in all of the cells which the nerve centers of the spinal cord dominate. There is another advantage arising from an energizing of these spinal nerve centers, which is that of balancing the entire nervous system, for it is true that the entire organism must be well balanced if it is to live successfully. As you know, the body is but a community of individual cells, and the interest of the entire community must always dominate, just as the interest of a country must dominate the activities and interest of each individual who is a member of the nation.

The mental attitude is of value because it governs the personality in its attitude, not only in its relation to external matters, but also in its relation to internal matters. If, therefore, your attitude is one of sincerity and earnestness, and you seek to develop, in connection with all of your efforts with the exercises, a thorough consciousness of your muscles, and a thorough consciousness of what you are seeking to accomplish, you will find that your reactions will be not only much more rapid, but they will be more definite, and your results will be all the more gratifying.

After you have practiced all of the exercises ONE WEEK, please add those given in your FOURTH LESSON, which will follow in my next.

Yours very truly,

EXERCISE "R"

Assume position, with the arms above the head. Palms turned forward. Keeping the arms in the same position above the head, bend forward as far as you can to the floor, as shown in cut. Make rigid the muscles of the back and straighten up to first position. The benefit is derived on the upward motion, and the resistance is located in the abdominal muscles, which are, of course, used to resist the muscles of the back. The forward motion in this exercise is simply to get ready. I mention this so that you will not underestimate the importance of the rigidity of the upward motion. Take care that the arms come up at the same time with the head. In other words, the arms do not move in the shoulders at all. The movement is entirely in the back and hips. Keep the legs straight. Do not bend your knees. You are not supposed to touch the floor, but bend forward only as far as you can.



EXERCISE "Q"

This is an exercise of bending from side to side. Keep the legs straight, and as you bend to the right side reach down with the right arm and raise the left hand under the left shoulder. As you bend to the left side reach down with the left arm and raise the right hand under the right shoulder. The rigidity is in the muscles of the waist and not in the arms. The object in moving the arms is to enable you to bend more than you would without moving them. Do not bend forward any, but straight from one side to the other, slightly to the rear.



ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

My dear Friend and Pupil:

You have, many times, no doubt, of your own accord, thought about this matter concerning which I write you in this letter, but you have probably never thought about it in the intense degree in which I wish to bring it to your attention, namely, this subject or action of capitalizing the spirit of good will in business, in the home and in every contact with human beings, deliberately - for what it will bring to you.

Endeavor, deliberately and intensely, to cultivate the spirit of good will towards every one. Remember that individuals treat you as you treat them. If you approach individuals in a kind, courteous and gracious spirit, you will find that individuals will vie with each other to surpass you in kindness and graciousness and good will and tolerance. On the other hand, if you approach individuals in a spirit of ill will and in an irritable spirit and in a spirit of intolerance, you will find that individuals will seek to surpass you in abuse and intolerance and discourtesy.

You have no idea what you can accomplish with human beings - for your own good and advantage - through being kind and considerate and tolerant, and thus through seeking to cooperate with individuals and through neglecting to notice the unfavorable and objectionable characteristics and attitudes.

When an individual approaches you in a negative spirit, just make up your mind that such an individual cannot help it, and therefore, immediately proceed to be courteous and extra kind to such an individual. You will find that this higher-grade kindness on your part will give the other individual an opportunity immediately to be kind and considerate also, and thus, a harmonious spirit, a cooperative spirit, and a spirit of kindness, will exist between you; and through this cooperative spirit, you will accomplish wonders for yourself as well as for others; whereas, through an antagonistic spirit, you will antagonize yourself, you will poison yourself, you will rob yourself - you will thus deprive yourself of pleasure, happiness, and success, as well as of health.

Unless you have really made up your mind to cultivate the kind and courteous and tolerant spirit, you have no idea of what you can accomplish with human beings and for yourself. Make up your mind to give this as much attention as you give attention to your daily work, and you will find that in less than thirty days you will establish courtesy and kindness and good will and cooperation permanently in

your personality and these characteristics will then rule you at all times - and you will find the entire world will be a transformed universe for you. Every one will be kind, considerate, and pleasant, and every one will try to do for you something of advantage.

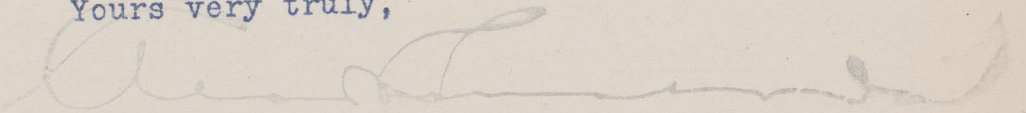
It will pay you to introduce these habits of kindness and consideration and tolerance into your personality, and therefore - purely on account of what you gain out of these characteristics - you should capitalize them and use them and employ them, and thus harness them; and if you find that you continue to have irritable and unpleasant feelings towards human beings, and if you find that you cannot completely introduce the element of kindness and consideration and tolerance into your personality, then make up your mind to do an act of kindness to some individual who is in need of an act of kindness. Pick out some one who is far beneath you in every respect; pick out some one who is in misery and distress, and give that individual something - either good advice or good words, or something tangible or intangible - that will mean to such an individual that there is a friend in the universe who is interested in such an individual.

The spirit of friendship - deliberately cultivated and capitalized, for the specific purpose of creating a better atmosphere within your personality, as well as outside of your personality - will be a very great investment for you - an investment which will pay you tremendous dividends in happiness and success.

Remember, that regardless of how odious and disagreeable and mean and contemptible be the other personality in its attitude toward you, by all means, always approach such a personality in the kindest and most pleasant and most agreeable and most tolerant spirit. Kindness and tolerance and courtesy and graciousness will melt away the most severe irritation and intolerance, for, kindness and courtesy and graciousness are like the light of the sun destroying the darkness of night - for, kindness and consideration and toleration destroy these negative, antagonistic and objectionable characteristics and attitudes, as quickly as the morning sun destroys the darkness of night. Where there is light, there can be no darkness. Where there is good will and a good spirit, there can be no ill will, unkindness, and intolerance.

Read this letter at least once a week. It contains an important personal message for you. It brings to you a power which you may use tremendously for your advantage.

Yours very truly,

A handwritten signature in cursive script, appearing to read "Charles T. ...", written in dark ink below the typed signature.

P.S. - At first, you may find it difficult to always have, or to assume easily and automatically, the pleasant attitude towards everyone, for it is almost natural to assume the attitude of caution first. In this respect we are like animals in a wild state of nature. Animals, in a wild state of nature, in first seeing some other animal, assume an attitude of cautiousness; but we are now living under more favorable conditions; we are not threatened by every individual; therefore, we should assume the civilized attitude - the attitude of courtesy, the attitude of cooperation, and the attitude of tolerance; and while on this subject of tolerance, I wish to call your attention to the fact that you should make a special effort never to speak of the unfavorable conditions and characteristics of others. If the individuals around you have no favorable characteristics, just remain silent. Every individual, however, has some favorable characteristic; make it a point to notice this favorable characteristic, and occasionally speak of it spontaneously. Make a practice of this, and you will find that all resistance in human beings will melt away, and every one will seek to do for you even more than you anticipate. You will be looked upon as the most agreeable and pleasant personality, and just as you seek to be agreeable and pleasant to others who are pleasant to you so others will seek to be agreeable and pleasant to you when you are pleasant to them. The best that can be said about you by a friend is that you are a pleasant and agreeable personality. Make a business of being pleasant - it is one of the greatest assets you can acquire.



1103924185
pt. 3

LESSON NO. 4

THIS IS YOUR FOURTH LESSON IN SWOBODAIISM

Adapt yourself to the instructions of the fourth lesson only after you have adapted yourself to the instructions of the thrid lesson for one week, and the second lesson for two weeks and the first lesson for three weeks. Do not attempt to read the fourth lesson until you are ready for it properly by giving the first, second and third lessons the proper attention.

Alois P. Swoboda

Conscious Evolution in Principle the Reverse of Physical Culture



CONSCIOUS Evolution is like physical culture only in the outward appearance. In its basic and fundamental effect, it is based on the opposite principle to that on which physical culture is based. In other words, physical culture is based on the principle of assistance, whereas Conscious Evolution is based on the principle of evolution and supremacy.

Physical culture aims to produce a favorable action by its primary effect. Conscious Evolution aims to produce a negative action by its primary effect, but to create a favorable result by the reaction—evolutionary reaction.

Conscious Evolution employs the energies of the nervous system, muscle or motor cells, as well as of the mind, brain and personality, for the specific purpose of exerting evolutionary stress on the Conscious Energy which holds all of the bodily and mental characteristics within itself, united and co-related.

Conscious Evolution, by creating evolutionary stress through the motor energies, guides the reactions into such characteristics and powers of mind and body, as are in need of reactions, for the attainment of success through power.

In Conscious Evolution, I employ the Swoboda System of Physiological Exercise as a device or formula or means through which the motor energies are employed for stressing the Conscious Energy evolutionarily.

ALOIS P. SWOBODA,
21 West 44th Street, N. Y.

ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

My dear Friend and Pupil:

The following two exercises are to be added to your previous movements, placing them at the very end. In other words, while you are still on the floor, continue with Exercises "X" and "Y". Take Exercise "X" three times the first day, increasing the number at the rate of one per day, if possible, until you reach twelve times before retiring. Take Exercise "Y", which is the second movement of this lesson, three times the first day, adding one every other day until you reach six times.

I suggest that you take Exercises "X" and "Y" and also "W-#2" in bed. You will find them more agreeable. In Exercise "X", if you have any trouble, you may lift one leg at a time for a while, and as you become more efficient you may take it in the regular way; and in Exercise "Y", place your feet under the covers, to hold them down, and as you are about to rise, throw your arms forward, and thus for a while give yourself this assistance.

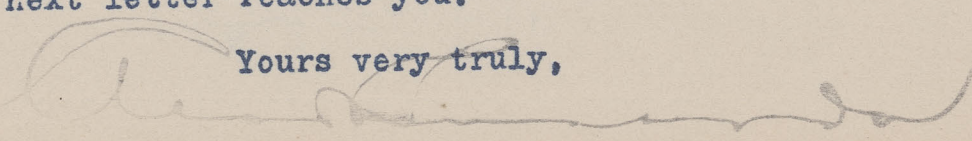
Lower your feet quickly in Exercise "X", and lower your body quickly in Exercise "Y". When, however, your abdominal and back muscles become stronger, you may take these movements slower, and it will not be necessary to lower the body and feet completely and thus relax.

Take these two exercises five times each day, upon arising. Do not take them five times upon arising, however, until you have attained that number before retiring by increasing as per my above advice.

Extensive benefit from exercise must always come in the form of reaction. In other words, the first effect of exercise, in order to create permanent and definite results, must be a detriment to the body, from which the body reacts with greater energy and greater ability in every cell. Therefore, it is necessary to constantly bear in mind the limits of reaction of each individual, for what is enough exercise for one very often proves to be too much for another, and yet the physiological limit of reaction must be constantly crowded, otherwise the system will not be called upon to adapt itself, and no benefit will result. I am giving you exercise in the proper volume, intensity, and number, in harmony with my judgment of your physiological limit of reaction, and I trust that you will follow my advice in every respect in earnest, for thus you will make it absolutely certain that the condition of your body will constantly improve, your cells will develop more energy, and you, in consequence, will feel extensively benefited.

I shall write you again in a week, and I hope that should these exercises cause you any discomfort, that it will have disappeared when my next letter reaches you.

Yours very truly,



EXERCISE "X"

Lie flat on your back on the floor. Place the hands under the head. Keep the legs straight, and slowly raise the feet until nearly straight up, as shown in cut. Do not throw them up and take notice that you do not bend the knees. When letting them down, do it slowly. Keep the muscles of the legs and hips rigid on the upward motion ONLY.



EXERCISE "Y"

Lie flat on your back on the floor. Fold the hands across the chest. Place the feet under the foot of the bed, or anything else in the room, to hold them down. Keeping the body erect and the chest forward, raise the body to a sitting position. Do not bend over the stomach in this exercise, but bend in the hips. Let the body down slowly and repeat. Keep the body rigid on the upward motion ONLY. Slightly bend the knees as you raise the body and straighten them as you lower the body.



ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

My Dear Friend and Pupil:

Swobodaism- Conscious Evolution is based on the opposite principle to medical practice and to medicine and other treatments. Instead of devoting itself to the symptoms of weakness and symptoms of illness, and thus to the negative side of the problem of health and life, it devotes itself wholly to the positive and creative side.

Swobodaism- Conscious Evolution does not seek to cure constipation; it does not seek to cure indigestion; it does not seek to cure rheumatism; it does not seek to cure nervous prostration; it does not seek to cure anything. Swobodaism- Conscious Evolution seeks to ignore this negative state of body and mind, and it seeks to destroy these symptoms by giving attention to producing perfect health and perfect functioning and perfect processing in every cell, tissue, organ, and gland of the body, and thus Swobodaism- Conscious Evolution, by creating perfect conditions, destroys the negative conditions, and establishes supremacy and power and perfect health and more energy at one and the same time.

Swobodaism- Conscious Evolution is based on the theory that every moment of time and attention you give to the negative side of your problem is a moment wasted and wrongly invested. Swobodaism- Conscious Evolution is based on the theory that success can only come through giving attention to success.

Remember, that you cannot overcome darkness by giving attention to darkness. You can overcome darkness only by giving attention to light. You can overcome poverty only through giving attention to prosperity and wealth. Therefore, make up your mind to give your earnest attention, sincere attention, and entire atten-

tion, to perfect health, greater power of life, and greater power of personality; for in this way you will destroy weakness, illness, feebleness, and failure.

Scientifically speaking, it is absolutely true that successful evolution is a panacea for all human ills. Successful evolution is a cure-all - the only cure-all. Swobodaism- Conscious Evolution, through consciously employing the medium and principles and laws of evolution, makes successful evolution more easily possible and more attainable. Therefore, Swobodaism- Conscious Evolution approaches being a successful cure-all more than any other system or science or treatment which is not evolutionary in its nature and effect, such as drugs, dieting, mental attitudes, ordinary exercise, physical culture, electricity, conscious deep breathing, etc. , etc.

All ills of mind and body are due to incomplete or unsuccessful evolution. Unsuccessful evolution, therefore, is the fundamental cause of all human ills. Ills are more or less severe and dangerous in type as well as in degree, accordingly as the degree of failure in evolution exists in each organism.

Partial evolutionary failure means chronic and general ills or disease - inferior life - feeble personality - and feeble power of life. Extensive evolutionary failure means severe distress or disease. Complete evolutionary failure means collapse of body and mind. It is self-evident that success in evolution means success in all else.

Swobodaism- Conscious Evolution leads to higher success in evolution - it leads to evolution beyond mere blind or natural evolution. It produces practical evolution, progressive evolution, scientific evolution, and valuable evolution of every characteristic of mind and body, as is genuinely desired or wanted by my pupil.

I hope my letters please you, and interest you, for I am sincerely eager to have you gain wonderful health, wonderful youth, wonderful energy, wonderful vitality, a wonderful mind, a wonderful brain, a wonderful personality, and wonderful success.

With good luck to you, I am,

Sincerely yours,



#1103924185
pt. 4

LESSON NO. 5

THIS IS YOUR FIFTH LESSON IN SWOBODAIISM

Adapt yourself to the instructions of the fifth lesson only after you have adapted yourself to the instructions of the fourth lesson for one week, and the third lesson for two weeks, and the second lesson for three weeks, and the first lesson for four weeks. Do not attempt to read the fifth lesson until you are ready for it properly by giving the first, second, third and fourth lessons the proper attention.

Alois P. Swoboda

pleasure as may arise through the tugging at and struggling with heavy dumb-bells, and thus gaining high blood pressure and preparing conditions for the early development of hardening of the arteries?

As the blood pressure rises, the organs of generation shrink and lose their tone, and premature discharge takes place; finally, sexual functioning becomes a complete failure.

Conscious deep breathing, by automatically and abruptly introducing oxygen into the system in excess of its needs, causes excessive union of oxygen and carbon in the blood and cells, creating gas in excessive volumes, which is not only a poison, but the presence of the gas distends the cells and tissues and capillaries, also increasing the blood pressure, and not only creating sexual weakness—as in all instances where the blood pressure is increased—but also giving rise to dizziness, giddiness and a sense of mental imbalance.

The world has yet to produce a mental giant or a genius through heavy dumb-bell exercise. The laws of evolution make it impossible for a highly conscious mind to exist in a personality that is enslaved by a body which has been developed by heavy weights or heavy dumb-bells. The more highly developed become the purely mechanical elements, the greater is the recession of consciousness of mind and personality. This is in harmony with evolutionary law, and cannot be changed by argument.

Fancy a human being slaving, working and exhausting his energies in connection with heavy dumb-bells or excessive deep breathing, and thus becoming mentally slow and sexually weak, by virtue of compensating reactions! Can you imagine anything more stupid?

Alois P. Swoboda
BERKELEY BUILDING

21 West 44th Street

New York City

It is a matter of knowledge among physicians that professional strong men, gymnasts, and athletes are sexual weaklings.

Dangers of Athletic and Gymnastic Exercise

Organic Stress has restored to normal virility, functioning and manhood many who have been functionally weakened by athletics, weight-lifting, dumbbells, violent forms of exercise and other practices.

Organic Stress, however, must not be classed as a mere cure for sexual weaknesses.

IT is, of course, a matter of common knowledge that as the blood pressure rises, the sexual instinct or power recedes. Whether the high blood pressure be due to leaky heart valves or to hardening of the arteries, produced by a cessation of evolution, or by a stiffening of the walls of the capillaries, resulting in nutritional inaction, or through the use of heavy weights or dumb-bells, the result is invariably the same insofar as destroying the sexual power is concerned.

All individuals who practice with heavy weights prematurely, lose their sexual power. Practically all strong men, all gymnasts, and all athletes, are more or less sexless. Most physicians know that, sexually, even those who have tuberculosis are more efficient than those who are professional strong men, developed through the use of weights. The principle involved is almost the same as in excessive fat. The fatter the man the more feeble is his sexual power.

It is wrong in principle to exercise with heavy weights, for it most certainly increases the blood pressure. Most everyone has noticed how individuals who exercise with heavy weights have large, prominent veins standing out, so to speak, on their arms and on other parts of body. These excessively large and prominent veins always indicate excessive blood pressure and when you learn that, as the blood pressure rises, the sexual power recedes—when, in other words, you realize that it is the rise in the blood pressure of individuals that robs them of their sexual power, you will appreciate that it is most unprofitable to exercise with heavy weights. The prominent veins on the arms and temples tell the story of rising blood pressure and accompanying recession of sexual power.

That the use of heavy weights increases the blood pressure is not only demonstrated by actual tests and measurements of the blood pressure, but it is clearly evident to all, through an examination of

even the superficial veins of those who practice with heavy weights. Note, for instance, the swelling veins of any athlete or strong man who has practiced with heavy weights, and you will find that the veins bulge and become exceedingly prominent. This is one of the first and surest signs of high blood pressure. There is not a strong man who has developed himself by means of heavy weights who does not have these large prominent veins to exhibit unconsciously as evidence that high blood pressure has been developed through the system employed for developing the muscles by such an individual. Thus, you can easily see, strong men, in their photographs and in their persons, illustrate the truth of this statement.

As the blood pressure rises, sexual efficiency—sexual life, recedes. High blood pressure is the one definite and positive means of destroying sexual life. This is why individuals who gain high blood pressure through the use of heavy weights or through permitting their blood vessels to “age,” are almost invariably sexually impotent, partially or completely.

What is true of exercise with heavy weights is also true of gymnastic and athletic exercise. In fact, the theory of institutions employing gymnasiums in connection with systems of moral culture, is that in reducing the sexual energy of the individual through gymnastic or athletic exercise, the individual loses the desire to be sexually active or immoral, thus converting himself virtually into a eunuch.

Who is there so keen to be non-alive, as to wish to give up the primary, secondary and tertiary powers of procreation? Moreover, who is there so ill-informed as to fail to realize that the higher instincts and sentiments of life are related to the very nature of procreation; and who is there that desires to give up all of these attributes of mind and body and the characteristics of personality for the sake of such

ALOIS P. SWOBODA

21 WEST 44 STREET

My dear Friend and Pupil: **NEW YORK**

No doubt, by this time, you have wondered if I intended to give you exercises for the upper portion of your body and its nerve centers only. You may rest assured that I shall give you exercises for all of the muscles of your body, for while it is true that I have up to this time paid more attention to the upper portion of the body than perhaps you require, nevertheless, it is important to exercise those muscles first over which you have reasonable conscious control, so as to develop in the nervous system a greater consciousness of all of the muscles and thus be able to eventually dominate every muscle which it is desired to exercise.

The following exercise please add to those given in previous letters, placing it at the very end. Take Exercise "V" ten times the first day and add one daily until you get it up to twenty times. Increase the number of times of Exercise "V" constantly at the rate of one per day, even though you feel quite exhausted after it every night, for this exercise, taken in this manner, will create a great demand upon your digestive system for digested food, and thus your nervous system will respond with greater activity in this direction as well as in controlling more successfully the elimination of waste matter from the large muscles of the legs and hips. Moreover, the heart will become stronger, and you will find that it will brace you in every department of your body and will prevent congestions, for when the heart is strong and the nervous system is fully alive to the needs of the system, the entire organism is governed perfectly and the feeling of health and energy is consequently as it should be. Take "V" but half the number of times upon arising that you do before retiring.

There is, however, no need of continuing my full course after you have attained a satisfactory condition, for exercise, in time, becomes a burden, just the same as anything else which we take as a duty to ourselves. I shall, therefore, suggest a short course in my next letter which will take only a few minutes each day, but which will enable you to retain the very highest state of perfection indefinitely, which you will obtain from the full course. This short course, however, you will not take now, for you are not as yet in possession of the benefits which the full course can give you.

Regardless of whether we like it or not, it is, nevertheless, a fact, that the cells of the body require a certain amount of exercise. When you have, therefore, developed the tissues of your body, you will be able to give this needed quantity of exercise to your nerves and muscles with less than five minutes attention per day. In my own case I average less than two minutes per day, sometimes taking a little more and at other times even less, and yet I am able to maintain myself in the highest state of development and efficiency. I know that you can do likewise, for the laws of physiology are the same for you as they are for me. In Nature there is no inequality before the law.

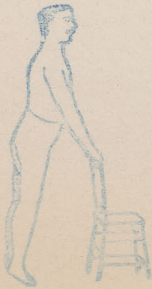
I shall write you again next week, as per my schedule, giving you instructions for your final lesson.

Yours very truly,



EXERCISE "V"

Assume position by standing on the toes. Hand on the back of a chair to preserve balance. Keep the body erect, and by bending in the knees lower the body. Then make the muscles of the thighs rigid, and by straightening the legs raise the body to first position. Keep on the toes all through this exercise, and when lowering the body you will come to position, as shown in cut. Keep the muscles rigid on the upward motion only.



ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

My dear Friend and Pupil:

Your sincerity and your ambition and your real desires determine your attitude and action.

If you are sincere - intensely sincere - genuinely sincere, and if you are ambitious, and aspire to accomplish something really wonderful for yourself, then you are, by all means, thinking in progressive terms, positive terms, future terms, and you are guiding your every action and every idea and every adaptation progressively.

If you are insincere, if you have no real desires, if you have no real ambition, if you have no real aim to accomplish something for yourself, then you are thinking in negative terms; you are thinking of not doing this and not doing that and not doing the other thing. You are thinking of saving yourself. You are thinking of avoiding the problems of life. You are thinking in terms of your symptoms, in terms of your weaknesses, and you are catering to your weaknesses and your symptoms.

Nothing can be gained through giving attention to weaknesses and symptoms of adversity. Success comes only through giving attention to progressive and favorable and evolutionary conditions.

You can make up your mind that you are sincere if you have the desire to accomplish something, and you can make up your mind that you are insincere, even though you may not be thoroughly conscious of it, if you are thinking of defending yourself against action and avoiding action, and thus meeting the problems of life in an antagonistic spirit.

If you could thoroughly realize the importance of getting away from the negative attitude and from the attention to negative conditions, and if you could thoroughly realize the advantage which inevitably must become yours; if you give your attention wholly to constructive ideas and creative attitudes and progressive desires and thus constantly to your success and aims and to your desire for supremacy, you would, without question, from now on, absolutely eradicate from your personality all thoughts of adversity and all thoughts of misery, and all thought of failure, and all thoughts of weakness, and would constantly try to keep in mind a realization and a visualization of the advantageous and favorable side of existence, and if in connection with this favorable attitude of your

personality you would stress your energies evolutionarily and daily, as I have prescribed for you, the results, indeed, would be amazing, for the results would become cumulative. You would not only add to your results week by week and month by month, but you would also add to your momentum and rate of your results by the increased power which the cumulative effect of your results would make inevitable.

Unless you have an aim and an ambition that is worth while, you will find that your creative energies will drag you down, pull you back, and interfere with your action. They will fill you with the ideas of neglect and indolence and ideas of the negative type.

Your creative energies are governed by the same principle that governs human beings in their action. Human beings act best when they are induced, through an advantage, to act for themselves. Therefore, endeavor to crystallize and visualize in your own mind just what it is that you really want and make your desire as clear and as tangible as possible. At the same time, make your desire worth while. Do not think in mediocre terms. Do not think in small ideas. Remember, that the bigger your aim and the higher your ambition, the greater is the inducement to your Conscious Energy - your Creative Energy, to work for you and strive for you and evolutionize for you and create for you throughout your mind and body.

Make up your mind to see just how great a success you can accomplish for yourself through Swobodaism- Conscious Evolution. Make up your mind to surpass any previous effort made by yourself or by anyone else. In other words, compete with yourself and with others in your desire and effort for health, success, and supremacy. With this attitude in your mind and personality your Conscious Energy will develop for you great and almost unbelievable reactions.

Measured and understood in terms of your final or ultimate results, you are now practically, for the first time, taking the full Course and therefore, in reality, are for the first time, using your energies for the purpose of developing maximum reactions. In other words, while you have been adapting yourself to my lessons, you have, in reality, been developing but moderate reactions and adaptations, but from now on your adaptations and reactions will be a maximum, just as soon as your organism learns to react fully to the maximum of stress you are giving it through acting on all of my suggestions.

Remember that your results come entirely and only through reactions. It is through reaction in your Conscious Energy that you gain greater will power; it is through reaction in your Conscious Energy that you gain a perfect memory; it is through reaction in your Conscious Energy that you gain greater concentration, courage, and

confidence; it is through reaction in your Conscious Energy that you gain greater digestive power, heart power, lung power; it is through reaction in your Conscious Energy that you gain greater nerve and brain power; it is through reaction in your Conscious Energy that you gain greater vitality; it is through reaction in your Conscious Energy that you gain equilibrium and greater power in every cell, tissue, gland, and organ of your body; it is through reaction that your brain and nervous system are energized. In other words it is through reaction in your Conscious Energy that you gain greater power of mind and body in every respect.

In Swobodaism- Conscious Evolution you use your energies merely for the purpose of creating reaction by stress in your Conscious Energy. Swobodaism- Conscious Evolution is used only for the purpose of creating these reactions through stressing your Conscious Energy, and for no other purpose.

Your results will be entirely according to your desire and action. If you really have a desire to succeed amazingly, your Conscious Energy will give you complete success if you appeal to it through stressing it through Swobodaism- Conscious Evolution. Remember, however, that now that you have the complete Course, you have, in reality, entered upon your self-superiorization in full force for the first time.

If you will read all of my letters with enthusiasm, you will find that they will not only have a new and higher meaning, but they will also have a new and better and higher influence over you. There is power for you in a constructive and favorable, as well as enthusiastic, interpretation of my letters of instructions. Your Conscious Energy, through transformations and conversions of itself, under and in response to stresses disturbing its equilibrium, reacts, and these reactions enter the molecules of the cells, the molecules of the blood, the molecules of the protoplasm, and the molecules of the tissues, glands, and organs, as well as the molecules of the nerves, nerve centers, and brain, resulting in higher organization of these molecules and cells and tissues and glands, fluids, and organs of the body. The reactions of the Conscious Energy also enter the energies of the nerve centers and brain, giving rise to higher development and evolution of the characteristics of the nerve centers and brain, thus giving rise to higher development of every faculty and every nerve force of every nerve center; the Conscious Energy, superiorizing in this way through these reactions all of the bodily and mental powers and characteristics and faculties, raising the very level of life and efficiency of body and mind to a new and higher plane. Under these conditions, the power of resisting disease is increased and the power of the organism over every process is intensified, while, at the same time, the power of the personality, through the mind, to cope with the mental and symbolic and

conceptual conditions of life, is amplified, augmented, or increased, giving to the body and personality greater powers for supremacy, as well as greater power of resisting adversity, regardless of what be its nature. Your possibilities through Swobodaism- Conscious Evolution are limited entirely and only by your desire, by your sincerity, by your enthusiasm, combined with your action and use of your energies in Swobodaism- Conscious Evolution for stressing your Conscious Energy and driving it into more highly developing, and increasing your every bodily and mental power.

Your Conscious Energy has perfect health, sensational vitality, unlimited energy, and extraordinary powers of mind and body in store for you. You need but to reach your Conscious Energy through an evolutionary demand, as in Swobodaism- Conscious Evolution, through intense action, full sincerity, intense desire, and constructive enthusiasm, and your Conscious Energy will give you precisely those powers of mind and body that you need, as expressed by your desires. Your desires determine the direction of the reactions in your Conscious Energy.

Swobodaism- Conscious Evolution is the energetic science of self-superiorization. To be enthusiastic over Swobodaism- Conscious Evolution is to be enthusiastic over your progress and your greater future. Your possibilities through Swobodaism- Conscious Evolution are enormous - amazing. Convert them into realities through your enthusiastic action in Swobodaism- Conscious Evolution.

The object of this letter is to help you to realize the importance of action and the importance of having an aim and the importance of really pursuing something that has tremendous value for you in terms of happiness or in terms of health or in terms of success. Read my letters over and over again. You will find that they contain a hidden meaning, and that this meaning can only be interpreted and understood and realized by you through intense and sincere and progressive cooperation.

Within the next two or three years startling and transcendent disclosures for humanity will be made through Swobodaism- Conscious Evolution. The time for conscious realization of the ultimate law through me is approaching.

As a matter of fact, you should become one of my most enthusiastic pupils, for the more you gain the greater must become your enthusiasm. Your possibilities of gain are enormous. Swobodaism- Conscious Evolution can unquestionably and positively give you the advantages you seek and need and require. You can become a giant in energy, a giant in personality. With enormous energy you will override obstacles and gain a new realization of life - a new universe of life, health, happiness, pleasure, and success.

Yours truly,

LESSON NO. 6

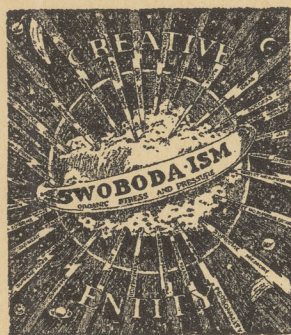
THIS IS YOUR SIXTH LESSON IN SWOBODAIISM

Each of these lessons have contained and do contain two letters, making twelve letters in all. Do not proceed with the sixth lesson until you have adapted yourself to the fifth lesson for at least one week, the fourth lesson for two weeks, the third lesson for three weeks, the second lesson for four weeks and the first lesson for five weeks. Moreover, just as soon as your evolutionary reactions have reached the maximum for which you aspire and as you desire, you may then reduce the time required, as well as the effort in connection with the lessons, as explained in this sixth lesson. Swobodaism is the science of extracting from universal forces, a maximum in a minimum of time.

Alois P. Swoboda

NEGATIVE INTERPRETATION AND POSITIVE ADAPTATION OF

Conscious Evolution



Swobodaism

IT is a fact that it is necessary for my pupil to cooperate with me and to practice the exercise and to use his energies, if he is to fully understand and comprehend my instructions, and if he is to arrive at a successful conclusion. No mere reading of my instructions can disclose to anyone the secret and hidden power of my instructions. My instructions must be carried out; that is to say, my pupil must supply earnestness, sincerity, and desire and action, and thus cooperation, for without these my instructions are meaningless. If there be among my pupils an individual who hopes to solve Conscious Evolution—Swobodaism and solve my instructions through mere reading of my letters, then for such an individual I am sorry, for no one, regardless of how far advanced he is in scientific learning or in philosophical cogitation, has the power to comprehend Conscious Evolution—Swobodaism without action and cooperation, and according to the sincerity of my pupil and according to the determination of my pupil to gain the highest prizes of life, so accordingly will Conscious Evolution—Swobodaism become a source of new wealth, and a source of new power, and a source of new life.

Anyone who tries to interpret Conscious Evolution—Swobodaism in terms of physical culture, or in terms of exercise, or in terms of physiology, or in terms of any other present-day science or philosophy or practice, attempts the impossible. Conscious Evolution—Swobodaism is based on an altogether new principle, a principle which has ruled humanity unconsciously and blindly in evolution, but which in Conscious Evolution—Swobodaism is actively, purposefully and consciously capitalized and employed.

To understand the science and philosophy of Conscious Evolution—Swobodaism, it is necessary to understand the laws and principles and nature and characteristics of Conscious Energy. There are no scientists or philosophers or physicians who are thinking in terms of Conscious Energy, consequently there are no individuals who are equipped mentally with the power and device and means by which to comprehend Conscious Evolution—Swobodaism in its philosophical and scientific phases. My pupil, however, need not understand the science and philosophy of Conscious Evolution—Swobodaism, just as a patient need not understand the chemical composition of a physician's prescription. All that is required of my pupil is earnestness, sincerity, and a desire to accomplish something, a desire to increase the power of mind and body, and this must be combined with real earnest and sincere use of the energies as I prescribe for my pupil. When my pupil supplies these elements, then my pupil completes the chain—the circle which makes the rising tide of successful evolution for him absolutely inevitable. There can be no failure where there is proper effort and the proper desire, and the

earnest aim and ambition. Enter into this matter with the enthusiasm born of a desire to accomplish something, and your results will be amazing.

I hope you have not allowed yourself to interpret my instructions and explanations in a negative spirit or attitude. To do so is to rob yourself of the power of rapid advancement.

If you can understand that my ambition in life is to give the greatest possible result to human beings, and if you will therefore interpret everything I say in this spirit, and if you will avoid the error of misinterpreting my statements in negative terms, you will arrive at a complete understanding of what I aim to accomplish, and what I mean to do and why I write what I write.

Everything that is said, and ever has been said, and ever will be said, is subject to two kinds of interpretation—positive interpretation and negative interpretation. You need but to attend a case in court and to listen to the lawyer of the opposition to realize that everything that is said is twisted into meaning the opposite of what it is intended to mean, and the opposite of what, in reality, it does mean.

If you will interpret what I say in the positive spirit, you will gain the real meaning of my phrases, and the real meaning of my instructions, and the real meaning of my attitude. If you should, by accident, or intention, interpret what I say in negative terms, you would not only do yourself an injustice, but you would be unjust to Conscious Evolution—Swobodaism and to me; for nothing I say is to be interpreted in negative terms; all that I say I mean in the positive terms. What I have just said is meant in a kind spirit. Knowing that everything can be incorrectly or erroneously interpreted, I am seeking to give you the key in this way to a successful interpretation of everything I say for you and to you.

I shall be delighted when you gain a maximum of advantage, through Conscious Evolution—Swobodaism. My aim is to give you the utmost result, and I believe if you will interpret not only my instructions in the proper spirit, but also my letters in the positive spirit, you will put yourself in the position of gaining the greatest result.

In the event you have not thus far intensely and seriously and earnestly and sufficiently adapted yourself to my complete instructions, it will be best for you to drop back immediately to the exercises of the first lesson, and once more, earnestly and thoroughly and sincerely, add the different lessons at intervals of one week as I originally instructed you. This will give your system a new evolutionary impulse through which your organism will adapt itself with greater success. By all means, act on this suggestion if you are not earnestly and thoroughly pursuing the full Course of Conscious Evolution—Swobodaism.

Alois P. Swoboda

ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

My dear Friend and Pupil:

You may now ADD the following two exercises, placing them immediately after your arm or standing-up movements; in other words, just before your floor exercise. Take each of these new exercises ten times before retiring, omitting them entirely upon arising. You may now increase in the rapidity with which you do all of the exercises and at the same time shorten the periods of rest. This will cause the exercises to consume less time and yet retain their effectiveness.

Later, when you feel that the full course is taking too much time, and you have derived satisfactory results, you can take the following exercises only, namely, "A" "E-#2" "I" "J" "R" "W-#2" and "V". Take each exercise rapidly, with the muscles as rigid as possible, devoting almost no time to rest between the different movements. This short course will enable you to retain the benefits and at the same time gradually improve upon your physical condition. When you are ready to take the short course as per above, take it the full number of times, both night and morning.

I trust that you follow the exercises to the best of your ability, for upon the regularity of practice very much depends. In fact, regularity of practice is coequal in value with the intensity of application of mind in producing rigidity of the muscles, for it is by this means that the nervous system is aroused to greater activity, resulting in better functioning of all of the glands of the body.

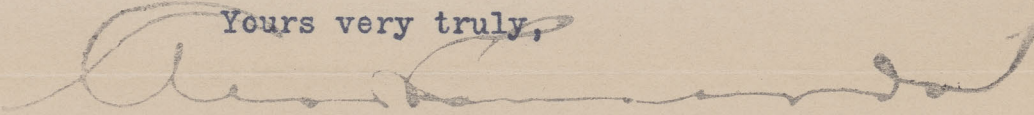
The exercises, as you know, are merely the vehicle by means of which the nervous system is aroused to greater activity through the intense application of the mind in producing resistance and rigidity of the muscles. Aim constantly to increase in your ability to exert your mind on your muscles, and in order to increase this capacity, and if convenient, make a practice of Exercise "A" several times during the day, in addition to your morning and evening exercise.

I have now given you enough instructions for stressing your Conscious Energy through exercising to yield ultimately for you such results as you desire. During the first thirty days your organism, while developing reactions, is at the same time subjected to increasing stress through your adding of the different lessons. Now, however, that there will be no additional exercises, your organism will increase its reactions, and of course your results from now on will be gratifying in every way. In other words, all results come through the cumulative effect of the reactions, and the cumulative effect of the reactions becomes inevitable after you adapt yourself to the full and complete Course.

Read carefully and always in a constructive spirit all that I have written to you, for it will have a new and deeper and higher meaning for you, and with this new and deeper and higher meaning, you will gain greater power, by means of which to extract from Conscious Evolution, with greater success, the results you seek. There is absolutely no limit to your possibilities through evolution. Conscious Evolution is evolution purposefully and deliberately and consciously aroused, activated, urged, and promoted. This is the final lesson, but your real reactions and results are just beginning.

With all good wishes to you, I am,

Yours very truly,



EXERCISE "N"



Assume position, with the body erect, the arms hanging at sides. Make rigid the muscles of the chest and shoulders, and slowly draw the shoulders as high as possible, as shown in cut; then draw them down as low as you can - not with a jerk, but slowly and with rigidity. In drawing the arms up inhale and fill your lungs as much as you can, and when lowering the arms exhale and empty the chest as much as you are able. This exercise will increase your chest expansion and relax the muscles of the shoulders.

EXERCISE "F"



Assume position, with the arms bent at elbows. Elbows close to the body. Palms turned inward. Make rigid the muscles of the arms and shoulders and push the arms to full arms' length above the shoulders, as shown in cut. Draw them back to first position. Keep the muscles rigid, both on the upward and downward motions. Push the arms up, one at a time, so that while the right arm is going through one movement, the left arm remains relaxed and resting. The muscles of the shoulders, arms, and back of the neck, are used in this exercise.

ALOIS P. SWOBODA

21 WEST 44 STREET

NEW YORK

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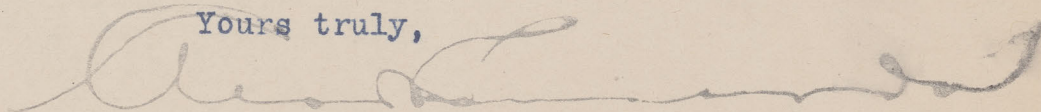
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I shall be delighted when you gain a maximum of advantage through Conscious Evolution. My aim is to give you the utmost result, and I believe if you will interpret not only my instructions in the proper spirit, but also my letters in the positive spirit, you will put yourself in the position of gaining the greatest result.

In the event you have not thus far intensely and seriously and earnestly adapted yourself to my complete instructions, it will be best for you to drop back immediately to the exercises of the first lesson, and once more, earnestly and thoroughly and sincerely, add the different lessons at intervals of one week as I originally instructed you. This will give your system a new evolutionary impulse through which your organism will adapt itself with greater success. By all means, act on this suggestion if you are not earnestly and thoroughly pursuing the full Course.

Yours truly,

A handwritten signature in cursive script, appearing to be 'A. C. ...', written in dark ink below the typed name 'Yours truly,'.

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pt. 6