

RANDOM HOUSE *e*BOOKS



Mind Magic

Betty Shine

About the Book

Since her first book, *Mind to Mind*, was published in 1989, Betty Shine has been inundated with letters of thanks and appreciation. Her extraordinary message has touched hearts and changed lives the world over. As her reputation has grown, it has become impossible for Betty to treat personally the thousands of people who look to her for help. So it is as a natural extension of her talks, lectures and private consultations that she has written *Mind Magic*, a self-help guide that will enable everyone to experience the benefits of mind energy and healing – for themselves and for the good of others.

At the core of *Mind Magic* is a series of exercises and projects devised, tried and tested by Betty herself. Though all have been designed to develop the imagination and renew mind energy, each has an additional specific aim, ranging from stress management to memory enhancement. Built around these disciplines is a mass of practical advice on vitamin and mineral intake, colour therapy, the power of positive thinking and a host of other topics. A handbook for the soul, a guide to health and happiness, a manual for living in the modern world, *Mind Magic* is a valuable and singular contribution to New Age literature.

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Copyright

Mind Magic

The Key to the Universe

Betty Shine

*To Alan, for his love, support and for
always being there*

Acknowledgements

To my editor, Rivers Scott, for his skill, charm
and humour. And to Janet Shine and
Wanda Woolgar without whom my office
would be chaos.

Introduction

My first book *Mind to Mind* has reached out to the far corners of the world and formed a community of kindred spirits. This has become obvious from the thousands of letters I have received from people from all walks of life, not just thanking me for writing the book but saying that it has changed their lives.

Mind Magic will take you further along the path to independence and awareness.

The Imagination is the Key to the Universe. With your own key you will be able to unlock the door to experiences you will never forget.

The exercises in this book are extremely powerful – do not be deceived by their apparent simplicity. The methods I teach have been tried and tested over many years and are absolutely safe. Try them. Your life will never be the same again.

Part One

HEALING

One

MIND ENERGY

What comfort, what strength, what economy there is in order – material order, intellectual order, moral order. To know where one is going and what one wishes – this is order; to keep one's word and one's engagements – again order; to have everything ready under one's hand, to be able to dispose of all one's forces, and to have all one's means of whatever kind under command – still order; to discipline one's habits, one's efforts, one's wishes; to organize one's life, to distribute one's time – all this belongs to and is included in the word order. Order means light and peace, inward liberty and free command over oneself. Order is power.

Henri-Frédérique Amiel (1821–81)

THIS BOOK IS called MIND MAGIC and that is exactly what it is going to be about – MIND and MAGIC, or rather, what at first sight looks like magic. So here, to start off, are two stories which seem to be about magic. I will show you why they are actually about mind.

The first concerns an appearance of mine on Southern Sound, the radio station at Portslade, Brighton, in Sussex, quite near my home. My engagement was on that popular programme *The Eleventh Hour* presented by Peter Quinn, whose interest in the paranormal led him to devise this show on which people like myself are invited to explain their theories. Peter and I have since become great friends. I doubt, however, whether he bargained for what would happen on that occasion, or would ever again want to repeat the experience!

The broadcast took place at eleven o'clock at night. I sat down, adjusted the microphone, and the interview began. I was talking about mind control and repeated many times how powerful the mind can be. Then suddenly, the console with all the controls started flashing, the television monitor blacked out, and the studio became very hot. Peter Quinn looked dazed. He became red in the

face and started twisting about in the heat. 'My God!' he said, looking up at the creaking ceiling. 'What's happening?'

We got through the interview somehow and as I emerged from the studio, I found a scene of even greater confusion. The whole building was blacked out, fire and burglar alarms were ringing, electric doors had locked themselves, never again, it seemed, to be unlocked! A police car, summoned by the burglar alarms, had driven up. Peter Quinn, still at his post, and trying to run two stations in these conditions, was going berserk. 'Everything has blown up,' he kept saying to the listeners. 'I'm getting hotter by the minute.' Two hours later he was still waiting for the electricians to turn up and still repeating to his listeners, 'Betty Shine has gone, leaving me in total darkness.'

It transpired that the station's electricity supply had blown, two out of its three emergency generators had gone out of action, and the air-conditioning had packed it in. But the studio in which I had given my talk was left with power, the only one to be so. Coincidence? I don't think so. I was protected because, in this broadcast, I was spreading the word.

The second experience, even stranger than the one at the studio, occurred more recently and concerned my friend the actor Michael Crawford, star of *Phantom of the Opera*. I had been thinking a lot about him – thinking about him very intensely, in fact, as he was about to embark on another important phase in his career. Suddenly his voice singing *The Music of the Night*, his main song in the show, came bursting out from the record player.

I looked at it in amazement. I had certainly not switched it on or set the record playing. In fact, I had not used it for weeks. Then I looked down at the wall. The record was on the turntable but the machine was not even plugged in. There was no electricity. My own resources had supplied the power!

How does one generate power like this? The answer is, by MIND ENERGY.

In my first book, *Mind to Mind*, I explained how I discovered a bright, white energy around the head which looked like a vibrating

halo and which I had studied for eleven years. I explained how negative thought funnelled this energy inwards instead of outwards, while positive thought directed it outwards instead of inwards. In so doing it expanded it in ever more powerful ways, linking it up with the universal mind, that great reservoir of thought and knowledge outside ourselves.

Healing is dependent on the application of mind energy; so are thought transference, clairvoyance, mediumship and much else. If I say that mind energy is the great force in our lives I am not exaggerating. Its power is even greater than that of the atom – after all, it harnessed it – and like the atom it must be used only for good, because whatever you give out will return to you tenfold or more. That is the Universal Law. There is no getting away from it. Whatever you give out will, no matter how long it takes, return.

I have spent many years studying this energy around the heads of hundreds of clients and this study was my main reason for writing my bestselling book. I wanted to share my discoveries with the whole world. Now my desire is to go one stage further. I hope this present book will give you a still better understanding of mind energy and why it is vital to be positive at all times, why you cannot allow negativity into your life. I will not only explain in it how mediums receive messages and give evidence of survival, how absent healing is given, how the Universal Mind links up with the intuition, but also how you can become psychic, have your own survival messages and clairvoyance, heal yourself and others and also give absent healing. By the time you have finished reading it you should already have opened the door to a new, positive, optimistic life-style.

But first I want you to remember that mind energy is affected by every single thought you have. So let us get back to mind energy.

When someone is depressed it looks as though the whole centre of the halo I described has been sucked in. Knowing how powerful this energy is, one can only guess at the pressure that must be depressing the brain and surrounding muscles and tissue. It is quite dangerous, to say the least, and the more you can work at lifting the pressure and return the halo to its natural shape, the healthier you

will be. If you are a natural depressive, please don't worry – there is still a way out. This book has been written with you in mind.

Try to think outwards at all times. Thinking of oneself all the time is a bad habit that has to go – believe me, you cannot afford it and, let's face it, it really is quite simple. Remember, inward thinking draws the mind energy down. Outward thinking expands it, releasing pressures.

For example, we have all noticed how our memory is affected when times are difficult and negativity creeps in. This is because the brain cells are under pressure and cannot function correctly. When this pressure is very bad, the messages which the brain gives to the body to enable it to function can sometimes be incorrect, and this can cause a number of physical problems which are called psychosomatic. In this case healing can work miracles by simply dislodging the congestion caused by the mind energy. Now you can see how important it is to be positive, to keep the mind energy expanding outwards and to keep the pressure off the brain and body.

I can hear you saying, it's OK for you; you haven't got my life. Believe me, my life has been full of problems and there are very few people indeed who escape. Life itself is problematical. If it were easy we wouldn't strive; we wouldn't learn to progress in any way. We all need the stimulation of challenge as well as our quiet moments. Everything has to be balanced.

That is why I am not asking you *never* to be negative; only to limit the negativity to a short period. If you can't solve your problem at once, then time yourself and switch off after five minutes. In that five minutes you can think logically about the situation but don't dwell on the fact that you cannot alter it. Switch off after five minutes. If your thoughts return quickly, tell them to push off. And be quite adamant about it. After all, no matter what has befallen you, you still have your life to live and you must, for your own salvation, get on with it.

Later in the day, if you wish, have another five minutes negativity, but only five minutes. Don't forget to switch off. If at some later date you find the answer to your problem it will be

because you did not allow the mind energy to funnel in and take away the sharpness of your logical thought. Remember, the mind energy is the power and the brain the computer. Without the power, the computer is useless. If you find this difficult try the blackboard exercise that will come later in the book.

Now you have a little knowledge about mind energy, let me tell you more. This same energy actually leaves the body when you die. I have seen it leave. It can take on many shapes but it cannot be destroyed because it is energy. It joins an energy dimension. That is why mediums with their expansive mind energy can link up with minds in other dimensions and have a mind-to-mind contact with those who have died.

A medium cannot contact a particular mind and receive messages. The contact must first be made from the energy dimension. Once this contact has been made, then we can pass on messages. The contact however can be broken from both sides. If the medium returns to menial tasks, then the expansion of mind energy is reduced and the contact ceases. That is why a good medium is always entirely positive when giving evidence, keeping the mind energy going for ever outwards and linking it up with the universal mind. The messages received and given will then be messages of quality. The quantity is of no importance at all.

What is the Universal Mind? It is a collection of past minds, of minds strengthened with knowledge, talent and spiritual values, and it is a source that can be tapped by anyone wishing to seek knowledge. Once you have the secret of tapping the universal mind, life becomes easier. But beware. You will also learn spiritual values and gradually lose your desire for unnecessary material objects. However, you will also be happier and healthier. That has to be a great bonus. I will tell you how, if you sit quietly, close your eyes, and do the following exercise, you can make life easier for yourself.

Feel comfortable and relaxed. Let yourself go. Allow your mind to drift away, to visit some far-off land, to sit on a mountain top or by the sea, listening to the crash of the waves as they hit the shoreline and rocks. Maybe walking through a sunlit valley glowing with the beautiful reds and oranges of wild poppies would be more to your

liking. Whatever your choice, allow your mind to linger there for a while. Remember: the mind is energy and it can travel anywhere in the world. The thought is the deed and with another single thought you can bring it back. Practise projecting and retracting your mind energy and you will notice how light you feel when your thoughts are miles away.

When you feel thoroughly rested I would like you to try another small exercise that will take you into the centre of the universe. You will be visiting the centre of all wisdom. Imagine a pin-point of light in a darkened sky, think yourself towards it, and as you travel with the speed of lightning you will see it getting bigger and bigger until you find yourself at the opening of a tunnel. Go through the tunnel and you will emerge into the Great Hall of Knowledge where wise men (The Ancients) will be seated around a half-circle table. Walk toward the table and you will see a chair. Sit down, close your eyes, and listen to the silence, the audible silence, for the wise men will be communicating with you telepathically.

Open your eyes. Little by little the knowledge and teachings you have been given will be impressed upon the physical brain and you will surprise yourself by solving your own problems. Life will become a lot easier and you will find a peace never before experienced.

If you are unable to see through the imagination, because of a lack of vitality in your mind energy (this is a common problem), please don't worry. Just know that it is happening. It will still have the same effect.

The sudden dawning of the knowledge received in this way can be called intuition. Whether you know it or not, intuition is the result of linking up with the Universal Mind, whether by intention or accident.

Talents become stronger, more powerful, when someone has a positive, expansive mind energy. Artists are for ever looking outwards, away from themselves, as are sculptors, singers, musicians, surgeons, anyone who is a giver rather than a taker. The more outward-thinking you are, the more expansive the mind

energy and the more you will link up with the knowledge of the Universal Mind.

There is no doubt that to survive in the world as it is today we need to call upon energies to sustain us and guide us. It is becoming increasingly difficult to exist without this aid. The expansion of mind energy is therefore a must for those who want to remain healthy and successful. Negativity can become an incurable disease. It is certainly a habit that is all too easily acquired. Learning positivity demands time and effort at first, but take my word for it, the moment will come when it is just a part of your everyday routine.

Then, no longer will you have tension headaches, aches and pains all over your body, overactive adrenalin glands, bad circulation and the many other complaints with which most of us nowadays live as a matter of course. People have forgotten what it is like to be 100 per cent healthy – especially young people. When you feel really healthy, achieving becomes your goal. Believing in yourself seems natural and you have no hang-ups or tensions. Life is great and you feel great. But how many of my readers, I wonder, starting out on this book, are feeling like that? Very few, I suspect.

Since *Mind to Mind* was published I have received letters about the book from over 40,000 readers. Almost without exception, they have said that it has changed their lives – proof in itself that what I am teaching works!

In that book I added a few simple exercises with the intention of encouraging readers to start experimenting with my methods themselves. The exercises I shall be giving you now are intended to take you into the next class, to encourage you to risk a further leap into the unknown and to help you find out for yourself who you are. You may be surprised to find within yourself gifts you never knew you possessed, a spirituality of which you never suspected even the seeds, emotions you never dreamed of. The pages that follow will explore unknown territory, offering the most exciting adventure imaginable – and all without leaving the comfort of your own home! The wisdom of the ancients is always a challenge:

Without leaving his door
He knows everything under heaven.
Without looking out of his window
He knows all the ways of heaven.
The further one travels
The less one knows.
Therefore the sage arrives without going,
Sees all without looking,
Does nothing, achieves everything.

Tao Te Ching

Tao Te Ching is, of course, speaking about the mind!

So much more was known about mind power in those days. The building of the pyramids! The discovery of meridian lines in acupuncture! Stonehenge, constructed without modern technology. The great uprights – the sarsens – of that formidable array of stones weigh 50 tons each. Thirty of them were originally arranged in a 1,000-foot circle, inside which there were sixty ‘bluestones’ each weighing 5 tons. How were these sarsens shaped? Sarsen is so hard that modern steels have no effect on it. We think that as far as technology is concerned we are streets ahead of the ancients. Believe me, in many ways we are light years behind them!

How is it that churches all over the country are built where ley lines meet? (Ley lines are a network of earth forces that criss-cross the land and, where they join, these churches, barrows and prehistoric sites are found. Stonehenge, in particular, is at the centre of geodetic lines). Hundreds of years ago people used their natural psychic power – that is, their mind power – to chart the ley lines. These people were normal. It is people without psychic power who are abnormal. They have lost their way because they have no guide lines, no energy lines to grasp. They have no intuition and once intuition has been lost human beings become like sheep, following one another and hoping to God that someone, somewhere, has the right ideas.

Where are the great explorers, those wonderful people with a superabundance of courage who ventured into the unknown with a donkey and a pack? Using their intuition they walked the ley lines without knowing they were doing so. It came so naturally to them. They had no wish to change the people they found, or their environment. They only wanted to see and become a part of something new and strange to them, even if they thought it uncivilized – something exciting.

The one thing they failed to realize was that the people they met were way ahead of them in respect of natural law, Universal Law, and an instinctive survival system. These people knew instinctively when other tribes were about to visit them, as much as a week ahead! How could this be? The only answer is mind power, the power of thought transference, and the ability of mind energy to travel over long distances.

I would like to tell you a little about Sri Sathya Sai Baba, a remarkable man and a saint, who performs miracles every day of the year – miracles which have been witnessed by men of integrity and power from all over the world. Red-hot objects rise from the sand, flowers are turned into jewels, rocks into sweets, material objects are manifested from thin air, as also is *vibhuti*, a sacred ash used for healing. I could fill this book with the miracles of Sai Baba but instead will confine myself to one story.

A patient of mine who was a follower of this sage visited one of his ashrams in England. Whilst she was there a man put his hand on her shoulder and said, ‘You have a friend who is a healer?’ She replied, ‘Yes.’ The man then said, ‘The Master wishes her to have these.’ Whereupon he handed her a bag containing dozens and dozens of packets of the precious *vibhuti*, plus a photograph of Sai Baba, a locket with a photograph of him, and another of the person he had been in a previous life. To say that my patient was flabbergasted would be to understate her reaction. But she duly handed the packets to me, wondering why I should have them and not herself, the disciple.

Since then this incredible man has appeared to me twice, with ten years, at least, intervening between the two visits. His last visit was

quite recent and occurred when I had raging toothache for three days. It was a holiday period and I couldn't get to a dentist. It was only the help of my Mind Medicine Room that kept me sane. While I was lying on the bed wondering how I could give a lecture in two days, Sai Baba appeared and gave me an assurance that I would be out of pain the next day. I just couldn't believe this – which shows how much further along the road to enlightenment I had (and still have) to go!

I got up next morning still in agony and thought, 'So much for that prophecy.' Janet, my daughter, who is not a professional healer, came to visit me and I said, 'Look I know you aren't a healer but with all of your psychic power why don't you have a go, give me some healing?' This she did and I had a miraculous cure.

This is how mind power works. Messages are relayed in all sorts of ways and clearly I was prompted to ask Janet for help so that the miracle healing could be carried out through her. We are all used, in one way or another, make no mistake about that. If we listen to our intuition and are guided by it, problems are overcome in a seemingly miraculous way. There is always someone wishing to link up with your mind and help you, but unless you meet that person halfway you will not receive the message the helper is trying to give you. By carrying out the exercises in this book you will be able to meet your helper halfway. And it will change your life!

Sai Baba lives in Puttaparti in India and has always said that he will never visit the West because we are not ready for him. He is right, but what a tragedy! Perhaps one day he will change his mind. Let us hope so anyway. I have never been a follower of Sai Baba and never will be. I have always taken an independent path. But my respect for him could not be greater and when people tell me how incredible my gifts are, I only have to think of him to know that I still have a long way to go, possibly a few more lifetimes. Having said that, I find it exciting to start people along the road of progression and to pass on what knowledge I have. We all have to start somewhere, and most people haven't even opened the first gate!

Sai Baba says that his gifts are his visiting cards that send him instant flashes when someone is ill. That was certainly true in my case. Yet in between his two visits I have had little time to think about him. And in fact, there is no need. We don't go around all day, every day, thinking about God and neither should we. It is enough to know He is there, and that is the same with Sai Baba. I also know there is no need for me to visit India to see him because my mind can travel effortlessly anywhere in the world.

I hope by now that you are beginning to feel excited about your own future mind journeys and what your own, unique experiences will be. I am certainly excited for you because I know that, without my own experiences of this sort, my life would have been extremely dull.

That is why I think it is such a pity that most scientists only see the world of matter. Their minds are only half open; indeed, the minds of some of them are quite closed. If they were to expand their minds perhaps they would find a way of saving our planet. They cannot do this unless they see the world as a whole. Some scientists, I know, have broken through this barrier, only to be shunned by their peers as a result. If we can reinforce the strength of the few by improving the efforts of the many then we too will have played a major part in reversing the breakdown of the ecology.

Do not be put off by literature that assures you that mind energy does not exist. I know that it does because I can see it and have studied it. Simply try the exercises printed in this book and prove its existence for yourself. Do not live your life through others. Experience it for yourself.

In my first book I explained how the energy system in its varying manifestations is today becoming increasingly accepted. Many of the alternative or complementary methods of healing – acupuncture, for instance – have been based on those principles for centuries, and those of us who constantly use and work with energy experience 'miracles' every day – another example of the magic that is in fact mind. But besides the positivity that expands it and drives it on, mind energy itself requires one activating and controlling force. That force is IMAGINATION.

To start with, most people probably think of imagination as something spontaneous, vague and undirected. Imagination of the kind I am talking about is exactly the opposite. Imagination – that is, the deliberate making of images – is the producer and expander of mind energy. Far from allowing it to come and go at its own whim, you deliberately seek to set it going and control it, to nurture and enlarge it in every way you can.

By building up pictures you are strengthening mind energy until its powers are almost limitless. The exercises in this book are designed for just that purpose – to enable you to manipulate the mind energy through the imagination. Through the exercises, I shall be teaching you how to expand mind energy, how to keep the pressure off the brain and body, and how this discipline will open up your whole life.

This is your own mind effort. There is also a magical point. When you build up pictures in this way by use of the controlled imagination you are at the same time beaming them out into space. In due course somebody out there will beam back to you pictures of their own, clairvoyant visions which will help you along your path. Jung understood this. He was a man who never wasted a vision. He always accepted it as part of his own clairvoyance and acted upon it.

This book will teach you many other disciplines, the result of which will be to bring about a valuable increase in mind energy. How to rest properly, how to supplement your food, how to make friends with our wonderful natural environment and not to join those who seem to be hell-bent on wrecking it – all these are important lessons. Through them you will learn how to tap knowledge from the universal mind and enhance your life in all its aspects. After all, not all of us wish to expend our energies blowing fuses in broadcasting studios or getting sounds out of record players without the bother of plugging them in. Those are just the trimmings!

The aim of this book is to ‘plug you in’ in a different way. Imagination is the controlling force behind mind energy. It is also the key to your health, happiness and success. Through it you can

grow roots, driving them deep into the soil just as though you were a great oak, so that never again will you be rocked about when things are bad. You will become independent. You will have freedom of thought, word and deed. Moreover, as time goes on, you will become a better person, kinder, more spiritual, in harmony with nature and with your family and friends.

You don't have to believe me. Just try my methods and see! This is a do-it-yourself, be-your-own-chemist book, a complete self-help manual for the body and for the mind, and I guarantee that by the end of it you will be amazed by the person you seem to have become. *An undisciplined mind will always be the servant of a disciplined mind.* That is another Universal Law. Make sure, then, that *your* mind is disciplined! Put to good use, the imagination can transform our lives. With it we can go out tomorrow and start changing the world. We can also fight a war against ill-health in ourselves and others because among the things we can change are our own and their cellular systems.

In the next chapter I will start telling you how the healing process works.

Two

THE MECHANICS OF THE ENERGY COUNTERPART

On earth there is nothing great but man; in man there is nothing great but mind.

Sir William Hamilton (1788–1856),
Lectures on Metaphysics

I LIE ON the couch, nice and warm. Betty explains about her healing and lays those lovely warm hands on my body. Without further ado she mentions that she is being told I have a malformed kidney. I look around stupidly for the person who is telling her this but of course she is speaking spiritually. She places her hands on my right kidney and confirms the diagnosis. Then she tells me that I also have skin cancer. She is correct, yet no signs of this condition are visible. She also suggests that I have problems with my eyes, an ulcer and enzyme deficiency – all correct! Betty Shine had been told that I had multiple sclerosis but nothing at all about my state of health apart from that. How could she diagnose all these symptoms with such accuracy?

The patient who wrote these words, Peter Williams, a successful but sceptical businessman, had been invited to take part in a television programme about the powers of mediums and healers, and he also agreed to be filmed again later on to see if his health had improved. When I first saw him, his physical state was appalling. He could not walk except with a stick or supported by his wife Shirley. He knocked into furniture, spilled drinks all over the tray, and suffered from a weak bladder. In fact, he was a wreck. He had also been told that he had only a short time to live and was inclined to believe this.