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**www.ESPLab.com**

# ESP Lab®

A Service of Spiritual Science

**Al G. Manning, Founder**

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**President:**

**Sami MERLYN Rose**

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**Real Magick. Real Results**

**MOVE THROUGH THE CHANGES OF LIFE**

**To Better and Better Together  
 with a FUN DIMENSION SHIFT Issue**

**GREETINGS** as we begin our 48th year and second month of continuous publication of our ESP LAB Newsletter.

**WOW!! BE BLESSED** as you come and join in the party! Let's play very hearty. **WE KNOW**

**Our battles are already won!** For this we give **THANKS.**

Let's **LIVE** the charmed life **NOW** as we claim and experience **GOOD FORTUNE – LOVE, Peace, Protection, FREEDOM, Prosperity, Creativity, Good Health, FUN Energy – just pouring in!!** We dedicate this opening paragraph to each one's personal experience to receive bright **SPRING RENEWAL** with **NEW LIFE, NEW LIGHT, NEW LOVE, NEW JOY** with **LAUGHTER, FRESH INSPIRATION** with all that is needed and more, pouring in...

Let there be: Rainbows and waves and rivers and streams, buckets and wheelbarrows **FULL** of **MONEY, Good FEEDBACK**, fresh inquiries, success stories, creativity, with love peace and harmony just pouring into our personal life experiences! Let's touch our **POWER STAR OFTEN...** and receive a new connection with **Positive spiritual forces!** **Breathe, Relax, Smile, ENJOY, and WIN!** Let's keep the fun – knowing everyday is a precious gift!!!!

**I RAdiate the LIGhT  
 to all Creation!  
 You can too!  
 BE THE LIGhT!**

Let's have a dimension shift: into new and greater levels of love. **FUN. Freedom. Peace. Joy. and Prosperity!**



**Awesome Al  
 declaring  
 our good fortune!**



**ROCKING RA,  
 the Spiritual Sun,  
 the Illumination,  
 the LIGHT, the Source**

**BLESSINGS OF LIGHT** to member Gretchen Engstrom as she has joined Al in the Spirit World – on the other side of life – beyond the veil. May she know beauty and light in her new spirit life! **BLESSED BE GRETCHEN!!!**

**MAGICK is ALIVE!** The true nature of the Universe is very Magickal – If you ever tried to count the stars then you know the Universe is a big place. As I see birds in flight, snow on the mountains, the bright awesome sky I experience the magick of the Divine. Our power star in the middle of our opening paragraph is based upon an ancient magickal source that goes back to the beginning of time. Within the center of the power star are symbols of the Sun, Moon, and Venus radiating universal energies to each point of the star, with each point representing a planetary force: Mars (red), the Sun (orange), Venus (yellow), the Earth (green), Jupiter (the bright blue sky), Mercury (on the indigo ray), Saturn (on the violet ray) and the Moon (on the white ray). These planetary influences and power personalities are related to the chakras... starting with the red root center, the orange spleen center, the yellow solar plexus, the green heart chakra, the blue throat center, the indigo brow center, the violet crown chakra and the white

light or red-violet light of the 8th chakra above the head. As you touch your opening paragraph with its power star you are contacting these universal spiritual forces – the red of vitality, the orange of illumination, the yellow of effectiveness, the green of love, the blue of creativity, the indigo of higher mind, the violet of discipline, with the white light of spiritual development. Al's system uses ancient names for the progenitors of time to invoke those powers for their love, friendship, and help – Nergal (red Mars), RA (orange sun), ISHTAR (yellow Venus), PAN (green – the earth – OSIRIS in earlier works), MARDUK (blue sky Jupiter), THOTH (indigo Mercury), BAST (violet Saturn), ISIS (white moon). You as a microcosm of the Macrocosm of the Universe have all these energies within you. Our power star is a reminder and a connection point of the vast treasure trove of magick that is within YOU! By touching the power star in the opening paragraph you choose to access divine power to assist you in your daily efforts as a spirit within a body.

**READ MORE ON ESP LAB SPIRIT POWER and ETP's  
 (Energy transforming personalities) at  
 www.ESPLAB.com**

Use the negative to push the positive – Make your stumbling blocks into stepping stones!



Playful Positive Puck!

**GREEN LIGHT 2013 EXERCISE LET'S TURN TO:** the lush green light that sets us free! Let us EXPERIENCE the LIVING LOVING LIGHT of GROWTH, PROSPERITY, ONENESS with Nature and all GREEN living things... "SHIMMER GREEN" with a positive TRANSFORMATION... with PAN, OSIRIS, HIAWATHA, OSIRIS and OSTARA'S GREEN HEALING LIGHT as we experience WHOLENESS, WELLNESS, PEACE, PROTECTION, PROSPERITY, RENEWAL and NEW GROWTH – With the Power of the Green Light. Let's make this your 3rd or "extra" LIGHT attunement period for each day of APRIL. Know that YOU will be uplifted and helped by participating. To play with us, just find a relatively peaceful place in which to relax and focus your complete attention on THE INFINITE SOURCE OF ALL... or simply God if the term is OK with you. Let your "imagination" fill in any blanks, but KNOW that there is always a response from the Infinite. Feel it as a shaft of White Light beaming down on you ever so lovingly. Bask in the Light and let it do a super cleansing job on your aura. Then when you feel ready, invite the Light to turn to its SHIMMERING EMERALD GREEN color and continue: "I feel the EMERALD GREEN Light flooding my aura and beingness with its LOVE and super cleansing, healing, growth, and strength; with spirituality, effectiveness, clarity, fun, and enthusiasm, attraction, freedom, relaxation, sensuality, perspective, healing powers; psychic, spiritual and material plane growth, with laughter, humor, joy, ectoplasm and extra, EXTRA FUN... It burns, loves and laughs away, purifies and/or completely annihilates anything in or near me that is blocking my ability to manifest wonderful progress in all areas of my life. I accept good CHEER and good health, with celebration, charisma and success. I am filled to the happy overflowing point now, so I gladly share my good by directing the energy to flow out to today's Special Night Light Members....., and on through their personal experience to MY ESP Lab. I feel thanks with a wonderful surge of fresh power as the great circuit is completed and the energy flows back to me.

Thanks for the privilege of sharing the LIGHT!

### **GROUP MAGICK DAY – April 22nd**

**TUNE IN!** Send in your positive and pyramid requests to ESP LAB and Declare with us: "**Let there be a complete manifestation of all positive requests in the ESP LAB. So mote it be!**" Every day is a Magick day at ESP LAB.

On the 22nd of each month, we ESPecially pool our collective energies. **Light your Magick candle** – on your newsletter power star. Celebrate with US as often as you can-- light a White, GREEN or yellow candle. Claim GROWTH, LOVE, HAPPINESS and PROSPERITY for all of us... Then add this affirmation (say with joy, love, and enthusiasm knowing you declare your personal good!):

**GREEN LIGHT GREEN LIGHT GREEN LIGHT GREEN!  
MAKES US LOVING, NEVER MEAN!  
FUN, LOVE, JOY, BIG MONEY TOO!  
FLOWS TO US AND WE THANK YOU!!!**

**I WILL  
STOP  
PROCRASTINATING  
TOMORROW!**



Big Dog Sami  
and his pack of hounds

**LET THERE BE the LOVING LUSH GREEN LIGHT of New Growth: HEALTH, WEALTH, HAPPINESS, and PEACE of MIND – for our APRIL 2013 Special Night Lights** 1) Adela Figueroa, Roberto Katt, Ho Yue Cheong and **all our International members and their guests!!** 2) Kim Jaeger, Emmanuel "Manny" Folami-Marshall, Jayne Jolliff 3) Chuck Craft, Alf Munoz, Michael Walton and **all LIFE MEMBERS** 4) Reina and ISIS Rivera, Stephen Henry, Crystal Matsamoto and baby James 5) Elena Finley, Sally Malstrom, Sami Rose and **all members who are seniors!** 6) Diane Uliana and Judy the cat, Bill Zurwell, Joe Murphy and **all members who need DIVINE HEALING** 7) Edna Ashe, Naomi Southwell, Clarence Nickles and our New York members 8) special remembrances to Al G. Manning, DD, CPA who passed on April 8, 2006 9) Michael Manning, Virginia Manning, Paul Manning 10) CHARANJEET SINGH, K N Jacobs, Sandra Gittens and all our International members 11) Hyacinth Owen, Charles Haynes, Tamira Silverdisc and **our Canadian members** 12) Zoila Blanco and family, Mike Petersen and family, Helen Sanchez and family 13) **All our animal members and friends...** dogs, cats, birds and so on 14) Derik Nurse, Gaelin Hereford, Maw Marge Dixon 15) Glen Baumert, Randy White, Sandee Marlow 16) Charlene Becker with her dogs, Evelyn Graham, John Rodriguez and family 17) A Faure family with mom, dad, wife, daughter, and brothers and their families 18) Laura Unis, Betty Jones, Mari Medina 19) Amberlee Sutton, Betty Walker, Peggy Merilainen 20) Thelma Hernandez, C. Proskous, Jerry Meadors 21) Yvonne Antonoff, Andy Vance, Jo Miles 22) Carolina Venuadjian, Ronald Chase, Willie Milton and **all our loyal supporting members** 23) Star Woman, Carley Ezell, Terry Webvulture 24) Linda Savage, Michael Manning, Alexis Bliss 25) Peter Girard, Vicki Fothern, Melissa Gerber 26) Sarah Goudet, Genoveva Alvarez Castañeda and her school in Peru, Donnette Gayle and **all international members** 27) Betty Jones, Sprite, Stephanie Pritchard with baby Thomas 28) Alan Ames and Family, Wanda Vargas, BB Knox 29) James McDonald, Genoveva Alvarez, Irma King 30) Stacey Pettingill, Gary McDonnell, Kimberly Jaeger may each Night Light and each participant be blessed now with LIGHT, LOVE, PEACE, JOY and Fresh Good Fortune! so mote it be!

OUR WORDS HAVE POWER AS  
OF OLDE SO HEAR US NOW  
GOOD GNOMES AND TROLLS  
BRING US SILVER AND  
BRING US GOLD AND BRING  
US THAT LUSH GREENSTUFF  
THAT FOLDS!



Leppy Chief Leprechaun  
and FUNdraiser at ESP LAB HQ

## ♥ Self Help Exercise: 🎵 🧘

### UTILIZE YOUR POWER STAR and make life better –

As you touch your power star in the opening paragraph you could put the first three fingers of your left hand or receiving hand on the Sun, Moon, and Venus in the center of the star. As you receive the energy know that the same creativity that created the universes flows into you! Then take the index finger of your right hand and touch each point starting with the Mars/Nergal point – and go around the star thanking the great powers for their help. I would say, “**NERGAL, RA, ISHTAR, OSIRIS, MARDUK, THOTH, BAST AND ISIS – THANK YOU FOR YOUR LOVE FRIENDSHIP AND HELP!**” You could also say each power name three times, thanking for love, friendship and help... and then add a personal prayer like “thank you for your omnipotent power surge and for my own super power unleashed to accomplish good things.” Know that these Divine Archtypes or Energy Transforming Personalities are present within you! Activate the Cosmic Energies within you to bless you with a dimension shift into a better reality starting now!

Celebrate LIFE and LIGHT!  
BE NOURISHED  
FROM WITHIN & BE  
ALL YOU CAN BE!  
IT'S SPRING!



Outstanding  
Ostara

### WE ALL ASPIRE TO SELF IMPROVEMENT

from A NEW LIGHT OF HELP FOR YOU, Lesson 4  
by AI G Manning, CPA, DD

We often hear of the quality called “woman’s intuition” as if it were a gift not shared by men. This meshes with the psychological theory that the male is polarized in his logical mind while woman is polarized in the emotional part of her being. But YOU certainly understand that a whole being can choose to polarize in its mental, emotional, or spiritual aspect as the circumstances may require. For you men who prefer not to admit it – when you get a clear intuitive flash, just say “I have a hunch that...,” and you can accomplish the same thing without compromising your standing as a macho male.

The important point here is that YOU should be practicing alertness to the “still small voice” of intuition. But if you can tap a constant, reliable source of good ideas, who cares what name you hang on it? Every time you use the Attunement exercise with the YELLOW LIGHT, there is a further opening of your personal channel to all the inspiration of the Universe. Do your work faithfully, but be sure to PAY ATTENTION to the RESPONSES of the Infinite. It’s always there, just waiting to be noticed!

Let’s look back at the dictionary on intuition: “the power of knowing without inference or recourse to reasoning; innate or instinctive knowledge.” The key to a clear understanding is that word, KNOWING. Intuition is not concerned with belief, or opinion based on faith. When you get an intuitive flash, you KNOW, and you KNOW THAT YOU KNOW, but there’s no reasonable three dimensional explanation for how you know.

Naturally there’s a need to combine sound judgment with your intuition. Men have been known to get an intuitive flash that they can walk on water in the manner ascribed to Jesus in the Bible. But when they tried it, they had to be fished out of the lake to save them from drowning. We are touching an area that is ripe for confusion, delusion, and self deception. Every beginner encounters the self gratifying flash that pretends to be true intuitive knowledge. I’m

impelled to emphasize the statement: **THERE’S NO SUBSTITUTE FOR SOUND JUDGEMENT!** Our mental institutions are full of people who slipped over the borderline by listening to that other “still small voice” – the one that flatters the ego, pampers us, and carefully leads us down the primrose path to the nuthouse. The tempter is real, too! The other side of life is inhabited by creatures of the darkness as well as of the LIGHT. Take care which you listen to. Whether it be an intuition or a direct communication from a discarnate entity, the only safe course is to follow the age old injunction: TEST THE SPIRITS that they are of God. An idea is like a Stranger knocking on your door. In the material world, you’re smart enough not to invite just any old person to move in with you. The same good judgment is needed with the unseen side of life.

ACCESS the complete LIGHT COURSE  
at [www.ESPLAB.com](http://www.ESPLAB.com) – password: MAMAISIS

### TESTIMONIALS, COMMENTS and GOOD FEEDBACK:

I read your book and I would like to tell you that my wishes were granted. I enjoyed the book and it was great to have fresh material to work with to keep everything exciting.

*Thank you, KJ, Niles, Michigan*

I don’t need any paper copy of the newsletter sent to me, as I read the newsletter online. Thank You for your help, and the Great Work that you do! Blessings to you!

*CC via email*

Thank you Sami! I love my new life and I love you :)  
Thanks for the link to the March newsletter... it came at the right time. So many things happened in my life the last month. Many deep processes and many good things. I thank you for all you are and wish all members to feel the community spirit and the powerful help that is given to us! Thank you and be blessed :)  
There shall be a complete manifestation of all positive requests in the ESP LAB!

*So mote it be, MM, Schwabach, Germany*



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Sami MERLYN Rose, president

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**April 1, 2013**

## April 2013 Muse

# The Who/What Am I? Part III

by Michael Manning, DD

Our emotions are changeable. For example, one minute we're feeling quite happy and the next we see a commercial on T.V. that implies that we will stink if we don't use one particular brand of deodorant and then we get depressed because we have been using another brand and now fear everyone will reject us, etc.

If we take a step back and look at our life, we will realize that our emotions often are a large part of who we think we are and how we make decisions. We will also realize that our emotions can change drastically like a roller coaster ride. Being grounded psychologically and spiritually is, in part, about choosing to get on the roller coaster if we want and also choosing at other times to watch from the sidelines. When we experience powerful emotions, we can often be overtaken, enveloped, and swept away by the undertow. Most of the time we just go right into our emotions or get on the roller coaster and get taken for a ride before we even know what happened. When this occurs we become our emotions, they become our reality, and often times the roller coaster ride becomes more and more crazy.

### Our Mind Is Not 'Us'

We are also not our mind or our thoughts. This can be demonstrated by observing our thoughts for any amount of time. It will quickly become apparent that they change constantly. One moment, we are thinking of one subject and in the blink of an eye, we are thinking about something else. This is true even when we are meditating and trying to be one-pointed. Let's say we are meditating about water and are reviewing everything we know about water. Our inner sound track may go something like, "Water is fluid. It fills the objects that hold it. When you freeze it, it turns to ice." Now here we get a typical diversion, "Ice is in ice cream. Boy, Ben and Jerry sure make good chocolate ice cream. I know they sell it at the 7-11 down the street ..." And there you are – well away from your goal of meditating on water and in your car heading for the 7-11 to begin the process of acquiring another stomach ache.

### Exercise

Here's an old, but useful exercise you might like to do: First, pay attention to your thoughts. What are you thinking right now?

Good. What are you feeling right now? What is your primary emotion?

Now, if you lost your little finger in an accident, would you still be you? Since every cell in your body replaces itself within 10 years (most cells much sooner than that), at any point do you stop being you?

See, it breaks down like this. If you can be aware of your thoughts, then you are not your thoughts. We have thoughts, but we are not our thoughts. With emotions, it's even more obvious what we are not. Unfortunately in English we say things like "I am angry." In French or German things are more instructive. They say "I have anger." The distinction being, we have emotions, but we are not emotions.

We are obviously not our physical body either. We have a body that serves us to function in this world and allows us to have many of our experiences, but there's something more going on.

This concept might be difficult to really get at first. It is one of those understandings that often times is easier to understand intellectually, but might take years before it's really cemented into our being. Getting to the point of really knowing something in your heart can be funny like that.

(continued in your May 2013 ESP LAB NEWS!)

If this intrigues you at all, please visit my website at <http://michaelgmanning.com/Spiritual.html>  
email: [mentor@michaelgmanning.com](mailto:mentor@michaelgmanning.com)

Thanks for your love, friendship, and help!



April 2013 Membership Form

ESP Lab®

A Service of Spiritual Science

PO Box 2883, Durango, CO 81302-2883

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Name: \_\_\_\_\_ I am a  new member  regular member  life member

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  New Address

International Members: Province: \_\_\_\_\_ Country: \_\_\_\_\_ Code: \_\_\_\_\_

Phone: \_\_\_\_\_ EMail: \_\_\_\_\_

I am Renewing a Membership:  Monthly  Yearly  Life Amount Enclosed \$ \_\_\_\_\_ (USD)

PLEASE ENROLL ME AS A MEMBER OF THE ESP LAB®, I UNDERSTAND THAT THIS ENTITLES ME TO THE MONTHLY NEWSLETTER, AND PLACING OF MY NAME ON YOUR PRAYER LIST FOR THE GREEN, BLUE AND WHITE LIGHT.

PLEASE MAKE CHECKS PAYABLE TO SPIRITUAL SCIENCE, THANK YOU!

Member Dues:

\_\_\_\_\_ Life Membership: USA \$220 International \$330 \$ \_\_\_\_\_

\_\_\_\_\_ Months @ \$2/MO For Domestic USA and \$3/MO for international \$ \_\_\_\_\_

\_\_\_\_\_ Family Members at \$1/each per month, Family Pets at \$1/each per month \$ \_\_\_\_\_

Please enter the following names on the Prayer List for GREEN LIGHT OF PROSPERITY: \$ \_\_\_\_\_

Please enter the following names on the Prayer List for BLUE LIGHT OF HEALING: \$ \_\_\_\_\_

Please enter the following names on the Prayer List for THE WHITE LIGHT OF SPIRITUAL GROWTH: \$ \_\_\_\_\_

Please enter the following names on the THE ALTAR OF DIVINE COMPANIONSHIP:  Attract the Perfect Mate  Friends  Promote Marital Bliss (Names at \$1 each) \$ \_\_\_\_\_

Intensive Treatments: \$50/Month, \$25/2 Week, \$13/1 Week (Suggested Donations) By Your ESP Lab® Staff and Merry Spirit Band! Turn it over to Spirit & Expect Success! \$ \_\_\_\_\_

For: \_\_\_\_\_ Problem: \_\_\_\_\_ \$ \_\_\_\_\_

Extra Help: I would like to donate extra to help further your work. \$ \_\_\_\_\_

Seed Money For \_\_\_\_\_ \$ \_\_\_\_\_

Charge my Credit Card: Number: \_\_\_\_\_ Exp. \_\_\_\_\_ \$ \_\_\_\_\_

"Your comments and feedback are always welcome!"

For Magickal Oils, contact Starwoman, Amanda Mirabal: http://enchantedscents.tripod.com or call (575)737-9114