New Hermetics OTO (Man of Earth)
Training Regimen

MINERVAL

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

I DEGREE

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

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

III DEGREE

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

IV DEGREE

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

P. I.

Silencing the Mind
Mahasatipattana: Buddhist Breath Awareness