

## Contents

Prologue.....	11
Miracles Dó Happen.....	12
CHAPTER 1	
<b>Agon Buddhism and Spiritual Transformation.....</b>	<b>15</b>
Miracles in Buddhism.....	16
The Conversion of the Kassapas.....	17
The First Marvel of Uruvela.....	20
The Second Marvel of Uruvela.....	22
The Third Marvel of Uruvela.....	23
The Fourth Marvel of Uruvela.....	25
The Fifth Marvel of Uruvela.....	26
The Sixth Marvel of Uruvela.....	27
An Experience in Mongolia.....	35
Three Kinds of Marvels.....	37

Supernormal Powers and Divine Siddhi.....	46
Actualizing Thought Forms.....	51
From Ordinary Supernormal Powers to Divine Siddhi.....	60
The Highest Siddhi of the Buddhist Dharma.....	62

**CHAPTER 2**

**Building the Physiological Foundation for  
Spiritual Transformation.....**

The Health and Longevity of the Buddha.....	68
Conquering Tuberculosis through Nutrition and Spiritual Strength.....	71
Techniques of Nutrition and Meditation Based on Experience.....	74
From Weakness to Health, from Health to Vitality.....	77
The Human Body as Chemical Factory.....	78
The Chemicals that Sustain Life and Maintain Growth.....	81
The Chain of 40 Chemical Links that Protects Life.....	84
My Nutritional Regimen.....	85

The Importance of Protein.....	85
Protein and Amino Acids.....	89
Protein Score.....	92
Individual Protein Requirements.....	95
Combining Foods.....	96
Eating Complete Protein.....	102
The Catalysts: Vitamins and Minerals.....	105
Antioxidant Vitamins: The Defense against Free Radicals.....	109
Minerals Are the Movers.....	113
The Power to Survive 250 Million Years.....	121
The Importance of Exercise.....	126

**CHAPTER 3**

**Building the Psychological Foundation for  
Spiritual Transformation.....**

Personality and Character.....	132
The Personality of the Buddha.....	137
Various States of Mind.....	143

Fate Analysis and Psychoanalysis .....	157
Freudian and Szondian Types of Repression.....	160
Life Counseling and Psychological Counseling .....	168
Improvement and Correction of Dietary Imbalances.....	169
Psychological Counseling.....	175
The Weapon of Prayer.....	179
Ancestral Repression.....	181
Everyone Has Compulsive Fate.....	183
The Szondian Approach.....	186
The Agon Shu Approach.....	188
The Importance of Aftercare.....	197

**CHAPTER 4**  
**The Buddhist Discipline that Engenders  
Spiritual Transformation.....** 199

The Practices Conducive to Attaining Buddhahood.....	200
How to Practice.....	204

The Esoteric Techniques of Attaining Buddhahood: The 8 Systems and 41 Practices.....	214
The Meditation Practices that Develop Divine Siddhi.....	217
Basic Training for Spiritual Transformation.....	225
Brain Wave Control.....	225
Control of the Autonomic Nerves.....	234
Controlling Hormone Secretion.....	240
The Hormone that Creates Heroes.....	244
Are There Hormones that Can Engender Spiritual Transformation?.....	246
The Benefits of Awakenng the Chakras.....	249
Activating the Chakras: The Secret Revelations of the <i>Anapanasati</i> Breathing Methods.....	258