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NO. 11

KEELER'S

COMMENTS

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About Applied Christianity, the Victorious Faith, Direct Knowing (Intuition), and the Greater Power of the Spiritual Empire of the Mind.

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<i>Cover Illustration from a Japanese print</i>		

AN
A → B → C
COURSE

Lesson 2



In the first lesson I did not tell you what silent statement to make; I did not tell you WHAT to say. This was intentional. I did not particularly care what statement you made.

Why?

Because people often think, or silently say, good things, well intentioned things that do not heal.

The thought you think silently is not as important as that which you DO silently.

It is not so much what you say silently, it is HOW you say it that counts in healing. Healing is not a matter of wordiness. Healing is a matter of direction, a matter of action and of re-action. It is always a doing. It is a kind of work, and true Work is often called the Word.

The Word consists of right decision. Your Decision is your Word. To decide is to do.

The statement you silently say and MEAN constitutes your actual metaphysical WORK. The right Word stated in a given case is the healing Word of that case. You are to give your word until it becomes perfected in the Word. Then you heal.

You are first to learn to truly know your own word in a given case; doing this you will quite readily come to know the real Word for that case.

The real healing Word consists of the unity of your personal silent word and the word of God---that is, the Divine Word.

It is largely a matter of HOW to think healingly, never what one thinks prettily.

In examining your silent action I am interested as follows:

Have you made a silent decision, a choice? Have you taken a stand?

Do you mean it?

Have you committed yourself?

Have you placed yourself on record mentally?

Did you write it down?

Very well. This completes your positive silent action.

Now face about and be receptive mentally. Read your impressions. Note what occurs in your mind while being at rest, what happens within your own thought-world following this statement you made.

Write this briefly.

If you have done these things credit this lesson as being one hundred points perfect. If you have not done this, do it; and do not concern yourself about not having done it. Go over it again. Be easy and deliberate in doing so. There is no hurry.

Start right.

Start right where you are.

Do not argue about it mentally. You want actual practice? Very well, go ahead and practice as above instructed. Do not theorize at this time. Theory is fine and perhaps needful but THEORY NEVER HEALS. Keep on the plane of silent doing. You are

taking first steps in true Silent Work.

I call your attention to a text story illustrating this---
the Bible story of the net. (Matthew 13:47)

Throw your net into the water.

Let it remain for an interval.

Pull it in.

Take out the fish you desire.

Of the thoughts that flow into the net of your mind use
only those you desire.

Throw the others back, drop them into the Universal.

All this is action. It is illustration taken from the
visible world, but it is not theory. Not a word was said about
what the fisherman believed nor about how good he was. Jesus
is the finest of teachers.

Now that you have completed your first lesson I will con-
sider what you said.

That which you said was merely the medium by means of which
you sought to do something, by means of which you endeavored to
heal.

Silent thoughts are means.

Silent ACTION is healing.

The metaphysician recognizes only one means. Metaphysical
means are thoughts. Thoughts are things---only things.
Thoughts do not heal. The Spirit in, and of, the thought heals.

I would be glad to have you remember that my first lesson
to you did not deal with what you said but that it concerned
HOW you said something.

For purposes of illustration and instruction I will suppose that you silently said,

"You are well."

Did you mean it?

Could you say this thing conscientiously? Did you do so? Are you clear and true to yourself on that score?

I ask you, "Was your patient well?"

You are not certain?

Then why did you say he was well? Do you believe in lying? For good? I do not know what you believe, but, as I have said before, I want you to know just what you are doing, and what you are saying; and I want you to mean what you say and be true to yourself. You will do just this or you will never be a healer.

Make your healing statement of a kind that is unquestionable TO YOURSELF.

Be clean and clear for to be so is to be pure in thought and powerful in your silent work.

I do not care what you believe. I care how you do your work.

You silently said to your patient, "You are well."

What followed that action? What happened within you silently afterward? What was your re-action to that which you had silently said or done? Your re-action consists of what you felt or what you silently did, or what you silently experienced after making your statement "You are well".

There is no action without reaction. The mind moves. When it moves there occurs that which may be compared to recoil. There was some result that you could read as occurring within your own mind.

Were you conscious of any re-action? What was it?

You certainly did something or had some feeling after you made the silent statement "You are well". Very well, write that down. I do not care how soon or late your NEXT thought came to you or what it was. Write it down. Certainly you have thought since; this first next thought, that is it, that is the one you are to write down. You do not remember it? Very well, you will know what to look for and what to do next time.

Coming to a situation such as this, stop. Rest. Refresh your mind. Take up your silent lesson work at another time. But remember to let the re-action come of itself. Do not force it.

Read it only.

Write it down.

Write something down.

The something you write is your registration of what first follows your silent statement. Do the best you can, but commit yourself to yourself. Write. Register.

No, writing is no part of metaphysics but I wish to bring you over into and on to the silent plane; doing actual silent things; learning to read silent things interiorly; and learning to record silent things; and, above all, to get you away from merely thinking ABOUT silent things. You are to come to an aliveness on a new plane, the Silent plane. I know that all this problem is new to you. It may not be very interesting at first to patiently take one silent step at a time, but it is a fine way to learn. You are not being entertained. You are studying and practicing a new kind of work.

To return to your re-action. What was it? Perhaps you were simply confused AFTER you made your statement and your thought ran something like this:- "Why do I say he is well when he is not? If he were well I would not be trying to treat him". That would be your re-action and in that case you have not given a treatment. You have only speculated or reasoned about your desire to give a treatment. Reasoning about the possibilities of

a treatment is not a treatment; such reasoning defeats the treatment.

Your re-action to your attempted treatment written plainly now is: "What did I think? What good did it do? What am I doing? What did I mean?"

What have you accomplished? The answer is: You have accomplished nothing in treatment, but you have made a real attempt.

If that patient were in a stream drowning and your thought were a rope, that rope would be rotten. Poor patient!

Why did you not say something you COULD say and intend? To do that is to be positive. Why enter a debate with yourself? There is nothing positive about doing that. There is no debate in healing.

Make your healing statement direct. Make it simple. Let it be one that is UNDERSTOOD BY YOU. Do not resent being corrected. I am trying to lead you. Never have regrets. Be patient. Learn your way. Be a real student.

There is no question about the fact that you wish to heal your patient. Say so. Simply say what you truthfully mean, not what I truthfully mean, but say what YOU truthfully mean. Do your own thinking.

What would such a statement be? It would be: "I wish you to be well".

Do you mean that?

"Yes."

Now you are on solid ground in the Silence.

You may ask "DO wishes, only wishes, heal?"

Argument again. We are not dealing with wishes as such just now; we are dealing with your straightforwardness in silent statement of just what you mean; with the word you silently said.

And having said it, let it remain in Peace.

"I have spoken" is the correct attitude now.

Being thus clear in your positive thought, you will be clearer in your next following receptive thought and so come into true Guidance in your efforts to heal.



A SONG OF THANKSGIVING

We thank Thee, then, O Father,
For all things bright and good,
The seedtime and the harvest,
Our life, our health, our food;
Accept the gifts we offer
For all Thy love imparts,
And what Thou most desires,
Our humble, thankful hearts.
All good gifts around us
Are sent from heaven above,
Then thank the Lord, O thank the Lord,
For all His love!

—From the German of Mathias Claudius





THE FAMILY -- "MY FAMILY"

I have troubles. Think of it! John, John is my husband, he will eat things that are not good for him, things that make him sick. Then he wants this or that immediately and then he telephones and asks for help and upsets the whole house.

"It worries my daughter. She cannot stand it. It even makes her baby sick.

"There is something like this all the time. When that baby frets it just seems as though life is unbearable. I love my family so---what shall I do?"

Is this love you describe? Do you dare to attempt to tell me that love is "upset"? Do you think that this display of desperation is any part of life?

I tell you that desperation is death. You are sick. You are sinful. You are playing with the things of death and you are calling those things love.

You are clinging to selfishness. You mis-name it; you call your selfishness about your family, I mean YOUR family, mother love.

You do not become upset when you hear that some man other than your husband is persistently ignorant enough to subject himself to his wolfish desires in eating so that he brings himself into desperation. In another family that would be ridiculous---persistent, ridiculous foolery---but when YOUR husband does it and your grandchild reacts, then of course it is just reasonable and natural that you wilfully permit yourself to step off the

plane of a sane and collected mind and enter an insane and inane state of mind.

Hear a fact. Desperation is an acute state of a mental disease.

Now tell me one reason why you should give yourself up to mental disease, why you should make a habit of practicing mental disease.

"Well, my husband eats....."

And you go more or less crazy.

"My husband doesn't seem to know any better....."

And you know no better.

Does some other person's ignorance, even your husband's, give you the right of ignorance? Are his troubles to be the source of your troubles? What of God? What of Divine Law? Have you forgotten the Source of the Whole Universe? Can your first name be Perfection and your family name be Troubles? Spell yourself. Breathe. Rest. Postpone your difficulty. It might not be so. Have your disturbance some other time, for then it may not be necessary. Where are you now? Why, you are in the midst of your very own Peace. Never mind the other person's business, attend to your own. You could busy yourself extending God's Peace to others. Certainly you could find the results of such an attempt surprisingly interesting.

Does the sum of these two not-knowings bring wisdom? Does it bring even common sense?

One person is weak, the husband. Therefore another person, the wife, must forthwith become weak. Then the daughter catches it and responds to it. The contagion of this ignorance, this indulgence in fear, reaches the otherwise innocent baby.

And you are to call this the love life of the family!

I know it to be the hell-life of the family.

On your knees, mentally and humbly, ask God what sort of thing this "love" of yours is.

Suppose the baby's discomfitures in its helplessness of innocent babyhood should progress into fits.

Do you know what you will then do? Do you know what all who dare to practice fear in the place of Love and Faith are inclined to do in such cases? I will tell you straight. You will ask, "Why has God done this thing to this helpless child?"

You dare to condemn your husband for his eating-ignorance, you dare to practice emotional fear for this member of your family or for that one. They do not obey you and do as YOU think they should and you call all this mother love and with that high sounding name for your "escape" in your indulgences of personal passion you commit and foster daily inharmonies and disease against all that is good, peaceful and holy in your family life.

My, how you suffer! I suppose you think the angels weep with you. My friend, Mrs. Sufferer, Mrs. Common Sufferer, the angels never weep. They know better than to weep. They know God and they know His Love. They know the sweetness wherewith He heals babies and causes them to laugh and smile. Nothing can take them away from the Fundamental Truths of life, not even the selfishness of another, not even the selfish indulgences of a very righteous mother-love.

Angels know, as all true Christians, not self-praising, self-suffering, self-named Christians know, that the ignorances and intolerances of another---any other person---has nothing to do with Real Life.

A real Christian lives and loves his or her Christian Law ALL the time, and the practice of Christianity consists of doing just that in general and on every special occasion.

Love that baby. Be still. Offer Peace to your husband. Quiet your daughter. Submit yourself and each member to Faith. If you have no faith of your own, submit them prayerfully to God's Faith. This is God's world, do not try to set it aright by means of your tears and nerves. Common sense tells you that

this cannot be done. Why be a failure always? Why not consciously give these occurrences and these people over to God? If he cannot care for them you certainly cannot. A spiritual person believes in something higher even than personal mother-love. Higher values never interfere with daily life good.

From whence did you procure all that intelligence which you think you have and by which you are going to carry and be responsible for every act of every member of YOUR family anyway?

Why not share burdens?

I tell you that should you honestly, not selfishly, but honestly and humbly try to share your burdens with God you will lose them, for God has no burdens. He will heal you.

"Why, that would be a miracle!"

Certainly, just a commonsense Christian miracle in answer to a little faith and some daring unselfishness---the normal miracle of a happy family.

Anyway, you will never normalize your family by your indulgent fears, for it is not the business of the members of a family to worry over each other. It is the business of every individual to be strong, not only for himself but for others.

And there is a God, a loving, trustful God. Accept Him as your Friend. Have Faith. Get your Peace. Give that Peace to those you love. There is Power in such practice that is above words. A self-honest trial will prove this to be a practical fact. There is a Loving Law in this universe that extends far into EVERY FAMILY.



Make self free,
 liberal as the circling air:
 Thy Thought to thee an Empire be;
 break every prisoning lock and bar:

From "The Kasidah of Haji Abdu El-Yezdi"

THE HEALING MIND

A COURSE OF THREE LESSONS

LESSON NO. TWO

FACTS are indeed stubborn things. All the fine argument in the world cannot convince me that I cannot think of Spirit and spiritual things and also think of, toward, or about the individual at the same time or nearly the same time, each with relationship to the other and do it pleasantly. I certainly think of Spirit in man. Very well *Spirit in man IS* the Master, it is the subliminal mind. *Only the subliminal mind* in me can think that thought or thoughts of the kind. Therefore to so think cultivates the subliminal consciousness as well as heals.

Every thought that *links* a spiritual or Infinite thing with an individual, any individual, or with any phase of individuality is an act of the subliminal mind. Do not lose the Higher sense when using the psychological term. Every such act is an act of the Healing mind, the Christ Mind.

I hold that there is one Mind, one level of intelligence in man that heals, a master mind call it by whatever name you will; and that Mind is a distinct level of being and of consciousness; that it is capable of both or either scientific or devotional (religious) approach and that best of all, and I say this boldly to both the religionist and the scientist, it is most easily approached and understood, applied and lived in the affairs of daily life in terms of the utmost *simplicity* regardless of either science or religion as such, because it is *paramount in itself*. Religion and science are but means to an end and that end is life in complete fulness. In fact the chief and first faculty of the subliminal mind is simplicity itself. The truth is that simplicity in thought, reversion to simple methods of thinking, is always and invariably restorative and healing, just as is simple

living. But simplicity has its own difficulties---for the complex mind. Complexity cannot understand simplicity and since mankind is trained to view life as complex we must lead ourselves out of this complexity---real or false---as best we may. But we should never lose sight of the fact that the way is easy and the destination sweet---else why should we try.

The healing consciousness has nothing to do with differences ---this is fundamental. To pit self against anything is, in very truth, foreign to all healing effort. It is not the healing mind that antagonizes or denies evil. It has nothing to do with evil except to dispose of it. Its methods are entirely unitive. It can unite anything with the Infinite Mind. It can unite the infinite with anything. It disposes of evil, contradictory as it may seem, by uniting each thinkable thing with its own Good.

THE PSYCHOLOGY OF HEALING METHOD

It is a law that the mind will swing to the polar opposite in thought with greater facility and ease than it will move in any other direction, and all the way more easily than part way. Such is not really a movement from one point in thought to another except in seeming, it is a demonstration of being, it is a subliminal, an inclusive act. To think from pain to Peace is limited and human. To think pain and Peace is sublime and being so it is easy for the Healing mind. To make this endeavor simply and whole heartedly is to reach and to function on the healing plane of thought. So much for the Higher psychology of it.

The religionist finds this Law in the apparently contradictory but plain statement, "Blessed are the poor in spirit; for theirs is the kingdom of heaven" and in "mourn---comforted," "meek---inherit". The endeavor to lay aside analysis and to accept this truth, even though apparently a new truth, will reward any fair minded, persistent searcher.

This unity of extremes is, upon reflection, natural and not surprising. If we bring light and darkness together immediately all becomes light. Understanding and ignorance united or even related become not only understanding but invariably more understanding. Good and evil become good provided we dare bring them together *without criticism of thought*, and criticism has nothing

to do with unitiveness. Sunlight symbolizes true healing. It is only necessary to lay the most corrupt of decaying matter in the sunlight to cleanse it. The Light heals. There is no effort, no force, nor argument. There is no reason in it. The cleansing is natural and simple and occurs *of itself* merely because of contact. The subliminal mind, the healing level of mind in you is like this. It does the work. Neither personality nor reason does it. It is an action of sublime and healing intelligence that transcends both reason and matter. It is even greater than the usual conception of Spirit because it is Spirit-in-action. It is the actual comprehensible display of spiritual beauty. To witness it is not to witness the handiwork of God only but it is to witness the actual *doing* of God's work. To contact this healing Mind within, this subliminal mind, is to contact the mood of the Infinite, the mode of Creativeness, the birth of the renewal of being; and this is the privilege of the healer who achieves the real healing consciousness.

THE HEALING CONSCIOUSNESS

The healing consciousness is to be definitely cultivated by practicing, or by persistently making the attempt to practice, the unity of the desirable and the undesirable IN CONSCIOUSNESS.

"How does the healing occur?" How does sun purification occur? No man knows. But this we do know---it occurs. And this we further know, it occurs because there is *contact* between the sun and corruption.

How does healing occur? I do not know. I gaze upon it as I would upon the aurora. It is beautiful and I love it. What it is I know not except that it is life in creative action. We cannot describe life. Fortunately there is something we have to live instead of talk about. Living itself is the greatest Word. I know how to bring healing about. I contact both suffering and Spirit by means of my consciousness and healing occurs. I who speak to you do not do the work of it. I am but the witness. The Indwelling Master alone heals. The Indwelling Master is psychologically the subliminal mind.

If I think upon the Master and upon the suffering of the needy individual in the most simple and straightforward terms,

that individual becomes healed. Doing this cultivates the subliminal mind and the healing power. It calls and worships and invokes the Healer into action.

But if this explanation is too simple and I need further activity and wish to bring my intellect to bear upon the subject of the subliminal mind, which of course is my privilege, I recall that it is that level of mind which lies midway, as it were, between the Spirit, my spirit as a part of my being, and my mortal self.

This healing part of my being distinctly as such is very aptly symbolized by the winged sphere used of old by the Egyptians and which today is used in modernized form by both the oldest organization and the largest one. The sphere in symbology always means matter, earth; and the wings, sometimes the eagle, indicate Spirit. That very real dimension which is the totalization of the dimension of matter and the Infinite dimension of Spirit is the healing or true metaphysical dimension. It is life itself. Considered as a unit, it is the Healing mind.



1620 - 1937

IN THE METAPHYSICAL LABORATORY

CASE - An individual completely equipped by character, understanding, and fitness to enter the work of Christian Healing but has not sufficiently laid aside the personal self, yet ardently desires to heal and teach.

DISCUSSION - This person subconsciously believes that when she is sufficiently healthy and wealthy and has risen eminently beyond all possibility of criticism upon the part of the world and is better than "some teachers she knows", then she will enter the work. What a condescension that will be! A very common affection of high-minded persons.

If this individual succeeds in meeting her own conditions God will then possibly permit her to heal others. And according to these requirements which she imposes upon herself and upon God she will, of course, heal others with HER HEALTH! With her PERFECT PERSONALITY!! God and His Law will not be necessary.

I say this without the slightest compunction. If I ever need a practitioner (and I am not above having one work for me upon the appearance of any need) I will seek some simple soul who has discovered that when he ASKS God to heal another that He (God) generally does so. And I will most certainly avoid the perfect personality person who fain would heal with HIS or HER perfect demonstrations over HIS or HER own life conditions.

TREATMENT - Call this woman to God. Win her out of her own personality and selfishness to God and to His Law and to her own Freedom. If it is best she will then become a healer; anyway, her life will improve to her liking.

Silently plead the cause of the sick and ask her to forget herself and heed the call which in her case is the call of her very own Joy.

How do I know that it is the call of her own Joy that she is refusing?

Because when devoting myself to her in the Silence that fact is made real to me. I test this over and over again in answer to prayer.

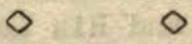
Why do I do that? So that I may make sure that it is answer to prayer and not my will.

If a case is one of personal wilfulness, then I must make certain that I have no will about it.

"But one must have a will".

I do not think so. Anyway, I do not need one. I try to submit to and use God's will.

May I say that Decision is not necessarily will? You know what you want. Very well, decide upon it. If it is God's Will that you shall have it, you will have it and you will not in any subtle way be refusing that which He Offers You.



CASE - Here is a girl that cooks for a family and she will not stay in nights, any night. Returns very late.

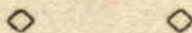
TREATMENT - Choose a cook that will live a life of acceptable regularity. Do your choosing Silently. Keep your peace silently or you will be doing nothing silently (or outwardly either). And grant yourself Freedom. No, no, you are not free; you are subject to that cook's nights. Whose home is this? Yours? Of course it is! But make this true silently. And make it God's home also, silently. No, do not bother with the girl. She will just happen to find a better job, God bless her, and perhaps even longer nights, who cares? Oh, you care? Well, don't; it is too wearing on the system. Why not come to God

and get your Peace? He has it for you.

Back to First Principles ALWAYS. "But can I trust Principles in this case?" Whose case? YOUR case. Very well, if you cannot trust Principles---yes, even you---will you tell me please what or whom you can trust!

Every case means we are to change interior causes. Your present belief has not helped you. Change it. Just a secret, silent change. Take a little risk about it. You risk time, money, your own peace of mind about this trouble. Now risk a little Faith in God.

Yes, it is a big thing to do and an easy thing to do. It is like everything else. It is just how you look at it. It is just an attitude of mind, that is all. Very easy for those who heal and very difficult for those who do not know how to heal.



A WORD TO STUDENT PRACTITIONERS - Do not attempt to tell these things outwardly to a sufferer to whose case they directly apply because the sufferer will resent it in his own case. Even a masseur would not rub exactly on the sore spot. And if you arouse resentment within yourself when silently working on a case, heal that resentment and you will heal the case.

Of course, real advanced students understand these things, particularly when they apply to cases other than their own. Outwardly teach through the medium of Love. Some will like the Truth but all will like loving-kindness.

And here is a point for student-practitioners. Do your real work and your real teaching silently, then you can sincerely say about what you please when teaching orally and you will be understood. Be true to yourself.

The work in the Silent Laboratory is interesting. There are only about a dozen different kinds of cases and a practitioner must learn to reach them all.

Of course the world believes that there are thousands of

cases and even "no case like mine". But the world is not your teacher. Always go back to Principle and start all over anew each time. Don't get lost. Heaven is a beautiful place; remain in it mentally while treating.

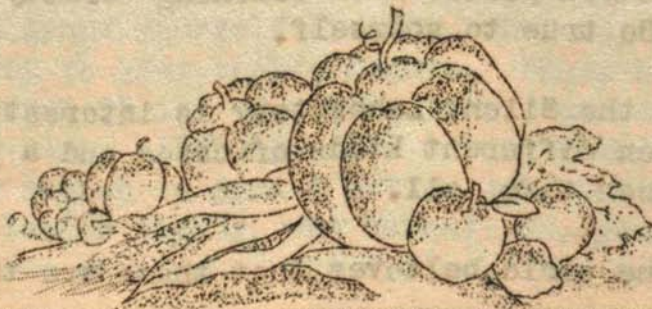
And healing is not a silent solo conversation with oneself. One does not silently shout from the veranda of his own fear that such and so is because he believes within his own self-righteousness that it should be. He establishes Truth where it is particularly needed because he is able to reach both the Master Actualizer of Life and the sufferer. He does this in Peace because of the Understanding he has received of God for that purpose. This is his calling.

Neither is healing a squirrel-in-the-cage movement of mortal mind which starts and ends in the same place. It is a living-body and soul-saving creative action that embraces all the Good in the Universe.

Healing is by Inclusive Decision, a Decision that includes both man and God.



The way of the superior man is threefold.....Virtuous, he is free from anxieties; wise, he is free from perplexities; bold, he is free from fear. --Confucius



SOME ITEMS OF THE HIGHER SCIENCE OF MIND



Doctor G. W. Carver, at one time a member of the faculty of Iowa State College, has made nearly three hundred products from the peanut such as cheese, coffee, linoleum, ink, soap; and shoe blacking, dyes and molasses from the sweet potato. A synthetic marble company asked him to locate at their plant at his own price. He refused and that industry moved to his own locality. His scientific methods of soil productivity have raised land from a loss of \$16.25 an acre to a profit of \$75. He has addressed Congress by invitation and refused salaries of \$100,000 yet he was born a negro slave and was traded for a horse, started with nothing, graduated from four or five colleges, and is now a professor. He paints pictures that have been shown in the Luxembourg Gallery in Paris and he makes his own paints from Alabama clay.

How did he accomplish all this, this man now much in demand? He tells you, "I go out into the woods.....each morning while most other persons are sleeping, I best hear and understand God's plan for me."

No, it is not the woods that do this for him, although the woods will aid any spiritualized person far more than a mortal minded, materialized person. It is his conscious relationship with God that forwards him. (See the American Magazine and The Chemist)

The above reminds me of the methods John D. Rockefeller Sr.

used in his active days. This he told an intimate friend who told me, and the man who told me was at one time a great benefactor of metaphysics. When some very important matters were to be decided upon Mr. Rockefeller would invite "the boys", his advisors, to his home for a luncheon. They would eat and freely discuss matters from all sides. Mr. Rockefeller would listen and say little. They always left without his decision. He would "see them later", "they would hear from him soon".

After they left he would lie down and rest and relax.

He would, as his next step, quietly ponder the matter until a clear course of action "came into his mind"; whereupon he would announce his decision.

Let us next turn to what Dr. Harry M. Johnson says for the American University in a Science Service Radio Talk:

"All experiments since the German Ebbinghaus made tests upon himself over fifty years ago have pointed to the same remarkable verdict: that the sleeping brain is somehow helpful..."

"Furthermore, very recent electrical studies of the brain itself show that so-called brain waves go on continuously during sleep." "When you be asleep," Dr. Johnson says, "your brain remains on duty". "There are unconscious rehearsals."

He brings to the fore another action of the mind. "Before the individual sinks into sleep, the drowsy brain may (meaning that it should) practice on the material given it to hold and, on slowly rousing, the brain takes up the task again".

He is offering a method of learning, of memorizing. He discusses preparing for college examinations and says in effect it is best to rest rather than to cram, that the last thing on the mind just before sleep will remain with the student.

He continues: "How and why the brain picks up the same train of thought at the tag end of sleep that way (as one awakens) we don't yet know, but it does happen."

Upon colating these facts we have a law that the last active

thought, aim or aspiration one has just prior to entering upon a quiet, passive state of mind registers upon one's mind distinctly and effectively, whether that quiet state be sleep or prayer.

It is a law also that as the mind comes out of or emerges from that passive state---any passive state---it takes up the thread of that last idea it had when it entered the quiet state, and during sleep or ANY OTHER PEACEFUL STATE OF MIND wherein active conscious thinking is permitted to cease and rest prevail, the mind "stays on duty". It resolves and solves the thoughts and desires last presented to it by the conscious mind.

To further summarize facts and laws of the action of one's mind to which the above quoted facts contribute we have:

An active mind that seeks to have its problems solved should look within for its answers to the problems which arise from without. The answer, the Leading, is within.

An active prayer or quest more readily produces the helpful answer when a peaceful state of mind follows an active state. I return to my own teaching: Ask, cut-off, Rest in Peace and in Faith. Doing this, the mind will upon its return to activity bring the required answers in particular and the larger answers in general.

We call the immediate completed answer intuition, Guidance, inspiration.

We call the general response in its outworkings success and health, a life-aiding series of true adjustments.

The mind never sleeps. It is Eternal and IT ALWAYS INTELLIGENTLY SERVES those who will use it in peace and who will depend upon it and its Inherent Intelligence.

Dependency upon the Mind Within is a form of prayer.

Cutting off the world as a definite practice for the purpose of resorting to the Within is the highest act of Faith.

Of course, these things can be practiced decisively. There is much more to life than hurry and worry. There is Mastery upon the basis of Faith and cooperation with one's own deeper mind.



WHY NOT HEAL?

"And this gospel of the Kingdom shall be preached in all the world". "Christ in You" is "the hope of glory".

I believe everyone should be assisted in the acquirement of healing ability and that those should teach this Healing Truth who feel the call to do so.

We should rely upon Divine revelation. We do not need the intervention of priest or creed. The one Sacred Order is the Word of God. But we should work in that Word and set it forth in brotherliness; in fact, there is no other way. Brotherhood is enjoined upon us.

Healing, after all, is teaching. Teaching is Healing. We can teach by word of mouth and we can teach by the Spiritual Word. But there must be harmony and fulness in the work of the Word. The qualifications of the Truth teacher must come from within, but our real Teacher is the Indwelling Christ.

But because of the Law of Love, because we can heal and help each other we should remember that he is our brother and she our sister who is one with us in Spirit; therefore we naturally form Spiritual family groups. We should help each other by spiritual gatherings in groups that study the Word and seek the Truth. The greatest results are accomplished in these so-called study classes. The Spirit is actively present where there are gatherings with such intent.

The "Comments" formulates instruction and encouragement that can be used by such gatherings.

A DISCOVERY

THE practice of modern metaphysics, in its application to the reduction of disease, involves and includes a structure of proven facts which have been an integral part of regular and accepted science for many years. That emotional shocks, mental stresses, and covered resentments lie hidden and forgotten in the subconscious mind of the individual and there actively correspond to and cause physical disease is the proven hypothesis of much of European advanced therapeutic psychology. It is the basis of all psycho-analysis.

Its application by the accepted sciences calls for highly specialized training and involved and time-requiring processes. These scientific methods are not over-direct and are always expensive. Psycho-analysis thinks nothing of a year's experimentation and treatment merely to find the causes of a given case. However, the same once found and brought to light, the case heals itself.

Metaphysical healing technique has a decidedly superiority over these above mentioned methods in that the healing consciousness of the practitioner, because of its development arising from spirituality, experience, or skill, follows along lines that every habitually prayerful person knows as consciousness of answer to prayer or Guidance, or as a "leading", and otherwise to be recognized as a practiced and specialized intuition which short-circuits and eliminates the tortuous processes of analysis and eliminates time by its immediateness and spontaneity.

The covered subconscious complex is known to metaphysics as sin; at least it is some phase of lack of faith. This is quickly met and overcome by its polar opposite in thought directed toward the hidden recesses of the heart by means of silent effort setting forth the reassuring potentialities of

Spiritual Truth. Thus the Divine Science practitioner meets the darkness of fears and doubts with the all-conquering light of Peace and ministers with the things of God, not because of his own godliness but because of the Law of Spiritual Love.

The story of the discovery of these disease-causing interior states by accepted science is a matter of medical record and took place in one of the largest hospitals and research universities of the world, that of Nancy, Switzerland, and runs, as to non-technical facts and tenor, as follows:

A peasant girl while in a sort of twilight, deepened state of mind was being examined by some specialists. This girl had a paralyzed leg and had been paralyzed for a number of years.

Suddenly the girl said, "Why do you not remove the cause of my paralysis?"

She was promptly asked to what she referred.

"About three years before this paralysis came upon me I was passing a house when suddenly the body of a woman fell from a window crushed, directly in front of me."

She was asked what that had to do with the paralysis of her limb.

She answered that that experience caused the paralysis.

Statements of such import have been made before in the history of the troubles of mankind, but in this case the statement was made before trained experimentalists, and although they could not see any possible connection between this accident experience of the peasant girl and her paralyzed leg, their experimental natures fortunately overcome their rational doubts, and also being true researchers and highly intelligent they could afford to listen to the girl, whereupon they asked her to explain the connection.

The girl replied that she could not explain, but that she knew that the shock of this accident caused the paralysis, and would they "kindly heal" her.

November 1937

"How shall we proceed to do this?" they asked.

She replied, "Please remove the great shock of all this from my mind".

"How shall we do that?"

Convince my innermost self that it is not so, or that it is, at least, of no moment. Oh, rid me of it so that I may walk!"

They proceeded then to talk to her quietly out of that experience. They talked of flowers falling instead of the woman's body. When the girl, after many sessions of such treatment, declared herself convinced and healed, they ceased.

These peasant people are trained to report the results of such clinical experiments. The girl returned in about two months with her leg almost restored, and in four months it was normal.

Thus rather crudely, but none the less effectively, science saw, duly recorded, and followed such experiments and proved the facts---facts, however, that have always been known to the few. And although the many do not know and tend to deny, neither such non-knowing nor such denial disturbs the truth, nor does it prevent the practical application of the healing technique from being effective in the hands of those who do know.

Thus it has come about that the non-knower may reap the benefit of the knower and that all this work can be done silently for one by another.

~

I AM PERSUADED THAT NEITHER DEATH, NOR LIFE, NOR ANGELS, NOR PRINCIPALITIES, NOR THINGS PRESENT, NOR THINGS TO COME, NOR POWERS, NOR HEIGHT, NOR DEPTH, NOR ANY OTHER CREATURE, SHALL BE ABLE TO SEPARATE US FROM THE LOVE OF GOD, WHICH IS IN CHRIST JESUS OUR LORD.

--St. Paul

~

A PERSONAL WORD

"Who healeth all thy diseases"

This text does not say: "Who will heal thy diseases," but "Who *healeth* all thy diseases." The promise is not post-dated; it does not promise something that may come to pass if we pray long enough; but it refers to the present, and to all time, to all people in all ages. The Lord heals all our diseases.

"Bless the Lord, O my soul, and forget not all His benefits."

I look to Thee, and am filled with the fullness of thy Divine Life and Power.

We call upon the Lord, and He answers us. We find that He is with us in trouble; that He delivers us; that He gives us honours; that He satisfies us with length of days. Also, the Lord shows us His salvation, which is health of soul, mind and body.

It is in restfulness and quiet assurance that we find health and well-being. The more anxious we are to regain or retain health the less successful we become in our quest. It is when we cease anxious striving and "willing", resting instead in the Love and Care of God, that things begin to go right with the functioning of our body.

--From The Henry Thomas Hamblin Book
of Daily Readings

Forty pages of healing, helpful, problem-solving Truth are presented in the Christian spirit in the Xmas "Comments" and presented in such a way that it can be sent as a gift to anyone. These forty pages are illustrated in a distinctly new and novel manner, being the only technique that even approaches art through the instrumentality of the mimeograph.

The Christmas edition will cost, as closely as we can estimate, thirty cents for each copy. It comes to you for ten cents. We will mail it to any address or addresses you send to us for ten cents each, post free.

How can we do this? The money that is received for



CASES

FROM MY

CORRESPONDENCE

CASE NUMBER 401 (Sinus)

September 20, 1937

Dear Sir:

"I think you will remember me. I am ___ who received aid from you for ___ in 1929. ___ is now married and doing nicely. She never had any more sinus trouble. The doctors just could not understand it. It is because of your successful handling of her case that I am writing you at this time....."

CASE NUMBER 403 (Cold & Fever, Fear)

September 29, 1937

Dear Mr. Keeler:

"I am getting better right along, all fear left me. I am sure God is with me and I am getting your treatments. I have a certain feeling everything is OK with me."

CASE NUMBER 400 (Infection and Complex Condition)

September 10, 1937

Dear Mr. Keeler:

"I cannot thank you enough for the excellent healing work you did for my husband during his serious illness of the past month. Three times he nearly passed out (in one week) and now that he is recovering the doctors freely admit that for that entire week they saw no possible hope for his recovery. Of course, my husband and I know that after the doctors and modern science had done their all is where your work stepped in and saved my husband's life.

CASE NUMBER 402 (Nasal Obstructions)

September 20, 1937

Dear Mr. Keeler:

"Our daughter is practically healed. She can breathe through her nose and her general health is grand. The other day she came to me and said, 'Mother, look what I can do'. She had become conscious of the fact that there is not an obstruction in her head. Oh what joy was in her little heart! The habit of breathing through her mouth is improving, but slowly.

"We are all so grateful to you. I was speaking of her condition to my husband the other day and he marvels at the way she is 'blossoming out' as he puts it."

CASE NUMBER 379 (Increased Prosperity)

May 22, 1937

Dear Mr. Keeler:

"I should have written you before this. Please pardon me. Your predictions regarding work have been realized to such an extent that I have been too busy to attend to other matters.

"The season ahead looks to be a very busy one.

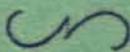
"Many thanks for your assurances and help."

CASE NUMBER 388 (Foretelling)

June 22, 1937

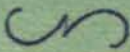
Dear Mr. Keeler:

"Every analysis you have made of my questions has always worked out just as you said."



"The truth is found when men are free to pursue it" and the springs of knowledge must be pure.

The Victorious Faith never proselytes. Its votaries tell its story and rest content in its own power. Freedom of conscience in matters of worship is an inherent and divine right.



Christian Healing does it. Those who contribute for good down-right healing support and cause this to be sent out to the world. Neither subscriptions nor advertising actually pay for or support any Christian periodical. At least this is generally understood and so considered among publishers. You see, we are not advocating football or baseball, prizefights or whiskey. They always pay their own way. We are presenting values that save life---souls---and bring direct happiness.

Yes, we are talking about "Keeler's Comments" and the application of primitive, practical and at the same time higher aspects of life, and we are referring to the special issue that we send out at Xmas time. It will be ready about the 25th of November for mailing as usual to the regular subscribers but those sent as Christmas gifts will be mailed so that they will reach their destinations a few days before Christmas.

We are securing the Henry Thomas Hamblin Book of Daily Readings from England. This is one of the most helpful books in our Truth. A new book. It sells for \$1.50 postpaid.

Clarence Mayer, author of Secrets of Metaphysics, will very soon have a complete course of Lessons on metaphysical truth ready for the public. It will supply the needs of all real students, beginners or otherwise.

OF COURSE I GIVE TREATMENTS. I DO NOTHING ELSE EXCEPT PUBLISH THE "COMMENTS". AND I HAVE A FEE FOR REGULAR TREATMENTS ALTHOUGH IT VARIES IN DIFFERENT CASES WHEN NECESSARY.

I LIKE TO CONSIDER A CASE BEFORE TAKING IT. WRITE FRANKLY AND REMEMBER THAT BOTH YOU AND I ARE INTERESTED. I WILL ALSO RESPOND TO ANY EMERGENCY CALLS.

WRITE W. FREDERIC KEELER, P. O. BOX 426, SAN DIEGO, CALIFORNIA.

CHRISTIAN VICTORY GLOSSARY

*Some items of a contribution to
a Modern Metaphysical Dictionary*

METAPHYSICS

ACCEPTED METAPHYSICS, scholastic metaphysics. The highest recognized phase of philosophy. The most abstract of the philosophies. It deals with time, space and being. It is highly abstruse dealing with arguable possibilities rather than with facts.

APPLIED METAPHYSICS deals with metaphysical principles in their relationship to daily human life.

MODERN APPLIED METAPHYSICS consists of the movement that was originated in the United States (New England) about eighty years ago by Phineas Parkhurst Quimby or, as claimed by many, by Mary Baker Glover Eddy, and given particularly to the consideration of the application of the principles of metaphysics to the healing of disease and other mortal afflictions.

CHRISTIAN METAPHYSICS - The principles of metaphysics in general as they are found in the teachings of Jesus.

CHRISTIAN SCIENCE, a highly organized religious metaphysical movement which proceeds according to the teachings of Mary Baker Glover Eddy.

NEW THOUGHT, a very general movement that refuses definite organization, having for its central thread of whatever cohesion it possesses the principles of Modern American Metaphysics. It may be either for or against Christianity although the trend is for it. It has no creed and is unagreed as to formula of belief except that of mastery indwelling within all persons, the cultivation of which is advocated. The name arose from the expression "this new thought" that appeared in New England in about 1857.

THE TRUTH MOVEMENT, a Christian metaphysical movement usually organized as independent churches or centers on the American west coast.

UNITY, a school of Christian teaching embodying modern metaphysics, consisting largely of a sizable publishing plant which publishes six periodicals headed by Charles Filmore and has headquarters in Kansas City. The largest organized phase of modern applied metaphysics with the exception of Christian Science. It presents some unusual and characteristic definitions and derivities of the names of the Bible characters. Has widely distributed centers. Vegetarianism is practiced at its headquarters school.

ACCEPTANCE

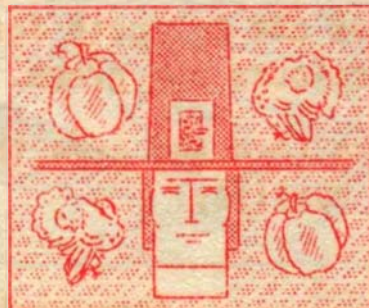
The act of accepting all things as coming from God. The practice of opening the mind to His Guidance and direct instruction. The practice of receptivity toward life as distinguished from a positive declaration about life.

CONSENT

The more common conscious active consent to receive both the things of God spiritually and the things of life actually because such consent is in relationship with God or with metaphysical Principles. Real metaphysical Consent corresponds to orthodox "conviction" and conversion.

NOTICE

THE ANNUAL CONGRESS
TRUTH ALLIANCE WILL
29, AND 30TH AT THE
YORK CITY.



NOTICE

OF THE INTER-NATIONAL
BE HELD NOVEMBER 28,
CHURCH OF TRUTH, NEW

PRAISED

BE MY

LORD

O Most High Almighty Good LORD GOD to Thee belong
praise, glory, honour and all blessing.

PRAISED be my LORD GOD with all His creatures and specially
our brother the Sun who brings us the day and who brings us
the light: fair is he and shines with a very great splendour.
O LORD, he signifies to us Thee.

PRAISED be my LORD for our sister the Moon and for the stars
the which He has set clear and lovely in heaven.

PRAISED be my LORD for our brother the Wind and for air and
cloud, calms and all weather by the which Thou upholdest
life in all creatures.

PRAISED be my LORD for our sister the Water who is very ser-
viceable unto us and humble and precious and clean.

PRAISED be my LORD for our brother Fire through whom Thou
givest us light in the darkness; and he is bright and plea-
sant and very mighty and strong.

PRAISED be my LORD for our sister the Earth, the which doth
sustain us and keep us and bringeth forth divers fruits-----
and flowers of many colours and grass.

PRAISE ye and bles the Lord and give thanks unto Him, and
serve Him with great humility.

*Translated from St. Francis Di Assisi
by Matthew Arnold*