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Man's Capacities and Powers,

The Promotion of Individual and Social
Freedom, Order, Health, Happiness
AND

SUCCESS.

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SELF-CULTURE

Vol. II

JANUARY, 1904

No. I

DR. BRAUN'S NEW SYSTEM

OF

MAGNETIC HEALING

Rational, Scientific and Effective

The price of this course in manuscript was at one time \$25, but believing that more good may be accomplished by bringing it within reach of even the poorest, we have decided to publish it in this way.

VITAL MAGNETISM.

Vital Magnetism is what Mesmer calls Animal Magnetism. It is a physical force which is generated in the body and acts upon the body. It is a fluidic force. On the physical plane it may become as potent as personal magnetism is on the mental plane, although it is a force of slower rate than the other. It brings the atoms of the physical body into a proper polarization, or a proper relationship, towards each other.

Although each atom has its positive and negative pole, the physical body possesses a preponderance of the positive quality all through the right side and a preponderance of negative over the left. The body is only a greater and more complex atom, or magnet, just as the universe is only a greater Man.

Everything in the universe is positive and negative. Thus we have Love and Wisdom, Spirit or Energy, and Matter, activity and passivity, centrifugal and centripetal, male and female. The positive or active force is centrifugal. It throws off, disperses and difuses. The negative or passive force attracts, combines, draws to a cen-

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ter. It is the cause of proper assimilation and nutrition. The positive force forces out of the system the wasted tissues and substances which have served their purpose. The action and interaction between the two forces causes motion, change. It is the basis of all *Life*.

The one power of the universe manifests in diverse ways and on diverse planes. The laws governing the physical plane very often have their analogies on the spiritual plane. Thus the attraction between the physical bodies of the sexes has its analogy in the attraction between the male and female spiritual natures. Sensitive people, while coming in contact with others, experience agreeable or disagreeable sensations. Likewise, the contract between different minds is either agreeable or disagreeable. If the two forces—negative and positive—on any plane are evenly balanced, or if the rate of vibration is a harmonious one between them, we may expect a harmonious union of the mediums in which these forces manifest. The polarization or relationship between such minds, bodies or atoms, will be a most harmonious one. The result on the minds of the individuals between which such relationship exists will be peace, enjoyment, and happiness. If the two forces are evenly balanced in the human body, the result is a harmonious relationship between the atoms and molecules, and a harmonious action of all the involuntary functions. This means Health. Thus health and disease may be explained as harmonious, or inharmonious action of the two magnetic currents. In some diseases, the positive current has grown in intensity, while the negative, through some reason or other, has been weakened. In others, the negative current has become too strong, while the positive has lost its strength. Thus, when people manifest a tendency to an accumulation of abnormal quantities of fat and flesh, the negative or attractive force is in the ascendancy. In certain wasting diseases, or where there is a tendency to leanness, we assume that the positive force is the stronger one. The correspondence between the two forces on the mental and physical planes

is often striking. Thus, the people in whom the attractive or negative current is the stronger on the physical plane, are often negative on the mental plane also. The inclination towards inactivity on the physical plane often finds its analogy in a disinclination to labor mentally. We are all more apt to look for a genuine love for physical exercise, as well as mental energy and push, in people who do not incline to obesity, although this is by no means the rule. We have met people who were negative on the physical plane, and yet loved mental exercise and activity.

In case of cancer, running sores, consumption, softening of the brain, fevers, etc., the positive force is too active. It scatters, disperses or disintegrates the atoms. The negative current is not strong enough to attract, or hold, new particles in sufficient quantities to balance the waste.

In order to cure such diseases, the negative current must be strengthened by the patient himself or by the healer.

Swellings, and all inflammations, are due to an abnormal action of the two currents. The result is an improper polarization of the atoms. Instead of grouping themselves together in order and beauty, they aggregate in confusion and disorder. The two currents have gotten entangled and twisted, as it were. Only a string that is evenly thick along its entire length can vibrate in even sections. If it is thicker or thinner in one part than in another, you would not expect a musical tone, because the tension of the thinner portions would extend over a less number of atoms than in the thicker portions. Thus the two currents may act evenly all over the body except in one part. There, through some cause or other, the tension may have become greater or less; the positive may predominate, or the negative.

In cases of tumor, for example, the negative current has gotten twisted. It causes an eddy. This magnetic eddy, like the eddy in the river, attracts a greater quantity of atoms. But, unlike the eddy in the river, which has both centrifugal as well as centripetal force, and there-

fore disperses the masses of water again which it has attracted, the atoms in the tumor have come to stay. In order to assist in their dispersal, the healer must strengthen the positive current in this part of the body.

In the lectures on Personal Magnetism, brief mention was made of experiments conducted by Baron Reichenbach and others. Experiments made by some Paris scientists recently have brought to light some strange facts. Sensitives, who had been placed in a dark room for some time, were enabled not only to see the magnetic halo or light all over the body (blue over the right side and orange over the left), but they saw streams, or rays, of a more intense *white* light coming from the eyes, the nostrils, the ears and the mouth. They saw this light also stream forth from the finger tips.

A tumbler full of water, which was for some minutes held near the eyes, became luminous. When the sensitive was hypnotized and this water was agitated or pinched, the sensitive would feel it. In one instance a wax figure was, what may not very improperly be called "sensitized," by exposing it to the magnetic light coming from one of the sensitives' eyes. When this man left the house and while on the street, in sight of the operator, the latter scratched the leg of the sensitized wax figure. The man in the street below was seen to bend down hastily and clap his hand to the spot on his own leg which corresponded with the one that was scratched on the figure, with all signs of pain.

Another experiment was to sensitize a dry plate with the magnetic light of a hypnotized person. Then it was exposed in the camera with the person, which we will call Madame M., as the sitter. When the plate was put into the developing bath within the dark room, Madame M., who sat outside, complained of sudden cold and chilliness. She said she felt as if water was being poured all over her. Later, when the plate was accidentally broken, she complained of severe pains in the region of her body which corresponded to the parts of the image where the breakage occurred.

What does this prove to us? It proves that a portion of our own magnetism enters into all that we come in contact with. The Psychometrist is thereby enabled to read the character and mental, as well as physical, peculiarities of the person whose magnetism he contacts, either direct by a touch of the hand, or through articles which had been worn or handled by that person. He can do it because the quality and character of the magnetic fluid depends upon the mental and physical conditions of the individual. As the physical scientist can tell you what substances enter into the composition of the stars whose light he analyses through the spectroscope, so can the psychometrist analyze the qualities of the magnetism with which he comes in touch. The old belief that stones, emblems, charms, chapuliers and articles coming from certain persons, carried with them certain powers or influences, is seen in the light of these investigations to rest on a solid foundation of fact. A good healer can impart some of his mental as well as physical magnetism to handkerchiefs and other articles, or water, and by this means send out an influence independent of his other methods of healing. Before we proceed any further, we will therefore briefly outline our own method of magnetizing things and substances.

HOW TO MAGNETIZE HANDKERCHIEFS, PAPER, SILK, ETC.

Put the piece to be magnetized over your face. Breathe upon it and keep your eyes open, so that the streams of light from your eyes will also impregnate it. Keep it there for a minute or two, all the time thinking of your patient as a spiritual being which has the power to overcome his physical or mental inharmonies. Think of the divine Spirit within him, and not of the disease. *Will* that the article should be a constant suggestion to the subconscious self of your patient, that the Life within him *can* and *will* heal his ailments.

Then lay the article down on the table and move your hands over it with the finger tips downward. If the positive magnetism needs to be strengthened, *will* that the positive current in your right hand should impregnate the article more than the negative current. These currents are subject to the trained will, and you can send out a current through either one of your hands. While you move your hands over the article, they should not come so close as to touch each other. They must be very close to the article, however.

The blowing upon the "holy" water by the Catholic priest has a deep meaning. He says prayers all the while he is "blessing" the water. He prays for the spiritual and physical well-being of those who shall sprinkle themselves with it. Do you doubt that the water carries with it some influence imparted to it by the personality, the will and the desire of the priest? I know that the materialist looks upon all these things as utter foolishness and superstitious. I did once myself, but today I can see the reason why so many devout Catholics have been cured by the use of "holy" water, or have been brought back from the jaws of death through the anointing with chrism, or holy oil, which had been blessed by the bishop. Of course, very much depends on the auto-suggestions of the patients, but sensitive and impressional people will feel the psychic and magnetic influences that go with these things.

HOW TO MAGNETIZE WATER, OR OTHER LIQUIDS AND ARTICLES OF FOOD.

Blow upon them slowly and steadily for some time with your face bent over them. Then move your hands, with finger tips downwards, over them for one or two minutes, all the time thinking of your patient—the real inner man—affirming his power to overcome the disease, and willing him to do so. You yourself are a part of God, and you can therefore speak the word of command for this other part within your patient.

If it is water which you have magnetized, you may direct your patients to use a spoonful once every hour or two according to the severity of the case. Tell them to make themselves passive to the "influence" that goes with the water, for a minute or two each time they take it. Let them *expect* the influence to cure them. Their expectations will help them. Thus you influence them through the objective as well as the subjective mentality.

HOW TO CURE EARACHE AND TOOTHACHE.

Place a thin cloth over the ear and blow upon it steadily for some time, so that your magnetism will strike the interior of the ear. The cloth will prevent its too rapid escape. If this does not stop the aching, you may insert your forefinger in the patient's ears, moving them gently up and down and sideways. Most any ordinary earache will be stopped in this way.

If you wish to cure a toothache, put a cloth over the portion of the cheek under which the tooth is located, and blow upon it until the pain disappears or eases. Let us here state, once for all, that whenever you treat a patient, always think of his *spiritual* self, and *demand* that *It* should overcome the trouble, while you affirm that it *can*. Do this mentally or verbally, as you see fit. *Will* that our patient should be healed.

HEALING BY THE LAYING ON OF HANDS.

If you will take hold of a person's hands, placing the thumb of your right hand between the third and little finger of their left hand, and your left thumb between the third and little finger of their right hand, you will then be in direct communication with the Ulnar nerve of such a person. Now, make your right hand the positive pole and your left hand the negative pole. Make a slight, quivering motion with the right hand, keeping the left hand perfectly passive or quiet, and strongly **WILL** that a current shall pass from your body into the

body of your patient. The degree with which this current is felt by the patient will depend entirely upon his receptivity; but if he is at all susceptible, he will feel a tingling sensation in his left arm which may best be likened to the shock from an electric battery. If he be a particularly susceptible patient, the sensation will manifest itself throughout his entire body. This sensation which you have produced in your patient, is the result of an influx of Vital Magnetism from your body into that of the patient. Different names have been applied to this mysterious force in different ages. Of late years, however, it has been almost universally termed Vital Magnetism, and this term seems to cover the ground more completely than any other. All persons are susceptible to this wonderful force to a greater or less extent, but many are so extremely sensitive, that if you pass your hand down in front of their bodies a short distance away, they can easily feel the vibrations from your hand, although their eyes may be closed. In the case of others who are of a more positive nature or temperament, it may be necessary to lightly touch their bodies before they will be able to feel the vibrations. One of the quickest and best methods of testing the susceptibility of a person is to have him stand perfectly erect, with the chin inclined upward, eyes tightly closed and heels close together. Now you assume a position behind him and pass your right hand lightly and quickly down his spine a few inches distant therefrom. If he is very susceptible, he will feel the vibrations from your hand quite perceptibly. If he is not a sensitive subject, it may be necessary to lightly touch his body as you are passing your hand down. After you have completed this experiment, if you will have him assume the same relative position as before, and standing removed from him about four or five feet, extend your right arm with the fingers pointing toward the back of his head and strongly WILL that he shall sway backwards towards you, you will be successful in many instances. In some cases, the effect will be so pronounced, that the subject will almost instantly

fall backwards, so care should be exercised, and you should be ready to catch him in your arms if this occurs. This is a splendid illustration of the power of a positive mind to affect others for weal or woe.

In this lesson we will give you a few instructions in regard to curing under my system by the laying on of hands, although the general instructions for treating various diseases, will come later in the course.

Nearly every person has, at some time in their life, relieved pain in a fellow being by simply stroking the affected part. That power within man which will enable him to relieve the pain or ailments in his own body, will also enable him to relieve others if he knows how to direct his forces intelligently. If a patient comes to you suffering from a headache, neuralgia, or similar affection, if you will seat him in a chair and standing behind him stroke the affected part lightly with the fingers of your hands, strongly willing at the same time that the pain shall pass away, you will rarely ever fail to get immediate results. You can, as a rule, cure the most serious case of headache or neuralgia in this manner in the space of a very few minutes; if you do not at once cure it, continue the treatment, when you will get the desired effect. If your patient were suffering with an affection of the sciatic nerve, which extends from the hip joint to the foot, you would, in such case, have the patient bare his limb, and then you make vigorous passes from the hip down to the foot on the bared limb, strongly willing that the swelling, if any, shall become reduced, and the pain shall be carried out at the toes, and a natural circulation be restored to the affected part. If there should be a lesion, say in the region of the back, you would want to stroke with either one or both hands from the base of the brain down the spinal column, strongly willing that your magnetism shall pass into the affected part and overcome the derangement and restore a perfect equilibrium. If desired, you can stroke with only the right hand, placing the left hand on the chest of the patient and willing that the magnetism shall pass

through the affected part. If the patient had toothache, place the right or positive hand over the affected part, and the left or negative hand on the opposite side of the face, and strongly will that your magnetism shall pass through the affected region and overcome the trouble. Your magnetism is thus projected from your body, through the exercise of your will, which is the executive officer of the mind, and when this healing force is sent out in this manner, it rarely ever fails to do the work. You will get results in some cases more readily than in others, because some persons come under the influence others, because some persons come under the influence more readily than others do, but you can cure most cases presented to you, if you are persistent in your efforts to heal them. Suppose your patient were suffering with constipation, indigestion or any stomach trouble. In such case you would want to place your right or positive hand low down on the back, just above the waste line, and the left hand on the patient's abdomen, and exercise a strong intention to force the secretions to flow into the colon, which will thereby become lubricated and a natural evacuation of the bowels will result. In many patients constipation can be readily overcome in one or two treatments, but in others it may take a number. Be patient and persistent. This should be your watchword. The hands in treating may be made hot, and this can be accomplished by allowing them to drop by the side of your body, thus allowing the blood to flow to the extremities. After a few moments, close the hands tightly as in making a fist, and tense the arms rigidly for several seconds. Repeat this several times, then rub the palms of your hands together briskly for a few moments and you will find that you can, with practice, raise the temperature of your hand anywhere from 30 to 50 degrees above normal. This hot hand placed on a patient's body according to the directions I have given, is one of the strongest suggestions you could possibly give your patient, and it cannot help but benefit him, no matter what his ailment may be. In treating all diseases,

you can move the hands about at will, as the circumstances of the case seem to require.

THE TREATMENT OF OTHER DISEASES.

Always remember three things, previously stated:

1. That negative magnetism attracts, and positive disperses.
2. That your right hand is positive, and your left hand is negative.
3. That the magnetic currents within your own body are subject to your will; that is, you can *will* that either current should act upon your patient.

Before treating any one by the magnetic method, put down your arms, and allow the blood to flow into them. Then you may close your fists slowly and gradually until they are very tight. Then tense the muscles of your arm slowly and gradually. Thus the static electricity in the arms becomes dynamic, which calls into life the latent magnetic energies, as the electric current around the electro magnet calls into life the latent magnetism in the iron. This awakened magnetism goes to augment and strengthen that which is already free and active, and your hands become the positive and negative poles of a wonderful electro-magnetic battery, which acts upon the patient before you, imparting life to him, and calling into life and activity the latent forces within himself, or force them to act normally and harmoniously, if they have been acting disorderly.

But it is important that you remain mentally and physically active and POSITIVE as long as you treat your patients magnetically. Do not lapse in a dreamy, negative, passive condition, as it opens your being to the influences coming from your patient. There is danger that in that condition your patient may become the positive factor and transmit to you his own unhealthy magnetism. For this same reason, negative or sensitive people should never undertake to treat those magnetically, who are more positive than themselves, until through a

proper course of diet and mental training they have become more positive. Above all, remember that you must be healthy yourself before you can impart healthy magnetism to others, and let sensitive people be warned that they must not permit themselves to be treated by any person whose physical, mental and moral life is not the very best.

Healers should be free from taints of all kinds before they attempt to cure others. Those who possess the vital temperament are most successful in the cure of functional disorders, and those of the mental or nervous temperament will most easily cure nervous and mental inharmonies, while the spiritually developed man or woman becomes the physician of the soul as well as the body, and will lead many into the way of Righteousness and Peace.

Is magnetic healing exhausting?

It is in the sense that all expenditure of force is exhausting. But the continued demand for and expenditure of magnetism calls for a greater supply in return, and so the healer finds himself stronger magnetically, each succeeding day.

The man who labors physically, day by day, turns the life forces into his muscular organism; the brain worker turns a large part of the living stream into his brain, and the magnetic healer converts a great portion of the life forces into magnetism. The supply is always equal to any normal demand, and you will always grow richer by giving out your forces. To him that uses his forces shall be given more. This is the law. The use of our forces always calls for an increased supply to cover the waste. Do not fear, therefore, that you ever can impoverish yourself permanently by giving some of your life forces to others.

After you have tensed your hands and arms as before described, relax your arms slowly, but not your hands. Keep these tensed for about fifteen seconds longer. Thus you draw a powerful wave of magnetism down into your hands. Now apply your hands to the seat of trouble,

always remembering that the right hand sends out the positive current which disperses, and the left hand attracts. After leaving your hands on the patients for about ten seconds, you can draw another supply by rubbing the palms of your hands briskly together until they become hot. When hot, apply quickly again. The rubbing should take place after you have held your hands hanging to your side and closing your fists for a few seconds. The beginner may blister his hands, but this tendency to blistering will disappear with time and practice. The temperature of the hands can be raised to a most astonishing degree. Patients sometimes jump out of their chair when very hot hands are first applied to their backs or necks.

Once more I wish to impress on your minds that your treatment should be both mental and magnetic. Never fail to affirm in thought, if not in words, that the spiritual self of your patient, the Ego, has power to heal his diseases. It built the body, and can also repair it. Its belief in this possibility may have been shaken, but your positive affirmation will produce faith in your patient, which faith will be a standing request for the exercise of his latent restorative forces.

Now we shall describe the use of the hands in a number of illustrative cases. Of course, we cannot go through the whole catalogue of all possible diseases, but from the illustrations given, the student will be able to infer the use of his hands in other cases, especially if he remembers the principles previously explained.

Always tell your patients to make themselves passive and receptive to your treatment. The closing of the eyes, and regular, deep breathing on his part, will make this easier for him.

THE GENERAL TREATMENT.

Have patient sit on a chair, you sitting on his left side, then with your right hand treat him with downward passes from the base of the neck to the waist line

over the spinal column, with the left or negative hand over the chest or the stomach, wherever the pain or disease may be located. You can move the hands about at will, just as the case may seem to require. While doing this, have him take long, deep breaths, and hold for several seconds and repeat the operation a number of times. Then have him stand up (if he is able) and you standing behind him, stroke him from the arm pits down to the waist line on each side, stimulating the intercostal muscles. Also while doing this have him take the deep breaths as above. Repeat this operation a number of times. This will do him more good than barrels of cod liver oil or a trip to the mountains. Instruct him to take this deep breathing exercise a number of times each day. This general treatment will be found splendid as a finish to the treatment for any stated trouble. Unless the patient is very susceptible to your vibrations, it is best to treat next to the bared body, as you will get better and quicker results by so doing. In Rheumatism, Locomotor Ataxia and like diseases, it is almost necessary to do so if you expect to get the best results. Make the right hand your positive hand, and the left hand the negative hand in treating. The positive hand is used to send the vibratory current and the negative hand to draw the force to the point where you wish it. Of course if you are treating down the back, or down the limb with BOTH hands at the same time, you can in such cases delegate the power to BOTH hands the same, but in other treatments, the right hand should be made the positive and the left hand the negative.

THE EUROPEAN METHOD.

This consists of simple passes by the hands over the entire body, or that portion of it where the trouble is located. Both hands are used in most instances, with the finger tips passing over the body, but not touching it. The distance between finger tips and body should not be more than two inches.

Downward passes are quieting and soothing in their effects upon patients, and they should be used in all cases of acute disease, or where there is inflammation, congestion, over-activity, etc. The healer must remain positive and mentally and physically active during treatment, and strongly *will* that his magnetism should flow upon the patient through his finger tips, producing the results aimed at.

Upward passes are rousing and stimulating, and may be used to good advantage to arouse depressed or inhibited functions. But not all persons can endure this treatment. It is irritating to some sensitive persons, and the healer should use upward passes only in rare cases, always stopping the same, if the results should not be satisfactory.

Caution—The downward passes are quieting, and will produce artificial or somnambulant sleep if prolonged. They should never be continued to the point where sleep is induced, except in rare cases, such as violent fever, insomnia, acute pain, etc., because in some cases they will induce a condition of trance, which may prove dangerous to the patient, and from which he or she is aroused with difficulty. It must be remembered, that this method, while it is being employed by our foreign brethren as a means to cure disease, it is also used by mesmerists to induce the somnambulant state, which is to be condemned on general principles.

Positive, encouraging suggestions addressed to the soul of the patient, either silently or verbally, should accompany all methods of external manipulation.

DISEASES OF THE HEAD.

1. Common Headache—Here the currents do not flow evenly as they should, but get entangled. Therefore both hands may be used. Stroke the forehead with both hands, beginning in the middle of the forehead, over the temples, and ending behind the ears. Occasionally press

with your right hand upon his forehead and with your left hand upon the back of the head with the intention of sending a wave of magnetism through the head.

2. Softening of the Brain.—Left hand on the neck, right hand on the top of the head. Intention: Quieting the over-activity in the brain. In severe and dangerous cases a physician should be consulted also, and the magnetic healer act in conjunction with other methods of treatment.

3. Earache and toothache have been explained before.

4. Nasal Catarrh—Left hand on nose; right hand on the back of the head. Intention: Attracting more life to the nasal passages.

5. Weak Eyesight—Left hand over the eyes (lightly, not pressing hard); right hand on back of the head. Intention: More life to the eyes.

6. Inflamed or Sore Eyes—Reverse the position of the hands. Intention: To disperse the inflammation.

7. Cancers and Sores Anywhere—Make circular movements with the tips of the fingers of the right hand around the sores, also movements in all directions away from the sores. Wherever possible, place a cloth over the sore or cancer and put your right hand over the same very lightly. You may also blow upon the spot with the cloth over it. Intention: Dispersion.

8. Nosebleed. Right hand over nose, left hand on the neck, while the patient holds up his hands. Intention: To force back the activity crowding on the membranes or passages of the nose.

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